

WCCHC Behavioral Health Training Programs

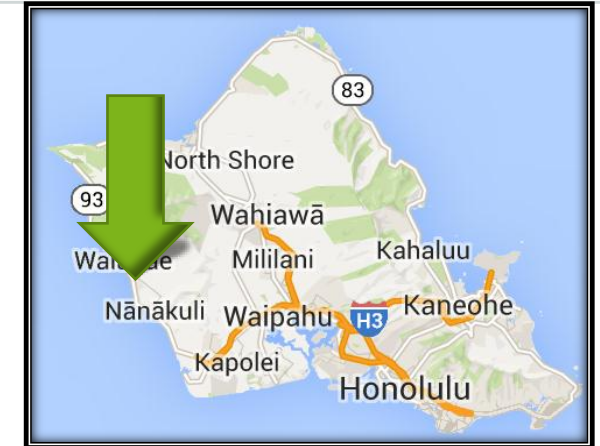
Kristy Sakai-Costigan, Psy.D.
Director of Psychology Training





WAIANAE COAST COMPREHENSIVE HEALTH CENTER

- FQHC on the Leeward Coast of Oahu
- Integrative medicine is practiced to include primary care, pediatrics, case management, obstetrics, chronic pain management, dentistry, preventive health, 24-hour Emergency Department, Native Hawaiian Healing, and a fully integrated behavioral health program





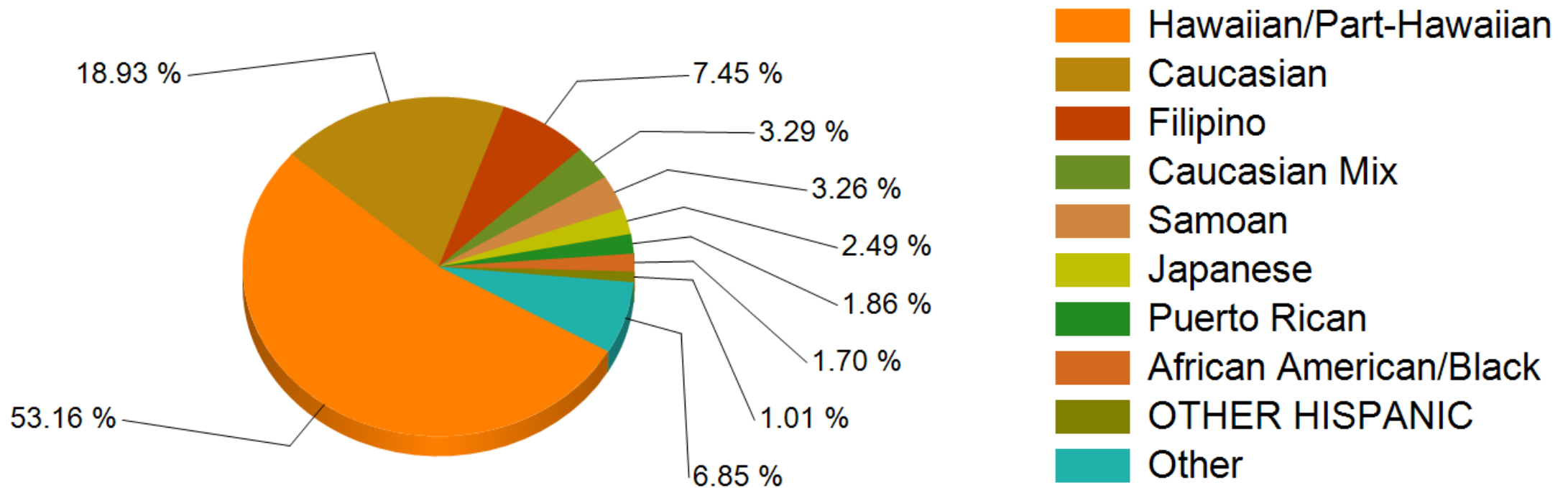
POPULATION SERVED 7/1/2012-6/30/2013

- 71% were in the 100% + poverty level
- 70.56% from Waianae Area

WCCHC #patients	WCCHC #encounters	Behavioral Health # patients	Behavioral Health # encounters
32,453	169,246	3,651	28,332

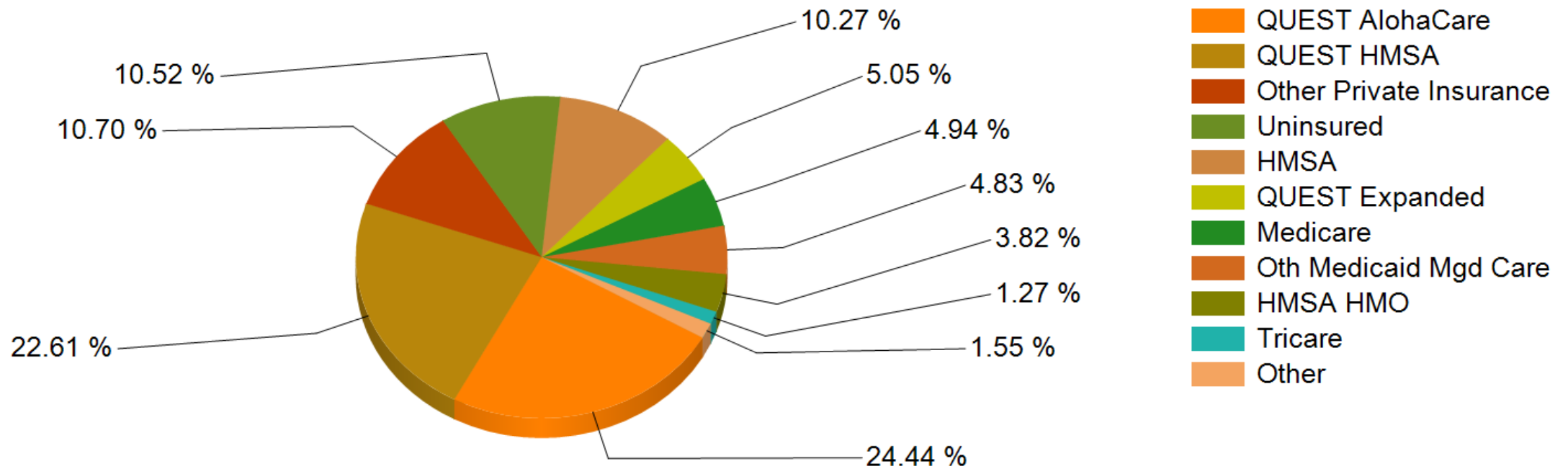
POPULATION SERVED: ETHNICITY WCCCHC

Patient by Ethnicity



POPULATION SERVED: INSURANCE

Patient by Insurance Category



BEHAVIORAL HEALTH DEPARTMENT



Providers: 15 psychologists, 3 psychiatrists, 1 APRN, Medical Receptionists and Assistants

Clinics: Mawaena, Mawaena Kai, Adult Medicine/Emergency Department, Women's Health, Pediatric Clinic, Kapolei, Waipahu, Malama Recovery

BEHAVIORAL HEALTH TRAINING PROGRAMS

- WCCHC's Mission
 - “WCCHC is a learning center that offers health career training to ensure a better future for our community”
 - “WCCHC is a healing center that provides accessible and affordable medical and traditional healing services with aloha”
- Of our 15 psychologists, 12 from our program
- 11 years of training students
- Internship received APA-Accreditation August 2013



STUDENT ORIENTATION



Traditional Welcoming with Hawaiian Chanting



Dr. Bradley Welcomes Students at Orientation

LEVELS OF BEHAVIORAL HEALTH TRAINING

- Practicum
 - Diagnostic Practicum (2nd year doctoral students)
 - Intervention Practicum (3rd year doctoral students)
 - Advanced Practicum (4th year doctoral students)
 - 30+ applicants, accept approx. 18
- Internship
 - Interns training before they receive their doctorates
 - APA Accredited
 - APPIC member
 - 130 applicants for 5 slots 2014-2015 Training Year
- Postdoctoral Fellowship

Postdocs have already graduated/received their doctorates, need to work 1 year before licensed



Current intern Chelsea providing supervision to a first year practicum student

PSYCHOLOGY INTERNSHIP PROGRAM

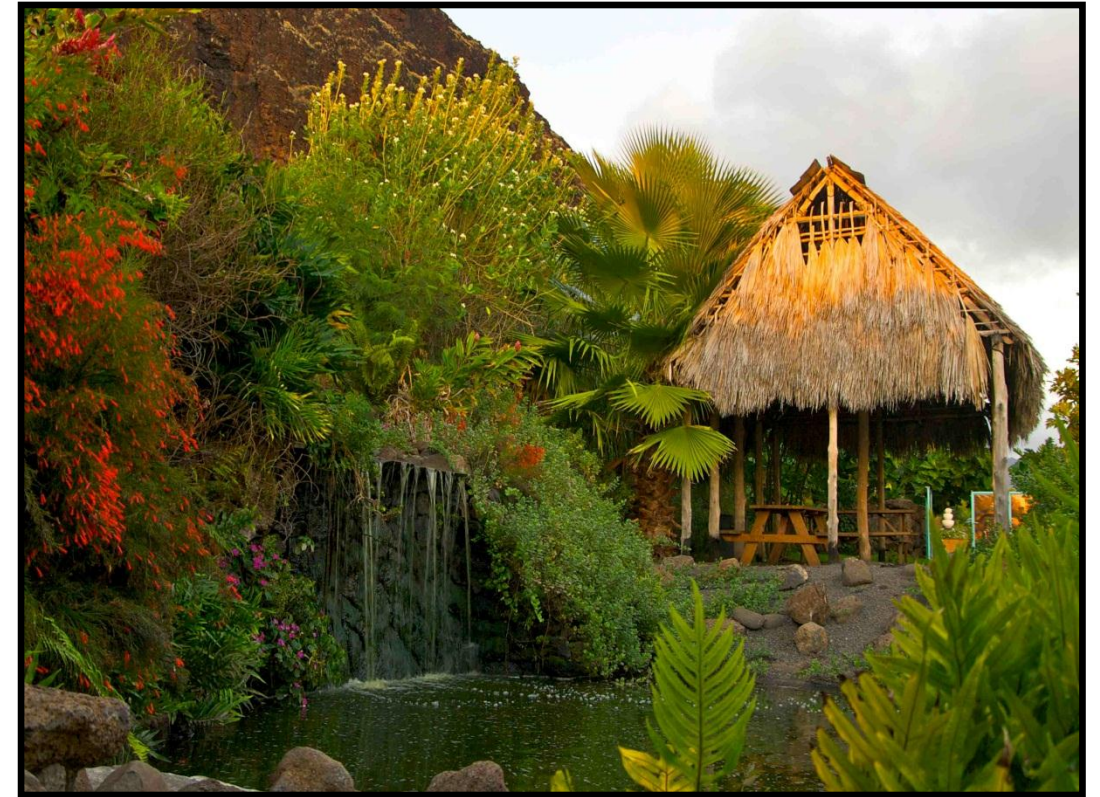
- Clinical Psychology Internship
- **Scholar Practitioner Model**, w/ focus on generalist training
 - Critical thinking skills and eval of empirical literature, and integrating this knowledge into clinical work and continuing scholarly inquiry
 - Train interns to be consumers of, and possibly contributors to, psychological research
- 12 month paid internship
- Monday-Friday 40 hours weekly
- 2,000 hours

2012-2013 Interns



PROGRAM GOALS

- Assessment/Diagnosis
- Intervention
- Consultation
- Scholarly Inquiry
- Supervision and Teaching
- Professional Development, Ethical Awareness
and Appropriate Use of Supervision
- Cultural Diversity



REQUIRED ROTATIONS: YEAR LONG ROTATIONS

At Mawaena Clinic

Current Interns



Adult Outpatient Rotation

Supervisor Dr. Chad Taylor and current intern Marita

Child and Family Rotation

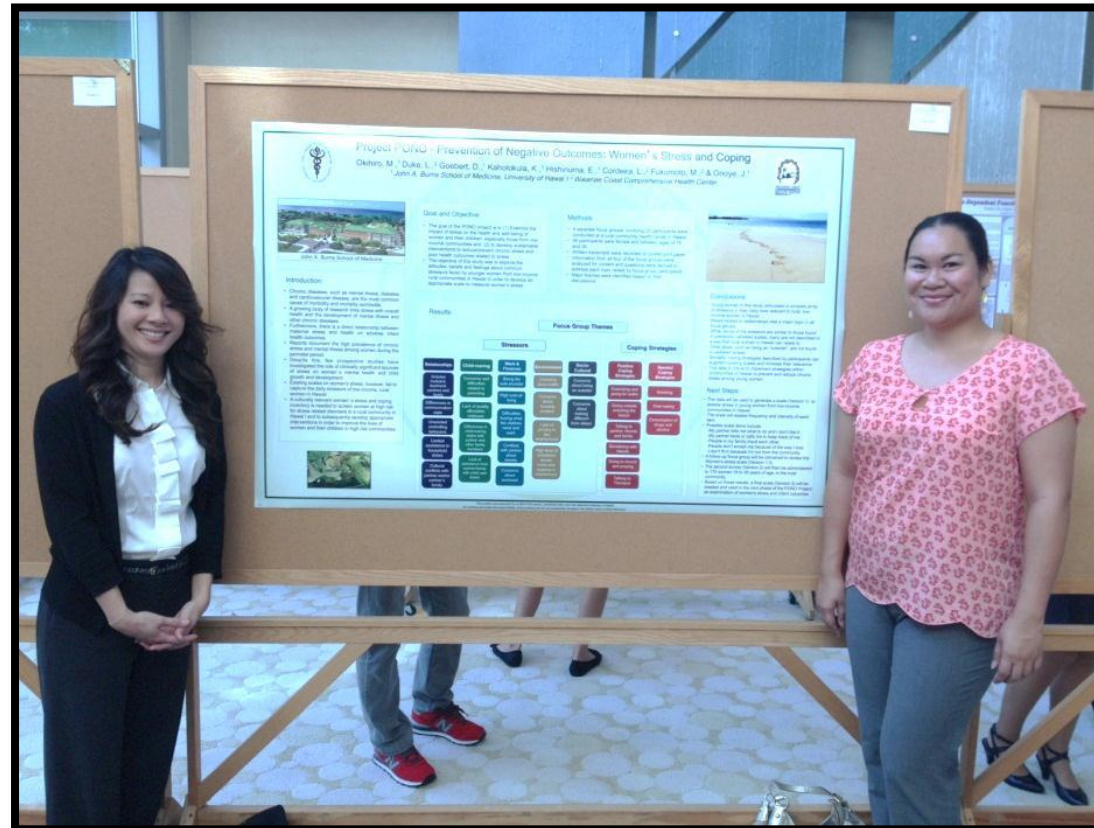
2010-2011 Intern Julia on rotation with Dr. Kang



REQUIRED ROTATIONS: 6-MONTH ROTATIONS

Research and Program Development

- Research
- Focus groups
- Poster presentation
- Grant writing
- Presentations to staff



Interns Michelle Fukumoto and Larissa Cordeira presenting their poster at the Biomedical Sciences and Health Disparities Symposium at the University of Hawaii

Assessment

3 Full Batteries
3 Partial Batteries

ADDITIONAL ROTATIONS: $\frac{1}{2}$ - 1 DAY THROUGHOUT YEAR

Crisis Intervention and Outpatient Mental Health



Intern Lauren Consulting with Dr. Bradley in
the Adult Medical and Pharmacy Building



ADDITIONAL ROTATIONS: $\frac{1}{2}$ - 1 DAY THROUGHOUT YEAR

Women's Health and Pediatric Rotations



2010-2011 Intern Julia Consulting with Dr. Liao

ADDITIONAL ROTATIONS: $\frac{1}{2}$ - 1 DAY THROUGHOUT YEAR

Kapolei Health Care Center Rotation



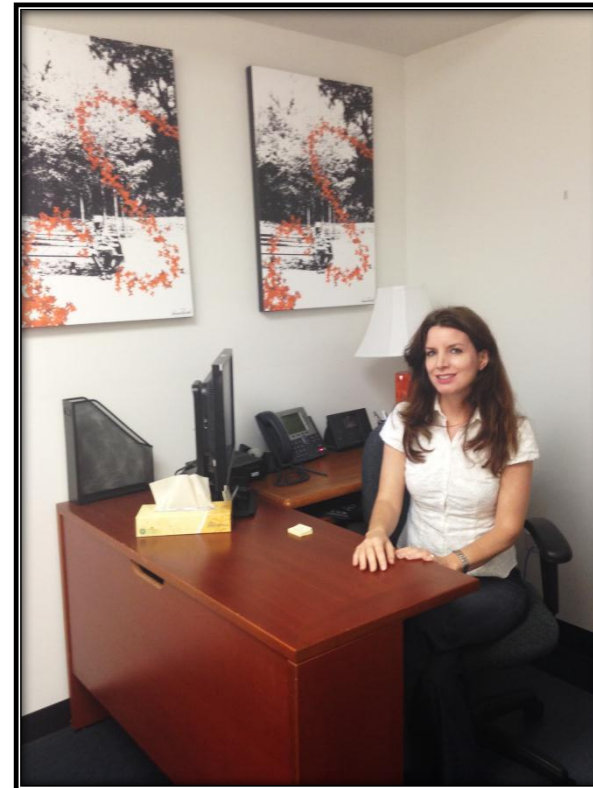
ROTATIONS THAT MAY BE AVAILABLE IN THE FUTURE

Biological Bases of Severe Psychopathology Rotation



2010-2011 Interns with supervisor Dr. Myhre

2008-2009 Intern Sherry



Waipahu Clinic Rotation



“IF THE ONLY TOOL YOU HAVE IS A HAMMER, YOU TEND TO APPROACH EVERY PROBLEM AS A NAIL.” ABRAHAM MASLOW

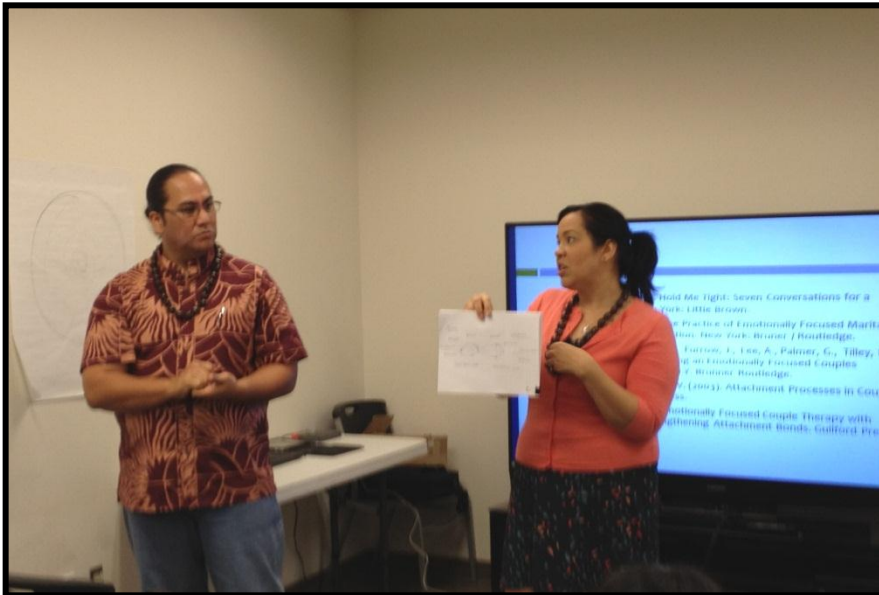
- Minimum 2 hours a week didactics in various psychology topics
- 1.5 hours of psychopharmacology and biological bases of mental illness
- 1 hour biweekly Supervision of Supervision
- 1 hour individual supervision per clinical day
- 1 hour of group supervision on Fridays



Dr. Kyle Chang, 2011-2012 Interns, and County East APRN attending at a didactic at WCCHC

EVALUATIONS OF INTERNS

- Supervisor Evaluation
 - Baseline, Mid-Year, End-of-Year Case Formulations
 - Mid-Year and End-Year Intern Competency Evaluation
 - 3 case conferences, 6 assessments



Interns Kaneakua & Mestisa Gass presenting to students/faculty



Interns collaborating with 3rd year medical students to formulate a complex case in practice for their Case Formulations

GRADUATION: DEPARTMENT AND WCCHC



2008-2009 Interns at Behavioral Health Retreat

2012-2013 Interns at
Behavioral Health
Retreat



2011-2012 Interns at WCCHC
Graduation

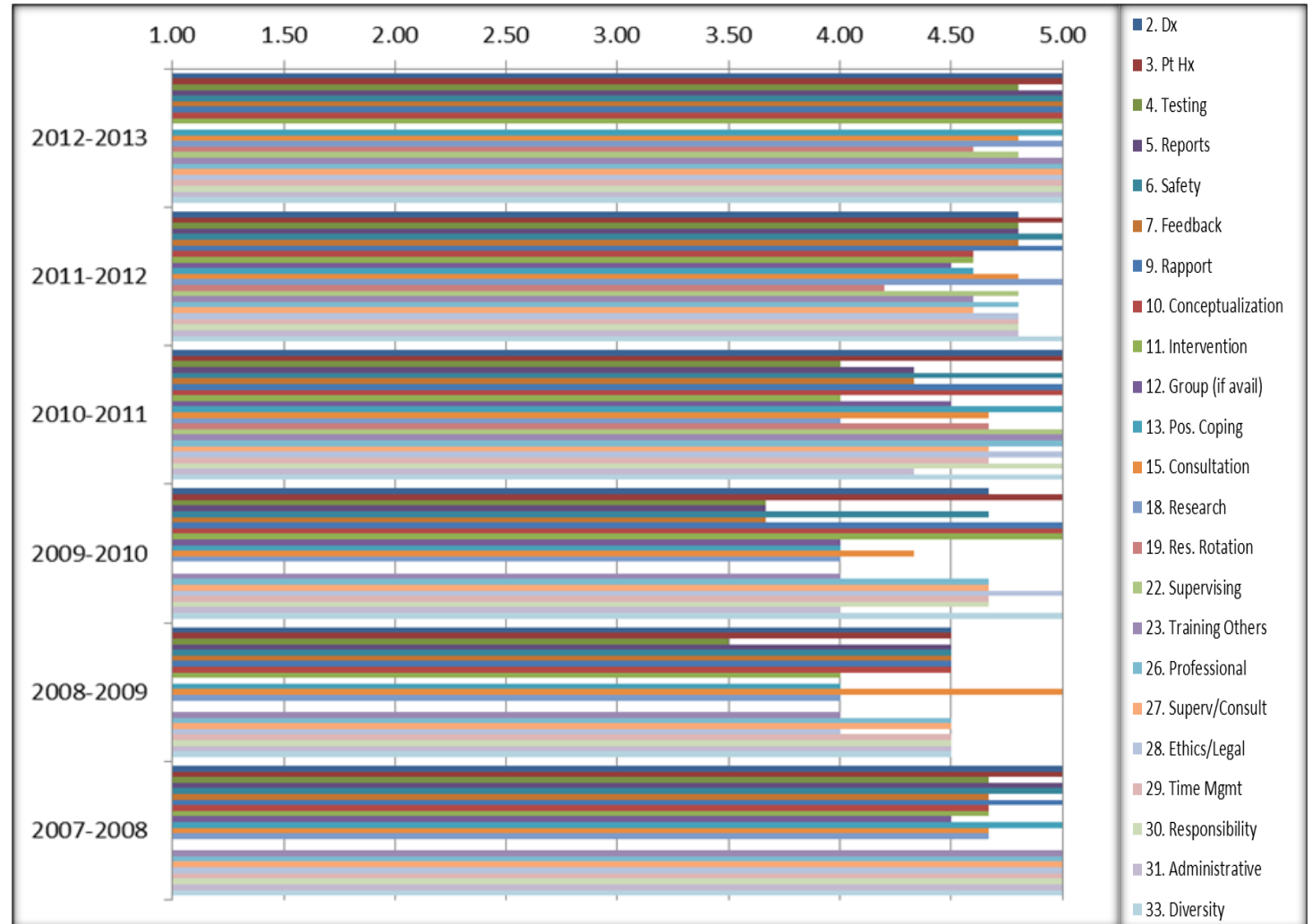
POST-INTERNSHIP SATISFACTION SURVEYS FROM 2007-2013

NUMBER OF STUDENTS = 21;

ALL ITEMS RATED ON A 5 POINT SCALE : 1=STRONGLY DISAGREE, 2=DISAGREE, 3=NEUTRAL, 4= AGREE, 5=STRONGLY AGREE

• Intern Evaluation

- Didactic Rating Forms
- Mid-Year Overall Evaluation of Internship Experience Form
- Intern Evaluation of Rotational Experience Form
- End-of-Year Overall Internship Experience Form
- Former Intern Survey (1 yr, 3 yrs)



APA-ACCREDITATION: WHAT DOES IT MEAN

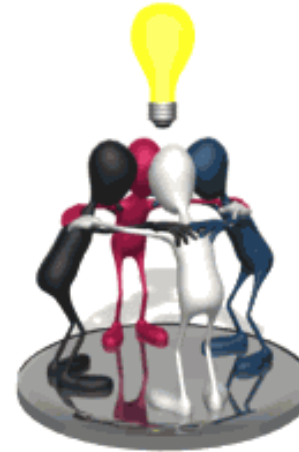
- Public awareness that we meet nationally endorsed standard for the profession
- Publically confirms the high standard and quality work provided
- Increase the quality of applicants
- More employment opportunities for our interns
- Reduce the deficit in APA sites
- Increases opportunities for grant application



Dr. Sakai and Dr. Myhre with 2012-2013 Interns

STEPS TO BECOMING AN ACCREDITED INTERNSHIP: APPLICATION

- Application
 - Complete a Self-Study
 - Eligibility; program philosophy, objectives, and training plan; program resources; cultural and individual differences and diversity; intern-staff relations; program self-assessment and quality enhancement; public disclosure; relationship with accrediting body
- Applied for and received a \$20,000 grant from APA
- Accreditation Specialist
- Review and decisions from Commission on Accreditation (defer, authorize, deny)



APA Provides \$3 Million for an Internship Stimulus Package

Overview of the Internship Stimulus Package

- On Aug. 1, 2012, APA's Council of Representatives voted to approve the internship stimulus package, which will set aside up to \$3 million over the next three years to help unaccredited internship sites seek accreditation.
- These grants help programs pay for costs associated with becoming accredited and have the potential to increase the number of APA accredited internship positions by 520.

[Apply for APA Grants for Internship Programs](#)

A Timely Solution to a Growing Problem

- The growth of accredited internships has not kept pace with growth in doctoral programs. Over the past four years, the number of unaccredited internship positions has increased 14 percent, whereas the number of accredited positions has only increased 2 percent.
- APA accreditation is the only mechanism that provides peer review, quality assurance, accountability and student protection.

The Community Came Together to Meet the Need

- APAGS thanks the Board of Educational Affairs for authoring the bill, and members of the APAGS Advocacy Coordinating Team and Division Student Representative Network for mobilizing widespread support for this measure.
- This is one of many strategies that APAGS supports to address the need for quality and accessible training. To learn more, visit our [internship page](#).

Taking Advantage of the Program

- Internship sites will apply through APA for a grant to cover expenses such as the costs of accreditation, administrative and supervisor support, intern stipends and benefits, and other related expenses. The average award will be \$20,000.

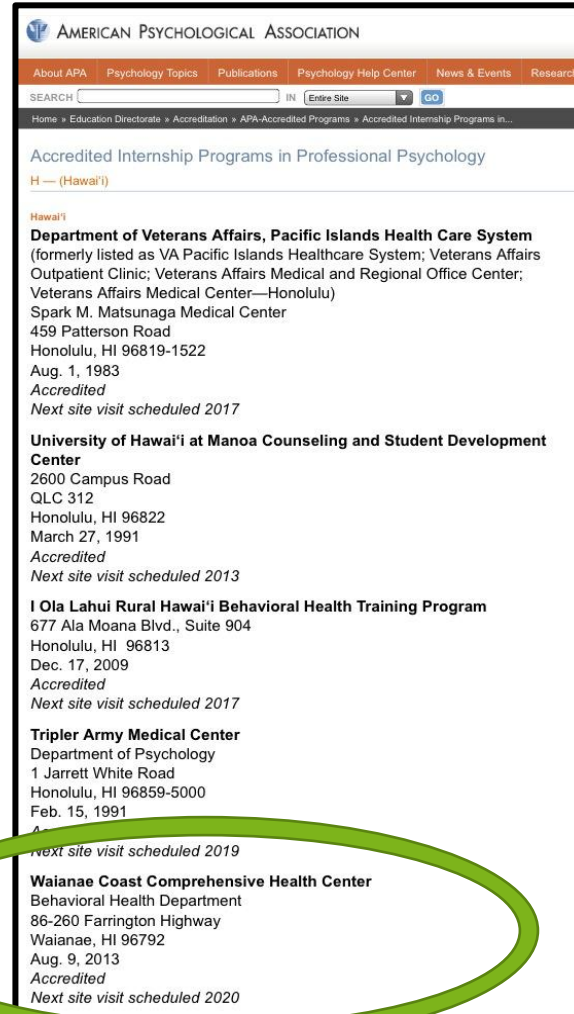
STEPS TO BECOMING AN ACCREDITED INTERNSHIP: SITE VISIT

- Site Visit Preparation
 - Presentations for everyone who may participate
 - Preparation of all items that site visitors would like to review
 - Preparing the clinics
 - Arranging tours of each clinic
 - Answering site visitor questions
 - Arranging enjoyable experience for site visitors
 - Preparing the health center
- Day of Site Visit (2-full days)
 - 1 staff person to help with tours
 - 1 staff as timekeeper to ensure everyone ready
 - Interviews (supervisors, directors, interns, admin, DOT)
- Site visitor feedback



STEPS TO BECOMING AN ACCREDITED INTERNSHIP: THE DECISION!!!

- Site visitors submit report to CoA
- Respond to the report
- Review and decision from CoA
- Accreditation!!
 - 3-years, 5-years, or 7-years
- Periodic Review



AMERICAN PSYCHOLOGICAL ASSOCIATION

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Accredited Internship Programs in Professional Psychology

H — (Hawai'i)

Hawai'i

Department of Veterans Affairs, Pacific Islands Health Care System
(formerly listed as VA Pacific Islands Healthcare System; Veterans Affairs Outpatient Clinic; Veterans Affairs Medical and Regional Office Center; Veterans Affairs Medical Center—Honolulu)
Spark M. Matsunaga Medical Center
459 Patterson Road
Honolulu, HI 96819-1522
Aug. 1, 1983
Accredited
Next site visit scheduled 2017

University of Hawai'i at Manoa Counseling and Student Development Center
2600 Campus Road
QLC 312
Honolulu, HI 96822
March 27, 1991
Accredited
Next site visit scheduled 2013

I Ola Lahui Rural Hawai'i Behavioral Health Training Program
677 Ala Moana Blvd., Suite 904
Honolulu, HI 96813
Dec. 17, 2009
Accredited
Next site visit scheduled 2017

Tripler Army Medical Center
Department of Psychology
1 Jarrett White Road
Honolulu, HI 96859-5000
Feb. 15, 1991
Accredited
Next site visit scheduled 2019

Waianae Coast Comprehensive Health Center
Behavioral Health Department
86-260 Farrington Highway
Waianae, HI 96792
Aug. 9, 2013
Accredited
Next site visit scheduled 2020



AMERICAN PSYCHOLOGICAL ASSOCIATION

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FEATURE

APA effort to nurture new internships pays off

By Amy March

The self-study process also involves collecting data and gathering feedback about how the program may be improved, says Kristy Sakai, PsyD, director of training at the Waianae Coast Comprehensive Health Center Psychology Internship Program, in Waianae, Hawaii, which received APA accreditation in August — and is now training five interns. Through the review process, Sakai and her team gathered feedback from current and former interns about how the program helped and what they wish had been different. Sakai and colleagues used that information to restructure several of their teaching methods.

"The quality of the program has improved significantly," she says.



WAIANAE COAST COMPREHENSIVE HEALTH CENTER

Ka Leo 'O Ke Aloha Me Ka Leo 'O Ke Ola ~ "The Voice of Aloha, the Voice of Health"

NOVEMBER 2013 VOLUME 30 NUMBER 31 RICHARD BETTMAN, PRESIDENT AND CHIEF EXECUTIVE OFFICER; DR. STEPHEN BRADLEY, CHIEF MEDICAL OFFICER; ANTHONY GHERBASI, JR., BOARD CHAIR

HEALTH CENTER'S PSYCHOLOGY INTERNSHIP PROGRAM RECEIVES APA-ACCREDITATION

After months of planning, organization, hard work, coordination and teamwork, the Health Center's Psychology Internship Program received the exciting news that it has been accredited by the Commission on Accreditation of the American Psychological Association (APA). The next site visit will be scheduled during the 2020 training year, which is the maximum amount of years the program could have received until the next site visit.

Accreditation is an important achievement as it demonstrates that the Health Center's psychology internship program meets nationally endorsed standards of the profession and is committed to ongoing review and enhancing the quality of training provided. Only four other psychology internship programs in Hawaii are currently APA-accredited, and adding another accredited site helps to reduce the imbalance between available sites and students applying for internship positions, particularly in Hawaii.

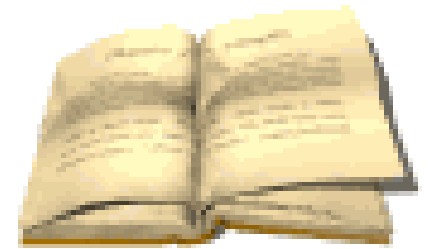
The accreditation application process can be costly, but the Health Center had the honor of

Intern Brianna Salazar consults with her supervisor, Dr. Chad Taylor



RESOURCES

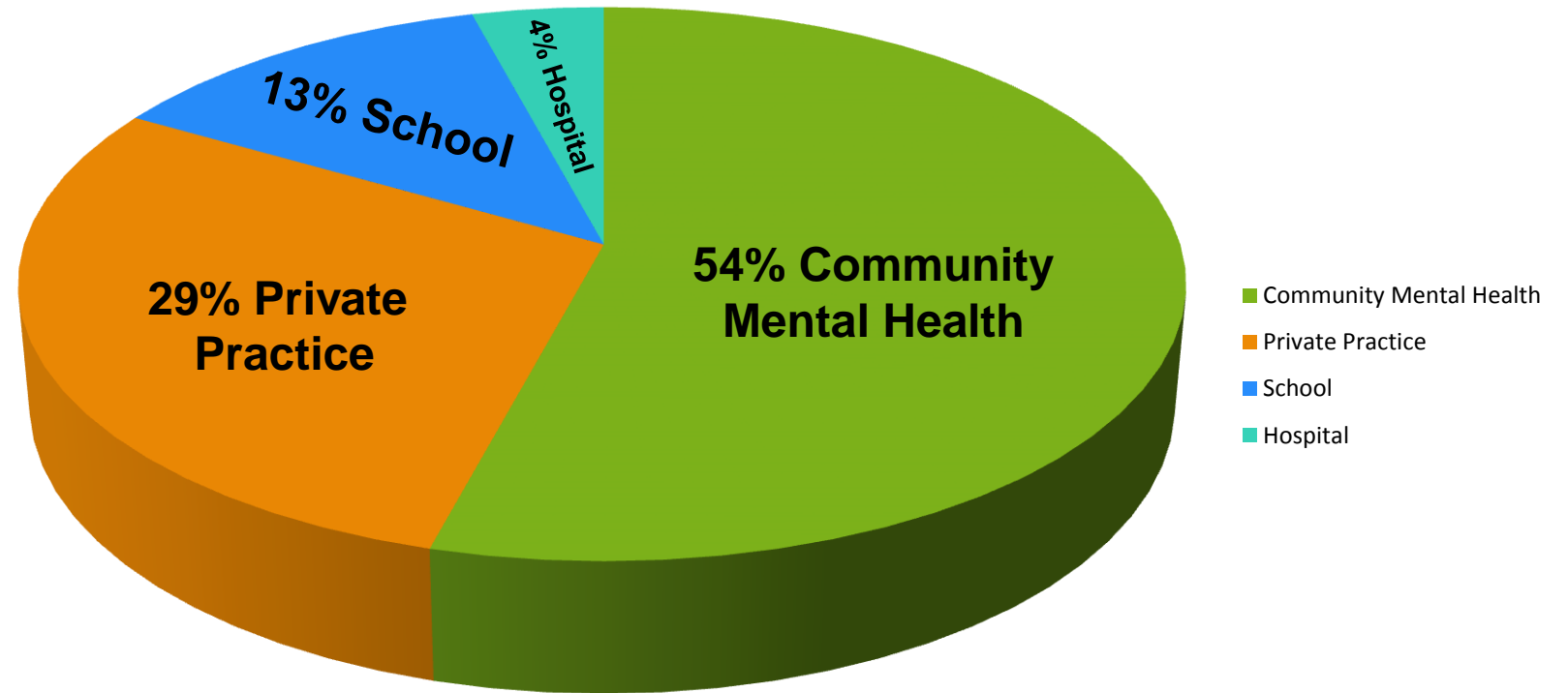
- APA Office of Program Consultation and Accreditation: <http://www.apa.org/ed/accreditation/index.aspx>
- APPIC Training Director Resources: <http://www.appic.org/Training-Resources/For-Training-Directors>
 - Accreditation resources
 - Internship development toolkit
 - Sample self-studies
 - Sample evaluation and application forms
- APA Competency Benchmarks: www.apa.org/education/grad/competency-benchmarks.pdf
- Guidelines on Multicultural Education, Training, Research, Practice, and Organizational Change for Psychologists- American Psychological Association: <http://www.apa.org/pi/oema/resources/policy/multicultural-guidelines.aspx>



Questions related to the program's accredited status should be directed to the Commission on Accreditation. Contact the CoA at Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, DC 20002; Phone: (202) 336-5979; E-mail: apaaccred@apa.org; Web: www.apa.org/ed/accreditation.

STUDENTS WORK SETTING FROM 2007-2013

- Total = 24 former interns in clinical practice



THANK YOU FROM WCCHC BEHAVIORAL HEALTH!!

