TABLE OF CONTENTS

Contents

To Our Stakeholders .............................................................................................................. 2
Program Recruitment, Faculty, & Administration .............................................................. 3
Courses ................................................................................................................................. 5
Financial Statement ........................................................................................................... 6
Program Evaluation ........................................................................................................... 7
Programmatic Changes ....................................................................................................... 8
Contact Information .......................................................................................................... 9
Program Information ......................................................................................................... 10
To Our Stakeholders

INTRODUCTION
The Annual Report adheres to the BUSM Division of Graduate Medical Sciences template for our yearly programmatic review and budget meeting.

MISSION
The mission of the Mental Health Counseling and Behavioral Medicine (MHCBM) Master’s Degree Program at Boston University School of Medicine is to provide exceptional academic and clinical fieldwork experience that emphasizes the core competencies of clinical mental health counseling with complementary training in behavioral medicine and neuroscience. Accredited by the Council for Accreditation of Counseling & Related Educational Programs (CACREP), the MHCBM Program places great value on excellence, diversity, integrity, social justice, advocacy, collegiality, equality of opportunity, and interdisciplinary collaboration. Our Program offers theoretical, experiential, clinical, and research-supported activities related to clinical mental health counseling with adults, adolescents, and children on the medical campus as well as in community settings. We accept and educate a broad range of outstanding students who seek careers as clinical mental health counselors. Graduates of the MHCBM Program generally become independently licensed and are trained to work in settings where traditional mental health interventions can be informed by evidence-based practice, an understanding of neuroscience, and strategies to address physical illness and health promotion.

Program Objectives
At the completion of the MHCBM Program, students are able to:
• Demonstrate the knowledge, skills, attitudes, and values that uniquely embody clinical mental health counselors
• Apply theories and methods derived from the mental health counseling field to the assessment, prevention, and treatment of mental health and conditions
• Integrate multicultural and diversity competence into their counseling practice
• Articulate how a behavioral medicine framework and neuroscience evidence can inform mental health counseling
• Establish that they possess the requisite knowledge to become licensed to practice as mental health counselors within the behavioral healthcare workforce

VISION
The MHCBM Program strives to be a national leader in counselor education by preparing future generations of clinical mental health counselors to use evidence-based practices in their work with diverse client and patient populations with health and mental health disorders.

Stephen M. Brady, Ph.D., Program Director
August 20, 2015
Program Recruitment, Faculty, & Administration

<table>
<thead>
<tr>
<th>Year</th>
<th># Applicants</th>
<th>Qualifications</th>
<th>Mutual Accepts</th>
</tr>
</thead>
</table>
| 2013-2014 | 64 Accepted  | Mean GPA = 3.501  
Mean GRE-Verbal = 59.17%  
Mean GRE-Quantitative = 42.24% | 30 Matriculated |
| 2014-2015 | 50 Accepted  | Mean GPA = 3.355  
Mean GRE Verbal = 56.54%  
Mean GRE Quantitative = 35.08% | 26 Matriculated |
| 2015-2016 | 57 Accepted  | Mean GPA = 3.355  
Mean GRE Verbal = 67.64%  
Mean GRE Quantitative = 56.79% | 28 Matriculated |

The Program was awarded accreditation by the Council for Accreditation of Counseling & Related Educational Programs (CACREP) for an 8-year period beginning July 2014. We continue to refine our website and online standing, attend graduate fairs, and give talks at institutions that have yielded applicants in the past. This recruitment strategy includes targeting educational institutions with significant numbers of ethnic, racial minority students, including historic Black colleges, and attending fairs with 1st-generation university students. We were also involved in a successful grant submission to SAMHSA with the BU School of Social Work that will provide salary support to Drs. Brady, Navalta and Berger-Greenstein for training MHCBM students in substance use disorder assessment and treatment for the next 3 years beginning September 2015.

**FACULTY & ADMINISTRATION**

**MHCBM Core Faculty & Staff**

**Brady, Stephen M.** 1.0 FTE; Functional Title: Program Chair  
Cost Centers (CC): MHCBM & HIV grant  
Teaching: Techniques, Career Counseling

**Berger-Greenstein, Jori** 1.0 FTE; Functional Title: Director of Curricula  
CC: MHCBM & HIV grant  
Teaching: Techniques, Ethics, Behavioral Medicine,

**Levy-Bell, Rachel** 1.0 FTE; Functional Title: Director of Clinical Training  
CC: MHCBM & HIV grant  
Teaching: Introduction to Professional Counseling & 3 Internship Supervision classes

**Navalta, Carryl P.** .80 FTE; Functional Title: Core Faculty  
CC: MHCBM  
Teaching: Child Counseling, Theory, and 2 Internship Supervision classes

**Mark, Bernice** 1.0 FTE; Staff: Program Coordinator  
CC: MHCBM
Faculty Administrative Changes
In Fall 2014, we successfully recruited a new core faculty. Dr. Laurie Craigen, a tenured Associate Professor in Counselor Education at Old Dominion University joined the core faculty on August 4, 2015. She will teach Human Growth and Development, Group Work Dynamics and Process, and Internship Supervision. We are also developing a trauma course that she and Dr. Navalta will teach in Summer 2016.

BU Affiliate Faculty
Chassler, Deborah (School of Social Work) (Social and Cultural Foundations)
Devine, Eric (Division of Psychiatry) (Addictions)
Joseph, Robert (Department of Anatomy & Neurobiology) (Neuroscience for Mental Health Professionals)

Teaching Associates
Alfoe, Jillian (Basic Mental Health Assessment)
Anderson, Mary (Behavioral Medicine and Applied Health Psychology)
Freeburg, Melissa (Research and Evaluation)
Kates, Todd (Marriage and Family Counseling; Human Sexuality)
Kornell, Tasha (Practicum Supervision, Psychopathology)
Kurson, Colleen (Internship Supervision)
Reid, Kathleen (Internship Supervision)
Sivashanker, Karthik (Psychopharmacology)
Spitz, Kaitlin (Internship Supervision)
Suvak, Jaime (Group Dynamics and Process)
Courses

Fall 2014

GMS MH 701 Counseling Theory – Navalta
GMS MH 703 Counseling Techniques – Berger-Greenstein/Brady (1 section each)
GMS MH 704 Group Work Dynamics and Process – Suvak (2 sections)
GMS MH 705 Psychopathology – Kornell*
GMS MH 708 Human Growth and Development – Joseph
GMS MH 710 Basic Mental Health – Freeburg
GMS MH 712 Marriage and Family Counseling – Kates
GMS MH 714 Behavioral Medicine and Applied Health Psychology – Berger-Greenstein/Hearon (1 section each)
GMS MH 812 Addictions – Devine
GMS MH 814 Clinical Field Research Seminar - Reid/Minahan (1 section each)
GMS MH 901 Orientation to Professional Counseling – Levy-Bell
GMS MH 921 Internship Supervision – Kurson/Navalta/Spitz/Furlong (1 section each)

Spring 2015

GMS MH 702 Professional Orientation and Ethics – Berger-Greenstein
GMS MH 706 Social and Cultural Foundations – Chassler
GMS MH 707 Research and Evaluation – Freeburg
GMS MH 709 Neuroscience for Mental Health Professionals – Joseph
GMS MH 713 Human Sexuality – Kates
GMS MH 716 Career and Vocational Counseling – Brady
GMS MH 717 Theory and Practice of Child and Adolescent Counseling – Navalta
GMS MH 810 Psychopharmacology – Sivashanker
GMS MH 814 Clinical Field Research Seminar – Jain/Minahan (1 section each)
GMS MH 902 Practicum Supervision – Parachini/Alfeo (1 section each)
GMS MH 922 Internship Supervision - Berger-Greenstein/Spitz/Ley-Bell/Navalta (1 section each)

Summer 2015

GMS MH 706 Social and Cultural Foundations – Teran
GMS MH 812 Addictions – Devine
GMS MH 814 Clinical Field Research Seminar – Devine
GMS MH 902 Practicum Supervision – Spitz, Reid

*Bold italics denote changes in instructor, course name, or course offering
Financial Statements

MHCBM PROGRAM 2016 FY BUDGET
MHCBM Program Revenue: $2,620,500
Program Budget: $981,082

RESEARCH & TRAINING SUPPORT

Current Support
R01 MH084696-01A2 4/1/10-2/01/15
HIV/AIDS, Severe Mental Illness, and Homelessness
The goal of this study is to investigate the efficacy of a motivational interviewing-skills building HIV risk reduction intervention for people with serious mental illness.
(MHCBM Core Faculty Support: Brady (.30), Berger-Greenstein (.25) & Levy-Bell (.05))
Program Evaluation

As part of our accreditation, CACREP requires that our program complete an annual Vital Statistics Survey – the findings of which are the following:

- Number of students who graduated from the program in the past year: **28 students**
- Completion rate of students from the program: **100%**
- Licensure (or certification) examination pass rate of students graduating from the program: **96%**
- Job placement rate of graduates from the program who were actively seeking employment: **84%**

Our program also completed an internal self-study, which was part of an enhanced institutional requirement by Boston University. This programmatic assessment, combined with the findings of our recent self-study as part of the CACREP accreditation process, led to the identification of the following strategic initiatives for the near future:

- Enhancing the brand
- Investing in diversity
- Managing individualized mentoring
- Expanding curricular options
- Improving program outcomes
- Decreasing student debt burden
- Promoting faculty development
Programmatic Changes

In response to data from student and course evaluations, our annual faculty retreat, and administrative meetings with BUSM, we are making the following changes.

**Faculty and Staff Responsiveness:** We recruited 1.0 FTE core faculty member in order to maintain advising capabilities, which students highly value, and reduce faculty burden so we can be more responsive. We are also recruiting up to .5 work-study students to aid with a variety of curricular and clinical needs.

**Coursework:** We continue to make number of changes regarding teaching assignments to better match student needs. This coming year includes new instructors for Human Growth and Development, Human Sexuality and Career Counseling. The course, Counseling Theory, was moved from the fall to spring semester in response to student feedback, which hopefully will aid in the content being more applicable to clinical training as ~50% of 1st-year students are in the field for practicum during that period. We are also planning to offer a new course in Trauma.

**Clinical:** We continue to expand the number of clinical placements we offer students. In the past year, we added approximately 7 new sites, but lost 2 of them – approximately 124 total sites for practicum and internship.

**Other:** As of Fall 2014, all students are required to take the Counselor Preparation Comprehensive Examination during their second year and achieve a passing score of 60% or greater to graduate from the program.
Contact Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Tel</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>STEPHEN M. BRADY, PH.D.</td>
<td>PROGRAM DIRECTOR</td>
<td>617-638-8689</td>
<td><a href="mailto:sbrady@bu.edu">sbrady@bu.edu</a></td>
</tr>
<tr>
<td>RACHEL J. LEVY-BELL, PSY.D.</td>
<td>DIRECTOR OF CLINICAL TRAINING</td>
<td>617-414-2331</td>
<td><a href="mailto:rjlevy@bu.edu">rjlevy@bu.edu</a></td>
</tr>
<tr>
<td>JORI BERGER-GREENSTEIN, PH.D.</td>
<td>DIRECTOR OF CURRICULA</td>
<td>617-414-2330</td>
<td><a href="mailto:jberger@bu.edu">jberger@bu.edu</a></td>
</tr>
<tr>
<td>CARRYL P. NAVALTA, PH.D.</td>
<td>CORE FACULTY/CHILD &amp; ADOLESCENT TRAINING ADVISOR</td>
<td>617-414-2369</td>
<td><a href="mailto:cnavalta@bu.edu">cnavalta@bu.edu</a></td>
</tr>
<tr>
<td>BERNICE R. MARK</td>
<td>PROGRAM COORDINATOR</td>
<td>617-414-2320</td>
<td><a href="mailto:nicey@bu.edu">nicey@bu.edu</a></td>
</tr>
</tbody>
</table>
Program Information

Mental Health Counseling and Behavioral Medicine Program
Division of Graduate Medical Sciences
Boston University School of Medicine
Tel: 617-414-2320
Fax: 617-414-2323
Website: http://www.bumc.bu.edu/mhbm/