**SDSU Rehab Counseling Program Information for Students**

Many students in our Rehabilitation Counseling and Clinical Rehabilitation Counseling programs have significant disabilities, are categorized at high risk for COVID-19 complications, live with, and/or typically have frequent contact with individuals who are categorized as high risk. Our students are typically active members in their communities, including the disability community.

In California, we are following the guidance of our [public health](https://www.sandiegocounty.gov/coronavirus/) officials. [SDSU](https://sa.sdsu.edu/student-health-services/coronavirus) administration, the California [Board of Behavioral Sciences](https://bbs.ca.gov/pdf/coronavirus_statement.pdf), The [CRCC](https://www.crccertification.com/covid-19), and [CACREP](https://www.cacrep.org/for-programs/updates-on-covid-19/) as we scramble to convert our fieldwork experiences to virtual formats in order to best serve our students and community during this difficult time.

Our students typically spend their fieldwork experiences in settings where they serve individuals with the most significant disabilities in our communities. This includes individuals with significant physical disabilities, significant cognitive disabilities, significant hearing and vision loss, severe mental illness and/or substance use disorders, individuals who are homeless, and individuals involved with the criminal justice system. These settings in public schools, government agencies, and non-profit organizations typically do not offer a telehealth option for our student interns, and would require significant changes in order to provide this option in order to meet HIPAA and other regulatory guidelines on such short notice.

Attached below, please find some resources and an explanation of how we in Rehabilitation Counseling and Clinical Rehabilitation Counseling programs are best meeting the CACREP fieldwork standards via alternate virtual formats during the emergency. Our group supervision meetings with students are continuing via Zoom.

Feel free to edit and share as you like.

We plan to continuously provide updates and additional resources so that we can best meet the CACREP standards, adhere to HIPAA guidelines, and offer meaningful and appropriate virtual fieldwork experiences for our students for the remainder of the semester.

I thought this might be helpful in order to navigate your individual programs and communications with your CACREP or other accreditation liaisons during this emergency.

# **telehealth training resource:**

[Here is a link to a 12 hour-ish training on telehealth services via PESI](https://catalog.pesi.com/item/52191/?utm_source=featuredad&utm_medium=banner&utm_campaign=BH_telehealth_POS055645&fbclid=IwAR1kEXTqGy1vcYYhgH_NX7hJugQIvYKX9EyUBNksclntj1c9PbXYUz-RhcY)for mental health providers, which usually costs around $430.00, but is FREE right now. This training is completely on-line and complete at your own pace.

The coupon code to be used in order to obtain this training for free is: TELEFREE

**These are some activities that students can perform in their role as non-licensed rehabilitation counseling students:**

# **For direct contact hours:**

Many members of our community have significant disabilities and health issues that put them at greater risk for complications from COVID-19. As rehabilitation counselors in training, please practice the skills you are learning and reach out to friends and family who fit into these categories. See how they are coping, practice your counseling skills, offer emotional support, help them to connect with smart phones or other technology, and offer resources. **You may log as many of these sessions as you like for your direct contact hours this semester.**You are doing pro-bono advocacy work in the community as volunteer emergency social support for individuals with disabilities and family members which our [CRCC code of ethics](https://www.crccertification.com/code-of-ethics-3) advocates for! You will not be collecting client information, you are not being paid, you will share that you are a counseling student practicing your skills, and you will be maintaining confidentiality and securing your communication to the best of your ability. Therefore, the HIPAA guidelines addressed in the training video linked below are less relevant to what you are doing in this capacity. If you choose to record a session for use in your class, please use the verbal script (attached).

administer the O\*Net Interest Profiler (IP) to somebody in either English or Spanish. The IP is free and is linked to the O\*Net database. You can either read the items to the individual over the phone or if they have Internet access, direct them to take the IP on their own. You can then write a vocational interest report providing O\*Net information on areas of interest to the individual. You are welcome to log all the hours that you spend helping the individual and writing the report to generate ideas for vocational options and careers. Here is the link to access the IP: <https://www.onetcenter.org/IP.html>

**Group activities that count as direct service hours**

Peer-led support groups support our Rehabilitation Counseling philosophy of social inclusion. The resources below support the [Psychiatric Rehabilitation Association’s Core Principles and Values.](https://www.psychrehabassociation.org/about/core-principles-and-values) Connecting with others in the community is a critical component on the path the leads out of social isolation and poverty. The following resources are just a suggestion and there are many other peer-led [support groups](https://www.verywellhealth.com/support-groups-for-the-disabled-1094573) available to individuals with many [different types of disabilities](https://curemedical.com/find-a-peer-support-group-near-you/) that you may participate in to accrue direct serve hours.

If you do not identify as somebody who qualifies for membership in a particular support group, please only participate in groups that are listed as “open” or “observers/visitors are welcome”.

There are many 12 step and other recovery groups that have on-line or phone meetings available. One example is Al-Anon. Al-Anon is a fellowship of relatives and friends of alcoholics/addicts. Many of us in the helping professions qualify for Al-Anon membership.

* If you do not identify as a member of Al-Anon, you are welcome to attend any meeting that states observers are welcome: <https://al-anon.org/al-anon-meetings/electronic-meetings/#Phone_Meetings>
* NAMI also offers a wealth of information on virtual support groups, including support for friends and family members on their website: <https://namimainlinepa.org/online-and-telephone-support-groups/>
* Free online peer-led [WeConnect recovery meetings](https://www.weconnectrecovery.com/free-online-support-meetings) are available
* Free online meetings are available through [Recovery International](https://recoveryinternational.webex.com/mw3300/mywebex/default.do?siteurl=recoveryinternational)

# **For additional practicum/internship hours:**

Reviewing the [ACA website resources](https://www.counseling.org/knowledge-center/mental-health-resources/trauma-disaster/mental-health-professional-counseling-and-emergency-preparedness) and write a 1 page reflection (use attached form)

Reviewing the [CRCC code of ethics](https://www.crccertification.com/code-of-ethics-3) and ethical decision making model resources and write a 1 page reflection

Watching a free 30 minute [telehealth crash course video](https://www.youtube.com/watch?v=teRe3WwjAk4) if you are considering providing telehealth services at your current or future jobs and write a 1 page reflection

Reviewing guidance on [case note documentation](https://www.theraplatform.com/blog/295/soap-notes-counseling) and write a 1 page reflection

Watching [Motivational Interviewing videos](https://www.youtube.com/watch?v=Z0mSNm20ZWU) available on YouTube and write a 1 page reflection

Reviewing [California mandated reporting](https://www.sdcda.org/helping/mandated-reporting.html) information and write a 1 page reflection

Reviewing suicide prevention [resources](https://findyouranchor.us/), [videos](https://www.ted.com/talks/kevin_briggs_the_bridge_between_suicide_and_life?language=en), and [information](https://didihirsch.org/) and write a 1 page refection

Reviewing the contact information for the [San Diego Crisis Line](https://up2sd.org/hotline/) and write a 1 page reflection

Here are some links to some disability-related and professional development films you can view, write a 1-2 page reflection for each (template is attached), and log for your practicum/internship clinical experience hours:

[Including Samuel](https://sdsu.kanopy.com/video/including-samuel-2)

Before his son Samuel was diagnosed with cerebral palsy, photojournalist Dan Habib rarely thought about the inclusion of people with disabilities. Now he thinks about inclusion every day. Shot and produced over four years, Habib's award-winning documentary film, INCLUDING SAMUEL, chronicles the Habib family's efforts to include Samuel in every facet of their lives. The film honestly portrays his family's hopes and struggles, as well as the experiences of four other individuals with disabilities and their families. INCLUDING SAMUEL is a highly personal, passionately photographed film that captures the cultural and systemic barriers to inclusion.

Running Time

57 mins

[The Anonymous People](https://sdsu.kanopy.com/video/anonymous-people)

THE ANONYMOUS PEOPLE is a feature documentary film about the 23.5 million Americans living in long-term recovery from alcohol and other drug addiction. Deeply entrenched social stigma and mass participation in widely successful anonymous 12-step groups have kept recovery voices silent and faces hidden for decades. The vacuum created by this silence has been filled by sensational mass media depictions of addiction that continue to perpetuate a lurid public fascination with the dysfunctional side of what is a preventable and treatable health condition.

Just like women with breast cancer, or people with HIV/AIDS, courageous addiction recovery advocates are starting to come out of the shadows to tell their true stories. The moving story of The Anonymous People will be told through the faces and voices of the leaders, volunteers, corporate executives, and celebrities who are laying it all on the line to save the lives of others just like them. This passionate new public recovery movement is fueling a changing conversation that aims to transform public opinion, and finally shift problematic policy toward lasting recovery solutions.

Running Time

89 mins

[Charged: The Eduardo Garcia Story](https://www.amazon.com/gp/video/detail/B0762Q2P1C/ref=atv_dl_rdr?autoplay=1)

(contains graphic video of massive trauma and burn treatments in ICU)

Charged with 2400 volts of electricity, Eduardo lost an arm, ribs, muscle mass, and nearly his life, but more important than what he lost is what he found.

Running Time

86 minutes

[Defiant Lives](https://sdsu.kanopy.com/video/defiant-lives)

A triumphant film that traces the origins of the world-wide disability rights movement. It tells the stories of the individuals who bravely put their lives on the line to create a better world where everyone is valued and can participate.

Featuring interviews and rarely seen archival footage, the film reveals how these activists fought to live outside of institutions, challenged the stigmas and negative image of disability portrayed by the media, demanded access to public transportation, and battled to reframe disability rights as a social responsibility relevant to us all.

Running Time

85 mins

[Behavioral Therapy for Chemical Addictions](https://sdsu.kanopy.com/video/cognitive-behavioral-therapy-techniques-r-16)

Review the basics of substance use disorders--alcohol, prescription drugs, and illegal drugs--and what second- or third-wave Cognitive Behavioral Therapies (CBT) can offer people who suffer with addiction. Add community reinforcement approach (CRA) to your CBT toolkit and see how it can be more successful than 12-step recovery programs.

Running Time

33 mins

[Developing Emotional Flexibility](https://sdsu.kanopy.com/video/cognitive-behavioral-therapy-techniques-r-22)

This is episode #23 in the series: Peer into the lives of people who have thrived in the face of adversity--why do some people flower while others wilt? The keys to flourishing are flexibility and resilience. Complete your CBT toolkit with a list of ten ways that you can develop and sustain personal resilience.

[Mindfulness: The Power of Awareness](https://sdsu.kanopy.com/video/mindfulness-power-awareness)

Explore the notion of mindfulness: nonjudgmental attention to experience: as it occurs in everyday life and as a deliberate practice. Note the many benefits of mindfulness practice, from the freedom to choose how you respond to life, to releasing detrimental emotions and patterns of thinking, to its effects on your physical health.

(this is episode #2 of a 24 series of the Practicing Mindfulness series)

Running Time

33 mins