

2021 STAR-Center Conference

May 14, 2021

Name, Credentials, Position Title

Kym Jordan Simmons, PhD, Licensed Clinical Psychologist

Affiliation: Carnegie Mellon University

Kym Jordan Simmons is a licensed clinical psychologist with over 20 years of experience in college mental health. Throughout her career at multiple universities, she has worked in various roles including externship coordinator, group coordinator, sexual assault counselor, clinical supervisor, and training director. Her clinical interests include helping students further explore and make meaning of their multiple identities, understand and heal from the racism-based trauma, learn alternative paths to coping with anxiety, and progress in their healing from sexual violence. She often finds freedom in spending time with family, friends, and sorors; gardening; hula hooping; reading; baking; and listening to music. She is currently a Staff Psychologist at Counseling and Psychological Services at Carnegie Mellon University.

Title of Presentation:

Traversing the Transition to College: Assisting Students with Mental Health Concerns.

Description

This presentation will provide an overview of the state of mental health services on college campuses, shifts in counseling center services during the COVID pandemic, ways to examine the mental health services being offered, and concrete tasks to help prepare students and caregivers prior to the launch to college.

Level of Presentation:

Introductory ___

Intermediate X

Advanced ___

Learning Objectives:

At the conclusion of this session, participants should be able to:

1. Describe common developmental themes for students launching to college.
2. Discuss ways to examine mental health services offered by a college or university (including during the COVID-19 pandemic).
3. Identify concrete steps to preparing for the transition to college.

Three (3) current (within the past 10 years) peer-reviewed publications that support the evidence base for the content of your presentation.

1. Brunner, J. L., Wallace, D. L., Reymann, L. S., Sellers, J-J., & McCabe, A. G. (2014). College counseling today: Contemporary students and how counseling centers meet their needs. *Journal of College Student Psychotherapy*, (28), 257–324.
2. Conley, C., Kirsch, A., Dickson, D., & Bryant, F. (2014). Negotiating the Transition to College: Developmental Trajectories and Gender Differences in Psychological Functioning, Cognitive-Affective Strategies, and Social Well-Being. *Emerging Adulthood*, 2(3), 195–210.
3. Seidel, M. (2020). Communicating Mental Health Support to College Students During COVID-19: An Exploration of Website Messaging. *Journal of Community Health*, 45(6), 1259–1262.