

# Psychological Sciences . Communiqué

Spring 2016

## Center for Evidence-Based Youth Mental Health Opens Its Doors

As many as 75 percent of children in the U.S. do not receive the mental health care services they need. Without access to effective mental health services, many of these youth continue to experience social, emotional, and behavioral concerns well into adulthood, including lower educational attainment and employment opportunities, and higher rates of substance abuse, criminal involvement, family maltreatment, and trauma. In November 2012, the voters of Boone County decided that no child should be denied the care they need to succeed and voted to establish a ¼-cent sales tax to fund the Boone County Children's Services Fund (BCCSF).

Through competitive grants and contracts, BCCSF currently funds 34 youth mental health service programs.

Professor Debora Bell, the director of clinical training, saw a unique opportunity to develop a community-campus partnership that could help close the access gap

for Boone County youth. Capitalizing on departmental expertise, she brought together clinical child psychology faculty members and graduate students and proposed a range of activities that would provide evidence-based mental health services for Boone County youth



Faculty and staff of the Center for Evidence-Based Youth Mental Health, front: Katie Bellesheim, Ben Johnides, Estee Hausman, Cynthia Brown, and Kaitlin Sheerin, and back: Sunie Kim, Debora Bell, Erika Waller, and Kristin Hawley.

and cutting-edge training for doctoral students and community providers. With two grants from the Boone County Children's Services Fund and support from the Department of Psychological Sciences and the MU Psychological Services Clinic, MU's Center for Evi-

dence-Based Youth Mental Health opened its doors in January 2015.

### Clinical Psychology Program & Psychological Services Clinic

The Center for Evidence-Based Youth Mental Health is part of the department's clinical psychology doctoral program. Well known for the quality of its training, the clinical program is accredited by both the American Psychological Association (APA) and the Psychological Clinical Science Accreditation System. Consistent with the broader mission of the university as a historic land-grant institution, a Carnegie Research 1 institution, and a member of the Association of American Universities, the clinical program focuses on world-class clinical training, research, and service to benefit all citizens.

The program also operates the Psychological Services Clinic (PSC) in downtown Columbia.

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## From the Chair's Desk



*By Moshe  
Naveh-Benjamin  
Department Chair*

Our department continues to excel amidst challenging times at the university. Our faculty members have continued to do extremely well in their research, teaching, and mentoring, and

several of them have recently received prestigious awards that reflect this. Jeff Rouder was selected by the College of Arts and Science as the Middlebush Chair in the Behavioral Sciences, and Ken Sheldon was selected as a Curators Professor. In addition, Lisa Bauer has received the Writing Intensive Teaching Excellence Award, and Etti Naveh-Benjamin has received the MU Faculty Achievement Award in Diversity. Finally, several of our faculty were recently awarded multi-year grant support by the NIH and the NSF.

As a reflection of the excellence of our junior faculty, during the past 18 months, five of our assistant professors were granted tenure status and promoted to the rank of associate professor, including Nicole Campione-Barr, Clint Stober, Ed Merkle, Kristy Van Marle, and Victoria Shaffer.

I am also proud to announce that several of our faculty and staff have received departmental awards, including Assistant Professor Ian Gizer, who was the winner of the Max Meyer Outstanding Junior Faculty Research Award; Assistant Professor Jeff Johnson, who was the winner of the Robert S. Daniel Outstanding Junior Faculty Teaching Award; and Assistant Teaching Professor Ines Segert, who was the winner of the David G. McDonald Contributions to Undergraduate Education Award.

We are very glad to welcome Associate professor Dennis Miller as our new associate chair for curriculum, in-

struction, and advising, and the director of our graduate and undergraduate studies. Dennis replaces Teaching Professor Alan Strathman, who held this position for almost 20 years and did an outstanding job in improving the instruction at our department. We are confident in Dennis' capacity to improve it even further.

We are also happy to welcome Billye Clemons to our staff team this year. Billye, who is in charge of our graduate student office, joins our excellent long-term staff team in providing the vital organizational infrastructure that the department requires in order to thrive in all aspects of its operation.

We continue to do very well in our mission of educating undergraduate and graduate students. We have about 1,200 majors, with about 150 of them enrolling in our recently established bachelor of science degree, geared toward those students who are interested in pursuing scientific careers in psychology and related areas. With respect to our graduate studies and with encouragement from our graduate students, we have established a new committee, the Wellness Resource Committee, which will be helping graduate students to thrive personally and professionally in graduate school, providing them with vital academic, wellness, and work-life balance resources.

In response to the events that have happened recently on campus, our graduate students have led the department in conducting various discussions about the best ways to make diversity and inclusion awareness an important part of daily life here. We are exploring several ways in which the department can draw on psychological research in helping ourselves and the campus deal with the issues and concerns of students and faculty in these areas. These efforts are overseen by Professor Ann Bettencourt, the new associate chair for diversity and inclusion, and the Committee for Diversity and Inclusion, as well as the clinical Diversity Enhancement Committee, led by concerned graduate students and Professor Debi Bell, the director of our clinical studies.

This *Communiqué* highlights research conducted by our faculty and its role in promoting relevant educational experience and career development for our graduate and undergraduate students. The article on [Page 4](#) describes the research by our addiction and alcohol group and its success in becoming one of the top such groups in the country, with established success in securing federal grant money and publishing extensively in academic and media outlets. The mentoring faculty members in this program train bright graduate students and postdoctoral fellows to become future researchers on addiction and alcohol, partially via an NIH training grant led by Ken Sher. In addition, beginning on the [front page](#) you will find a description of the new MU Center for Evidence-Based Youth Mental Health, which is involved in various activities that provide evidence-based mental services for Boone County youth. The center provides an example of the mutual benefits of community involvement of our researchers, to our department, our students, and youth in the community.

Also, the success of our undergraduate honors capstone students, several of whom received awards in last year's MPA and Psychology Day is described on [Page 6](#). Some recent achievements by our faculty and the dissemination of their research in the media are outlined on [Page 7](#). Finally, on [Page 8](#) you'll see a list of giving opportunities with various ways to assist the department in its endeavors. We truly do appreciate the support of alumni and friends, both undergraduate and graduate—you are a particular source of pride for the department.

Warm thanks to our faculty, students, and dedicated staff, as well as our alumni everywhere for their part in our continuing success.

# Center Opens Its Doors

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The PSC provides evidence-based assessment and treatment services to children, youths, adults, and families from Columbia, Boone County, and surrounding communities, and is the primary training site for clinical doctoral students. The Center for Evidence-Based Youth Mental Health is housed within the PSC. From this modest brick building on 8<sup>th</sup> Street, between the Sub Shop and the Missourian, center faculty and staff are working to bring research-supported mental-health assessment and treatment to youths aged 4–19 years, train the next generation of providers, support current providers in keeping up with the latest evidence-based practice developments, and help families get connected with the mental health care they need to function and thrive.

## Services for Children, Youth, and Families

For children, youth, and families struggling with emotional or behavioral problems, obtaining a sound assessment is the first step in figuring out what is going on and how to get better. Under the direction of Clinical Assistant Professor Erika Waller, graduate clinician trainees administer a comprehensive diagnostic assessment to determine clinical diagnosis and the intervention most likely to help each youth and family based on presenting problems and solid clinical efficacy data. They then meet with each family to explain conclusions and recommendations, answer the family's questions, and help them initiate appropriate treatment. In some cases, the family is treated at the center. In other cases, the family is referred to another provider in the community, and center staff assist them in initiating these services.

The center faculty and staff provide several nationally recognized evidence-based interventions, including:

- Cognitive-behavioral therapy (CBT) with graduated exposure for anxiety disorders
- Exposure plus response prevention for obsessive compulsive disorder and OC-spectrum concerns
- Comprehensive behavioral intervention for Tourette's, trichotillomania, and related concerns
- CBT with behavioral activation and interpersonal therapy for depressive disorders
- Behavioral parent training for disruptive behavior concerns
- Trauma-focused CBT for youth with a significant trauma history
- Adolescent dialectical behavior therapy for youth with severe mood dysregulation

Another crucial treatment offered by the center is multisystemic therapy (MST). MST was developed by MU professor and center faculty member Charles Borduin over three decades ago at the University of Memphis with colleague Scott Henggeler. MST is an intensive, family-centered, community-based intervention for chronic juvenile offenders aged 12–17 years and their families. Over a dozen clinical trials have shown MST's effectiveness, including keeping youths in the home (out-of-home placements reduced by 50 percent), improving family relationships and functioning, and decreasing recidivism, school drop-out, psychiatric symptoms, and substance use. Long-term societal benefits are impressive as well, with MST offering substantial cost savings compared to incarceration for up to 25 years after youths participate in MST.

## Provider Training and Support

In addition to providing high-quality assessment and treatment to children, youth, and families, part of the center's mission is to provide free training, support, and consultation to mental-health providers and allied professionals. Despite

significant scientific advancements in the treatment of mental-health problems, there is an unacceptably long lag between discovery and clinical application (about 17 years is the statistic most often cited). Associate Professor Kristin Hawley is trying to speed up that process. As she notes, although clinical science has led to several effective mental health therapies widely reported in scientific journals, we still see very few providers adequately trained in these research-supported practices. This is especially true among providers who have dedicated their careers to working with low-income youths and families. Despite their commitment to quality care, many youth mental-health-service providers have limited ability to access the kind of training and supervision needed to support their efforts to provide evidence-based care.

The center provides a range of free opportunities for clinicians to receive training and support in these practices in ways that fit into their busy schedules:

- Interactive full-day and half-day clinical-training workshops on evidence-based treatments
- Biweekly learning collaboratives for professionals to discuss, practice, and consolidate learning
- Individual consultation on child, youth, and family cases
- Beginning in 2016, confidential, web-based monitoring and feedback on implementation of research-supported intervention strategies and client progress to help clinicians evaluate the success of their interventions.

## Referral Network

To attain the goal of reaching every child, youth, and family in need of mental-health services, the center also coordinates a growing referral network of service providers. Providers list information about their scope of practice, including ages and diagnoses treated, specific assessments and treatments they provide, fees and insurances they accept, and how families can connect

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# MU Addictions Research

## Training Future Alcohol Researchers for 15 Years

With the allocation of resources to the Department of Psychological Sciences in 1998 to hire five new faculty members and create two postdoctoral training positions under the then-mission-enhancement program, the MU addictions area went from being a small group of faculty members (primarily in the clinical and social/personality psychology areas) to a much larger cadre of addiction specialists with backgrounds in quantitative methods, neuroscience, and pharmacology, in addition to clinical and social/personality psychology.

The 11 faculty members affiliated with the MU addictions area have been very productive, both in terms of publications as well as grant funding. Several have been awarded multiple R01, R21, and foundation grants over the years, and the Mission Enhancement initiative helped establish Missouri's continued role in the Midwestern Alcoholism Research Center that is based at Washington University in St. Louis.

However, equally, if not more, important is this group's emphasis on the training and mentoring of the next generation of addiction researchers. Toward this end, Curators Professor Ken Sher took the lead on establishing a training program in alcohol research for predoctoral as well as postdoctoral scholars who sought intensive training in alcohol research. Sher successfully submitted a T32 institutional-training-grant application that was first funded by NIAAA in 2002 and has been renewed successfully twice.

Currently, the MU addictions faculty who are intimately involved in mentoring and training of both predoctoral students and postdoctoral fellows specializing in alcohol research are: Lynne Cooper (drinking motives, alcohol and sexual behavior, adolescent risk-taking,

personality, diary and longitudinal methodologies), Ian Gizer (molecular genetics of drug- and alcohol-use disorders, comorbidity, relations between personality and addictive behavior), Tom Piasecki (tobacco dependence, motivational processes in alcohol and tobacco use, alcohol hangover, ecological momentary assessment), Sher (diagnosis, etiological processes in alcohol-use disorders, comorbidity, alcohol and adult development, college student drinking), Wendy Slutske (behavioral genetics and epidemiology of alcohol-use disorders and other addictive disorders, including disordered gambling), Tim Trull (ambulatory assessment, physiological monitoring, EMA, craving, personality disorder comorbidity), Phil Wood (alcohol use and cognitive development, alcohol use and schooling, quantitative methodology), Denis McCarthy (drinking and driving, behavioral pharmacogenetics of alcohol, alcohol expectancies), Bruce Bartholow (alcohol and social cognition, alcohol and executive control, individual differences in alcohol sensitivity, social neuroscience), Doug Steinley (application of statistical methods to improve diagnosis, understanding the use of substances in social networks, and subtyping addictive behaviors), and Matt Martens, an affiliated faculty member in the College of Education (personal feedback-based interventions, protective behavioral strategies, health and sports psychology). Two additional faculty members hired under mission enhancement, Matt Will and Dennis Miller, provide additional training and support in basic behavioral and neuropharmacology.

Through the T32 training grant funded by NIAAA, the addictions group provides training for future alcohol researchers at predoctoral and postdoctoral levels. For the past nine years, Sher has also held

a K05 Senior Scientist and Mentoring Award from NIAAA to help mentor junior and mid-career faculty members in alcohol research. This award has been very successful with most of these faculty mentees obtaining major NIH funding during or just after their period of mentorship. In addition, he has recently obtained a five-year R25 award from NIAAA to institute a summer school in alcohol research (the MU Alcohol Research Training Summer School) for undergraduates, recruited nationally. The scope of funded research training in alcohol and addiction research in the department ranges from undergraduate, to predoctoral, to postdoctoral, to established faculty members. The training emphases are on understanding both the causes and effects of alcohol use, problems, and dependence from a broad biopsychosocial perspective. Training is geared to aid the understanding and consideration of the complex multivariate factors that contribute to alcohol consumption that lead to alcohol-related problems and dependence, and that determine remission and persistence of alcohol-use disorders in alcohol-affected individuals over the life span.

Toward these general goals, addiction faculty provide training in relevant areas of psychological assessment, descriptive and experimental psychopathology, social and cognitive development, personality, interpersonal influence processes, behavior genetics and genetic epidemiology, psychophysiology, social neuroscience, behavioral pharmacology, neuropharmacology, and multivariate statistics, all with specific application to understanding the causes and consequences of alcohol involvement.

To date, approximately 40 MU graduate students have partici-

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# MU Addictions Research

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pated in the predoctoral training program. Of these students, 14 have been awarded prestigious F31 NRSA fellowships for their doctoral research. Indeed, over the past 10 years, the majority of F31 awards on the MU campus have gone to graduate students who first received training on the T32, and many have gone on to secure highly prestigious postdoctoral positions and faculty positions nationally. Furthermore, two former trainees later received a K01 Men-

tored Research Scientist Career Development Award. Approximately 15 individuals have participated in the postdoctoral training program, and many later secured faculty positions as well as additional grant funding for their training and research.

Despite these accomplishments, and in addition to maintaining the T32 training grant for the long term, the addictions faculty also have a range of goals for the future. These include increasing the

research grant portfolio of current faculty further; bringing in new expertise in the development of novel treatments and their dissemination; and in functional neuroimaging, to better understand etiological processes and the acute and chronic effects of drug exposure. With these additional foci, the alcohol and addictions research group will be well positioned to pursue funding for an NIH-funded national research center and to maintain its position as one of the pre-eminent graduate programs for training researchers in alcohol and addiction studies.

## You're Invited! Psychology Day 2016

Stephanie Stepp, PhD '07, associate professor of psychiatry and psychology in the Department of Psychiatry at the University of Pittsburgh, will be the alumna keynote speaker for the 2016 Psychology Day, Friday, April 29. Her presentation is titled "Emotion Regulation Processes in Adolescence that Increase Risk for Borderline Personality Disorder: A Mixed Methods Approach."

During Psychology Day, undergraduate and graduate students will present findings from their research during the morning and afternoon poster sessions. The day will end with an awards ceremony, the keynote address, and a reception for the departmental community.

All alumni are invited to attend Psychology Day. For more information, or to let the department know you plan to attend, please contact Kelly Davis at 573-882-6277 or [daviskel@missouri.edu](mailto:daviskel@missouri.edu). Additionally, more information can be found on the department's website at [psychology.missouri.edu](http://psychology.missouri.edu).



## Center Opens Its Doors

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with them for care. A comprehensive, searchable directory of available mental health care and related services for the entire community is in development.

### Community and Campus Impact

In 2015, the center provided assessment and treatment to nearly 200 families, cutting-edge training for over 150 mental-health-service providers, and intensive clinical assistantships for six clinical psychology doctoral students.

Bell says, “We are providing services and training that are innovative and, we believe, transformative for our program as we combine our strengths in a new way for our community as it pursues excellent and accessible youth mental health, and for our students who will leave our program to become leaders in psychological clinical science.”

The APA Board of Educational Affairs apparently agrees. They awarded the child and adolescent track of MU’s clinical psychology doctoral program the Distinguished Contributions to the Education and Training of Child and Adolescent Mental Health Psychologists Award in 2015. This award recognizes exemplary education and training initiatives that transform mental-health practices or policies for children and adolescents.

If you would like to learn more about the Center for Evidence-Based Youth Mental Health, please visit [youthmentalhealth.missouri.edu](http://youthmentalhealth.missouri.edu).

## Honors Capstone



MPA winners, from left: Rachel Kloppe, Nicholas Drysdale, Brendan Woody (behind), Ariel Shifter, and Louie Markovitz

Each year MU honors capstone undergraduates travel to Chicago to present their research at the Midwestern Psychological Association conference. This is an exciting opportunity for students to experience a scientific conference and show the fruits of their year-long research efforts. In May 2015, there were 24 young scholars who earned departmental honors. Of those 24 students, six won the Psi Chi MPA Research Award. This competitive award is given to just 24 MPA presenters each year, which means that these talented MU students received exactly one-quarter of the awards!

### 2015 Psi Chi MPA Research Award Winners

**Nicholas Drysdale** (Ann Betten-court), for his research on the relationship between poor health, depression, and medication adherence among breast-cancer survivors

**Rachel Kloppe** (Charles Bordin), for her research on the long-term criminal outcomes of juvenile offenders with histories of physical abuse

**Louie Markovitz** (Charles Bordin), for his research on family relationships and aggressive behavior in youth with autism spectrum disorders

**Ariel Shifter** (Ken Sher), for her research on drinking motivations and alcohol consumption

**Chanell Washington** (Nicole Campione-Barr), for her research on mother-daughter relationships and adolescent girls’ sexual attitudes

**Brendan Woody** (Laura King), for his research on the impact of negative events on meaning in life

### 2015 Psychology Day Award Winners

**Nicholas Schmidt** (Moshe Naveh-Benjamin) won the Max F. Meyer Achievement Award for his research on age differences in short- and long-term memory

**Keisha Bailey** won the Sam C. Brown Outstanding Achievement Award for her research on the role of parental military service on sibling relationships.

**Bruce Bartholow** was named a fellow in the Association for Psychological Science for his sustained outstanding contributions to the science of psychology.

**Ann Bettencourt** received a grant from the University of Missouri Interdisciplinary Intercampus Program to conduct a study of a mindfulness-based intervention to improve relational, psychological, and physical adjustment among young breast-cancer survivors.

**David Beversdorf** was elected a fellow of the American Academy of Neurology. His research on the effect of blood pressure drugs on social skills in autistic children received wide news coverage in national and international outlets.

**Nicole Campione-Barr** received a grant from the National Science Foundation to investigate the types of information that adolescents choose to share with parents and siblings and how their choices of information disclosure impact adolescent adjustment.

**Nelson Cowan** received an honorary doctorate from the University of Liege, Belgium.

**Nelson Cowan** and **Moshe Naveh-Benjamin**, along with collaborators in Switzerland and the United Kingdom, received a grant from the United Kingdom Eco-

## Faculty Kudos

nomie and Social Research Council to study working-memory processes across the adult lifespan.

**Clinton Davis-Stober** received a grant from the National Science Foundation to develop mathematical and statistical tools for understanding how people make trade-offs when making decisions and then linking these quantitative models to neuroimaging. Davis-Stober was also elected to the executive board of the Society for Mathematical Psychology.

**David Geary** was a fellow at the Institute of Advanced Study at Durham University, where he was part of an interdisciplinary group of researchers and gave public and academic lectures on brain evolution and mathematical skill development. His research on gender differences in academic achievement was covered in over 290 national and international media outlets.

**Ashley Groh** received a University of Missouri Research Board grant to investigate the role of infant temperament, relationship with

parents, and quality of caregiving in shaping infant brain development.

**Laura King** received the 2015 Service to the Field Award for Personality and Social Psychology for her work as editor of the *Journal of Personality and Social Psychology*.

**Yuyan Luo** and doctoral student **You-jung Choi** published research showing that babies can make sense of complex social situations as early as 13 months, and this research was covered by over 150 national and international media outlets.

**Todd Schachtman** published research showing that a compound found in green tea can slow the progression of Alzheimer's disease in mice when combined with voluntary exercise. This research was covered by over 200 national and international media outlets.

**Laura Scherer**, along with **Victoria Shaffer**, received a grant from the National Science Foundation to study decision making about pandemic disease risks. Scherer also received a University of Missouri Research Board grant to test interventions designed to improve critical thinking and reasoning ability pertaining to health and risk judgments.

## Improving Access to Mental Health Care Through FACE

Boone County currently has unmet mental health needs, particularly for area youth. An estimated 50–75 percent of at-risk youth never receive needed mental health services. These services can address or prevent poor social, emotional, and behavioral health outcomes including drug and alcohol abuse, suicide, and juvenile crime. To close this gap, the new Family Access Center for Excellence (FACE) will provide a single point of entry to access services for youth

0–19 years old. FACE will open at 105 East Ash Street on August 1 and will unconditionally accept youth for evaluations, regardless of insurance status or ability to pay. "Anyone 0–19 in need of mental health services can just show up," says Kristin Hawley, associate professor in the Department of Psychological Sciences, who is spearheading the program, along with faculty members in the departments of Social Work, School Psychology, and Counseling Psychology.

The Boone County Children's Services Fund has provided funding for this innovative collaborative center. In addition to serving as a universal-care access point for youth and their families, FACE will provide training in evidence-based practice for local mental health providers to improve the effectiveness of services countywide. Further, FACE will engage in a public awareness, education, and prevention-oriented campaign to target and reduce the prevalence of known risk factors for poor social and behavioral health outcomes.

For more information about FACE, contact Kristin Hawley at [hawleyk@missouri.edu](mailto:hawleyk@missouri.edu).

# “Give Direct” Aids in Targeted Fundraising

The department continues the Give Direct initiative begun last year, allowing alumni to provide support directly through our website to specific initiatives unfolding in the department. We are very appreciative of contributions to any of these funds—they support our hard-won gains in research, applied work, and teaching. Thank you so much for your generous and broad-minded support.

## Lizette Peterson-Homer Graduate Fellowship Fund

The Department of Psychological Sciences established the Lizette Peterson-Homer Graduate Fellowship Fund to honor the former Curators Professor's devotion to teaching and mentoring. The memorial fund will provide financial assistance for graduate student development in these areas: research activities, specialty training at other institutions, and travel to professional conferences. In awarding the funds, special consideration will be given to graduate students who are pursuing study in the area of pediatric psychology and especially in child injury-prevention research, an important yet under-funded area to which Peterson-Homer, who passed away in 2002, was deeply committed.

## Undergraduate Honors Capstone Travel Fund

Students completing honors capstone projects in psychological sciences earn the distinction of graduating with departmental honors while gaining invaluable research experience with a faculty mentor conducting original research. Over the course of two semesters, students design their own studies, collect and analyze data, submit a poster proposal to a professional conference, and write a journal-length manuscript. In late spring,

students travel to the annual meeting of the Midwestern Psychological Association (MPA) in Chicago. There, students have the opportunity to present the results of their hard work, as well as to attend scientific seminars, network with faculty and students from other universities, and explore Chicago. This fund will provide the financial backing for the students' trips to Chicago for MPA, including staying at the conference host hotel for two nights, and driving transportation to and from Chicago.

## Brain Imaging Center Student Research Fund

Psychological Sciences is one of a small number of departments in the country to have our very own [Brain Imaging Center \(BIC\)](#). Established in 2008, this research-dedicated facility provides department members with opportunities to investigate the functions and structures of the human brain non-invasively. Ongoing research at the BIC includes studies examining the neural mechanisms of perceptual, motor, and cognitive functions, as well as how these processes are impacted by brain injuries, disorders, and diseases. As one might imagine, the costs required to maintain and staff such a facility are substantial and require faculty users to obtain highly competitive external grant support. There are few sources of such funding available

to graduate students, however, and this limits opportunities to include brain imaging in their research. Therefore, the purpose of the BIC Student Research Fund is to provide funds to allow students to utilize these techniques and further their research careers.

## The Psychological Services Clinic Fund

[The Psychological Services Clinic \(PSC\)](#), within the Department of Psychological Sciences, is driven by a commitment to public service. It is committed to (1) provide high-quality, affordable, and evidence-based mental health services to Columbia, Missouri, and the surrounding communities; (2) provide high-quality training for MU doctoral trainees in clinical psychology and related disciplines; and (3) support research that advances the understanding and promotion of psychological health. The PSC offers clinical services and research on a wide range of issues, including depression, anxiety, post-traumatic stress disorder, conduct problems, substance use and addictions, borderline personality disorder, academic difficulties, and relationship distress. With a generous fee-assistance program, it offers services to individuals and families who otherwise would not be able to afford mental health care. Donations to this fund will help support the PSC's mission to provide affordable, evidence-based care to the community and to advance research and training in mental health services.

You may also click here to donate: [psychology.missouri.edu/node/19](https://psychology.missouri.edu/node/19)