



FY24 UPDATE AND IMPACT REPORT
HEDCO CLINIC



UNIVERSITY OF
OREGON

College of
Education

EXECUTIVE OVERVIEW

I have had the pleasure of serving as the HEDCO Clinic Director since 2019. For this year's annual report, I'd like to take this opportunity to reflect on our outstanding achievements over these past five years and highlight just how special HEDCO Clinic is.

First, just six months into my tenure, the COVID-19 pandemic shut down all in-person campus activities. As our clinic team met to strategize the next steps, the message that rang loud and clear from service directors and supervisors was, "We have to make sure to continue to train our students and provide ongoing services to our community, and we need to do this as quickly as possible."

In two weeks, this team pivoted like no other. They attended countless calls to problem-solve innumerable technology and safety protocol challenges and spent endless hours trying out various electronic options to come up with solutions that ensured we could reopen virtually. While we could have shut down through the summer and waited for things to settle, that wasn't an option for this team. The HEDCO Clinic directors, supervisors, and staff ensured that not only did we stay true to our mission, but they also took that challenge and turned it into an opportunity to make improvements to our infrastructure and expand the ways in which we train students and meet the needs of our clients. This passion and resolve continue to show through the myriad ways that our service lines expand and change to meet evolving student training and community needs. While there isn't enough room in these pages to highlight each one of these moments, I want to draw your attention to a few of the major ones.

As we made technology changes in response to COVID precautions, we transitioned from a fully papered system to an electronic health record (EHR) system to improve student training, faculty/staff accessibility, and streamline service line volume reporting throughout the 2020-21 academic year. We simultaneously worked closely with COE and UO Information Technology Services to deploy an integrated virtual video system that can be remotely accessed by staff and students through a

fully encrypted, HIPAA-compliant portal (Virtual Desktop Interface (VDI)) to provide state-of-the-art access to students and their supervisors to improve access to tele-health and increase access to supervisory resources.

The following year (2021-22), we introduced two new clinics into the HEDCO Clinic family with the start of the adult-focused Counseling Psychology Service and the absorption of the Child and Family Center. After these changes, we focused on increasing our outreach efforts and media campaigns, which included a total overhaul of our website and the development of a strategic social media plan (2022-23). These efforts have led to a steady increase of 100 clients and 500-1000 client hours each year, with HEDCO Clinic now serving more than 900 individual clients in a year and about 12,000 clinical service hours delivered by approximately 130 students in training. Our increased flow has resulted in doubling on our wait lists. We have also worked closely with our admin team to streamline billing practices, resulting in increased clinic revenue and decreased expenditures related to staffing and infrastructure costs. Lastly, we have expanded partnerships with community agencies, which now include the OHSU CDRC through the launch of the pediatric audiology lab, 4J, Springfield, and Bethel public school systems, and several local nursing homes.

I hope this snapshot provides a glimpse of the spectacular place that HEDCO Clinic is and will continue to be, and that you enjoy learning more specifics about what we have accomplished in this last year.

Wendy Hadley, Ph.D.
Julie and Keith Thomson Faculty
Chair and HEDCO Clinic Director





GOALS FOR 2024-25

- Grow additional service lines and expand clinic into new space to accommodate a growing client volume and demand for services.
- Expand Autism Services in partnership with the College's ABA program.
- Identify more opportunities to integrate undergraduate students into supervised clinical trainings.
- Connect clients on our wait lists with COE clinical research opportunities.

4 SLHC

AT HEDCO CLINIC

251

Unique Clients

3309

Appointments

4194

Session Hours

68

Students Trained

IN SCHOOLS & AT EVENTS

1180

Hearing Screening Clients

43

Augmentative & Alternative
Communication (AAC)

Consultations

63

AAC Evaluation Sessions

SPEECH-LANGUAGE- HEARING CENTER

The SLHC provides top-tier speech and language assessments and interventions, while training aspiring speech-language pathologists. Through the commitment of clinical faculty and students, and with the support of generous donors, the SLHC offers personalized treatments including social skills/pragmatic needs training, cognitive rehabilitation post brain injury or concussion, therapy for stuttering/cluttering, alternative communication tools for complex needs, rehabilitation for language and speech following stroke, services for degenerative diseases affecting speech, language, and cognition, treatment for voice disorders, and management of dysphagia.

In FY24, the SLHC added a group for young adults with developmental disabilities focused on communication skills required for social and work contexts, filling a community need for services for this population.

"The SLHC introduced a specialized group program tailored for young adults with developmental disabilities, emphasizing essential communication skills crucial for both social interactions and workplace environments. This initiative not only addresses a critical gap in community services but also underscores our commitment to enhancing the quality of life for individuals with diverse communication needs."

- Jennifer Meyer, M.S., Clinic Director, SLHC



STUDENT HIGHLIGHT: CECE LOCATI

Cece Locati, a COE Quest Scholar, completed the accelerated master's degree in Communication Disorders and Sciences. Cece chose to attend because of her passion to serve stroke survivors who are often overlooked or marginalized in society. The CDS degree program gave Cece the opportunity to work at the HEDCO Clinic to help stroke survivors from the community directly. She credits the connections she made with her supervisors at the HEDCO Clinic as the key developers of her professional identity as a speech-language pathologist.

5 CDAC

99

Unique Clients

433

Appointments

921

Session Hours

19

Students
Trained

COMPREHENSIVE DIAGNOSTIC ASSESSMENT CENTER

The CDAC provides evaluations for Neurodevelopmental Disabilities including Attention-Deficit Hyperactivity Disorder (ADHD), Learning Disabilities (including dyslexia, dyscalculia and dysgraphia) and Autism. This year the CDAC clinically trained ten doctoral students across multiple programs, including counseling psychology, school psychology, and clinical psychology. Thanks to a donation received in 2022 that funded the initial start up costs, the CDAC continued to scale up their diagnostic evaluations for autism. The CDAC continues to partner with the UO Accessible Education Center to provide testing and diagnostic evaluations for UO students. However, meeting the community's high demand for these services remains a challenge with a current wait list of 150 people.

"CDAC is highly regarded by both clients and doctoral student externs and is known as one of the few comprehensive assessment clinics to emphasize a neurodiversity positive and culturally responsive assessment process within an ecological framework."

- Karrie Walters, Ph.D., Clinic Director, CDAC



FACULTY HIGHLIGHT: ANNA CECELIA McWHIRTER, Ph.D.

Anna Cecilia McWhirter, Ph.D., is a bilingual licensed psychologist who specializes in child and family interventions and psychological assessment for ADHD and learning disabilities. Dr. McWhirter is a "Triple Duck" culminating in a School Psychology doctorate with a specialization in Spanish Language Psychological Services and Research.

Dr. McWhirter joined the CDAC clinic as a clinical supervisor. Prior to this role, she also worked as graduate student clinician in both CFC and CDAC and completed her post-doctoral fellowship within the clinic as the Nancy and David Petrone fellow. We were delighted to retain her in this role given her vast experience working with the HEDCO Clinic in previous roles.

185

Unique Clients

1337

Appointments

1418

Session Hours

14

Students
Trained

CHILD AND FAMILY CENTER

The CFC is a graduate student-led clinic that uses the Family Check-Up model, an evidence-based treatment, to promote positive parenting practices for families in Oregon. The CFC offers assessment, intervention, and referral services for children ranging from age two through eighteen years. The low-cost, culturally responsive services are appropriate for parents concerned about children and teenagers experiencing difficulties at school, home, or both. The approach is family-centered, with special attention given to supporting parents as they learn to address the multiple needs of their children.

The CFC, started by Dr. Beth Stormshak, has been servicing Oregon families for almost 20 years. Dr. Anne Marie Mauricio has been the CFC Director since 2022.

"There is a significant and increasing need for services that support the mental health and wellness of children and adolescents. The Child and Family Center is privileged to work with families in our communities to meet this need. Over the past year, we have continued to focus on building bridges with school and community partners to offer evidence-based services to under-served youth and families who might not otherwise have access to these services. These partnerships also provide opportunities for counseling and school psychology doctoral students training at the CFC to work collaboratively with other professionals. This collaboration is crucial in supporting youth, given that the issues they and their families face have ripple effects across all areas of their lives."

-Ann Marie Mauricio, Ph.D., Clinic Director, CFC



STUDENT HIGHLIGHT: AUSTIN FOLGER

Austin is a doctoral candidate in the Counseling Psychology program who expects to graduate in Summer 2024. While working toward his degree, Austin spent a year as an intern at the CFC implementing the evidenced-based Family Check-Up, providing individual therapy to both children and parents in the community to help support positive, evidence-based, parenting practices, attended individual and group supervision sessions, engaged in consultations, and completed clinical paperwork.

Austin's internship at the CFC not only helped clients, but also helped inform their research on the mechanisms of health disparities among sexual and gender diverse communities with a focus on subgroups that have been disproportionately neglected from previous research.

218
Unique Clients

3044
Appointments

3176
Session Hours

19
Students
Trained

CENTER FOR HEALTHY RELATIONSHIPS

The CHR, a low-cost counseling center, is staffed by COE Couples and Family Therapy master's degree students. The inclusive center serves couples, families, and individuals, including UO students. Over the past year, the CHR continued to expand its outreach across Oregon, offering telehealth services to rural areas, benefiting both Oregonians and students learning telehealth practices. A CHR student initiated a support group, "Creating Connections," for older adults experiencing loneliness. CHR students also offer free relationship check-ins, which give participants the opportunity to meet with an advanced therapist to discuss the current state of their relationship in a single session, allowing community members to experience therapy with minimal commitment. Additionally, CHR students assisted Dr. Brown in researching collegiate athletes' mental health needs. This data will bolster the need for mental health support in athletics. Looking ahead, CHR plans to continue its services, adapting to the community's needs, especially for clients who are already marginalized and excluded from typical resources.

"The most valuable service we can offer as scientist-practitioners is to teach our students evidence-based interventions and find every opportunity to share those skills with the community. This dissemination is core to our work at the CHR."

- Tiffany Brown, Ph.D., Clinic Director, CHR



STUDENT HIGHLIGHT: GRACE BONILLA

Grace is a first-generation student from Oregon who gained field experience serving as an intern for the Center for Healthy Relationships within the HEDCO Clinic. She credits her experiences in the clinic with allowing her to connect with the community, develop mentoring skills, and create close bonds with other interns and supervisors.

After successfully completing the Couples and Family Therapy master's program in 2024, Grace is now an associate therapist at an agency in Portland, working with disabled children and their families.

49

Unique Clients

794

Appointments

853

Session Hours

7

Students
Trained

COUNSELING PSYCHOLOGY CENTER

Since its inception, the CPC has expanded the availability of low-cost, goal-oriented, time-limited, evidence-based diagnostic and psychotherapy services to UO students and adults in the community year over year.

During 2023-24, the CPC welcomed a second clinical supervisor, which allowed specialized training in cognitive behavioral therapy to more Counseling Psychology doctoral students and meet the growing demand for psychological services across the state. Further increasing capacity within the CPC through recruitment and retention of additional clinical supervisors is a critical next step toward meeting the needs of Oregonians who lack access to affordable psychological care and/or face long wait times to receive care.

CPC Director Jessica Cronic's research and clinical interests focus on the prevention of harms related to alcohol use, drug use, gambling, and other health-risk behaviors among college students and other young adults.

"As Director of the CPC, I have the privilege to support the growth and development of psychological trainees who use their passion, knowledge, and skills to increase their clients' well-being and work to reduce health inequities within their communities."

- Jessica Cronic, Ph.D., Clinic Director, CPC



STUDENT HIGHLIGHT: ANDREA SANCHEZ

"My time at the CPC equipped me with my first experience giving psychotherapy to individuals, consulting with peers and supervisors, and highlighting areas of strength and growth while allowing me to explore populations of interest and learn more about myself as a future counseling psychologist. Working at the Counseling Psychology Center was a challenging experience, yet it prepared me to adapt to changing needs, advocate for clients, and explore my therapeutic and professional style."



SIBLING SUPPORT SERVICES

This past year, the HEDCO Clinic continued to offer sibling support services for the siblings of children receiving clinical care or for caregivers seeking couples counseling. This support is provided during clinical sessions, in an on-site location, and is delivered by undergraduates enrolled in the College of Education's Family and Human Services (FHS) undergraduate degree program who are then supervised by graduate students in the Counseling Psychology program.

Mia Ly, a student in the FHS program at the College of Education, interned at the Sibling Support Services program. Her hands-on experience in this role has solidified her commitment to social work and community development.

"Being an intern at the HEDCO Clinic Sibling Support program has allowed me to develop my observation and assessment skills through working with children one-on-one and in small groups. Additionally, my experience in Sibling Support has strengthened my community development skills through collaboration with the clinic, clinicians, and families."

Mia Ly, Student Intern

49

Appointments

48

Session Hours

2

Students
Trained

AUTISM SUPPORT SERVICES

While our traditional Autism Support Center services were not directly provided within the walls of HEDCO clinic, therapeutic services for children, adolescents, and adults presenting with neuro-divergence and/or Autism Spectrum Diagnoses were provided across all clinical service lines. Examples of these include diagnostic evaluations completed by the CDAC, parent training and family support provided through both the CFC and the CHR, communication and social skills training provided by SLHC, and cognitive behavioral therapy provided to adults with co-morbid Autism Spectrum Diagnosis and mood disorders within the CPC.

Families seeking services for young children with autism and developmental delays continue to be referred to Associate Professor of Special Education, Stephanie Shire, Ph.D., for participation in ongoing research programs.



ACCOLADES

- Kenneth Silva Millan, a master's student in the Communication Disorders & Sciences program and HEDCO clinic student clinician received the OSHA Student Award at the Oregon Speech-Language and Hearing Association annual conference (October 2023).
- Jessica Fanning, Ph.D., SLHC clinical supervisor, participated in a Capitol Hill panel event unveiling the new Congressional Bipartisan Unified Voices Caucus: Advocating for the Stuttering Community. Jessica explored the role of higher education in speech-language pathology with other stuttering specialists (November 2023).
- Emily Cordero, a junior in the Communications Disorders and Sciences Program, is a student worker at the front desk of the HEDCO Clinic. Emily is one of four students to receive the prestigious COE Quest Scholarship that will support her academic journey for up to four years (June 2024).
- The Oregon Scottish Rite fully funded pediatric speech and summer camp at the HEDCO Clinic's Speech-Language-Hearing Center (June 2024).
- Tiffany Brown and co-writer Katie Steele published, *The Price She Pays: Confronting the Hidden Mental Health Crisis in Women's Sports: from the Schoolyard to the Stadium* (June 2024).

Andrea Olson
Director of Stewardship and
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The University of Oregon is located on Kalapuya Ilihi, the traditional indigenous homeland of the Kalapuya people, many of whom are now citizens of the Confederated Tribes of Grand Ronde and the Confederated Tribes of Siletz Indians.

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