



April 22, 2011

Issue No. 5

Dear Brenda,

Spring at IHA has been incredibly busy in terms of events planning. We've finalized both the Invited Lecture Series and the Spring Adjustment Matters Forum Series, and you'll find more information here. You'll also find information about UCCF's Family Assistance Fund, a wrap-up of the 2011 Depression on Campus Conference, and a wrap-up of our first lecture in the Adjustment Matters Series, "Figuring out Friendships." You'll also see information on new groups starting at UCCF.

As always, do not hesitate to contact [IHA](#) or any of the other branches with questions or concerns.

Thank you for your attention. Hope you're enjoying the sunshine!

UCCF's Family Assistance Fund

Teaming up with Kroger to help families in need

The University Center for the Child and the Family ([UCCF](#)) was established in 1987 to provide quality child and family mental health services for all clients at affordable rates. In these difficult economic times, however, some of our families are unable to pay even our lowest minimum fee. For these families, we have created the Family Assistance Fund (FAF). The Fund has always been supported entirely by donations, and has helped dozens of families since its establishment.

Since September 2008 the FAF funding has supported approximately 87 families. The funding allows therapeutic services for families with mixed providers: clinical psychologists, psychiatrists, social workers, and even some practicum students.

Kroger has recently announced a new program that can fund the Family Assistance Fund at no cost to you of any kind. If you are a Kroger shopper, and have a Kroger Rewards card (or would be willing to get one), every time you shop at Kroger 5% of your purchase will be donated to the FAF. These contributions are made entirely by Kroger. All you need to do to support the Family Assistance Fund is to enroll your Kroger Rewards card in the program. Kroger has made this extremely easy to do. The next time you shop at Kroger, just have the cashier scan the bar code on the informational flyer available from the clinic. That's it. From then on, a percentage of the cost of all of your purchases will be donated to the Fund.

Please visit us today and pick up a copy of the flyer to enroll in this program. For more information from Kroger, [click here](#).

Thanks so much for considering this appeal. Your gift helps local

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Depression on Campus Conference

The 2011 [Depression on College Campuses Conference](#) was very well attended and offered a wide array of topics that focused on early detection and intervention for students struggling with depression. There were a number of universities represented in this, the 9th DoCC conference, with nationally recognized researchers and clinicians working to improve understanding and effective intervention with this increasingly at risk population.

Some of the areas covered were: community based prevention programs, peer to peer support programs, use of technology in detection and interventions on campus, linking online suicide risk with campus resources, alcohol and eating disorder prevention, effective psychotherapies for treating depression. The University of Michigan was represented by faculty from the [Psychological Clinic](#), Counseling and Psychological Services ([CAPS](#)), [Medical School](#), and Departments of [Psychiatry](#) and [Psychology](#).

Todd Favorite, Ph.D., Director of the University of Michigan Psychological

families in need.

Invited Lecture Series Reminder

Please mark your calendars for Wednesday, April 21st from 3:30-5:30pm. The Institute for Human Adjustment is proud to introduce Paul J. Frick, Ph.D., as he presents his lecture, "Callous-Unemotional Traits and Conduct Disorder: Implications for Understanding and Treating Antisocial Youths." The lecture is part of IHA's "Cross-Cutting Clinical Problems" Invited Lecture Series. The lecture will take place in the East Hall Colloquium Room 4448. Please [click here](#) for more information on this and other IHA events.

Figuring Out Friendships Wrap-Up

First of three lectures in Adjustment Matters Forum Series

Our first lecture of the Spring Adjustment Matters season was a complete success! Brenda Hirshon presented "Figuring Out Friendships" to an engaging crowd at the Ann Arbor Downtown Library. Parents and caregivers were pleased to learn coping skills and techniques for avoiding relational bullying to pass on to their daughters. "Any issue with bullying is what the parent of the target has taught them," writes one attendee. "If a kid's number one goal is to be the coolest, they may be more unhappy. But if a parent teaches their kid not to bother with the people who tear them down, this helps so much!" In trying to teach parents methods for coping with bullying, Hirshon gave a powerful presentation that helped to stave off discomfort from those parents who may have had many questions.

The forum was one of three in our spring community lecture series. Please [click here](#) for more information on future Adjustment Matters Forum Series lectures.

We are also pleased to announce that the Alumni Association recorded the presentation for inclusion in their podcast archives. If you missed the event, tune in [here](#) to listen!

Clinic, and Clinical Assistant Professor of Psychiatry, moderated a graduate student panel discussion, with students from the U-M Law School, School of Pharmacy, and Engineering. These graduate students provided a unique opportunity to hear the realities about roadblocks to treatment, and their struggle against the stigma of seeking help within their competitive academic programs. The next conference will be held on March 7-8 2012.

New Group Forming for Summer

The University Center for the Child and the Family is excited to open registration for its popular Social Skills Group for school-aged children. This recurring group will meet for eleven weeks, beginning in early June. Please follow the links below for more information.

[Full Description](#)

[Frequently Asked Questions](#)

Quick Links

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[Psychological Clinic](#)

[University Center for the Child and the Family](#)

[University Center for the Development of Language and Literacy](#)

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About Us

The Institute for Human Adjustment ([IHA](#)) serves the University and the broader community with intervention programs of the highest quality to assist individuals, couples and families with difficulties in adjustment, learning and communication. The IHA provides state of the art educational opportunities for providers-in-training in these areas, and conducts research on important facets of these activities.



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