Project Abstract

Plymouth State University's (PSU) master's level training programs for clinical mental health counselors, school counselors, and school psychologists together as an interdisciplinary team intend to expand the behavioral health workforce in rural and medically underserved areas in order to better serve individuals across the lifespan who have developed or are at risk for developing a behavioral health disorder. PSU is submitting one application for the Professional track for the amount of $1,920,000 for the four-year grant period.

Research shows additional behavioral health and substance abuse services are needed in NH. The four-year grant from HRSA would allow the University's professional counseling and school psychology programs to recruit more students by offering them stipends during their internships. The majority of the University’s professional counseling and school psychology program students obtain jobs in NH upon graduation. Thus, the grant will affect a sustainable increase in the number and quality of mental health professionals in NH.

The University will use the funding to focus on integrated prevention and clinical intervention and treatment for at-risk youth, adults, and their families and put a special emphasis on meeting the needs of those who are at risk for mental illness, substance use and suicide, and those least likely to seek continuous help. This funding will facilitate inter-professional collaboration with statewide primary care health centers, school and community mental health centers, and law enforcement with the primary goals of closing the gap in access to behavioral health care and nurturing collaborative and safe communities. The funding will also be used to focus on New Hampshire’s opioid crisis and the behavioral health needs of the prison population.

The purpose of the grant is in line with the mission of the University's professional counseling and school psychology programs, which promote social justice. Two years ago PSU embarked on a groundbreaking integrated cluster model designed to facilitate inter-professional experiences for students/interns, faculty, and field supervisors. The grant is aligned with the new vision of the University which seeks to produce leaders within interdisciplinary, integrated clusters, open labs, partnerships, and through entrepreneurial innovations and experiential learning. The core values of the University align with the goals of the grant and include informed action, collaboration and communication, leadership and engaged citizenship: local, regional, national, and global, and interdisciplinary research and scholarship.