

FALL INTO DECEMBER

with updates on our latest studies, info, and more!

- DECEMBER 2025 NEWSLETTER -

WCUPA.EDU/CMHS



610-436-2510
CMHS@WCUPA.EDU

WHO WE ARE

Community Mental Health Services (CMHS) at West Chester University is a community mental health clinic located on WCU's campus. Learn more about our services and offerings below!

ANNOUNCEMENT

CMHS has immediate availability for therapy services for both children and adults (ages 6+). We currently have a short wait-list for assessment services! Call 610-436-2510 or email CMHS@Wcupa.edu to learn more!

ARTICLE SPOTLIGHT

Stress and burnout are very real and increasing concerns in today's society! But what's the difference between the two? This article by Calm, hand-picked by our student clinician, Amani breaks it down. With societal pressures, major changes, and uncertainty, it's understandable that stress and ultimately burnout is increasing! Check out the article below!

(<https://www.calm.com/blog/stress-vs-burnout>)



SEEKING MENTAL HEALTH SUPPORT?

WCU'S COMMUNITY MENTAL HEALTH SERVICES IS HERE TO HELP!

WHO WE ARE:

- A COMMUNITY MENTAL HEALTH CLINIC/ TREATMENT RESOURCE FOR CHESTER COUNTY AND BEYOND. STAFFED BY DOCTORAL STUDENT CLINICIANS SUPERVISED BY LICENSED PSYCHOLOGISTS.
- AN IDEAL OPTION FOR RESIDENTS WHO ARE UNINSURED OR UNDER-INSURED IN NEED OF MENTAL HEALTH SERVICES. WCU-CMHS OFFERS AFFORDABLE RATES AND A NEEDS-BASED SLIDING SCALE.
- THERAPY MODALITIES INCLUDE: CBT, ACT, DBT, CPT, PSYCHODYNAMIC, AND MINDFULNESS-BASED APPROACHES.
- SPECIFIC CHILD-BASED MODALITIES INCLUDE: TF-CBT, PCIT, PARENT BEHAVIOR MANAGEMENT TRAINING, EXPOSURE FOR ANXIETY, TF-CBT, PCIT, AND MORE!
- PSYCHOLOGICAL TESTING INCLUDES ADHD TESTING, ADMISSIONS TESTING, PSYCHOEDUCATIONAL TESTING, NEUROPSYCHOLOGICAL TESTING, LEARNING DISABILITY TESTING, DIAGNOSTIC TESTING.



OFFERING CULTURALLY-COMPETENT AND TRAUMA-INFORMED THERAPY & PSYCHOLOGICAL TESTING SERVICES TO CHILDREN AND ADULTS 6 AND UP). WE CAN ALSO SEE CHILDREN AGED 2-5 SUBJECT TO CLINICIAN AVAILABILITY.

• WE ARE EQUIPPED TO HELP WITH A WIDE VARIETY OF CONCERNS INCLUDING: BEHAVIOR CONCERNS, ADHD, FAMILY STRESS, SOCIAL DIFFICULTIES, CHALLENGES AT SCHOOL, ANXIETY, DEPRESSION, TRAUMA, GRIEF & LOSS, AND MANAGING SOCIETAL STIGMA RELATED TO IDENTITY.



WCU_CMHS_ COMMUNITY MENTAL HEALTH SERVICES AT WEST CHESTER UNIVERSITY



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MENTAL HEALTH TIP!

REFLECT ON GRATITUDE

Write down or discuss with another 3 things you're grateful for each day or each week.

RELAXATION CORNER

Feeling anxious, stressed, or just need a break? Join us in this short 5-minute anxiety reduction guided meditation, hand-picked by student clinician, Amani!

Video Title: "5 Minute Quick Anxiety Reduction" - MindfulPlace



WATCH VIDEO



STAFF SPOTLIGHT



Meet Vanessa: Vanessa earned her B.S and B.A. in psychology and sociology with a minor in Health Disparities in Society from the University of Florida. She is interested in working with adults and adolescents, particularly those with trauma-related disorders, personality disorders, and individuals from underrepresented, oppressed, or minority populations. Her research interests include initiatives to destigmatize mental health services, address mental health disparities, support Black and African American individuals, and explore the benefits of single-session interventions. In her free time, Vanessa enjoys reading, listening to music, and spending time at the beach when visiting her hometown in Florida.

CMHS IN THE NEWS!

CMHS is thrilled to partner with the Philadelphia Court of Common Pleas and 6 other counties in Pennsylvania with Philadelphia Jury Commissioner, Patrick Martin to offer free trauma-treatment services to jurors post-jury duty! CBS Evening News spotlighted the program in a recent news clip and highlighted one juror's story! Check out the highlight here!

WATCH VIDEO



Video Title: 'Juror opens up about facing trauma after serving on murder trial' - CBS Evening News

NEWS ARTICLE

View the news article for the highlight above at

<https://www.cbsnews.com/news/philadelphia-jurors-mental-health-support/>

READ MORE



Jurors facing trauma after gruesome trials often lack support. Philadelphia wants to change that.

After serving on a murder trial, one man says he was haunted by what he saw — until a newly created program stepped in to help.

© CBS News / Oct. 30

GET CONNECTED



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at West Chester University



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