



# CAMS at the Institute

**Collaborative Assessment and Management of Suicidality**

institute for *girls'* development®

## What is CAMS?

CAMS is a therapeutic framework for suicide-specific assessment and treatment of an individual's suicidal risk. It's been found to be effective with teens, and our team applies a modified version with children experiencing suicidal ideation as well.

CAMS reliably and effectively helps to decrease:

- suicidal ideation
- overall symptom distress
- depression
- hopelessness
- suicide attempts
- self-harm behaviors

## How do we get started?

Looking for support for a loved one?  
We're here to help, and the process is simple:

1. Contact our Intake Coordinator, Paige Howard\*, MSMFT, AMFT, APCC - 626-585-8075 ext. 108 or [PHoward@IFGD.care](mailto:PHoward@IFGD.care)
2. Paige will provide a complimentary phone intake and let you know if CAMS might be an effective option.
3. If so, we'll recommend a therapist from our CAMS team - on the back of the flier.
4. Individual sessions with the CAMS therapist will then begin.



**Contact us at 626-585-8075 ext 108 or [PHoward@IFGD.care](mailto:PHoward@IFGD.care)**

**Empowering for all stages of life. [InstituteForGirlsDevelopment.com](http://InstituteForGirlsDevelopment.com)**

\*Supervised by Monica Valdivia Aguilar, M.A. (LMFT 41352) Melissa J. Johnson PhD (PSY 13102)



# Our CAMS Team



Melissa J. Johnson, Ph.D.  
CEO & Founder, Licensed  
Psychologist (PSY 13102)



Brittany Fella, M.A., Licensed  
Marriage and Family Therapist  
(LMFT 92791)



Morgan Fletcher, Psy.D.  
Licensed Psychologist  
(PSY 30548)



Sushi Frausto, M.A., Licensed  
Marriage and Family  
Therapist (LMFT 101031)



Grace M. Goodman, Psy.D.  
Licensed Psychologist  
(PSY 28905)



Tina Koeppel, M.S.  
Licensed Professional  
Clinical Counselor  
(LPCC 6029)



Mary Schultz, M.M.F.T.  
Licensed Marriage and Family  
Therapist (LMFT 110506)



Kate Turnbull, M.A., A.M.F.T.  
Marriage and Family  
Therapy Associate  
Supervised by Monica Valdivia  
Aguilar, M.A. (LMFT 41352)

## How do I know when to seek help?

Warning signs include, but are not limited to, depression, hopeless comments, preoccupation with death, irritability, aggressiveness, dramatic shifts in behavior, and recent or upcoming loss. To know if a loved one is suicidal - ask directly. Go to AFSP.org for more risk factors and warnings signs.

institute for *girls'* development®

Contact us at **626-585-8075 ext 108** or **PHoward@IFGD.care**

*PLEASE NOTE: This information should not be construed as medical advice pertinent to any individual. As is true with all written materials, you must be the judge of what is valid and useful for you. Please discuss questions with your therapist or physician.*

