

University Counseling Services

Annual Report

June 2012 – May 2013

Compiled by

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Truman State University COUNSELING SERVICES Annual Report 2012/13

2012/13 ACTIVITY DETAIL

Direct Counseling Service

UCS provided face-to-face counseling services to 550 students this year, which represents 9% of the student body (using Fall 2012 Total headcount of 6,151 which includes part-time students). This number only includes students who officially completed a screening and does not include any direct services provided like crisis intervention, outreach services or consultation for students who did not complete a screening. This was the third highest number of individual students served in one year in the history of UCS, which opened in 1992 and the highest total for students' first receiving services during the fall semester.

Totals - individuals served

YEAR	Individuals
2012/13	550
2011/12	603
2010/11	597
2009/10	529
2008/09	505
2007/08	515
2006/07*	433
2005/06	416
2004/05	370
2003/04	335
Ave. (1992-2013)	387
% change (1 yr)	-9%
% change (Ave)	42%

*To assist in completing the annual report, UCS transitioned into a June 1st-May 31st reporting year in 2006/07. Therefore 2006/07 is actually only an 11 month year going from July 1st-May 31st.

Individual Sessions

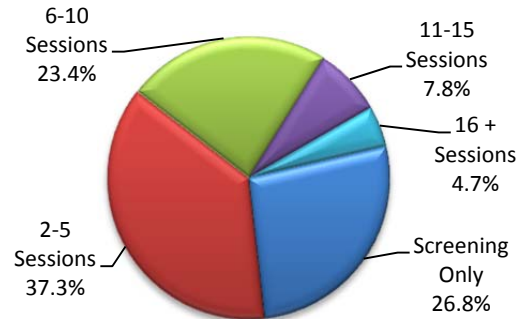
While the number of individuals served and session average stayed about the same, the session average decreased slightly.

Counseling clients & number of sessions

YEAR	Individuals	Sessions	Session avg.
2012/13	550	3536	5.41
2011/12	603	3356	5.07
2010/11	597	3361	5.35
2009/10	529	3505	5.57
2008/09	505	3722	6.46
2007/08	515	4126	6.49
2006/07	433	3022	6.36
1 yr change	-9%	5%	7%

Usage data. The graph below summarizes the range of counseling sessions individuals attended. In keeping with our time-limited model of service delivery, the average number of counseling visits (including screening) per student was 5.41, and **approximately 87.5% of clients were seen for 10 or fewer sessions.**

Session Utilization



Crisis Services

The staff of UCS strive to be available for students and those who support students in times of personal crises. **UCS provides 24/7 coverage during the fall and spring semesters. In 2012/13, there were 71 after-hours crisis contacts provided to 47 individual students.** UCS also provided 29 day-time crisis contacts to 25 individuals.

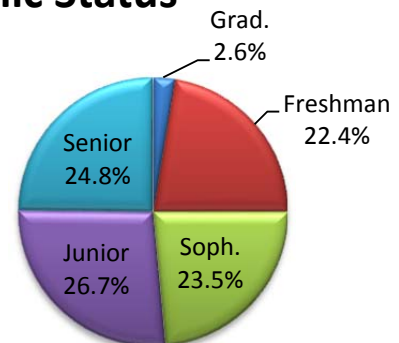
Type of Crisis	Number
Emotional distress	47
Suicidal ideation/gesture	34
Suicide attempt	7
Panic attack	6
Self-injury	6

Client Demographics

Gender. In 2012/13, 37% of our clients identified as male, 63% as female.

Year in school. The percentage of Freshmen increased last year. The percentage of students in each year in school is in the chart below:

Academic Status





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Please Note: the following demographic information applies to the 387 UCS clients receiving an intake or more and not clients receiving a screening only.

Minority/International. The percentage of clients identifying as minority was 13.2%. The percentage of international students in 2012/13 was 1.3%. Clients reported 12 different countries of origin outside of the United States.

Sexual Orientation. 79.8% identified as heterosexual and 12.2% reported their sexual orientation as gay, lesbian, bisexual or questioning.

Extracurricular Activity. 26.6% reported either no or occasional activities, 26.6% reported one regularly attended activity, 25.8% reported two regularly attended activities, and 18.9% participated in 3 or more regularly attended activities. In regards to intercollegiate athletics, 7.8% of our clients were athletes.

Emotional Support. When asked if they get the emotional help and support from their family, 23.2% strongly or somewhat disagreed, 12.9% were neutral and 63.3% somewhat or strongly agreed. When asked if they get the emotional support from their friends and acquaintances, 16.6% strongly or somewhat disagreed, 12.7% were neutral and 70.3% somewhat or strongly agreed.

Financial Situation. When asked to describe their financial situation, 30.3% described their current financial situation as always or often stressful, and 23% described their financial situation in the past as always or often stressful.

Majors. Students from 29 different majors utilized counseling. The majors with the highest utilization rates are listed below.

- 1) Psychology 11.9%
- 2) English 11.6%
- 3) Biology 7.5%
- 4) Business Administration 7.0%
- 5) Health Science 5.4%
- 6) Communications 4.7%
- 7) Communication Disorders 4.4%

Client Treatment History

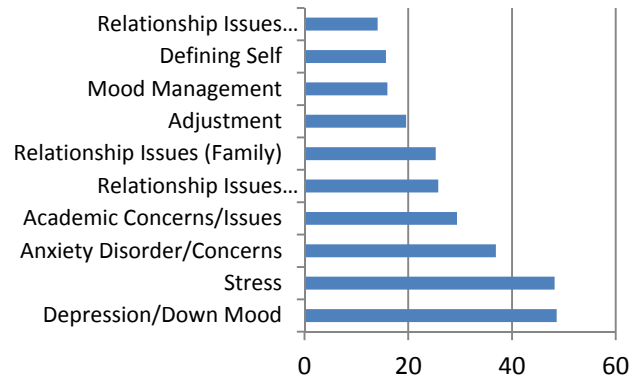
- Prior to starting counseling, 40.3% of our clients reported that they had at one time taken medication for a psychological issue, 7.7% had at some point been hospitalized for a mental health issue, and 12.1% reported attempting suicide.
- Almost two-thirds of our clients reported receiving counseling before receiving services this past year (63.3%).

Client Issues

The following graph displays the top nine categories of issues that the clinicians at UCS determined were addressed in counseling after counseling was complete. The list contains both developmental issues and common mental-health problems. These are not

mutually exclusive categories (i.e., students can and often are represented in more than one category). The following reflects the percentage of clients who utilized UCS services with that issue.

Primary Concerns at closing



Outreach and Training Services

An important part of our mission is to provide prevention programming and consultation services to the University community. It is critical to the mission of UCS that we are seen as more than just a direct counseling service and can be seen as a valuable resource to assist in the education of our students about a wide variety of mental health issues and to be a resource to faculty, staff, students, parents and community members.

Outreach presentations serve the important function of providing preventative information to the greater community, informing students about the availability of our services, and reducing stigma for those in need of our services.

Outreach statistics

Year	Programs	Attendance	Hours
2012/13	192	6987	169.3
2011/12	208	7706	200.3
2010/11	257	9158	263.8
2009/10	359	10632	395.7
2008/09	330	10810	346.1
2007/08	225	8097	252.8
2006/07	281	8282	303.6
2005/06	245	8732	288
2004/05	167	6324	206.5
2003/04	178	6223	267

Choices: For the twenty-first consecutive year, the Choices program was presented to the entire freshmen entering class and new transfer students. Overall the program received positive feedback once again. The



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following table summarizes evaluation data collected from the 500 students who responded to the survey:

Item	% responding very much or somewhat
Did you like the <u>Choices</u> presentation during Truman Week?	93%
Did the <u>Choices</u> presentation make you think about common college issues?	88%
Do you think the <u>Choices</u> presentation will impact your decisions, behaviors and/or opinions on common college issues?	52%
Did the follow-up group discussion after the <u>Choices</u> presentation with your residence hall help you feel that individuals will support your transition to life at Truman?	73%
Overall, did you find CHOICES and the follow-up discussion useful in your transition to Truman?	71%

Training

As part of our outreach efforts, UCS staff regularly engage in training activities. **In 2012/13 we provided training to the entire Residence Life staff** including training on how to manage and refer students in crisis. Mental Health First Aid Two members of the UCS staff are certified Mental Health First Aid instructors and, along with Dr. Lou Ann Gilchrist, trained over 30 Truman students.

QPR. Four members of the UCS staff are certified Question, Persuade, Refer Gatekeeper Instructors. During 2012/13, we were able to train 235 members of the Truman community on how to use this suicide prevention technique.

Safe Zone. 80 individuals were trained on how to create a safe environment for GLBTQ students on campus. Ryan Wavada assisted Joe Hamilton to coordinate the trainings as the Safe Zone intern.

Safe & Strong: Bystander Intervention Training. 220 students participated in the prevention training.

Campus Collaborations

Healthy working relationships with other campus departments and services are critical to effectively serving the campus community. **One of our most important collaborative relationships exists with the Student Health Center (SHC).** In 2012/13, the staffs of both UCS and SHC continued to meet on a monthly basis to coordinate treatment and information on clients who had provided us with written permission to release information between the two offices. UCS also moved to the McKinney Center and is located in the same building as the Student Health Center and Disability Services offices.

We also had representation on the Students of Concern (SOC) Committee. Our intention is to consult in a multi-disciplinary fashion regarding student behavioral issues that arise in any context, and to share information and expertise that could facilitate early and effective intervention to increase the probability of student success.

We continued this year to maintain connections with Residence Life staff. UCS staff attended regular meetings with Residence Life professional staff.

Another major component of our campus collaboration is with Missouri's Partners in Prevention (MoPIP) efforts here at Truman. Joe Hamilton was the primary contact with MoPIP in 2012/13.

We continued our collaboration with the Women's Resource Center with Jane Maxwell serving as their advisor.

Campus Event Participation

Maintaining an active presence at campus events is another way we regularly advertise our services and decrease the stigma of associated with UCS and counseling. This year we set up our display table and had staff available to talk and share informational materials at Summer Orientation and Showcase events.

Off-Campus Collaborations

Brenda Higgins and Joe Hamilton participated in the **Missouri Suicide Prevention Planning Group**. This involves providing input for a statewide SAMHSA grant.

Our office has been involved with the **Center for Collegiate Mental Health** since its inception. We have continued to provide our data to this national study of college and university counseling center clients throughout the year.

Online Services

Screening for Mental Health. A feature of the UCS website allows our students to take anonymous mental health screenings for common mental health issues. It allows Truman students to find out via a reliable website if they are experiencing significant symptoms for depression, generalized anxiety, Post-Traumatic Stress disorder, Bi-Polar, Alcohol and eating disorders.

Type of Screening	# of Students
Depression	128
Generalized Anxiety Disorder	69
Bipolar Disorder	53
Eating Disorders	27
Alcohol	23
Posttraumatic Stress Disorder	11



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Social Networking Sites. We continued to use Facebook as a way to keep counseling information available to the campus and advertise our programming. As of the writing of this report Truman Counseling has 477 active “friends”.

Student Health 101 Magazine. Beginning in the fall of 2009, Truman subscribed to Student Health 101, an online health and wellness magazine for college students. UCS remained the primary Truman contact to manage and produce custom pages and videos for the magazine during 2012/13.

Usage report 2012/13

Issue	Total pages read	Total Sessions
Orientation	18,076	1,504
September	13,452	1,044
October	11,138	772
November	10,108	855
December	6,370	569
January	8,418	858
February	11,749	901
March	8,425	642
April	7,721	674
May	7,909	549

Counseling Services Staff

University/Community Service. In addition to their regular duties, professional staff participated in the life of the campus and community as well, **devoting countless hours of combined time serving on various committees and providing service to, and participating in, functions that support the general university mission.**

- Joe Hamilton –Missouri’s Suicide Prevention Planning group; Truman’s Students of Concern Committee; Truman’s Partner’s in Prevention Committee; Advisor for Active Minds.
- Phil Jorn – Advisor for Blue Key.
- Jane Maxwell – Advisor for the Women’s Resource Center.
- Stacy Simmons – University Well-being Committee

Staff Development/Professional Activities. We place a high priority on professional growth and development in order to remain current and competent in our work. **Our licensed counselors are required by state licensing boards to obtain 20 hours per year of continuing education to maintain professional licenses.** In addition to our regularly scheduled in-house professional development activities the UCS staff participated in the following:

- Mike Bolle attended Emergency Mental Health workshop; Clinicians Guide to the 2012 CCAPS Instruments Webinar; The Intersection of Suicide Research and Public Health Practice Webinar; Prescription Drug Use on Campus Webinar; Science and Practice in University Counseling Centers

- Joe Hamilton attended The Missouri Department of Mental Health Spring Training Institute; Bullying & Effective Interventions Webinar; The Association of University and College Counseling Center Directors Conference; Clinicians Guide to the 2012 CCAPS Instruments Webinar; The Intersection of Suicide Research and Public Health Practice Webinar; Removing Suicidal Students from Universities Webinar; Introduction to Mental Health Disaster Preparedness; Prescription Drug Use on Campus Webinar; Science and Practice in University Counseling Centers
- Phil Jorn attended Emergency Mental Health workshop; Clinicians Guide to the 2012 CCAPS Instruments Webinar; Prescription Drug Use on Campus Webinar; Science and Practice in University Counseling Centers and took the following continuing education courses Mindfulness: The Healing Power of Compassionate Presence and Eliminating Self-defeating Behaviors
- Jane Maxwell attended Emergency Mental Health workshop; PTSD in Older Adults; Clinicians Guide to the 2012 CCAPS Instruments Webinar; The Intersection of Suicide Research and Public Health Practice Webinar; Prescription Drug Use on Campus Webinar; Science and Practice in University Counseling Centers
- Stacy Simmons attended Clinicians Guide to the 2012 CCAPS Instruments Webinar; The Intersection of Suicide Research and Public Health Practice Webinar; Prescription Drug Use on Campus Webinar; Science and Practice in University Counseling Centers