

Under our mission we promote the following ideals

*Student Self-Acceptance
Development
Positive Connections through Ethical and Collaborative Processes for Change*

Our Core Values

*Cultural Consciousness and Identity Development
Compassion, Acceptance and Respect
Resiliency and Prevention
Goal Development and Creative Problem Solving
Competency and Integrity
Support and Being a Catalyst for Change
Altruism and Service*

Our Mission: Every student matters!



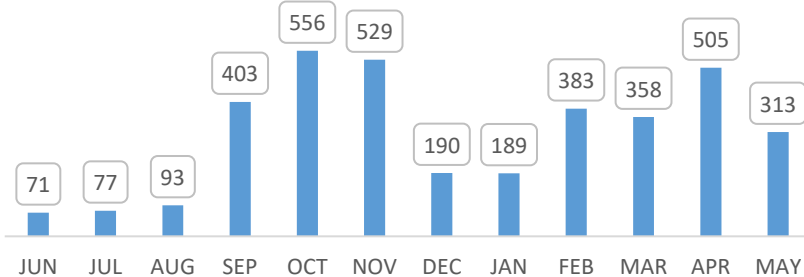
Our Goal:

The primary goal of Missouri State Counseling Center is to provide preventive and therapeutic mental health services for the university student community.

CLINICAL SERVICES

Monthly Clinical Contacts

Jun 2017 - May 2018

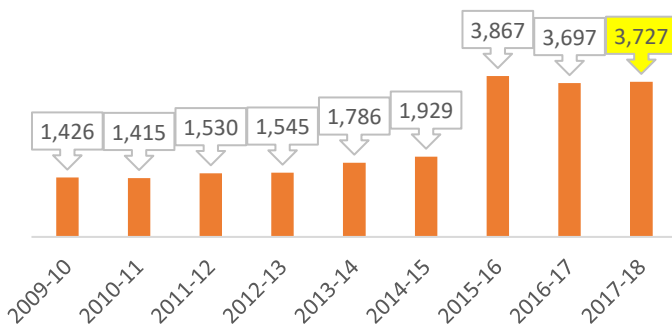


In 2017-18, clinical staff provided 3,737 clinical service hours to students. Clinical services include:

- Consultations
- Intake assessments
- Individual counseling
- Couples counseling
- Crisis interventions

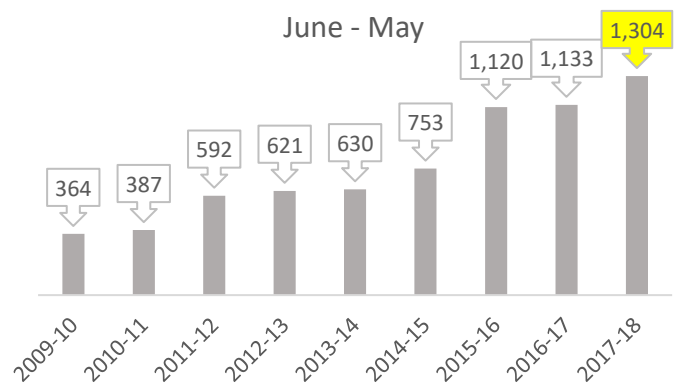
Counseling Sessions Provided

June - May



Individual Students Counseled

June - May

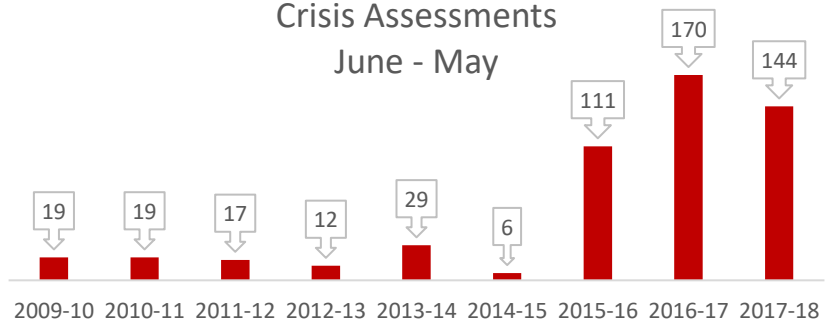


The Counseling Center experienced another record-breaking year in student demand for services. Counseling center staff provided 3,727 individual and couples sessions and counseled a total of 1,304 MSU students during FY 18. Since 2010, there has been an over three-fold increase in the number of students seeking counseling services. Anxiety, depression, relationship problems and academic concerns remain the top concerns for which students seek counseling at MSU.

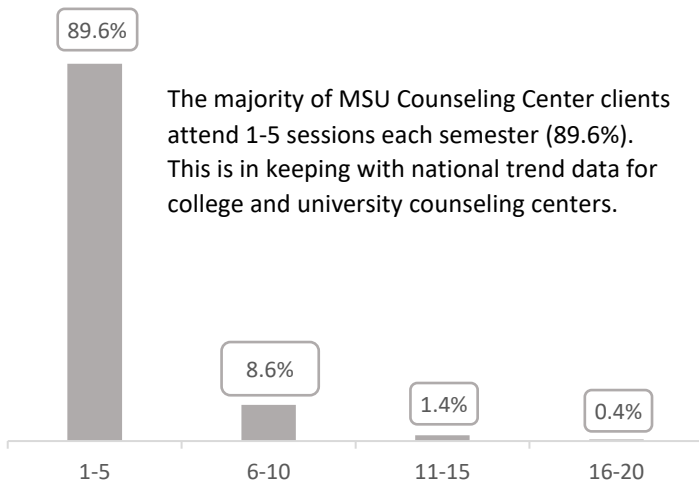
CLINICAL SERVICES

Students in crisis are our #1 priority at the MSU Counseling Center. Students presenting in crisis have been on the rise since 2010, however, the center has experienced a significant increase in the number of crisis appointments over the past three years, compared to previous years. This is in part due to changes made in how the center schedules intake and crisis appointments, contrasted with previously managing all appointments on a walk-in basis.

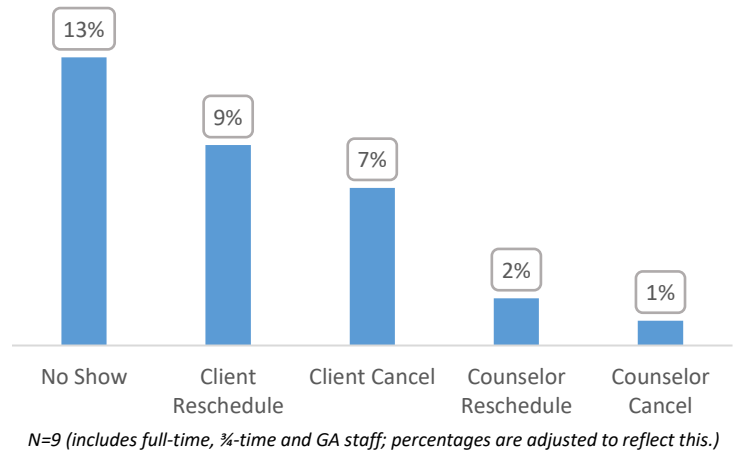
Crisis Assessments June - May



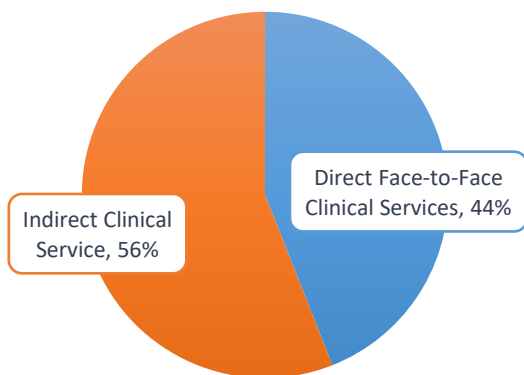
Session Utilization



No Show/Cancellation Rate



Direct vs. Indirect Clinical Utilization



Direct, face-to-face clinical services include one-on-one and couples counseling, crisis intervention sessions, consultations and supervision. Indirect services include case management, clinical preparation, meeting attendance, administrative time, training preparation, professional development and many other miscellaneous duties.

Counseling Center Staff – 2018

Rhonda Lesley, MA, LPC
Director, Licensed Professional Counselor

Ann Orzek, PhD
Licensed Psychologist

Doug Greiner, PhD
Licensed Psychologist

Tammy Dixon, MS, LPC
Licensed Professional Counselor

Justin Johns, MSW, CRADC
Substance Abuse Assessment Specialist

Shaun Fossett, MS, LPC
Licensed Professional Counselor

Jane Henke, MS, LPC
*Licensed Professional Counselor
Victim Services and Advocacy Specialist*

Amanda Allen, MS, LPC
*Licensed Professional Counselor
Part-time Mental Health Clinician*

Graduate Assistants:

Chiara Citterio, BS **Anthony Franklin, BA**

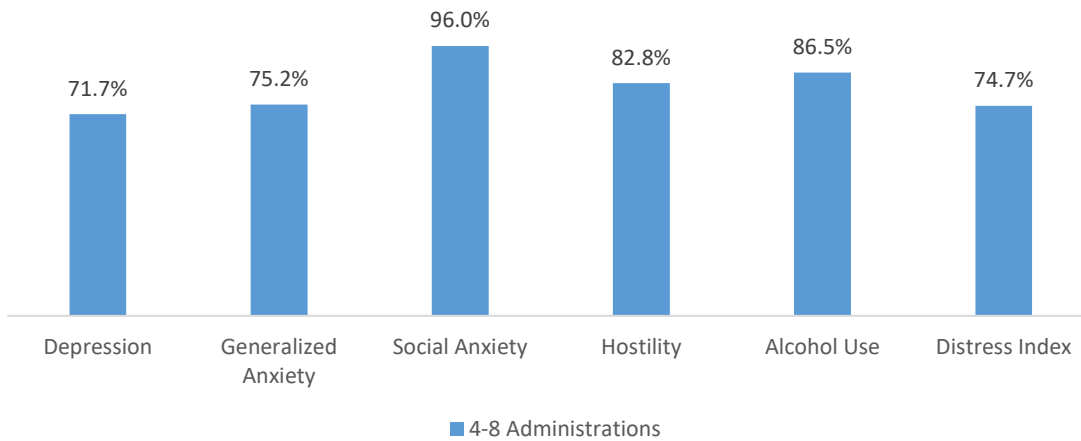
Christie Fletcher, BS **Caleb Hatz, BA**

Robert Adkison, Administrative Assistant II

CCAPS DATA RESULTS

In order to provide a clearer understanding of student symptom changes from session to session and to assist in providing outcome measurements data for improved services, the MSU Counseling Center began administering the Counseling Center Assessment of Psychological Symptoms (CCAPS) during the spring semester of 2017. MSU's Counseling Center, along with over 147 college and university counseling centers across the U.S. are compared in the graph below, including 161,014 unique college students seeking mental health treatment; 3,592 clinicians; and over 1,255,052 appointments.

MSU Counseling Center CCAPS Positive Change Rates for Elevated Symptoms

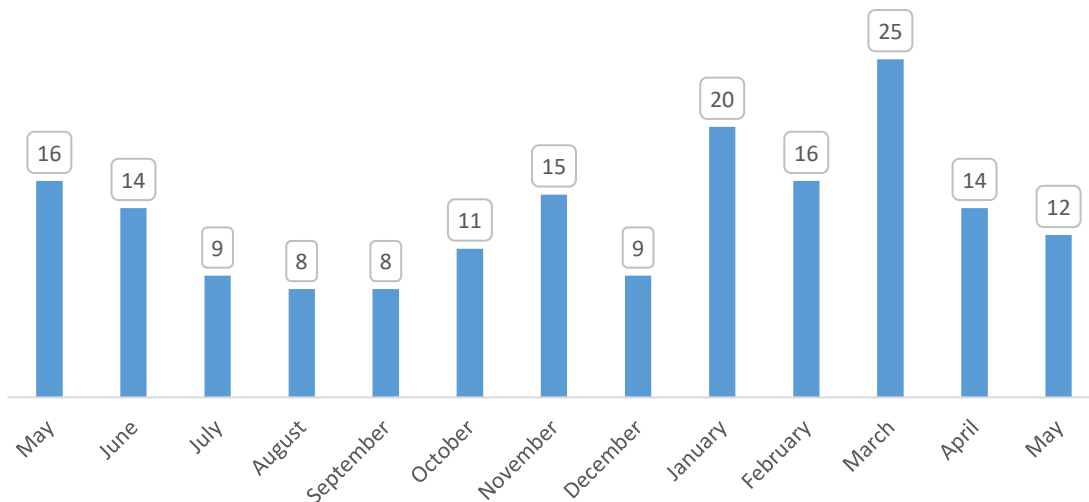


The data reveal that for students who present with elevated symptoms, MSU Counseling Center's effectiveness in reducing elevated symptoms is in the 72nd percentile for depression, 75th percentile for generalized anxiety, 96% for social anxiety, and 86th percentile for alcohol use.

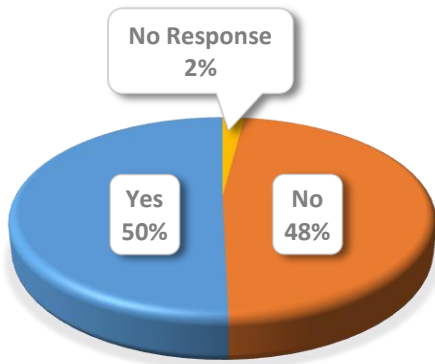
PROTOCOL

For after-hours and weekend mental health emergency support, the MSU Counseling Center contracts with ProtoCall Services, Inc., the nation's leading provider of seamless access to crisis assessment, intervention and stabilization assistance provided exclusively by Masters and Doctoral-level clinicians. During 2017-2018, a total of 177 calls were managed through ProtoCall.

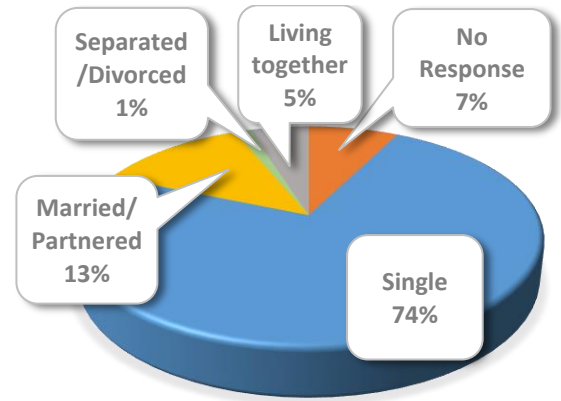
ProtoCall Services Call Data by Month



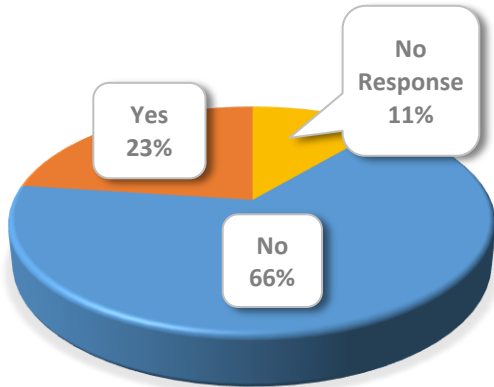
STUDENT DEMOGRAPHICS



Previous Counseling

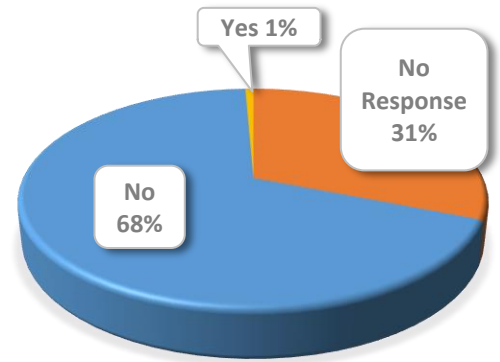


Relationship Status

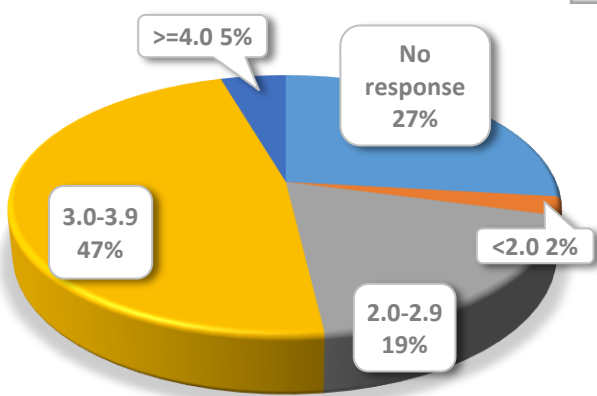


Transfer Student

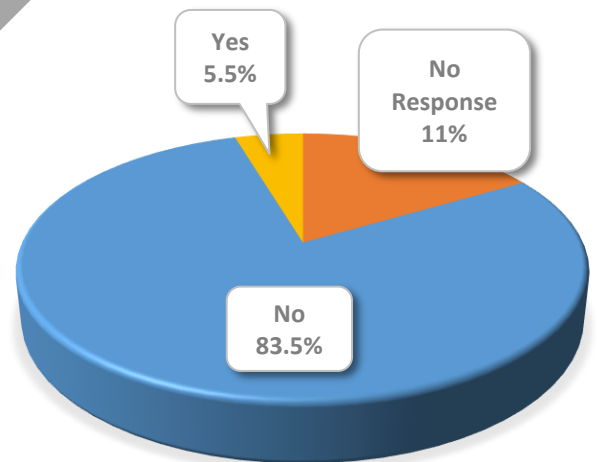
Approximately 5-6 % of the MSU student body seek counseling support annually, and the total number of students served has steadily increased over the years. Students seeking counseling on campus come from a variety of diverse backgrounds, including international students, minority cultures, LGBTQ+, disabled students and veterans.



Veteran Status



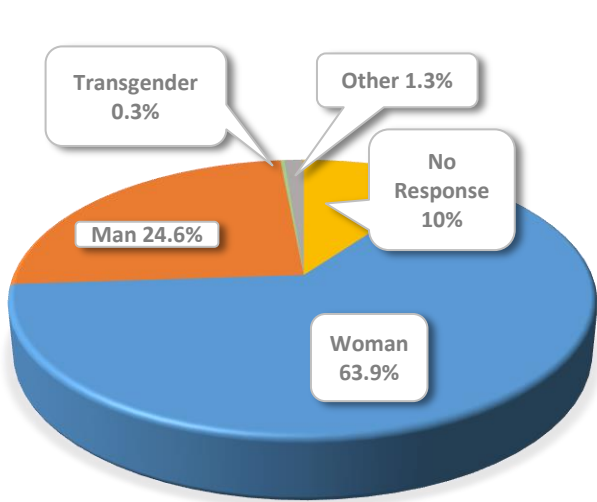
GPA



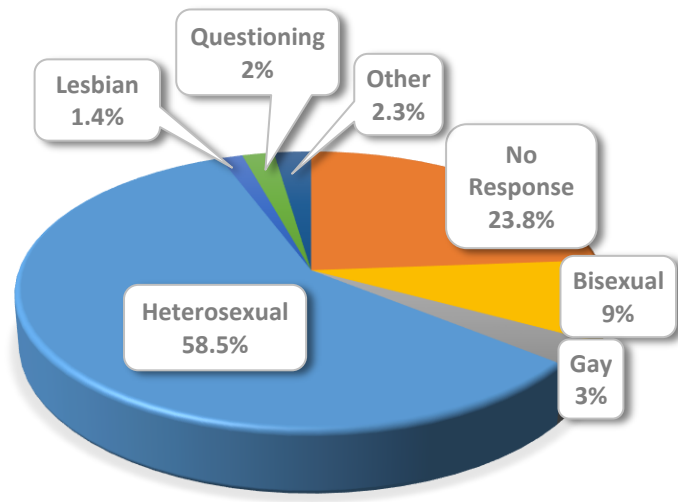
Academic Probation

*All Demographic graph percentages based on 1,304 individual students.

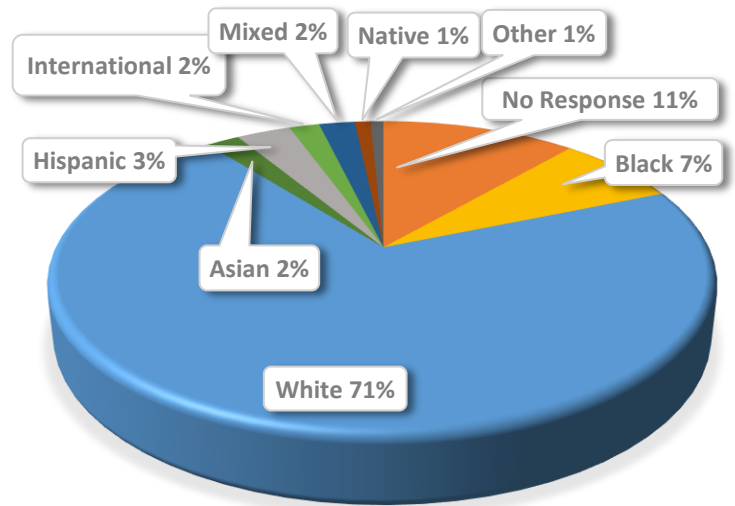
STUDENT DEMOGRAPHICS



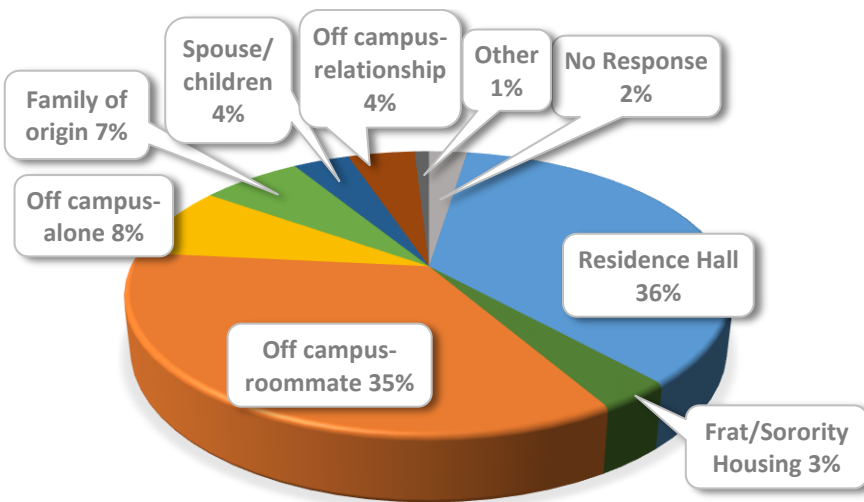
Gender Identity



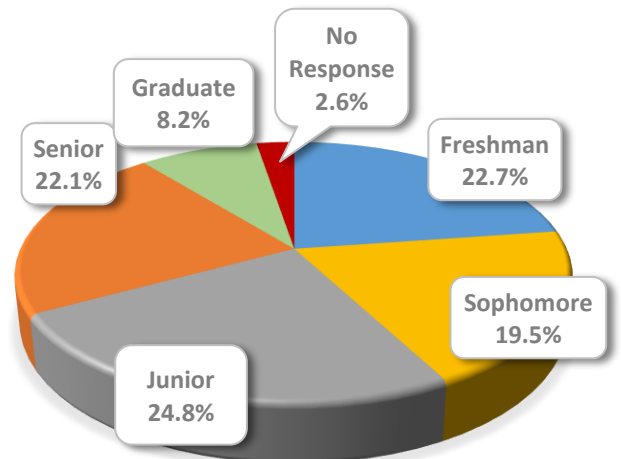
Sexual Orientation



Ethnicity



Living Situation



Client Academic Status

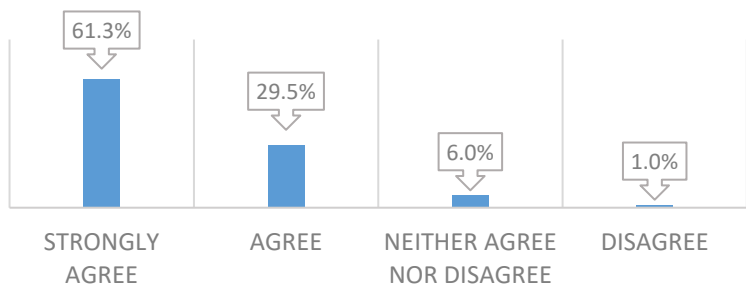
*All Demographic graph percentages based on 1,304 individual students.

STUDENT SATISFACTION and LEARNING OUTCOMES

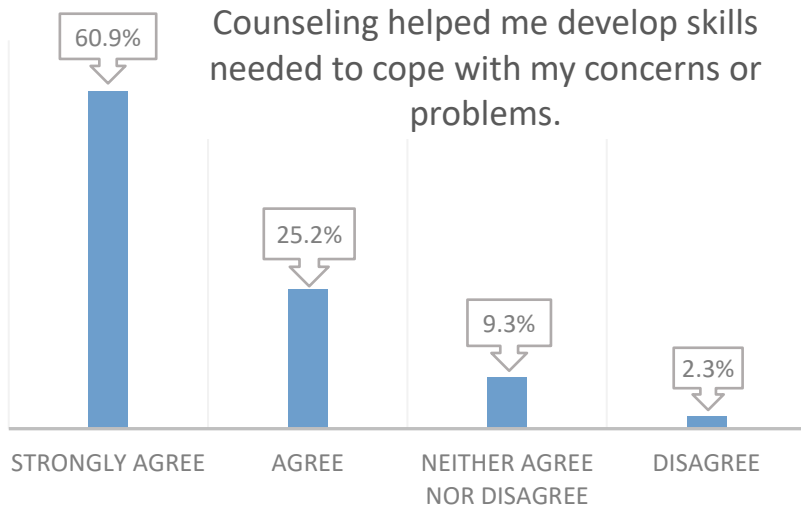
The Counseling Center CAS Review identified the need for Learning Outcomes for the counseling experience. Therefore, the counseling staff has identified 4 specific learning outcomes that are currently being measured in the student satisfaction survey, and are reflected in the following graphs:

1. Increase self-knowledge/self-efficacy
2. Identify personal areas of improvement
3. Develop skills needed to deal with presenting problems
4. Develop skills needed to maintain academic progress

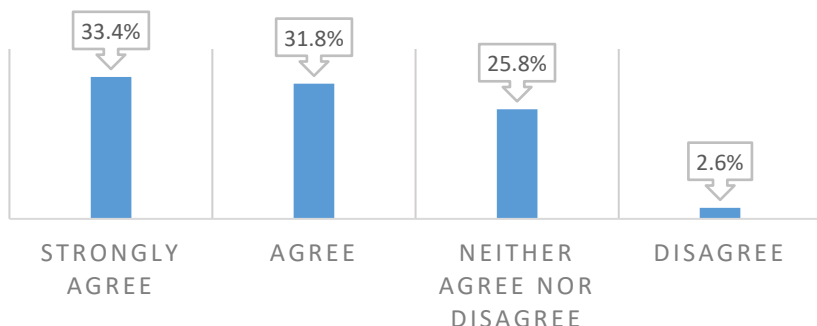
Counseling helped me increase my self-knowledge and/or self-efficacy.



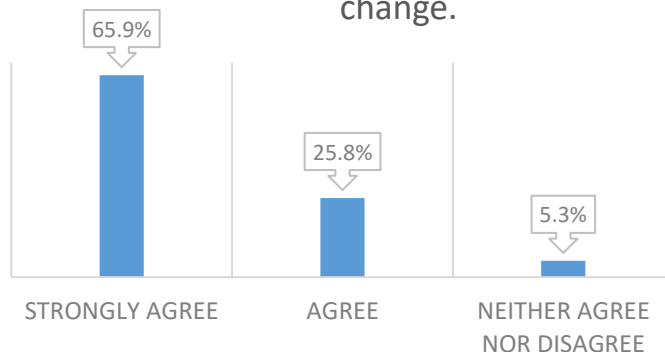
Counseling helped me develop skills needed to cope with my concerns or problems.



Counseling contributed to my academic success or progress.



Counseling helped me identify personal areas for improvement or change.



Student survey comments:

"It was a place I could go and feel comfortable talking about what was on my mind."

"I was able to talk to someone without judgment about my problems."

"The environment feels safe. I could talk honestly."

"The Counseling Center is filled with very understanding counselors."

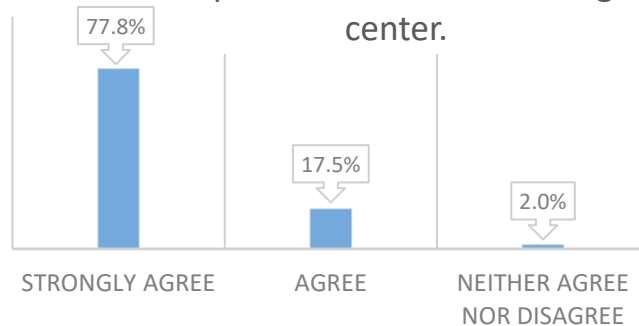
"I think the [counseling] services are top notch."

"I learned a better way to deal with the things going on in my life."

"I learned how to love and take better care of myself."

"Without the Counseling Center, I do not know where I'd be right now."

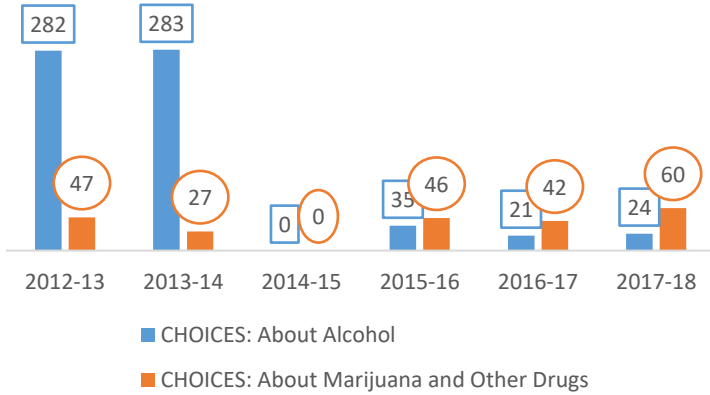
Overall, I am satisfied with my experience at the counseling center.



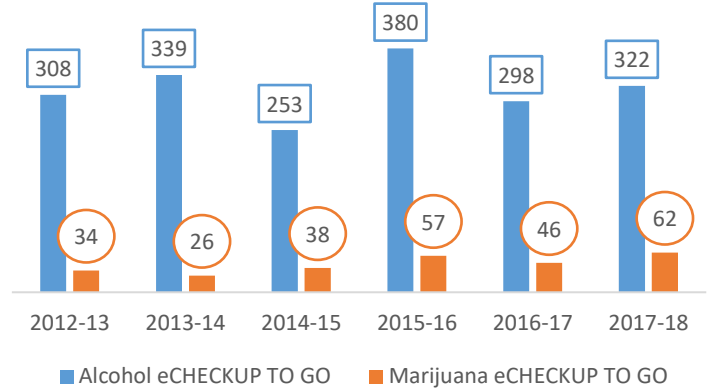
*The above percentages are based on 302 students surveyed.

COLLEGIATE RECOVERY PROGRAM

"Choices" Classes



Online Screenings

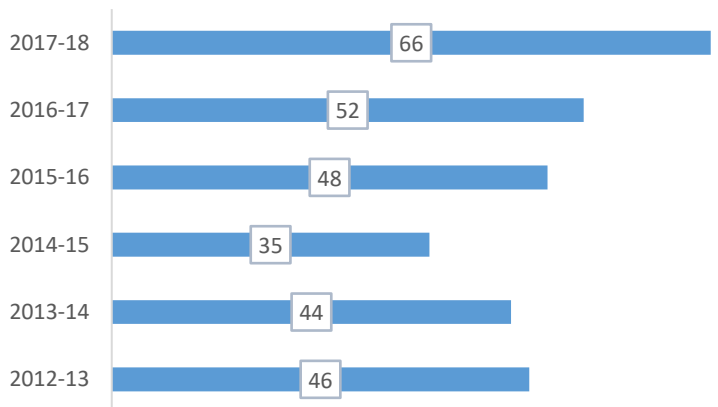


*Numbers were not recorded in 2014-15

**Alcohol data appear greatly reduced due to a regulation change during 2015-16 requiring this class after the second alcohol offense instead of the first.



Substance Abuse Assessments



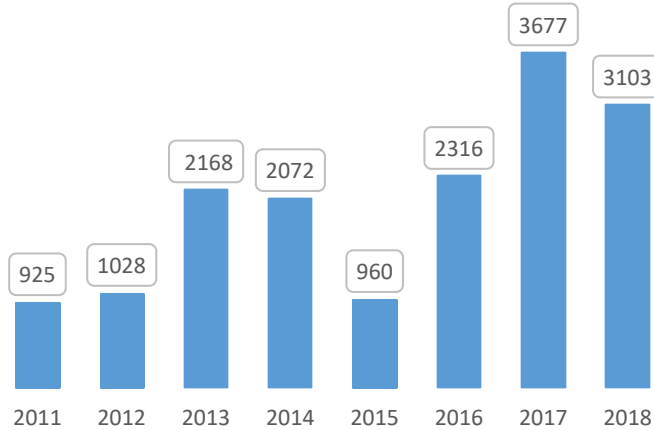
Collegiate Recovery Program

Service Provided		2016-17 Stats	2017-18 Stats	Description
Recovery/Sober Evening Events		Avg. 5 students/mtg.	2 events, avg. 15	On campus events
Active Minds Meetings		Avg. 5 students/mtg.	No meetings	Student Group
C R P	Alcoholics Anonymous	Avg. of 4 per mtg.	16 meetings in the Fall, no attendance record	Students, faculty, staff, and community members
	Bears in Recovery	16 meetings/semester	16 meetings/semester	Student meetings
		Avg. 4 students/mtg. 8 unique individuals	Avg. 2 students/mtg. 7 unique individuals	
Lounge	Open Lounge Hours M – F, 8 AM - 5 PM	Open access to students in recovery. The CRP Lounge closed in January 2018.		Students report using the CRP lounge to study, use the computer, eat lunch, and congregate with one another

OUTREACH, COLLABORATIONS and TRAINING

Outreach is an important aspect of campus mental health. Each year, Counseling Center staff reach thousands of students by providing prevention education and mental wellness information through presentations, panels and support work.

Outreach Attendees



2017-18 Outreach Topics

The Counseling Center staff provided 134 presentations and/or support programs addressing the following topics:

- Stress
- Resiliency
- Test-taking
- Counseling Center services
- Sexual assault
- Relaxation/Yoga
- Relationships
- Distressed students
- Adjustment to college
- Anxiety
- Depression
- Suicide
- Eating disorders

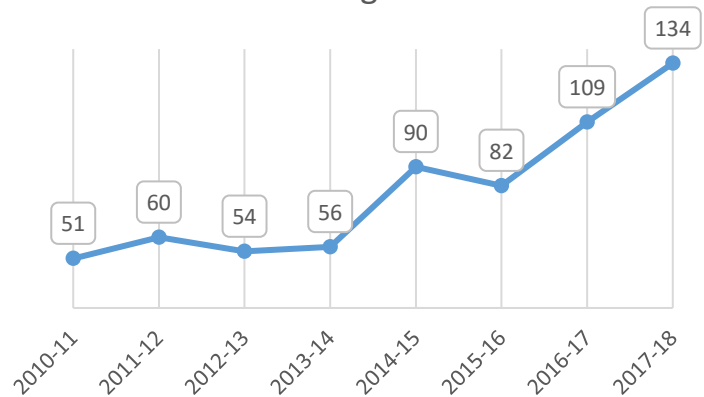
RESPOND

Partnering for Campus Mental Health

Everyone experiences emotional pain or distress at some point during their life. About 1 in 5 people will experience a diagnosable mental illness this year. Most of us want to help yet often feel uncertain about what to do or say. Participation in RESPOND empowers individuals to offer effective support to a student or colleague. The course provides a basic overview of symptoms often associated with mental health problems and offers an action plan to help individuals RESPOND effectively. The course also addresses campus policies such as FERPA and reviews campus and community mental health resources.

Since August, 2016, the MSU Counseling Center, in collaboration with the Dean of Students Office, has provided 6 RESPOND trainings to a total of 169 MSU Staff, Faculty and Students.

Outreach Programs Provided



Counseling Center Staff Trainings

- Depression Assessment
- National Depression Screening Day
- Alcohol & Drug Assessment
- Counseling Case Presentations
- Diversity and Inclusion: Terminology and Multiple Identities
- Symptom Level Assessment System
- Counseling Center Assessment of Psychological Symptoms (CCAPS)
- Office Procedures
- Counseling Ethics
- Magers Health and Wellness Center
- Fresh Check Day
- Vitamins Impacting Medication
- Myers Briggs Type Indicator
- Eating Disorders Screening
- Therapeutic Relationship and Countertransference
- Research Based Relationship Counseling



freshcheckday[®]

Fresh Check Day is an annual mental health fair, co-sponsored by the JED Foundation and Jordan Porco Foundation. The purpose of Fresh Check Day is to educate MSU students in a fun and meaningful way about mental health and about seeking support, suicide prevention and how to be mentally well and resilient. Over 170 students and staff participated in Fresh Check Day during Fall, 2017. Fresh Check Day 2018 will be held September 13, from 1-4 pm on the North Mall on campus.

freshcheckday.com/missouristate.

Online Screenings

Online anonymous mental health screenings are free for MSU students for the following concerns:

- Anxiety
- Post-Traumatic Stress Disorder
- Eating Disorders
- Alcohol Misuse
- Substance use
- Depression
- Bipolar Disorder

http://counselingcenter.missouristate.edu/Online_Screening_info.htm



BODY U

78 MSU students accessed the BODY U program during 2017-2018.

COULD YOUR EATING HABITS BE BETTER?
YOUR BODY IMAGE LESS CRITICAL?
DO YOU HAVE A HEALTHY RELATIONSHIP TO EXERCISE?

A Program For Your Happiness and Wellbeing

Body U is a self-help, educational program with tools designed to help you stay fit & healthy, manage depression & anxiety, improve your relationship to food & exercise.

Go to the [BodyU website](#) for more information.

In-Person Screening Events

National Depression Screening Day 10/05/2017

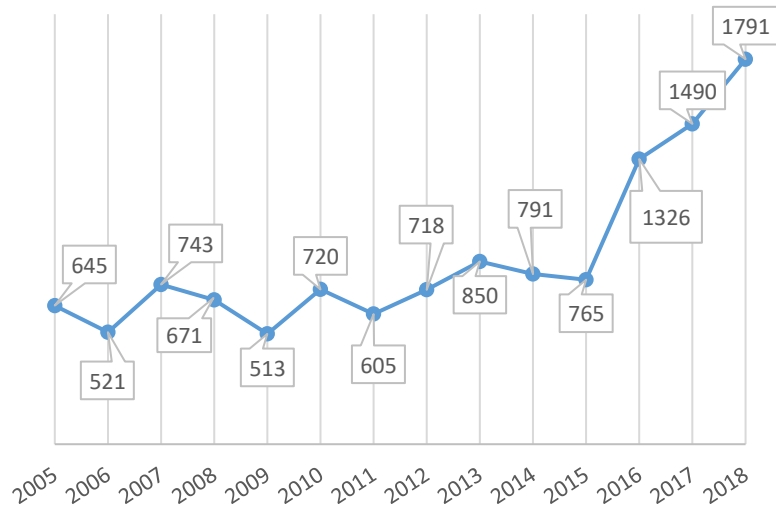
- 34 Total screenings
- 1 Eating disorder screening
- 2 Substance use screenings

<http://helpyourselfhelpothers.org/>

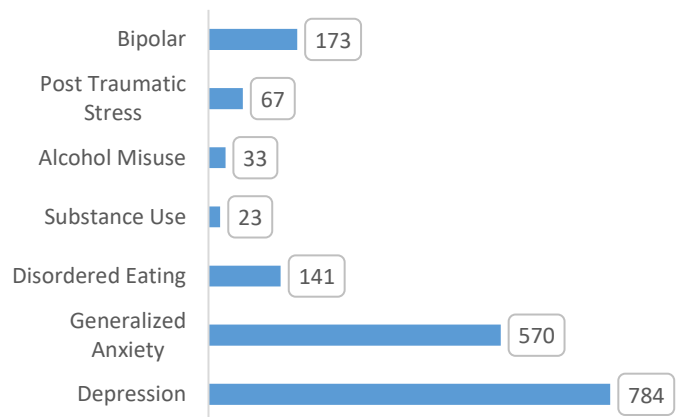
National Eating Disorders Awareness Week (2/26-3/02/18)

- 5 Eating disorder screenings

Online Mental Health Screening Annual Totals



Online Mental Health Screening Category Totals June 2017 - May 2018



SOCIAL MEDIA OUTREACH

Facebook:



Post reach: 3,106

Post Likes: 113

Page Likes: 31

<https://www.facebook.com/counselingmsu/>

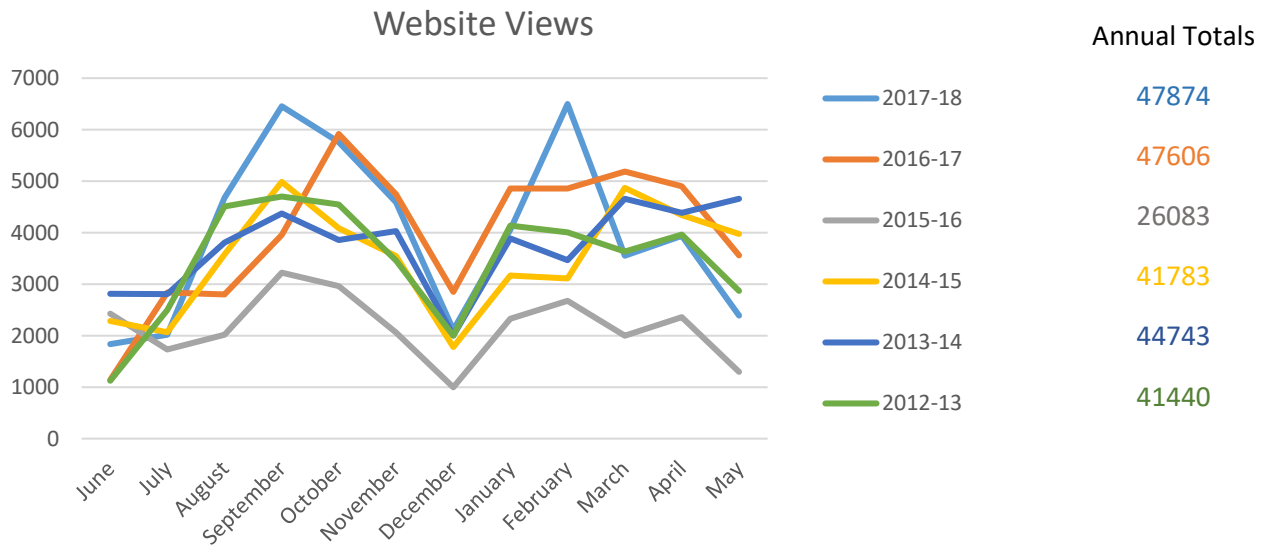
Twitter:



Over 11,500 impressions

93 profile visits in past month

https://twitter.com/counseling_msu



Way to go, Counseling Center Team, for consistently helping MSU students create positive changes!



Student Workers
 Jordyn Bartlett*
 Katana Clutter
 Abdillahi Dirie
 Trennel Morgan*
 Tori Oldham
 Dung Truong*
 *(pictured)