

Counseling Center Services
SFRC/MSA meeting

2/08

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60

The Counseling Center (CC) currently receives \$3.63 of student fees

- This is 1% of student fees for FY08 (335.16 total)
- It will account for 17% of the CC's student services budget for FY08
- Beyond the student fee money we receive, we do not charge students for any of our services

The Counseling Center currently has 9.3 FTE for student services

Services provided by the Counseling Center

When students come into the Center they receive a thorough assessment of their presenting concerns and other relevant background information so we can determine which services will be most helpful and to match them to a therapist who we believe will best meet their needs.

1. **Individual therapy** for up to 12 sessions per year at no charge beyond student fee money
2. **Group therapy** with no limit on the number of sessions and at no additional charge.
 - Longer-term interpersonal process groups
 - Brief psycho-educational groups such as anxiety reduction, stress management, eating issues, coping strategies
3. **Consultation** to faculty, staff, students and parents about student issues.
 - Available 8:00a – 5:00p Monday – Friday
4. **Faculty/Staff Training** on detection, intervention and referral related to student mental health issues.
5. **Residential Life staff training** on prevention, detection, intervention and referral regarding mental health issues.
6. **Prevention & Education** via programs/workshops/handouts to MU community
 - Regularly provide prevention programs on a variety of mental health issues.
 - Provide emotional support at campus events as needed.
 - Maintain liaison relationship with LGBTQ Resource Center & Women's Center
 - Defer to Wellness Resource Center for Alcohol and other drug prevention/education as they are already doing it and doing it well.
7. **Crisis intervention**
 - Immediate assistance is available 8:00a – 5:00p Monday – Friday to all students
8. **Additional services** within Counseling Center that directly and indirectly benefit students
 - Employee Assistance Program
 - Testing Services

Mental Health Services not provided at the Counseling Center

- Psychiatry (provided at SHC)

MU Counseling Center Services

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Most frequent presenting concerns include:

- relationship/interpersonal problems
- depression
- anxiety
- stress
- body image
- disordered eating
- substance use
- academic concerns
- trauma
- adjustment concerns
- suicidal ideation

While our therapists are all generalists, specific areas of expertise include:

- multicultural issues and treatment perspective
- disordered eating and body image
- trauma (sexual assault; childhood sexual abuse; relationship violence; emotional, verbal and/or physical abuse)
- LGBTQ-related concerns
- anxiety
- depression
- relationship issues
- stress
- gender issues
- career/academic concerns
- substance use/abuse

Counseling Center's Outcome data from 06-07:

(6 point Likert scale, strongly disagree to strongly agree; 50% response rate)

- 98% of all clients said they feel more capable of coping with their issues, problems and concerns as a result of counseling
- 98% said they understood their concerns better as a result of counseling
- 99% said they would recommend the Counseling Center to other students
- 83% said counseling helped improve their academic performance
- 23% of clients considered dropping out of school prior to counseling
- Of those, 92% indicated counseling helped them with their decision to remain in school