

# Student Affairs Annual Report

## Counseling Center

### 2023-24

#### 1. Mission Statement:

The Counseling Center contributes to the educational mission of UWSP by attending to the whole person, reflecting the knowledge that students' intellectual and personal developments are inseparable. We provide a psychological approach to support students' relational, social, emotional, intellectual, vocational/professional and cultural development. The Counseling Center collaborates with the UWSP community to facilitate education, prevention and early identification of student issues. Respect for individual differences is the cornerstone of our mission

#### 2. Services and Programs

**Clinical Services:** Individual therapy, group therapy, crisis walk-in sessions and clinical consultation.

- **Service Indicators**

|                                     |      |
|-------------------------------------|------|
| ○ Individual Therapy sessions*      | 3366 |
| ○ Emergency Sessions                | 20   |
| ○ Group therapy Sessions            | 132  |
| ○ Hormone Consultation              | 0    |
| ○ Trans health Consultation         | 0    |
| ○ Number of individual clients      | 538  |
| ○ Sessions with Marshfield students | 0    |

\* The number of students seen increased by 18 and the number of individual sessions increased by 358.

- **Client Overview**

- Top five presenting concerns identified by students
  - Anxiety 76%
  - Depression 63%
  - Stress 69%
  - Self-esteem 46%
  - Procrastination/motivation 43%
- 15% self-identified as ethnically or racially diverse
- 62% were female, 28% male and 10% transgendered/non-binary/self-identify.
- 57% self-identified as heterosexual, 40% self-identified as part of the LGBTQ community
- 75% describe their financial situation as sometimes to always stressful.
- 34% are struggling with academics.
- 41% report academic motivation and/or attendance are suffering.
- 51% are having a hard time focusing on academics.
- 12% are thinking about leaving school.
- 16% are registered as having a diagnosed disability.

- 34% have engaged in self-injury.
- 40% have had serious thoughts of suicide
- 16% have attempted suicide at some point in their life.
- 30% have experienced unwanted sexual contact at some point in their life.
- **Quality:**
  - UW System Counseling Center Impact Study: Seventy (70) UW-Stevens Point students responded to Learning Outcomes and Satisfaction Survey. This is a 13% response rate and data are self-report
    - Intrapersonal Learning Outcomes
      - 87% of students who responded to the survey gained a greater understanding of self.
      - 80% increased their ability to think clearly and critically about their problems.
      - 69% started to live a healthier lifestyle.
      - 81% felt better prepared to work through future concerns and achieve their goals.
      - 89% reported they made improvements on the specific issues for which they sought Counseling.
    - Client Satisfaction:
      - 97% indicated that their counselor displayed sensitivity/acceptance to individual differences.
      - 97% indicated it was important to have Counseling Services located on campus.
      - 92% felt their counselor helped them clarify concerns and provide guidance.
      - 92% felt their counselor supported them in making their own decisions and reaching their personal goals.
      - 95% felt they were able to get their first appointment in a timely manner.
      - 93% felt they were able to get a follow-up appointment in a timely manner.
    - Of students who were struggling academically and/or thinking about leaving school:
      - 68% indicated counseling increased academic motivation.
      - 76% indicated counseling helped me focus better on academics.
      - 74% indicated counseling helped with my academic performance.
      - 88% indicated counseling helped me stay in school.
- **Productivity and efficiency:** UWSP Policy and procedures are in line with standards outlined by CAS and IACS.

### **Education and Prevention Programs**

- Counseling Center staff provided approximately 102 hours of Education and Prevention programming to students and faculty and staff.
- Examples of programs topics include.
  - Crisis management training for faculty, staff and students

- Training for RA's
  - Resiliency and stress management
  - Mindfulness
  - Psychological approaches to Chronic Pain
  - The neuroscience of doom scrolling
  - Anxiety and Taking Final Exams
  - Recognizing and assisting with mental health issue
  - Tabling for Mental Health Awareness UWSP Women's hockey
  - Trauma informed Environmental Education
- Learning Outcome evaluations

### **Testing Services**

- Total tests proctored 1368
  - Computer-based Tests 1214
  - Pencil/paper tests 154

### **3. Major Unit Achievements**

- Maintained consistent quality and quantity of services.
- With the help of USTE clinical staff and an additional staff member, the Counseling Center provided 297 more clinical hours to students.
- No-show rate was at 6%, the goal is to stay under a 10% no-show rate.
- Education and Prevention programs are being requested by both students and faculty and staff which speaks to the reputation across campus regarding the quality and relevance of these programs.
- Collaborated with graduate programs for mental health support for UWSP graduate students.
- Provided mental health screening for all UWSP Athletes.
- Added a new testing company to testing portfolio and testing numbers are rebounding from pandemic and software replacement.

### **4. Inclusive Excellence**

- Every clinical staff engages in professional development focused on cultural competence in mental health on an annual basis.
- All bathrooms are gender fluid.
- Have a clinician/EDI coordinator in spring semester who is working to build a collaborative relationship with DCA.
- Continue to partner with Health Service regarding health and support of transgender students.

### **5. 2024-25 Department Goals and Priorities**

- Continue professional development activities focused on Inclusive Excellence.
- Re-evaluate and reinstitute robust learning outcome assessments.
- Continue to update "while you wait" page on the Counseling Center website.

- Monitor short-term therapy model by bringing longer-term cases to clinical consultation for discussion and disposition.
- Continue collaboration with Health Service on issues of mental health for all students.
- Continue to implement bio feedback and broad-spectrum light programs.
- Continue to grow and develop relevant education and prevention programs.
- Increase programming with a focus on DEI mental health and wellness.
- Develop one credit wellness class centered around MIEA Mindfulness program
- Collaborate with DOS and Center for Prevention to promote Mantra's Whole Campus Care
- Start organizing and downsizing in anticipation of the move to a new building.

6. End of semester numbers from Mantra

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|-------------------------------------|-----|
| • Students accessing Mantra therapy | 211 |
| • Completed therapy appointments.   | 808 |
| • Students accessing psychiatric    | 81  |