

# Counseling & Psychological Services Center

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Director

# Overview

- Who we are: Overview of Counseling Center Mission and Services
- Description of students who use the Counseling Center
- Reasons students come to the Counseling Center and how they get here
- Critical concerns that impact health and safety
- Challenges and Opportunities

# Our Mission

- Assist students to resolve personal difficulties and acquire the attitudes, abilities, and knowledge that will enable them to take full advantage of their college experience to maximize their academic, vocational, emotional, social and cultural development.
- Services are primarily offered to students and focus on education, prevention, remediation, and crisis management.

# Who We Are

- 10.5 Full-Time Licensed Staff
  - (6 Psychologists, 3.5 LPA / LPC, 1 MSW)
- 2 Full-Time Post-Doctoral Residents
- 3 Full-Time Advanced Doctoral Interns
- 8 Trainees from ASU Master's Degree Programs
- 6 contract / adjunct counselors
- 3 Support Staff

\*Counseling Center is accredited by the International Association of Counseling Services (IACS)

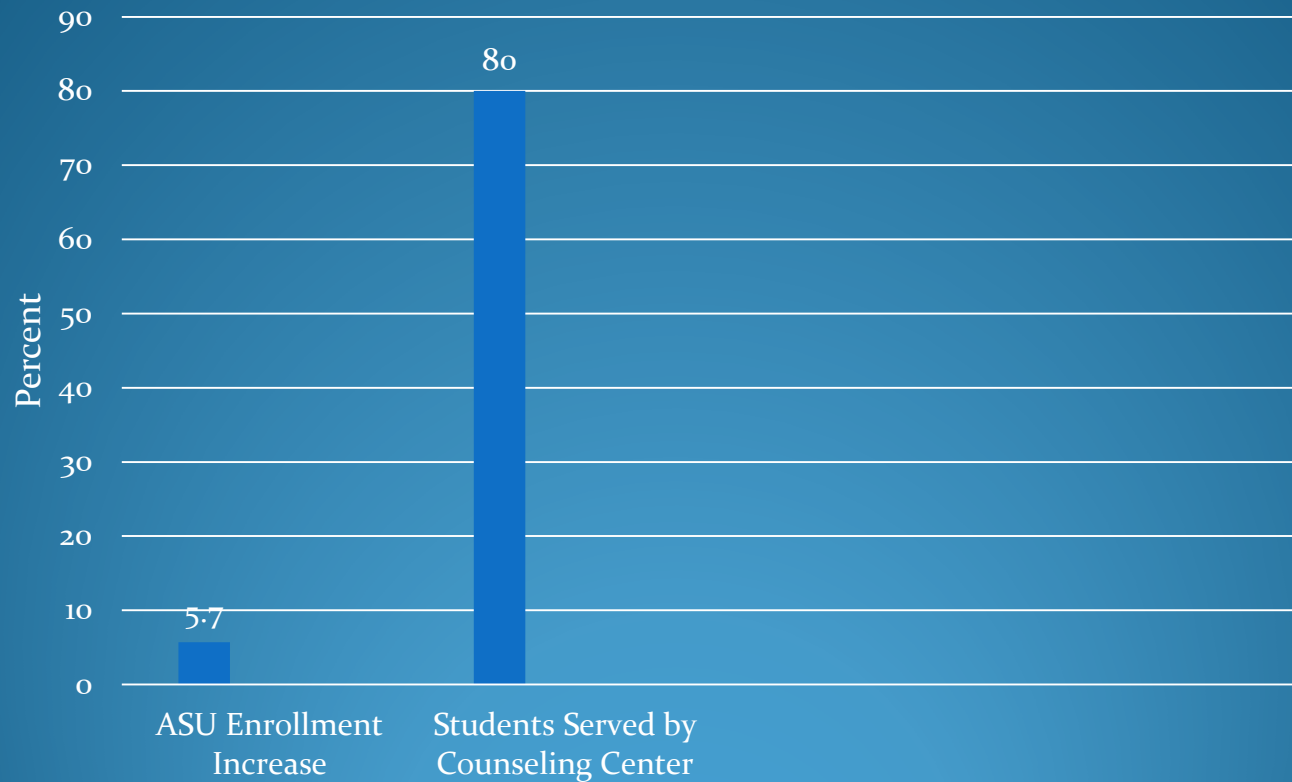
\*\*Doctoral Internship training program is accredited by the American Psychological Association

# Services Offered

- Initial Consultations
- Individual Therapy
- Group Therapy
- Couples / Family Counseling
- Daytime and After Hours Emergency Services
- Referral Coordination
- Consultation to parents, faculty, staff, and students
- Prevention and Education for classes, organizations, and departments
- Liaison / Consultations with campus groups/organizations
- Withdrawals for Mental Health Concerns

# Clinical Service Utilization

# Change Rates From 2009-10 to 2015-16



# Clinical Services Utilization Rates

(\*2015-16 not yet full year)

Service	2009-10	2014-15	2015-16*	Percent Change from 2009*
Initial Consultations	952	1,647	1,989	108%
Individual Therapy Sessions	3,088	5,392	6,156	99%
Group Therapy Sessions	1,480	1,497	1,453	-2%
Emergency After Hours Phone	40	118	131	228%
Emergency Day Sessions	103	99	94	-9%
Psychological Withdrawals	54	93	87	61%



# Changes in Services in the Past Year

- Additional staffing has allowed for the expansion of times for students to walk-in for an Initial Consultation
  - Check-In times for Initial Consultations are now Monday-Friday from 8:30-11:00 a.m. and 1:00-4:00 p.m.
  - Impact: During the fall 2015 semester, 98% of students who walked in for an Initial Consultation were able to be seen at that time

# Changes in Services in the Past Year

- Additional funding has enabled the modification and expansion of after hours emergency services
  - For urgent mental health issues after hours, weekends, and holidays, students or others concerned about a student can call the Counseling Center (828-262-3180) and select the option to speak with the counselor on-call
  - Impact: Reduced barriers for students calling after hours; faster connection with a counselor; and able to handle multiple calls at once

# More Info About Services

- For emergencies during operating hours (Mon-Fri 8:00-5:00) students may walk-in to the Counseling Center and indicate it is an emergency and they will be seen at that time as soon as possible
- When initiating other services (e.g. individual or group), students get to meet with a counselor the same day they come in
- If being connected with individual therapy, the majority of students are informed of their scheduled appointment within one week of their Initial Consultation

# Information on Students Who Use the Counseling Center

# Gender Identity

Gender	Percent
Woman	64%
Man	33%
Transgender	0.7%
Self-Identify (e.g. Agender, Gender Fluid, Genderqueer, Nonbinary)	1.4%
No Response	0.8%

# Race / Ethnicity

Race/Ethnicity	Percent in Counseling Center	Percent Enrolled at ASU
African American / Black	4.1	3.6
American Indian / Alaskan Native	0.3	.27
Asian American / Asian	1.5	1.8
Hispanic / Latino/a	3.2	4.2
Native Hawaiian or Pacific Islander	0.1	0.1
Multiracial	3.2	2.8
White	86.4	84.5
Self-Identify	0.5	--
No Response	1.3	--

# Sexual Orientation

Orientation	Percent
Heterosexual	76%
Lesbian	2%
Gay	2%
Bisexual	9%
Questioning	4%
Self-Identify (e.g. Demisexual, Queer, Pansexual)	4%

# Academic Status

Year in School	Percent
Freshman / First-Year	23
Sophomore	25
Junior	24
Senior	21
Graduate / Professional Degree	4.1



# How Students Get to the Counseling Center

Referred By	Percent
Self	52.3
Friend	34.0
Family	21.3
Faculty	7.1
Other	6.4
Student Health	5.8

# Top Presenting Concerns Endorsed

Presenting Concern	Percentage that endorse each item
Anxiety / Stress	85%
Depression	61%
Relationships with Others	39%
Personal Growth	32%
Self-Concept	30%

# Critical Concerns Endorsed by Students Coming to the Counseling Center (Lifetime Prevalence)

Concern	Number of Students	Percentage of Students
Self-Injury	631	33%
Seriously considered attempting suicide	741	38%
Unwanted sexual contact	449	23%

# Challenges and Opportunities

- Continue to staff enough positions to meet the increasing numbers of students seeking services
- Work to continue to diversify the Counseling Center staff
- In the face of increasing clinical demands, continue to build connections, reduce barriers, and support students from underrepresented groups
- Continue to develop short-term groups that will meet the needs of students
- With limited mental health resources in the surrounding community, work to educate students of options and advocate for increased local mental health services

# Thank You!

Please feel free to contact me with any questions:

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