

Our Mission: Every student matters!

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*

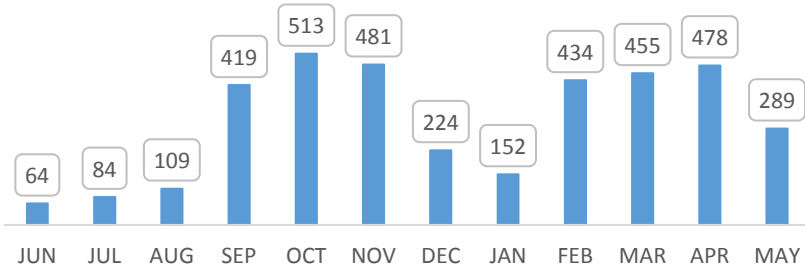


Our Goal:

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

CLINICAL SERVICES

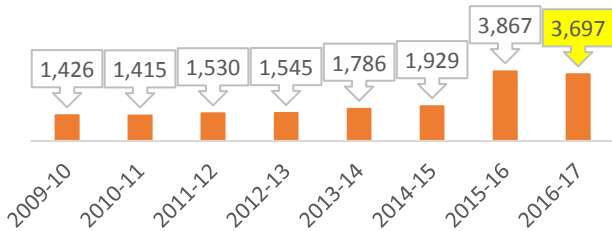
Monthly Clinical Contacts
Jun 2016 - May 2017



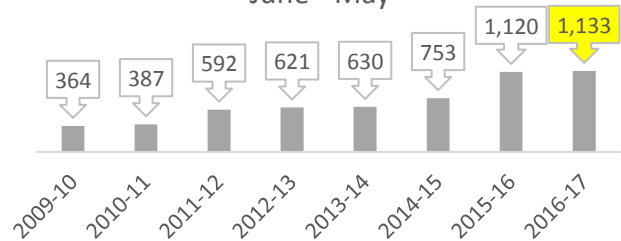
In 2016-17, clinical staff provided 3,757 clinical service hours to students. Clinical services include:

- 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 3,697 individual and couples sessions and counseled a total of 1,133 MSU Students, during FY17. 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 seeking counseling at MSU.

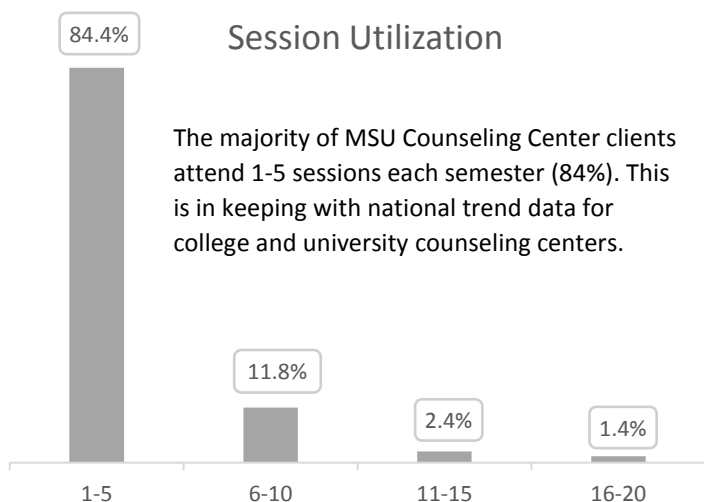
CLINICAL SERVICES

Students in crisis are our number one priority at MSU Counseling. As revealed in the graph to the right, students presenting in crisis have been on the rise since 2010, however, the center has experienced a significant increase in crisis appointments over the past two years. This is in part due to changes made in how the center schedules intake and crisis appointments compared with previously managing all appointments on a walk-in basis. Crisis appointments increased dramatically during FY16 and have remained high and increased significantly in FY17, compared with previous years.

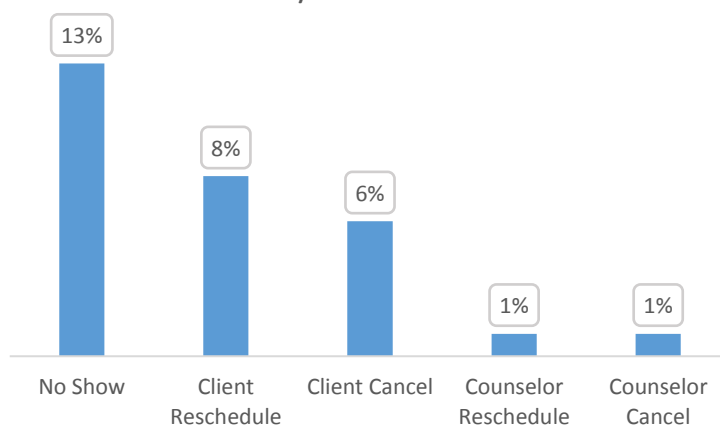
Crisis Assessments June - May



Session Utilization

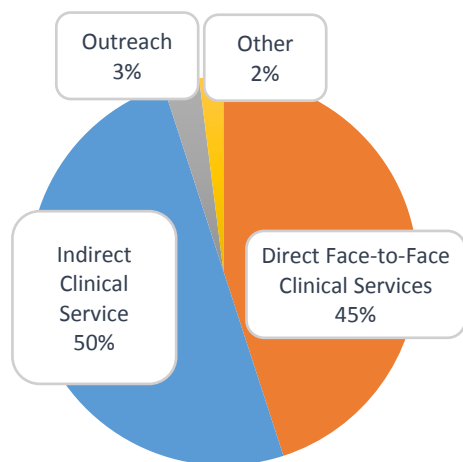


No Show/Cancellation Rate



N=9 (includes full-time, ¾-time and GA staff; percentages adjusted to reflect this)

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 e-mail and phone calls to clients and support persons, meeting attendance, administrative time, training preparation, professional development, and many other miscellaneous duties.

Counseling Center Staff – 2017

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, PLPC
Provisionally Licensed Professional Counselor

Graduate Assistants:

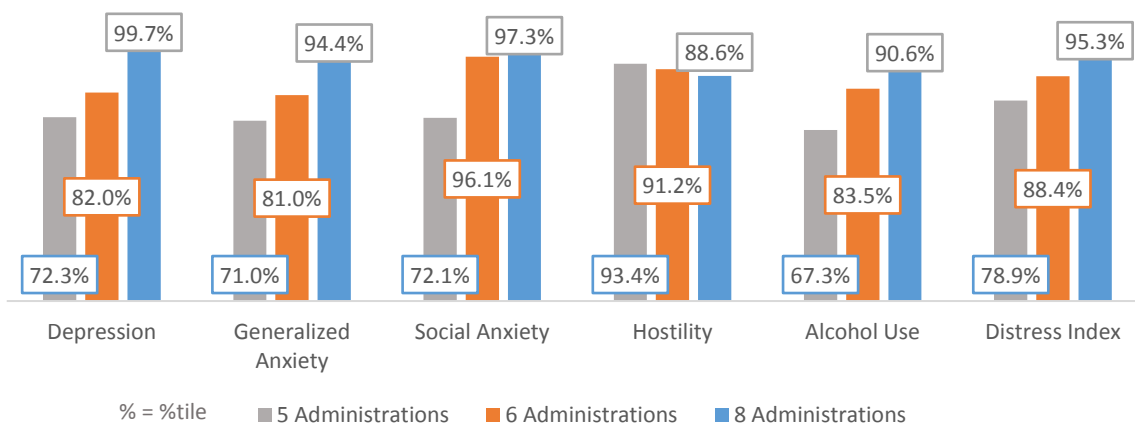
Joshua Dauner, BA Chiara Citterio, BS
Anthony Franklin, BA Natalie Cheah, BA

Susan Blades, 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 Counseling Center, along with over 139 college and university counseling centers across the U.S. are compared in the graph below, comparing 150,483 unique college students seeking mental health treatment, 3,419 clinicians, and over 1,034,510 appointments.

MSU Counseling Center CCAPS Positive Change Rates for Elevated Symptoms



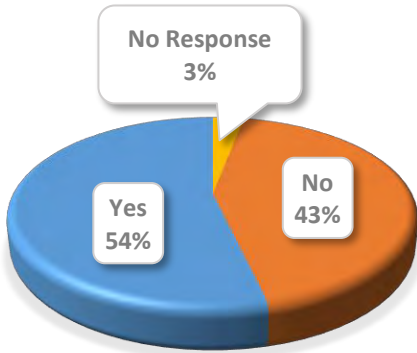
The data reveals that for students with elevated symptoms in the categories listed, Missouri State Counseling Center's effectiveness in reducing elevated symptoms is in the 99th percentile for depression, 97th percentile for anxiety, and 90th percentile for alcohol use.

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

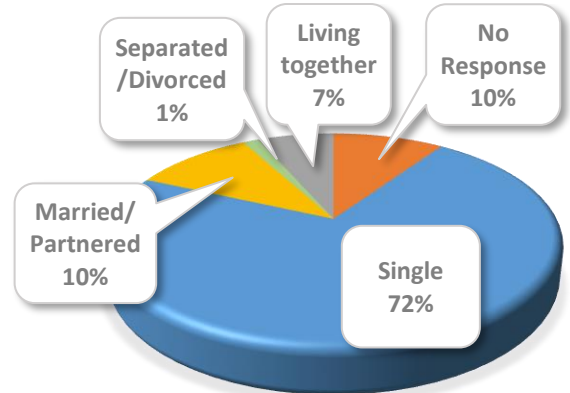


Student Workers
 Jordyn Bartlett*
 Katana Clutter
 Abdillahi Dirie
 Trennel Morgan*
 Tori Oldham
 Dung Truong*
 *(pictured)

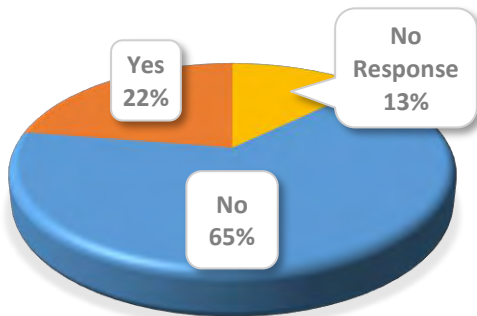
STUDENT DEMOGRAPHICS



PREVIOUS COUNSELING

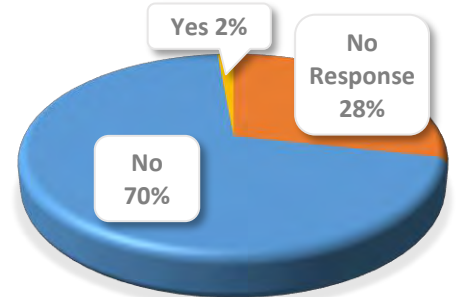


RELATIONSHIP STATUS

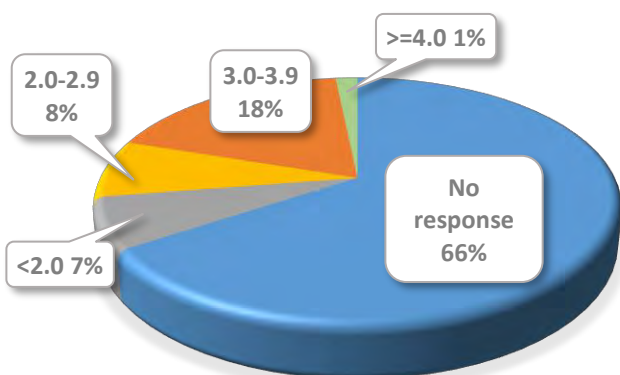


TRANSFER STUDENT

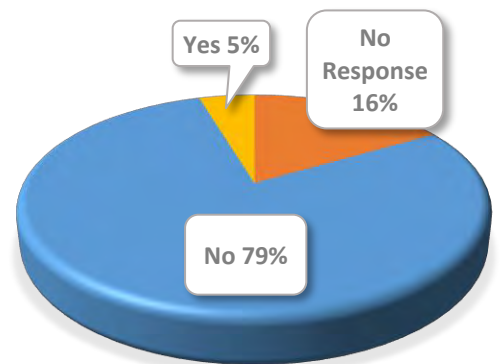
Approximately 5-6 % of the MSU student body seek counseling support annually, and the total number of students served has steadily increased over the years. Students seeking counseling on campus come from a variety of diverse backgrounds, including international students, minority cultures, LGBTQ+, disabled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



VETERAN STATUS



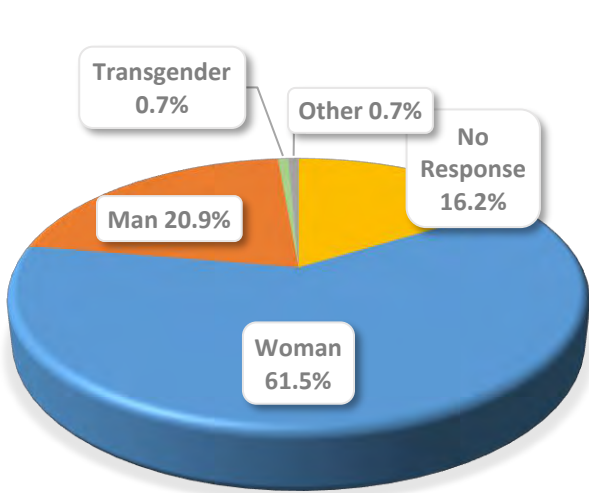
GPA



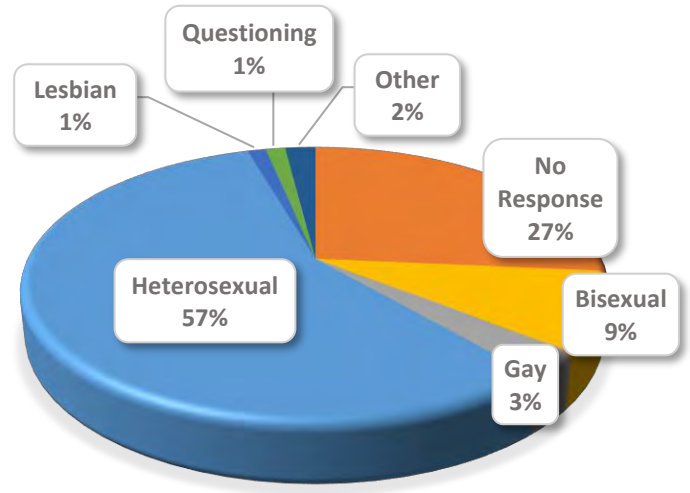
ACADEMIC PROBATION

*All Demographic percentages based on 1,133 individual students

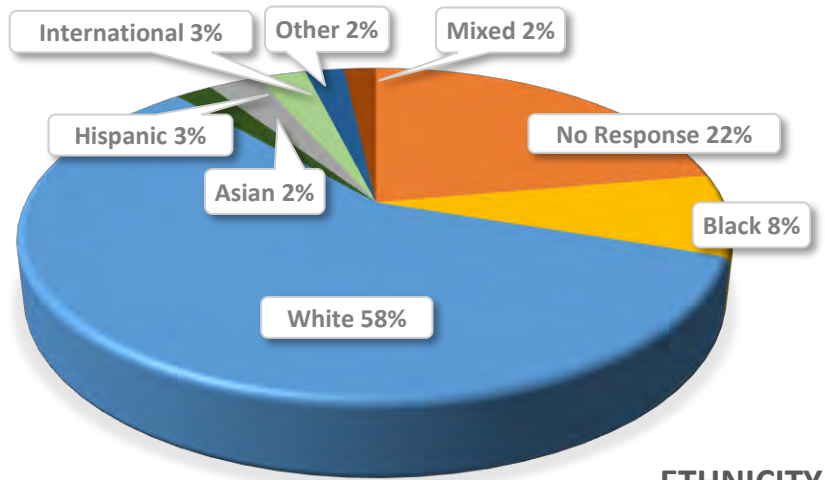
STUDENT DEMOGRAPHICS



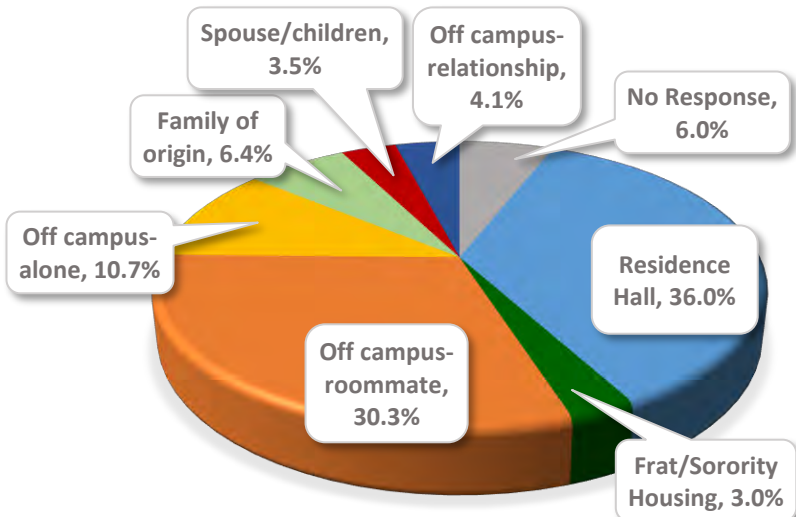
GENDER IDENTITY



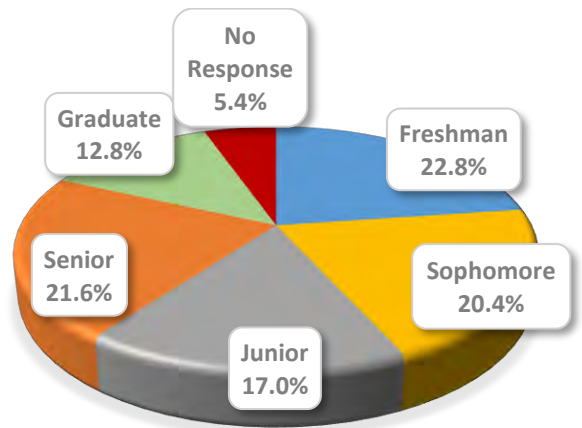
SEXUAL ORIENTATION



ETHNICITY



LIVING SITUATION

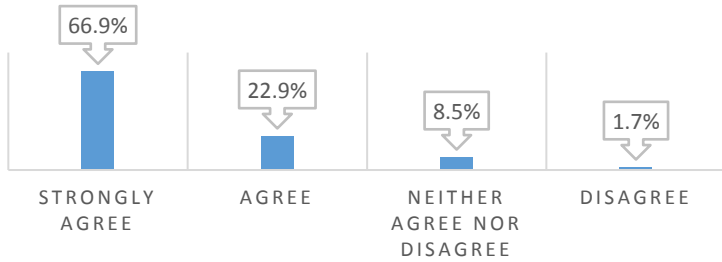


CLIENT ACADEMIC STATUS

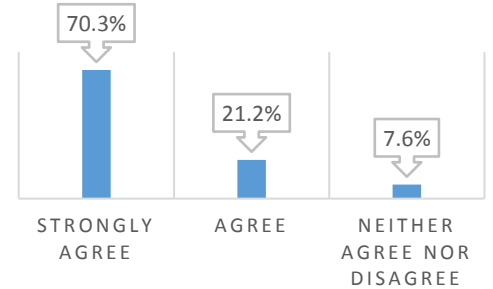
*All Demographic percentages based on 1,133 individual students

STUDENT SATISFACTION and LEARNING OUTCOMES

COUNSELING HELPED ME INCREASE MY SELF-KNOWLEDGE AND/OR SELF-EFFICACY.



COUNSELING HELPED ME IDENTIFY PERSONAL AREAS FOR IMPROVEMENT OR CHANGE.



The Counseling Center CAS Review identified the need for Learning Outcomes for the counseling experience. Therefore, the counseling staff identified 4 specific learning outcomes that are currently being measured in their 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

What our students are saying about us:

"This really helped me through the semester."

"Very friendly and welcoming environment"

"It was a comfortable and safe space on campus. Coming here made my days and weeks more relaxing."

"[My] counselor was very understanding and helpful."

"I had someone to talk about my life. I can make it through my depression."

"I was able to express my thoughts without fear. I feel more confident about my situation. I am very happy with my experience."

"[My counselor] was incredibly patient and non-judgmental."

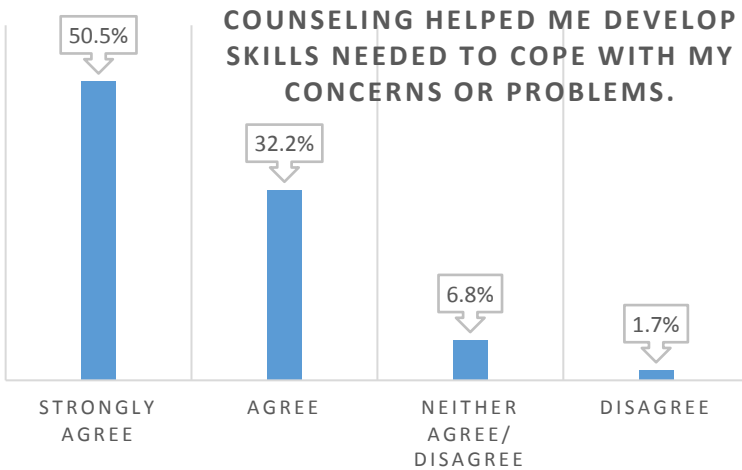
"...I am so happy I decided to go to counseling here!"

"Huge pieces of perspective in many areas. Thank you."

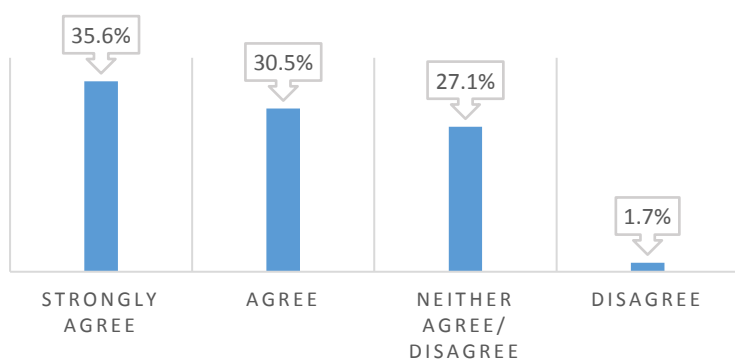
"Everyone was so kind and helpful."

"My counselor was there to help me succeed."

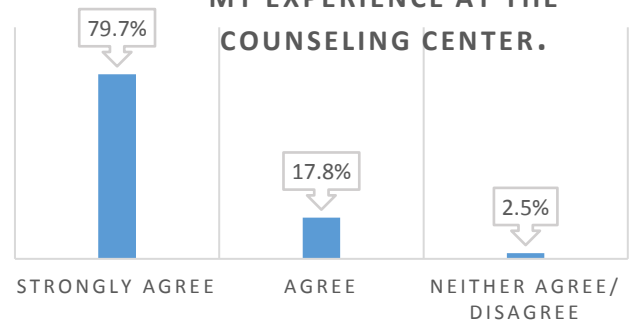
COUNSELING HELPED ME DEVELOP SKILLS NEEDED TO COPE WITH MY CONCERNS OR PROBLEMS.



COUNSELING CONTRIBUTED TO MY ACADEMIC SUCCESS OR PROGRESS.



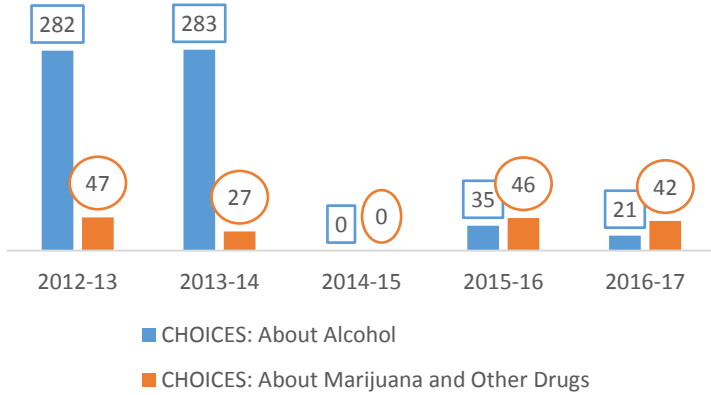
OVERALL, I AM SATISFIED WITH MY EXPERIENCE AT THE COUNSELING CENTER.



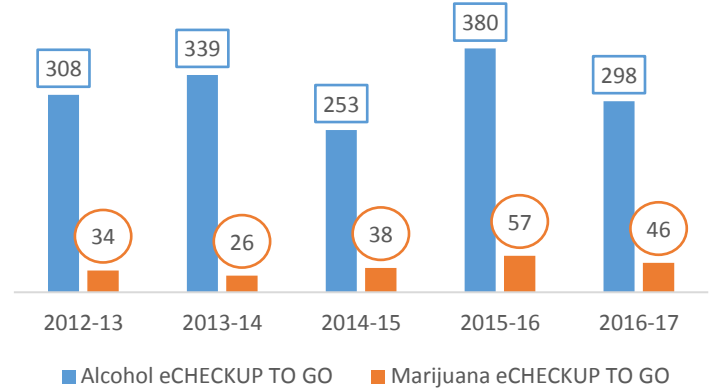
*The above percentages based on 118 students surveyed.

COLLEGIATE RECOVERY PROGRAM

"Choices" Classes



Online Screenings

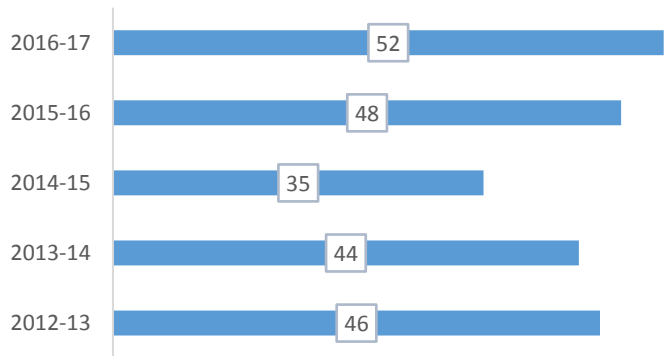


*Numbers were not recorded in 2014-15

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



Substance Abuse Assessments



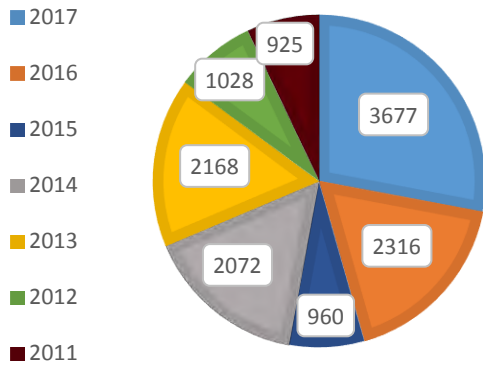
Collegiate Recovery Program

Service Provided		2016-17 Stats	Description
Recovery/Sober evening events		Avg. 5 students/mtg.	on-campus events
Active Minds meetings		Avg. 5 students/mtg.	student group
C	Alcoholics Anonymous	Avg. 4 per mtg.	students, faculty, staff, and community members
	Bear Recovery	16 meetings/semester	
		avg. 4 students/mtg. 8 unique individuals	
R	open lounge hours M - F, 8 AM to 5 PM	open access to students in recovery	Students report using the CRP lounge to study, use the computer, eat lunch, and congregate with one another
P	Lounge		

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



2016-17 Outreach Topics

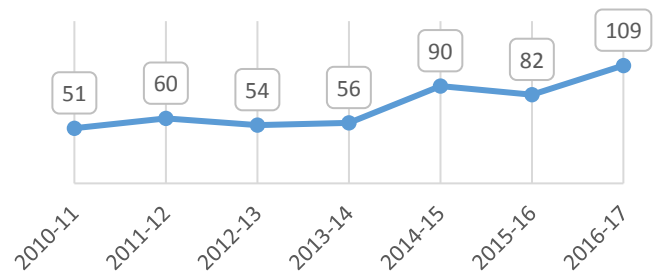
Counseling Center staff provided 109 presentations/support programs addressing the following topics:

- Adjustment issues
- Communication
- Depression
- Anxiety
- Suicide Prevention
- Drugs/Alcohol
- Grief and Loss
- Healthy Relationships
- Sexual Assault
- Stress Management
- Wellness/Health
- Crisis Response/Distressed Students
- Eating Disorders/Healthy Body Image
- Counseling Center/Support Services

Counseling Center Staff Trainings

- International Students
- Disability Resource Center
- Crisis Response Training
- Lost and Found Center
- Counseling Transgender Students
- MH Needs of LGBTQ+ Students
- Personal Transgender Story
- Cox Center for Addictions
- Helping Students with Autism
- Brief Therapy
- Suicide Assessment
- Micro-aggression
- Eating Disordered Students
- Personality Disorders
- MH Needs of Multicultural Students
- Substance abuse
- Learning Diagnostic Center
- Safe Zone Training
- Serving Our Student Veterans

Outreach Programs Provided



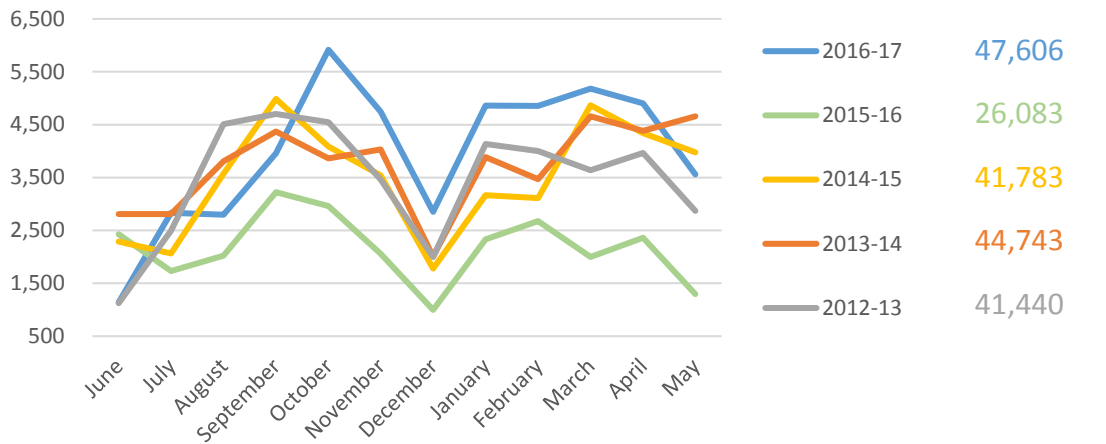
Counseling Center Staff Collaborations

- Inclusion and Awareness Committee
- Tough Talks Facilitator
- Student Affairs Friend-Raising Committee
- Eating Disorders Coalition of the Ozarks
- Betty & Bobby Allison Ozarks Counseling Center
 - Board Member
- Partners in Prevention Coalition
- Springfield Facing Addiction Pilot Project
- Better Life in Recovery Planning Committee
- Behavioral Intervention Team

- Suicide Prevention Coalition of Southwest Missouri
 - Fundraising Chair and Treasurer
- CAS Internal Review Committee Member for DRC
- Active Minds Student Organization Advisor
- Foster Recreation Center
 - Taught Restorative Yoga sessions during finals week
- Center City Counseling Advisory Board
- Counseling Department Advisory Board
- High Impact Learning Committee
- Impact Summit for Mental Health Committee

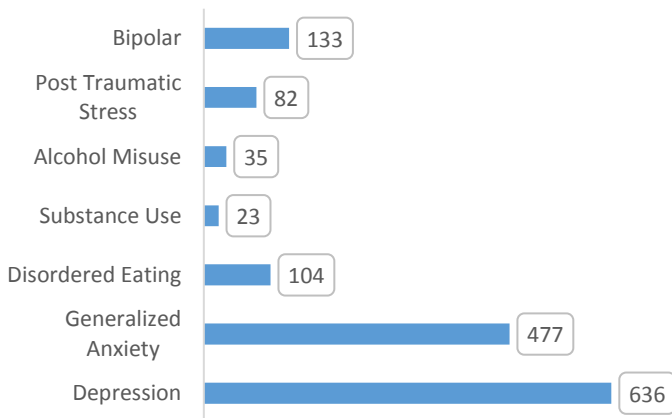
WEBSITE and ONLINE MENTAL HEALTH SCREENING STATISTICS

Website Views

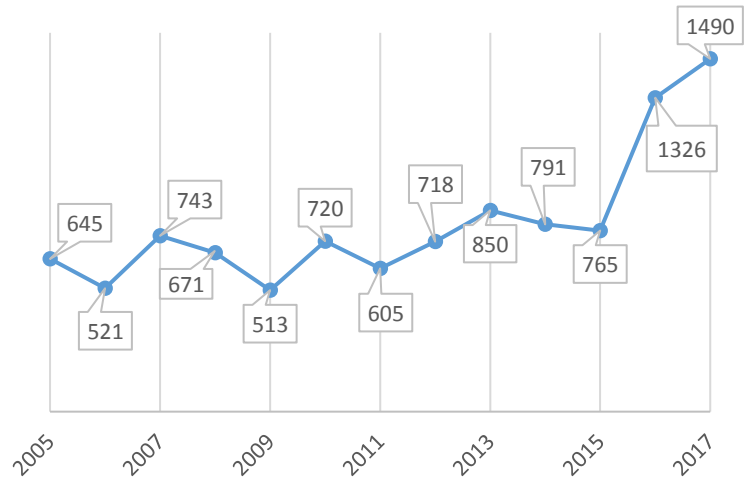


<http://counselingcenter.missouristate.edu/>

Online Mental Health Screening Category Totals June, 2016 - May, 2017



Online Mental Health Screening Annual Totals



ONLINE SCREENINGS FOR MENTAL HEALTH

ARE FREE FOR MSU STUDENTS FOR THE FOLLOWING CONCERNS:

- Anxiety/Post Traumatic Stress Disorder
- Eating Disorders
- Alcohol Abuse
- Depression/Manic Depression

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

