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!

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

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

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.
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.

The majority of MSU Counseling Center clients attend 1-5 sessions each semester (84%). This is in keeping with national trend data for college and university counseling centers.

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.

Direct vs. Indirect Clinical Utilization

Crisis Assessments
June - May

No Show/Cancellation Rate

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

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
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.

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.

**MSU Counseling Center CCAPS Positive Change Rates for Elevated Symptoms**

<table>
<thead>
<tr>
<th>Category</th>
<th>5 Administrations</th>
<th>6 Administrations</th>
<th>8 Administrations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>72.3%</td>
<td>82.0%</td>
<td>99.7%</td>
</tr>
<tr>
<td>Generalized Anxiety</td>
<td>71.0%</td>
<td>81.0%</td>
<td>94.4%</td>
</tr>
<tr>
<td>Social Anxiety</td>
<td>72.1%</td>
<td>96.1%</td>
<td>97.3%</td>
</tr>
<tr>
<td>Hostility</td>
<td>93.4%</td>
<td>91.2%</td>
<td>88.6%</td>
</tr>
<tr>
<td>Alcohol Use</td>
<td>67.3%</td>
<td>83.5%</td>
<td>90.6%</td>
</tr>
<tr>
<td>Distress Index</td>
<td>78.9%</td>
<td>88.4%</td>
<td>95.3%</td>
</tr>
</tbody>
</table>

% = %tile

**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)
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.

*All Demographic percentages based on 1,133 individual students*
**STUDENT DEMOGRAPHICS**

**GENDER IDENTITY**
- Woman 61.5%
- Man 20.9%
- Transgender 0.7%
- Other 0.7%
- No Response 16.2%

**SEXUAL ORIENTATION**
- Heterosexual 57%
- Bisexual 9%
- Gay 3%
- Lesbian 1%
- Questioning 1%
- Other 2%
- No Response 27%

**ETHNICITY**
- White 58%
- Black 8%
- Asian 2%
- Hispanic 3%
- Other 2%
- International 3%
- No Response 22%

**LIVING SITUATION**
- Residence Hall, 36.0%
- Off campus-roommate, 30.3%
- Frat/Sorority Housing, 3.0%
- Off campus-alone, 10.7%
- Family of origin, 6.4%
- No Response, 6.0%
- Off campus-relationship, 4.1%
- Spouse/children, 3.5%

**CLIENT ACADEMIC STATUS**
- Graduate 12.8%
- Sophomore 20.4%
- Junior 17.0%
- Senior 21.6%
- No Response 5.4%
- Freshman 22.8%
- No Response 6.0%

*All Demographic percentages based on 1,133 individual students*
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.”

*The above percentages based on 118 students surveyed.*
"Choices" Classes

<table>
<thead>
<tr>
<th>Year</th>
<th>CHOICES: About Alcohol</th>
<th>CHOICES: About Marijuana and Other Drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012-13</td>
<td>282</td>
<td>47</td>
</tr>
<tr>
<td>2013-14</td>
<td>283</td>
<td>27</td>
</tr>
<tr>
<td>2014-15</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2015-16</td>
<td>35</td>
<td>46</td>
</tr>
<tr>
<td>2016-17</td>
<td>21</td>
<td>42</td>
</tr>
</tbody>
</table>

Online Screenings

<table>
<thead>
<tr>
<th>Year</th>
<th>Alcohol eCHECKUP TO GO</th>
<th>Marijuana eCHECKUP TO GO</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012-13</td>
<td>308</td>
<td>34</td>
</tr>
<tr>
<td>2013-14</td>
<td>339</td>
<td>26</td>
</tr>
<tr>
<td>2014-15</td>
<td>253</td>
<td>38</td>
</tr>
<tr>
<td>2015-16</td>
<td>380</td>
<td>57</td>
</tr>
<tr>
<td>2016-17</td>
<td>298</td>
<td>46</td>
</tr>
</tbody>
</table>

Substance Abuse Assessments

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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>52</td>
<td>48</td>
<td>35</td>
<td>44</td>
<td>46</td>
</tr>
</tbody>
</table>

*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.**

Collegiate Recovery Program

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

**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

**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
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