

Our Mission: Supporting student wellbeing, development and success.



Our Goal:

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

We promote the following ideals:

- *Student Self-Acceptance*
- *Development*
- *Positive Connections through Ethical and Collaborative Processes for Change*

Our core values are:

- *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*

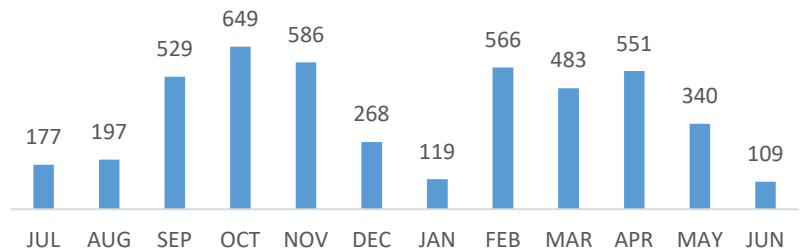
CLINICAL SERVICES

In 2022-23, the Counseling Center initiated a major shift in operations aimed at increasing student accessibility to services and reducing wait times. This was done through implementation of a stepped care model which provides an array of mental health support options. By assessing the intensity of care needed for an individual student, mental health clinicians can create a care plan that includes appropriate, personalized interventions and supports that go beyond individual therapy. This allows providers to serve more students and expand the types of services offered across campus.

In 2022-23, clinical staff provided 4,676 clinical service hours to students. Clinical services include consultations, intakes, individual and couples counseling as well as crisis interventions.

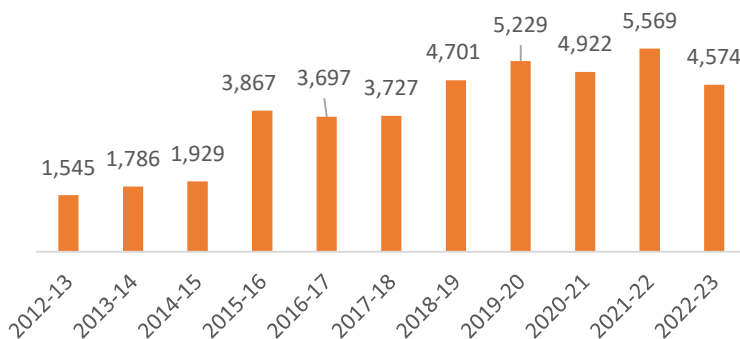
Monthly Clinical Contacts

July 2022 - June 2023



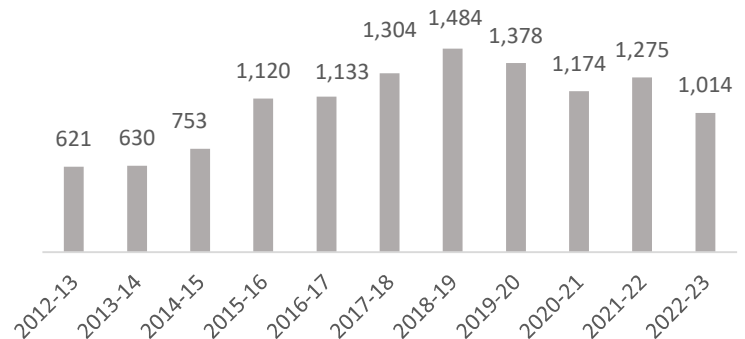
Counseling Sessions Provided

July - June



Individual Students Counseled

July - June



The Counseling Center staff provided 4,574 individual and couples sessions and counseled a total of 1,014 MSU students during FY 23. It is important to note that the number of students served is directly impacted by the number of available appointments and staff at any given time.

Primary areas of treatment include:

- Anxiety (77%)
- Relationships (55%)
- Depression (58%)
- Academics (42%)
- Trauma (34%)
- Suicidal Thoughts/Plans (27%)
- Eating Concerns (28%)
- Substance Use (18%)

Other: Self Injury (8%), Financial Concerns (22%), Abuse: Physical, Sexual, Emotional (22%), Grief/Bereavement (17%), Work Issues (12%), Anger Issues (15%), Sexual Assault (14%), Crisis Adjustment (9%), Oppression (7%), Homicidal Thoughts (3%), and many others

CLINICAL SERVICES

Meeting student needs is a priority at the MSU Counseling Center. Defining and understanding crises is an important aspect of managing emergent needs and responding to imminent risks. By defining crisis appointments, refining clinic processes and making staff available for walk-in appointments, the Counseling Center strives to meet the needs that arise in a responsive and effective manner.

Session Utilization

On average, the majority (72.8%) of students accessing individual counseling at the MSU Counseling Center attend 1-5 sessions during a semester, in keeping with national trend data for college and university counseling centers.

Direct vs. Indirect Services

Direct clinical services include individual counseling, couples counseling, crisis intervention sessions, consultations, workshops, targeted outreach, case management and clinical supervision.

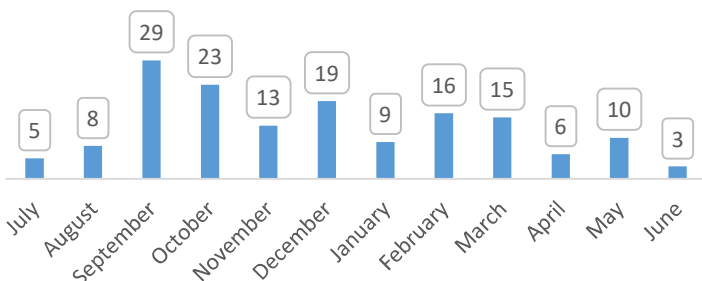
Indirect services include clinical preparation, meeting attendance, administrative time, training preparation, professional development and many other miscellaneous duties.

ProtoCall – After Hours Services

For after-hours and weekend mental health emergency support, the MSU Counseling Center contracts with ProtoCall Services, Inc., the nation's leading provider of seamless access to crisis assessment, intervention and stabilization assistance provided exclusively by Masters and Doctoral-level clinicians.

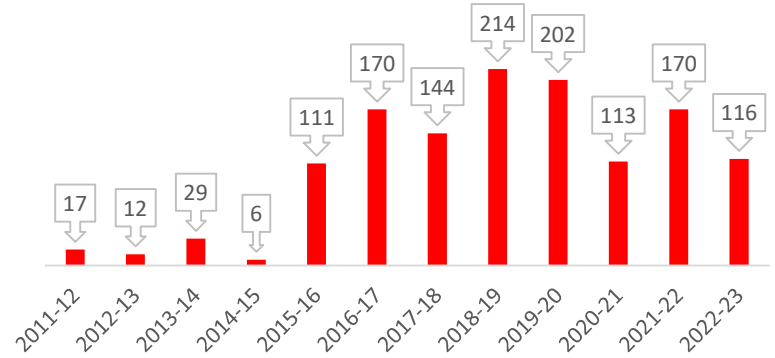
During 2022-23, a total of 138 calls were managed through ProtoCall, with 44 of these calls classified as *Urgent* by ProtoCall staff.

ProtoCall Services Call Data by Month



Crisis Assessments

July - June



Counseling Center Staff – 2022-2023

Rhonda Lesley, MA, LPC

Director, Licensed Professional Counselor

Retired 04/2023

Allicia Baum, PsyD

Director, Licensed Clinical Psychologist

Started 06/2023

Tammy Dixon, MS, LPC

Assistant Director, Licensed Professional Counselor

Mental Health Clinicians

Julie Brauch, MS, EdS, PLPC

Provisionally Licensed Professional Counselor

Chiara Citterio, MS, LPC

Licensed Professional Counselor

Christie Fletcher, MS, LPC

Licensed Professional Counselor

Victim Services and Advocacy Specialist

Jane Henke, MS, LPC

Licensed Professional Counselor

Nia Morgan, MS, PLPC

Provisionally Licensed Professional Counselor

Holly Reynolds, PLMFT

Provisionally Licensed Marriage and Family Therapist

Cameron Skinner, MS, LPC

Licensed Professional Counselor

Substance Use Specialist

Divya Thakkar, MS, LPC

Licensed Professional Counselor

Graduate Assistants

Laura Foster, BSed

Emilia Stauffer, MM

Rachel Thomas, BS

Morgan Maleare, BSW

Luis Medina, BSW

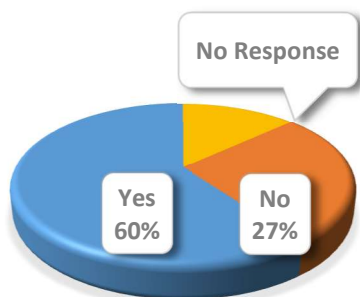
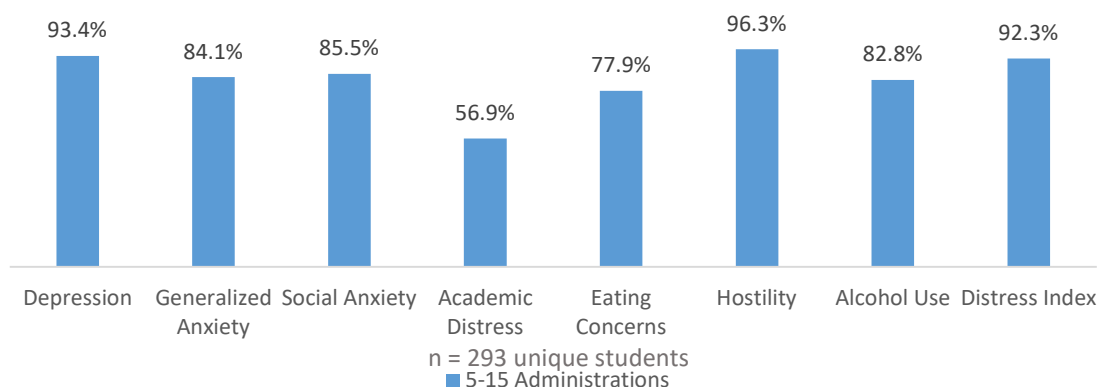
Robert Adkison, *Administrative Assistant II*

STUDENT DEMOGRAPHICS

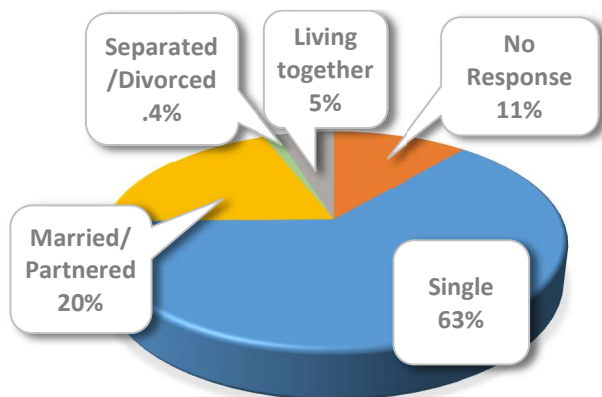
In order to provide a clearer understanding of student symptom changes from session to session and to assist in providing outcome measurements data for improved services, the MSU Counseling Center began administering the Counseling Center Assessment of Psychological Symptoms (CCAPS) during the spring semester of 2017. MSU's Counseling Center, along with over 160 college and university counseling centers across the U.S. are compared in the graph below, including 207,818 unique college students seeking mental health treatment; 4,059 clinicians; and 1,580,951 appointments.

The data reveals that for students who present with elevated symptoms, MSU Counseling Center's effectiveness in reducing elevated symptoms is in the 93rd percentile for depression, 84th percentile for generalized anxiety, 85th for social anxiety, and 83rd percentile for alcohol use.

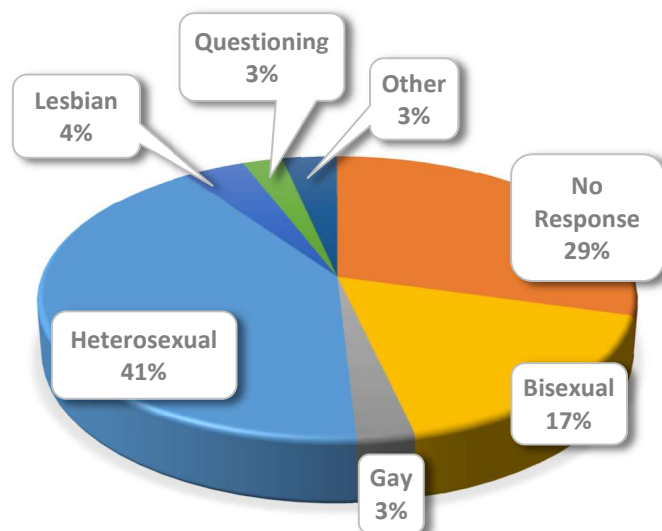
MSU Counseling Center CCAPS Positive Change Rates for Elevated Symptoms



Previous Counseling



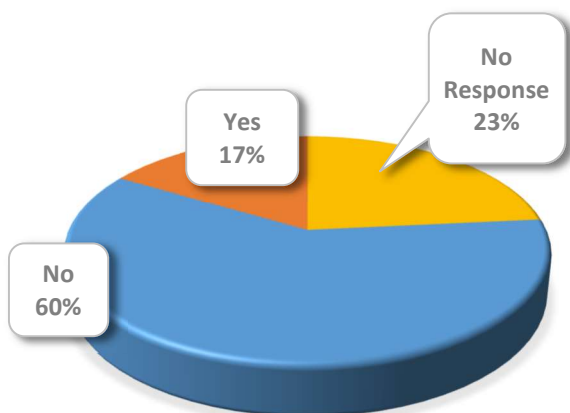
Relationship Status



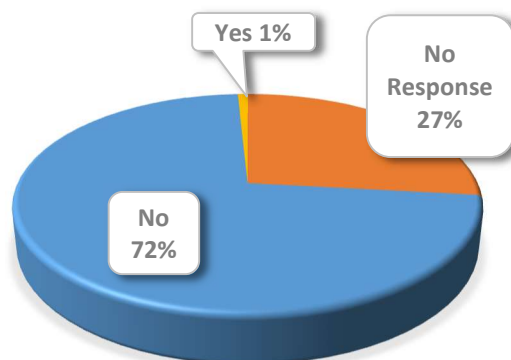
Sexual Orientation

STUDENT DEMOGRAPHICS

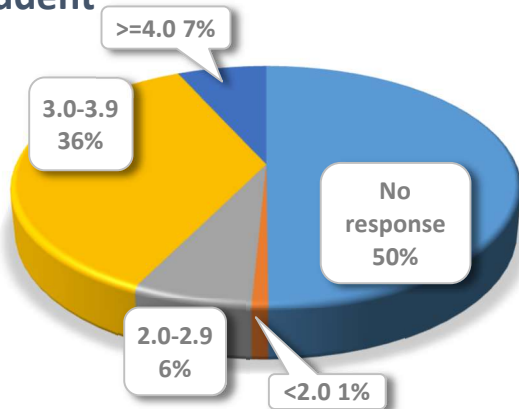
Approximately 5-6 % of the MSU student body seek counseling support annually, and the total number of students served has steadily increased over the years. Students seeking counseling on campus come from a variety of diverse backgrounds, including international students, underrepresented populations,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



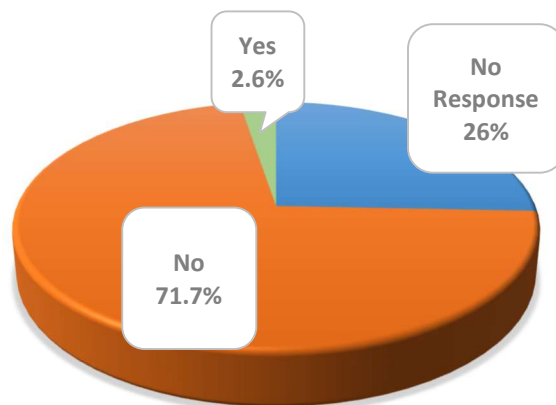
Transfer Student



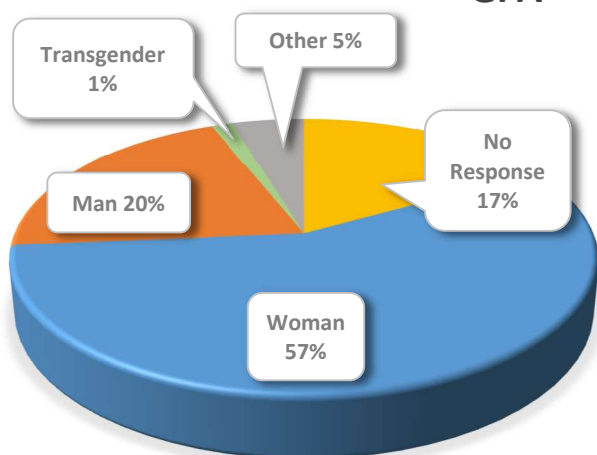
Veteran Status



GPA

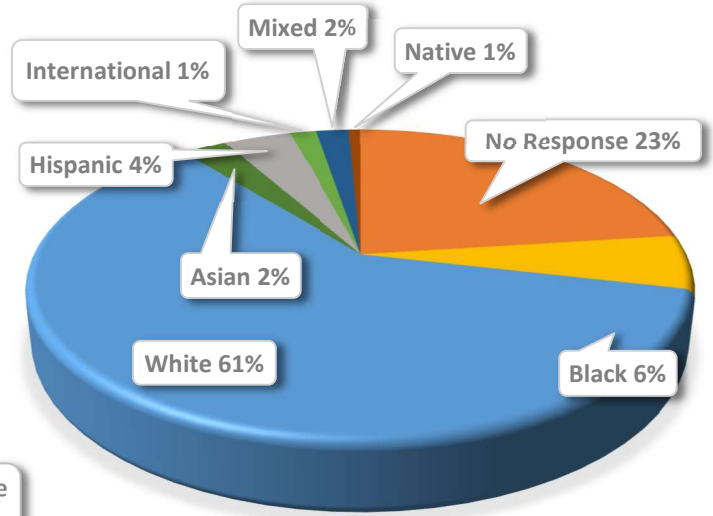


Academic Probation

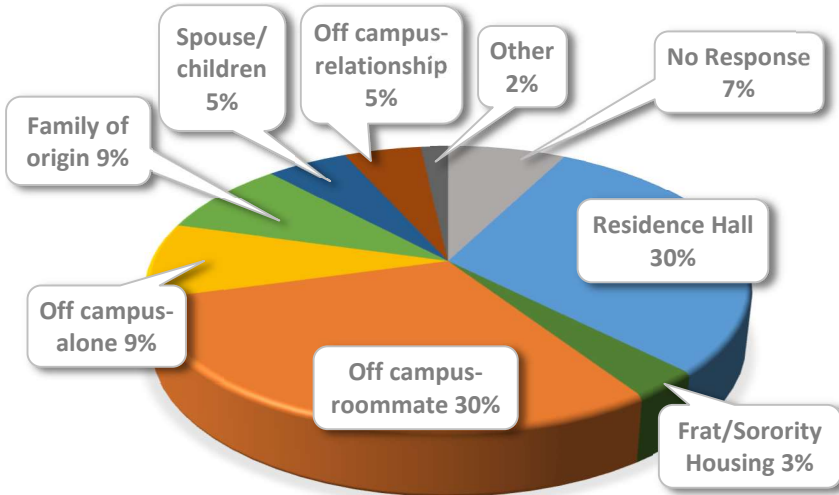


Gender Identity

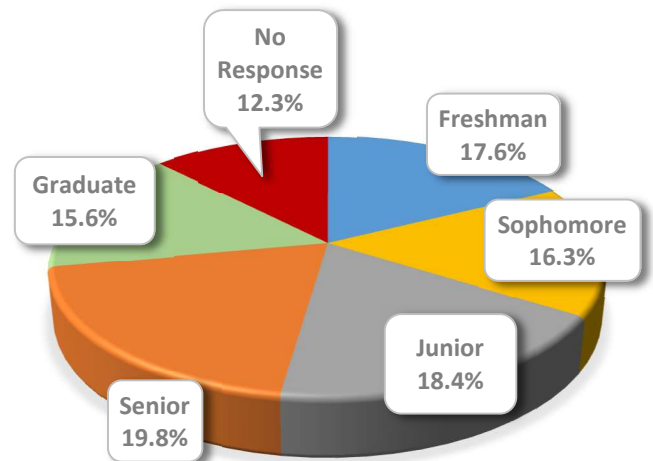
STUDENT DEMOGRAPHICS



Ethnicity



Living Situation



Client Academic Status

**All Demographic graph percentages based on 729 individual students.*

STUDENT SATISFACTION and LEARNING OUTCOMES

The Counseling Center staff identified four specific learning outcomes that are being measured in the student satisfaction survey, and are reflected in the following graphs:

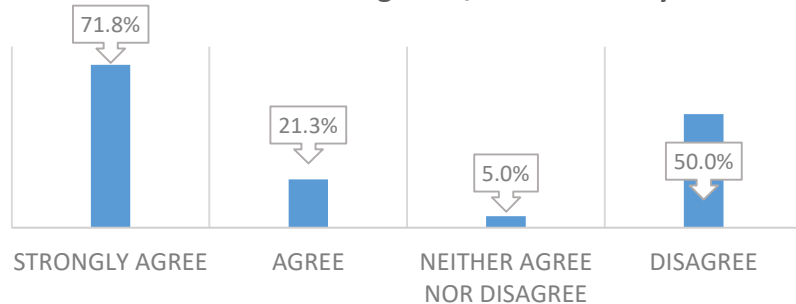
- Increase self-knowledge/self-efficacy.
- Identify personal areas of improvement.
- Develop skills needed to deal with presenting problems.
- Develop skills needed to maintain academic progress.

Student survey comments:

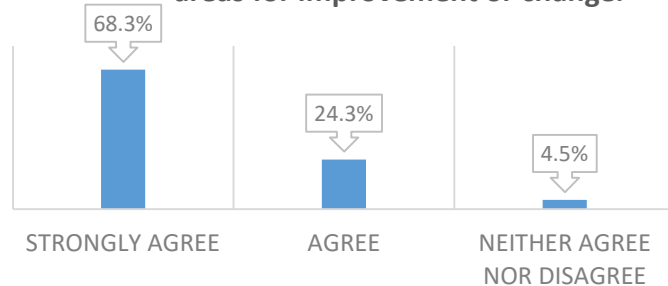
- "A wonderful program that I needed to get through this semester."*
- "Amazing service! Thank you!"*
- "I am so thankful for counseling."*
- "I found a new appreciation for therapy and counseling in general."*
- "I would not have had access to counseling outside of MSU, thank you."*
- "I've made a lot of progress as a result of getting counseling."*
- "Really appreciate the help working through my issues."*
- "Seeking help made me feel comforted and safe."*
- "Thank you so much, the counseling center was VERY helpful to me!"*

STUDENT SATISFACTION and LEARNING OUTCOMES

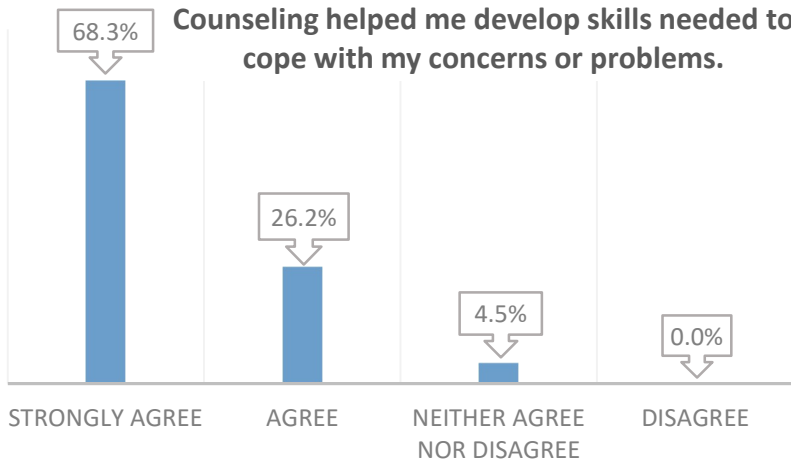
Counseling helped me increase my self-knowledge and/or self-efficacy.



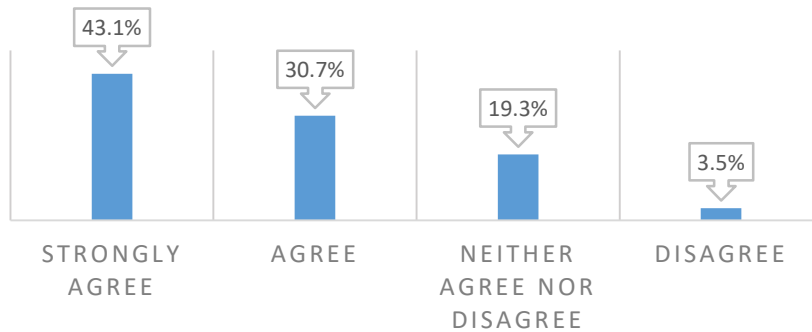
Counseling helped me identify personal areas for improvement or change.



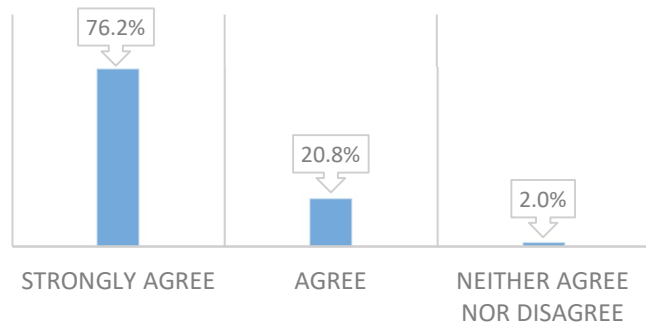
Counseling helped me develop skills needed to cope with my concerns or problems.



Counseling contributed to my academic success or progress.



Overall, I am satisfied with my experience at the counseling center.



**The above percentages are based on 202 students surveyed.*

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.

Counseling Center Staff Trainings

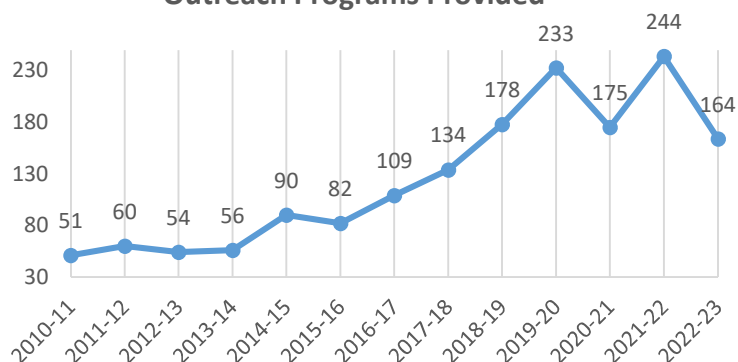
- Personalized Care Model
- Trauma
- Safe Zone
- Disability Resource Center
- Title IX
- Emotional Regulation Strategies
- Mental Health in Indigenous Populations
- Therapeutic Interventions
- Eating Disorders
- Decolonization In Not a Metaphor Article Study
- Global Leaders and Mentors
- LGBTQ+ & Microaggressions
- VSA Intakes
- Case Presentations
- Article Reviews

2022-23 Outreach Topics

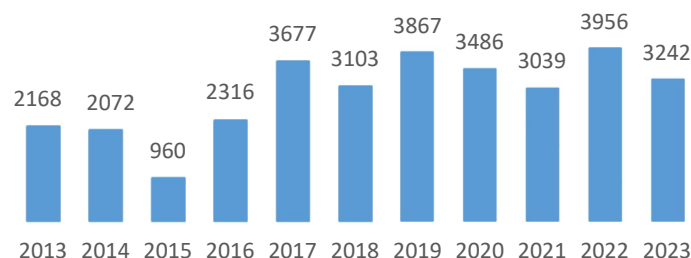
The Counseling Center staff provided 244 presentations and/or support programs addressing the following topics:

- Counseling Center Services
- Counseling Skills for Recruitment Counselors
- Fresh Check Day
- You Can Help A Friend
- Self-Care for Campus Leaders
- Interpersonal Violence and Consent
- Stress Management
- You Can Help A Student
- General Overview of Mental Health
- Managing Anxiety
- Managing Depression
- Dealing with Suicidal Students
- Mindfulness Meditation
- Mental Health and Anxiety
- Stress Management and Meditation
- Role of a Mental Health Ambassador
- Support to Multicultural Resource Center grads
- Take Back the Night
- Alcohol Use Awareness
- Interpersonal Relationships as a Connection Ambassador
- Self-Reflection
- Mindfulness
- Hatha Yoga
- Yoga
- Personalized Care Model

Outreach Programs Provided



Outreach Attendees



MENTAL HEALTH SCREENING STATISTICS

BASICS - BASICS stands for Brief Alcohol Screening and Intervention for College Students

CASICS - CASICS stands for Cannabis Screening and Intervention for College Students

BASICS/CASICS Assessments

2019-20 AY	BASICS	CASICS
# of students	9	29
# of sessions	11	50
2020-21 AY	BASICS	CASICS
# of students	4	24
# of sessions	8	47
2021-22 AY	BASICS	CASICS
# of students	4	18
# of sessions	7	34
2022-23 AY	BASICS	CASICS
# of students	6	2
# of sessions	11	2

You Can Help A Student



The Jed Foundation

In the 2022-2023 academic year, the MSU Counseling Center has provided 5 You Can Help A Student trainings to a total of 127 MSU Staff and Faculty.

Online Screenings

Online anonymous mental health screenings are free for MSU students for the following concerns:

- Anxiety
- Post-Traumatic Stress Disorder
- Eating Disorders
- Alcohol Misuse
- Substance use
- Depression
- Bipolar Disorder

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

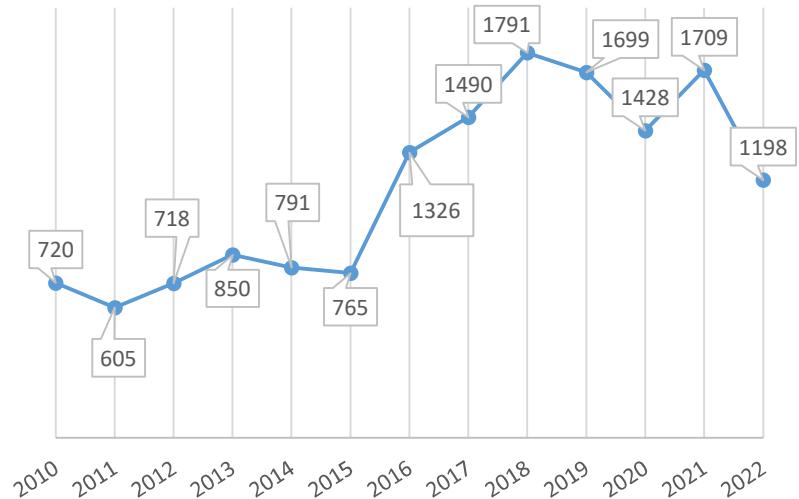
In-Person Screening Events

National Depression Screening Day 10/6/2022

<http://helpyourselfhelpothers.org/>

National Eating Disorders Awareness Week (2/27/23-3/3/23)

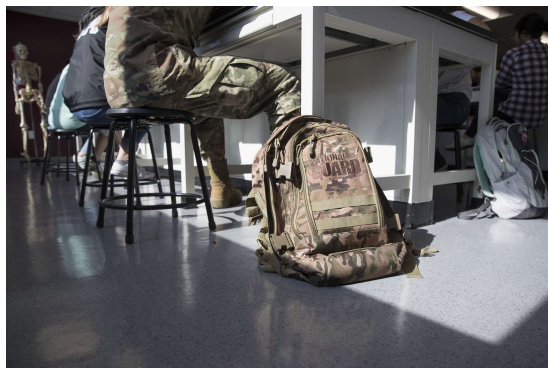
Online Mental Health Screening Annual Totals



Fresh Check Day is an annual mental health fair, co-sponsored by the JED Foundation and Jordan Porco Foundation. The purpose of Fresh Check Day is to educate MSU students in a fun and meaningful way about mental health and seeking support, suicide prevention and how to be mentally well and resilient. 165 students and staff participated in our Fresh Check Day during Fall 2022.

Fresh Check Day 2023 will be held in August.

freshcheckday.com/missouristate.



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



Student Workers

Sarah Wynn
Kenzie Furlow
Breanna Pace
Melody Whitman
Brittney Christy-Ochoa
Sadia Raisa
Caitlyn Burks
Janette Prather
Richie Cordel
Zulfiqur Rashid

Missouri State University Counseling Center Staff
Spring 2023