

Student Counseling Unit Annual Report 2002 - 2003

Personnel

Henry Fulda, Ed.D., Director (1 FTE, 10 months)
Gail Hockert, M.S., NCC: Counselor (1 FTE, 10 months)
Lori Koshork, M.A., NCC: Counselor (.75 FTE, 10 months)
Jane Kill: Office Supervisor/Testing Coordinator (1 FTE 10 months)

Purpose

The purpose of Student Counseling is to provide personal, crisis, and developmental counseling, educational programming and outreach, and maintain a confidential service for students who have been sexually harassed or harassed based on race, sexual orientation or religion. Student Counseling's mission is to focus on the emotional, intellectual, spiritual, physical, occupational and social development of students. The services are preventative and educational in nature and come from a developmental perspective. Students in crisis and those with chronic mental illnesses are served in the capacity deemed appropriate. Ongoing consultation to students in living groups and to faculty in regards to student well being is also provided. In addition, Student Counseling supports the academic mission of the University by maintaining a testing program, including placement, admissions and pre-professional services testing. Individual staff also supports the mission of the University through service on University committees.

Function

- To provide counseling services to UMM students.
- To provide educational programming focusing on holistic development of the individual.
- To provide crisis intervention to promote the health and safety of UMM students and to facilitate appropriate course of action.
- To provide a broad range of testing and assessment services to address personal, career and educational services.
- To provide career development workshops to undecided majors.
- To provide consultation to students, staff and faculty as deemed appropriate.
- To continue to promote, facilitate, develop and support the existence and function of student peer assistance organizations or programs that enhance the well being of the campus as a healthy, just and purposeful environment.
- To assist other student affairs departments in summer orientation, summer registration, training of resident advising staff and other tasks as required or determined appropriate.

Evaluation

Introduction:

For at least the past five years Student Counseling has worked with over 10% of the student population each academic year. This was a particularly challenging year for staff of Student Counseling. Part of the challenge faced by the office came from the growing impact of the State of Minnesota's budget deficit and the resulting effect that has for UMM. The Office of Student Counseling joined the university's efforts to identify financial savings while maintaining the quality of essential services and programs offered.

Another challenging aspect of the year was the assignment of the Director as the HIPAA Privacy Coordinator for the UMM Campus, and his work on an application for a U.S. Department of Justice – Prevention of Violence Against Women on Campus Grant. Although these activities took

over 40% of the Directors time in the late Fall and early Spring, the office had only 18 fewer client contacts (2%) compared to the previous year.

Personal and Career Counseling:

The bulk of the Counseling staff's time was spent on personal counseling. Lori Koshork (.75 FTE), Gail Hockert (1.0 FTE) and Henry Fulda (1.0 FTE) represent the staff responsible for personal counseling and development. These services also extend to:

- Crisis management for both day and evening services
- Advising student helper groups such as Peer Health Educators and Third Ear
- Advising and counseling students who feel they are being harassed
- Promoting and supporting diversity programming like Safe Haven, Spiritual Pathways, and the Multicultural Student Leadership Retreat

Clinical consultation was provided in a team approach one hour each week, for purposes of case review, staffing, reports on conferences attended and to address questions on clinical issues.

Presenting problems students brought to the counseling center included depression, racial and sexual harassment, sexual orientation, alcohol/drug issues, family and relationship issues, self-esteem, adjustment disorders, academic and vocational concerns, hospitalization for suicide ideation and psychosis, developmental and transitional concerns and eating disorders. Walk-in hours for counseling services continue to work successfully as many students, particularly from the residence halls and the Residential Life staff utilizes this service. The focus of walk-in time is to provide a brief screening of the student and the issues and to schedule a follow-up appointment as soon as possible. We also continue to consult with a number of faculty and staff regarding student concerns.

Student Counseling, while not directly responsible for career direction services, provides the space for career counseling, supports the career library and also provides a staff person, Lori Koshork to provide ongoing career services to the UMM campus. One quarter of her time is dedicated to the Career Center to provide internship advisement, resume critiquing, coordination of workshops for undecided majors and other career development services.

Outreach:

The Student Counseling staff remained committed to the concepts of mental health education and prevention as evidenced through their participation in numerous activities:

- Student, faculty and staff consultation on mental health issues
- Educational programming in Residence Halls and to classes in psychology
- Programming on sexual assault at new student orientation
- Take Back the Night participation
- Training of Residential Life's resident advisors
- Training of Third Ear and Peer Health Educators
- Participation in National Anxiety and Depression Screening Day and National Alcohol Screening Day

Sexual/Racial/Sexual Orientation Harassment:

Student Counseling provided confidential services for students experiencing sexual, racial or sexual orientation harassment or sexual violence. Student Counseling provides choices and options for students who believe they have been harassed, or have been a victim of sexual assault. The office of Student Counseling also refers students to resources such as Human Resources, Campus Police, Morris City Police and the Sexual Violence Response Center in Morris.

Testing Program:

Jane Kill, Office Supervisor, was also responsible for coordination and daily operation of the testing program (see testing data in Appendix II). Student Counseling administered 2382 individual

tests. These included placement exams for math and foreign languages, which are administered and scored at U.M.M. National admission and licensure exams that were administered and returned to the testing companies for scoring were CLEP exams for credit, ACT (college admission test), MCAT (medical school admission test), LSAT (law school admission test), PPST (Minnesota's teacher licensure exam), GRE (graduate school admission exam) and Miller's Analogy (graduate school admission exam). Psychometric exams included Minnesota Multiphasic Personality Inventory (MMPI), Beck Depression Inventory (BDI), the Alcohol Use Identity Disorders Test (AUDIT), the Multidimensional Anxiety Questionnaire (MAQ), the Substance Abuse Subtle Screening Inventory (SASSI). Career inventories include Myers-Briggs Type Inventory (MBTI) for career and personality assessment, and the Campbell Interest and Skill Survey (CISS), IDEAS and Work Values Inventories for career/vocational interests.

Funding for this program is minimal and most tests are administered without a university fee, exceptions are CLEP, Residual ACT, and MAT. For details on tests administered see Appendix II.

Wellness Center:

The Wellness Center was once again played an active part in providing outreach services to UMM students. Under the coordination of Lori Koshork, the Third Ear and Peer Health Educators provided staffing for the Center and programming for the campus community.

The Third Ear and Peer Health Educators also participated in alcohol and depression screening days, the Wellness Exposition, Health Awareness Day, Winter Blues, and an annual Alcohol Awareness Program. They also put on in a number of residence halls the program titled Sex, Booze, and Gossip.

University Wide Committees:

In addition to various programs already listed throughout this report, Student Counseling staff held leadership roles in the following committees: Student Services Committee, Health Services Subcommittee, Sexual Violence Prevention Committee, and the University Capital Campaign.

Professional Development:

Because of the need for ongoing training and professional development, the staff is involved in the following organizations:

United Staff Association (USA)

American College Counseling Association (ACCA)

American College Health Association (ACHA)

American Counseling Association (ACA)

Association of Gay, Lesbian, Bisexual Issues in Counseling (AGLBIC)

Association of University and College Counseling Center Directors (AUCCCD)

American College Personnel Association (ACPA)

National College Testing Association (NTCA)

Student Counseling Survey:

Evaluation of services is ethically necessary in the mental health field. Student Counseling conducts a client feedback survey annually (see Appendix I). Surveys were sent out to all UMM students who had utilized personal counseling within the 2002-03 academic year. Of students surveyed, 35 returned their surveys for a response rate of 17%. **Of the respondents - 88% stated that their experience at UMM Student Counseling was in the range of "Moderately Helpful" to "Extremely Helpful." Also - 60% of those responding to the survey agreed that as a result of counseling they were more likely to remain at UMM.**

Recommendations & Plans for 2003-2004

A restructuring plan for the Division of Student Affairs at UMM has been approved and implemented for the 2003-2004 academic year. This plan was developed to meet the need of making budget reductions while maintaining quality services and programming.

Under this restructuring plan the Director of Student Counseling has been promoted to Assistant Vice Chancellor for Student Life with supervisory responsibility for Student Counseling, the Office of Residential Life, and Health Services. Lori Koshork will also be assuming additional administrative responsibilities as Counselor and Associate Director of Student Counseling.

In an effort to maintain counselor availability for students the Assistant Vice Chancellor for Student Life will have afternoon office hours in Student Counseling allowing him to schedule clients and be available for walk-in counseling hours. Lori Koshork will be released from her Career Center responsibilities thereby increasing her availability for Student Counseling.

**Appendix I
Counseling Center Contact Data 2002-03**

Total number of clients seen: 209

A. Number of Counseling Sessions per Counselor: (includes walk-ins)

Henry Fulda	259
Gail Hockert	290
Lori Koshork	241
 Total Sums	 790

B. After Hours Crisis Responses: 3

C. Ethnicity: (by sessions)

	<u>Sessions</u>	<u>Percent</u>
Caucasian American	548	69
African American	96	12
Asian American	45	6
American Indian	58	7
Hispanic	21	3
Multiethnic	5	.6
International	3	.4
Did not specify	14	2

D. Other Groups: (by sessions)

Non-Traditional	18	2
GLBT	22	3
Disabled	7	.8

E. Total Number of Walk-in Clients: 128

F. Total Number of Student Counseling Educational/outreach Programs: 43

G. Results of Counseling Center Satisfaction Survey *:

Number of students surveyed:	209
Number of surveys returned:	35 or 17%
Female respondents:	31 or 89%
Male respondents:	4 or 11%

Extent counseling was helpful:

Extremely helpful:	14 or 40%
Rather helpful:	11 or 32%
Moderately helpful:	6 or 12%
Not very helpful:	0 or 0%
Not helpful:	4 or 11%

Because of the support I have received at the Counseling Center, I am more likely to remain and be successful at UMM, yes or no?

60% answered yes

* Complete results available in the Office of Student Counseling

Appendix II

**Tests Administered by Student Counseling
2002-2003**

	Total Tests Administered								
<i>Alcohol Use Disorders Identification Test (AUDIT)</i>	216								
<i>American College Testing (ACT)</i>	353								
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">ACT National Testing Schedule</td> <td style="text-align: right;">343</td> </tr> <tr> <td>ACT Residual</td> <td style="text-align: right;">10</td> </tr> </table>	ACT National Testing Schedule	343	ACT Residual	10					
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ACT Residual	10								
<i>Beck Depression Inventory (BDI)</i>	216								
<i>Campbell Interest and Skill Survey (CISS)</i>	0								
<i>Career Factors Inventory</i>	52								
<i>Certified Approvers Exam</i>	1								
<i>College Level Examination Program (CLEP)</i>	13								
<i>Foreign Language Assessment Project (FLAP):</i>	466								
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">FLAP German</td> <td style="text-align: right;">73</td> </tr> <tr> <td>FLAP French</td> <td style="text-align: right;">70</td> </tr> <tr> <td>FLAP Spanish</td> <td style="text-align: right;">323</td> </tr> </table>	FLAP German	73	FLAP French	70	FLAP Spanish	323			
FLAP German	73								
FLAP French	70								
FLAP Spanish	323								
<i>Graduate Record Examination (GRE):</i>	15								
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">GRE General</td> <td style="text-align: right;">0</td> </tr> <tr> <td>GRE Subject</td> <td style="text-align: right;">15</td> </tr> </table>	GRE General	0	GRE Subject	15					
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GRE Subject	15								
<i>Ideas Interest Determination & Assessment System</i>	52								
<i>Law School Admission Test (LSAT)</i>	29								
<i>Medical College Admission Test (MCAT)</i>	15								
<i>Math Placement Exam</i>	431								
<i>Miller Analogies</i>	2								
<i>Minnesota Multiphasic Personality Inventory (MMPI)</i>	0								
<i>Myers-Briggs Type Indicator</i>	52								
<i>Pre-Professional Skills Test (PPST)</i>	461								
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PPST Mathematics	69								
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<i>Substance Abuse Subtle Screening Inventory (SASSI)</i>	8								
Total Examinations Administered, 2002-2003	2382								