



Counseling Center Annual Report

2014-2015



STUDENT AFFAIRS AT ILLINOIS

Center Overview



Counseling Center Mission

The Counseling Center is committed to providing a broad range of high quality, innovative, and ethical services that address the psychological, educational, social, and developmental needs of University of Illinois at Urbana-Champaign students. We also actively contribute to the campus' broader academic mission by training and developing students and professionals, helping build a multicultural learning community, and providing leadership in forming collaborative partnerships among Student Affairs, Academic Affairs, the Graduate College, and Administrative Affairs units.

Clinical Services Offered

The Counseling Center provides services to help students lead a more balanced life:

- Short-term individual and couples counseling
- Group counseling
- Referrals for private therapy
- Outreach and consultation
- Alcohol and other drug assessment/counseling

Common Reasons Students Seek Counseling

- Academic stress and pressures
- Adjusting to college life
- Depression, stress, and anxiety
- Eating and body image concerns
- Family difficulties
- Grief and loss
- Relationship challenges

Location

The Counseling Center is located in the Student Services Building at 610 E. John Street in Champaign.

The Student Services Building is on the corner of Sixth and John Streets and is directly across from the Swanland Administration Building.

Making an Appointment

Students can call 217-333-3704 for a same day appointment Monday-Friday as early as 7:50 a.m.

- Sessions are confidential.
- Appointments are covered under the Student Health Services fee.
- After 5 p.m. and on weekends, please contact the Crisis Line at 217-359-4141.

Outreach and Consultation

The Counseling Center strives to serve the mental health needs of students and provides guidance on enhancing the general campus climate.

- We offer workshops on a variety of mental wellness topics, promoting diversity, and building healthy relationships. To schedule a workshop, please visit our website.
- We have a variety of brochures at the Center and psycho-educational videos/materials on our website about issues students often struggle with.
- The Counseling Center also offers consultation services for faculty and staff on prevention and education efforts surrounding mental health efforts. Please call 217-244-3356 for more information.

Getting Involved

The Counseling Center offers students a variety of ways to become involved and gain valuable experience. Please visit our website to learn more about opportunities with the following programs:

- Counseling Center Paraprofessionals (CCPs)
- INNER VOICES Social Issues Theater
- ACE IT (Alcohol Culture Explored Interactive Theater) facilitators
- Graduate assistantships

Executive Summary

The 2014-2015 academic year was a great one for the Counseling Center. In the fall, we were joined by seven new clinicians and a new media communications coordinator. Their energy, perspectives and knowledge meshed well with our veteran staff members, and we worked to uphold the Student Affairs mission of transforming student lives and empowering them to achieve their greatest potential in their personal and academic development.

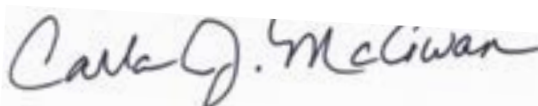
Nationally, there has been an increased demand for mental health services from colleges, and this is also true for the University of Illinois Counseling Center. We anticipate this upward trend will continue. It's important to note that Illinois students are presenting not only at an increased rate, but with more serious and complex mental health-related issues. This year, Counseling Center clinicians saw a total of 12,195 individual appointments and 4,307 group appointments—a 12% increase from the previous year. In addition:

- Our Trauma Response Team responded to five separate incidents with 15 interventions—assisting 396 students.
- We completed 182 emergency assessments, and our Suicide Prevention Team received and followed-up on 217 Suicide Incident Reports.
- Our Alcohol and Other Drug Office received over 500 referrals.
- Of all of the clients the Counseling Center served, at least 40.9% represented traditionally under-served groups.

In addition to our clinical services, another hallmark of the Counseling Center is our outreach and prevention efforts. This year, we continued to encourage students to embrace a culture of wellness

and have the resources they need to seek help for themselves or others when needed. Ranging from our Counseling Center Paraprofessionals' Tuesday @ 7 Workshops on avoiding procrastination and how to engage in self-care; to campus-wide awareness weeks bringing attention to issues such as eating disorders and suicide prevention; to panel presentations of clinicians and faculty discussing the psychological implications of colorism to minority communities, our outreach and prevention programming strives to assist students be well so that they can achieve their greatest potential. We're proud that this year, we offered 1,155 outreach events across campus that served 23,598 students, faculty, staff, and parents.

As we look forward to the 2015-2016 academic year, we are energized by the new opportunities and challenges it will bring. One change that we are most excited about is the likelihood of obtaining additional space in the Student Services Building so that all Counseling Center staff will be housed in the same location, which we hope will encourage more collaboration with one another and with other Student Affairs units that will ultimately result in us better serving our students.



Carla J. McCowan
Counseling Center Director



Select Center Achievements



Counseling Center Paraprofessionals (CCPs), pictured above, provided 58 workshops across campus. Putting the motto of Students Helping Students into practice, our CCPs provided psycho-educational information to 1,366 students.

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- This year, the Counseling Center completed a major website update that allows for easier navigation and features that allow for stronger engagement of students, faculty, and parents. In addition, we began using social media to communicate about outreach events, provide helpful advice and inspirational sayings to the campus community, and share general news with interested parties.
- The Center received two Strategic Initiative Grants (SIG). One was to implement Global Conversations, which was a collaboration with Housing and Dining Services to promote integration between international and domestic students. The second was to provide education, advocacy, and awareness about Sexual Assault and Bystander Interventions. This was part of a collaboration with many campus units.
- Our SANKOFA outreach team made numerous presentations related to the #BlackLivesMatter movement.
- Our Integrative Health and Wellness team became more active on campus by forming partnerships and holding events asking students to consider how they live well.
- Along with McKinley Health Center, we hosted our Second Annual National Eating Disorders Association (NEDA) Walk in the spring. There were 240 participants, and we raised \$27,000!
- We hosted our annual Dennis H. May Conference on Diversity Issues and the Role of Counseling Centers. This year's focus was on the Internationalization of Our Campus. Below, members of the student Gah Rahk Mah Dahng drum group kick off the conference.



Staff Welcome and Achievements

This year, the Counseling Center welcomed numerous staff to our team. Joining us were clinicians Drs. Steven Andrews, Carina Bauer, Kamau Grantham, Luke Henke, Kevin Hiner, Luciana Guardini, and Tom Miebach. Elora Orazio joined our staff as Educational Specialist, and Marti Gortner came aboard as Human Resource Associate. We also welcomed Office Support Associates Rubina Rea and Debra Tharp.



Alejandro Gómez was awarded the 2014 Larine Cowan Make a Difference Award for Advocacy in LGBT Affairs by the Office of Diversity, Equity, and Access. He also was awarded the Espiritu Award from La Casa Cultural Latina. Pictured are Gómez and Counseling Center Director Carla McCowan.



Dr. Patricia Ricketts was awarded the 2015 Outstanding Staff Award from the Women's Resources Center. Pictured are Women's Resources Center Assistant Director Molly McLay and Ricketts.



Dr. Rakhi Sen was a 2015 Honoree at the Women's Resources Center's International Women's Day Celebration. Pictured are Women's Resources Director Pat Morey and Sen.



Dr. Jodi Thomas was presented the LGBT Resource Center's 2015 Distinguished Service Award at the Lavender Congratulatory in the spring.

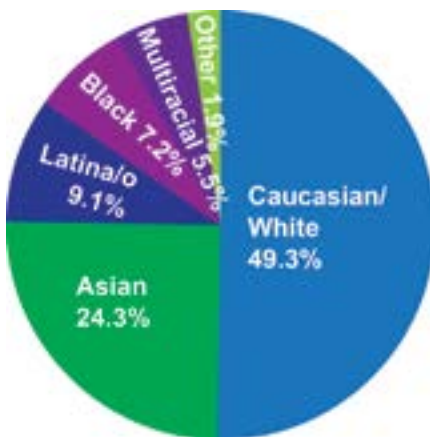


The SANKOFA Outreach Team (Drs. Shondra Clay, Deirdre Weathersby, Kamau Grantham, and Dynesha Mason) won the 2015 Student Affairs Outstanding Assessment Award for assessments conducted on the workshops and services provided to the Access and Achievement Program in LAS. Pictured are Vice Chancellor of Student Affairs Renée Romano, Weathersby and Clay.

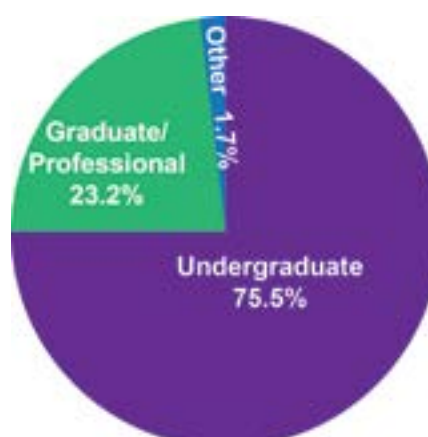
2014-2015 in Numbers

12,195	total individual appointments scheduled
4,307	total group appointments scheduled
51	therapy groups offered
1,155	outreach events offered
23,598	students, faculty/staff, and parents served by outreach
220	students who attended early intervention alcohol and drug classes
7,620	freshman and transfer students who attended alcohol orientation
58	workshops presented by Counseling Center Paraprofessionals (CCP)
1,366	students reached by CCP workshops
1,490	students who attended INNER VOICES outreach events

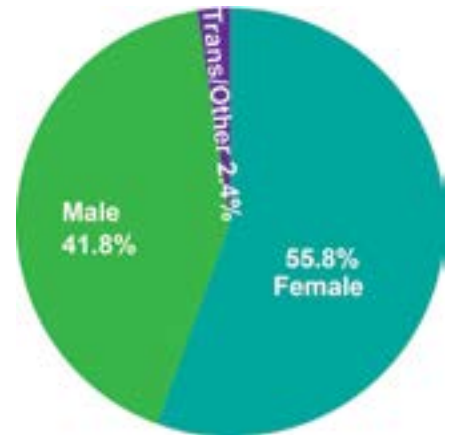
Information About Students We Served



Ethnicity



Degree Type



Gender

Goals for 2015-2016



Counseling Center staff at Fall, 2014 planning retreat.

In the next academic year, our goals are to:

- Complete preparations for the Counseling Center to have additional space in the Student Services Building. Currently, staff are housed in three separate buildings. Having access to additional space will allow everyone to be located in one space and will allow us to better serve students.
- Continue to increase our use of website and online media resources to facilitate our accessibility and extend our capacity for outreach and prevention.
- Fully implement our assessment in repeated measures utilizing the Counseling Center Assessment of Psychological Symptoms (CCAPS), which will improve our tracking and evaluation of student progress.
- Prepare for the upcoming 2017-2018 APA re-accreditation process, which begins with a self-study.
- Plan for hosting the Big Ten Counseling Center Conference, which will be held February 15-17, 2017.
- Increase outreach, prevention, programming, and promotions in the area of alcohol and other drugs.
- Expand the use of suicide prevention resources and support to faculty, staff, parents, and students.
- Encourage more research and assessment projects among staff.
- Explore and implement alternative forms of therapeutic intervention/wellness (i.e. therapy assisted online, pet therapy, relaxation rooms, etc).
- Complete our “Scope of Services” document.
- Increase/expand collaborations with the College of Engineering.
- Increase programming for specifically targeted groups—international students and men of color (African American, Latino, and Native American in particular).

Counseling Center
Student Services Building
610 East John Street
Champaign, IL 61820

217-333-3704
counselingcenter.illinois.edu

