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.

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 Prevention
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 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 (IVSIT)
• ACE IT (Alcohol Culture Explored Interactive Theater) facilitators
• Graduate assistantships
The 2015-2016 academic year was a great one for the Counseling Center. While we were sad to see several veteran clinicians accept new positions that will allow them amazing growth opportunities, we are thrilled that throughout the spring and summer, we were able to hire numerous new clinicians to start in fall 2016. Their energy, perspectives, and knowledge mesh well with our veteran staff members. We will continue to work together 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 continues to be 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 12,791 individual appointments and 4,590 group appointments—this is a slight increase from the previous year. In addition:

- Our Trauma Response Team responded to six separate incidents with eight different interventions and assisted 164 individuals.
- We completed 156 emergency assessments, and our Suicide Prevention Team received and followed-up on 286 Suicide Incident Reports.
- Our Alcohol and Other Drug Program received 464 referrals and greatly expanded their outreach to students.
- Of all the clients the Counseling Center served, at least 48% represented traditionally under-served groups.

Two highlights from this year that are of particular note are that we finally obtained additional space in the garden level of the Student Services Building! For several years, we have been exploring various space options to ensure that all Counseling Center staff can be in one location. This past December, the Testing Center, which had previously occupied the garden level, moved to a facility off-campus that allows them to better serve their clients. This allows us to have the additional space that we’ve needed. We are thrilled to have the additional space and have plans to renovate the space beginning in spring 2017 to create additional staff offices.

Another exciting highlight from this year is the hiring of an Associate Director of Outreach and Prevention, Dr. Deidre Weathersby. She has been a clinician on staff for several years and brings so many skills and talents to this new role. Our Counseling Center is already particularly well-known for our outreach and prevention efforts. This past year, we offered 1,078 outreach events across campus that served 27,156 students, faculty, staff, and parents. Under Dr. Weathersby’s leadership, we are excited to further expand our efforts.

As we look forward to the 2016-2017 academic year, we are energized by the new opportunities and challenges it will bring!

Carla J. McCowan
Counseling Center Director
Select Center Achievements

Counseling Center Paraprofessionals (CCPs), pictured above, provided 48 workshops across campus. Putting the motto of Students Helping Students into practice, our CCPs provided psycho-educational information to approximately 1,000 students.

• This year, the Counseling Center was notified that donors Scott and Lori Tabakin wish to donate $500,000 to our eating disorders area. These funds will allow us to greatly expand our reach across campus.

• Our Alcohol and Other Drug (AOD) Program experienced many changes this year. Elora Orazio joined our center as a specialist in education in charge of our ACE IT program for first year and transfer students. Overall 97.5% of new students who were required completed the education. In April, we participated in Illinois’ first National Alcohol Screening Day, which reached nearly 250 students. The goal of the outreach was to provide students an opportunity to learn about their current alcohol use patterns in a safe space and seek more information without judgment.

• We hosted our annual Dennis H. May Conference on Diversity Issues and the Role of Counseling Centers. This year’s focus was on supporting trans students and creating more affirming spaces on our campuses. The keynote speaker was Dr. Genny Beemyn, Director of the Stonewall Center at the University of Massachusetts, Amherst.

• Lisa Fay re-joined our staff as Program Coordinator of INNER VOICES Social Issues Theatre. This year, they created engaging and discussion-provoking shows on social media, micro-aggressions, and the #BlackLivesMatter movement. Pictured below are cast members rehearsing for the spring show.
This year, the Counseling Center welcomed numerous staff to our team. Joining us in the fall of 2016 are clinicians Emily Barnum, Theresa Benson, Yuri Choi, Colin Dietz, Jiyun Kang, Felicia Li, Yi-Yun Liu, and Nupur Sahai. Additionally, we welcomed Jeffrey Graham, Program Coordinator for the Counseling Center Paraprofessionals.

Dr. Jodi Thomas was recognized by the Women's Resources Center with the 2016 Outstanding Staff Award. Additionally, she was awarded the 2016 LGBT Distinguished Service Award in advocacy for LGBTQ Affairs.

Dr. Sean Cheng received the 2016 Asian American Cultural Center’s Outstanding Faculty/Staff Award. In addition, the Asian American/Asian International Student Outreach area, which Cheng chaired, was recognized at the Asian American Cultural Center’s Tenth Anniversary Celebration.

Dr. Deidre Weathersby was selected as an inaugural member of the Global Talent Exchange Program with Shanghai Jiao Tong University in China. The Counseling Center was also a part of the itinerary when the Chinese delegation visited our campus in May.

Gina Arnold was recognized for 30 years of university service last fall. As an administrative aid for the center, Gina is an indispensable part of Counseling Center operations, and we’re so grateful for all of her dedication and hard work!
## 2015-2016 in Numbers

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<thead>
<tr>
<th></th>
<th>Count</th>
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<tbody>
<tr>
<td>Total individual appointments scheduled</td>
<td>12,791</td>
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<tr>
<td>Total group appointments scheduled</td>
<td>4,590</td>
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<tr>
<td>Therapy groups offered</td>
<td>53</td>
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<tr>
<td>Outreach events offered</td>
<td>1,078</td>
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<td>Students, faculty/staff, and parents served by outreach</td>
<td>27,156</td>
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<td>Students who attended early intervention alcohol and drug classes</td>
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<td>Freshman and transfer students who attended alcohol orientation</td>
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<td>Workshops presented by Counseling Center Paraprofessionals (CCP)</td>
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<tr>
<td>Students reached by CCP workshops</td>
<td>913</td>
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<tr>
<td>Students who attended INNER VOICES outreach events</td>
<td>1,120</td>
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### Information About Students We Served

**Ethnicity**
- Caucasian/White: 48.9%
- Asian: 24.3%
- Latina/o: 10.6%
- Black: 7.4%
- Multiracial: 4.5%
- Other: 4.3%

**Degree Type**
- Undergraduate: 76.4%
- Graduate/Professional: 21.7%
- Other: 1.9%

**Gender**
- Male: 46.7%
- Female: 50.1%
- Trans/Other: 3.2%
In the next academic year, our goals are to:

- Begin renovations for the Counseling Center to have additional office space in the Student Services Building. This will allow us to better serve our students.
- Devise and implement a triage system to provide increased access.
- Continue to expand the use of suicide prevention resources (particularly Kognito At-Risk) and support faculty, staff, parents, and students.
- Continue to enhance response to student emergency walk-ins and address increase in “overflow” callers.
- Continue to understand and determine appropriate use of social media as a means to connect with students as prospective users of services.
- Complete our “Scope of Services” document to assure that we are transparent with students, parents, and faculty regarding our services.
- Increase staff knowledge of issues related to mental health needs of veterans.
- Explore and implement alternate forms of therapeutic intervention/wellness (i.e. therapy assisted online, pet therapy, relaxation rooms, etc.)
- Increase/expand collaboration with the College of Engineering and explore embedded models of staffing.
- Expand programming to reach those most impacted by current issues (i.e. Black and Latino men, LGBTQ communities, Muslim communities, etc.)
- Begin using CCAPS to better inform our treatment and decision-making processes regarding service delivery.
- Complete the self-study for the upcoming 2017-2018 APA re-accreditation process.
- Finalize preparation and host the Big 10 Counseling Center Conference, which will be held February 15-17, 2017.
- Encourage more research and assessment projects among staff.
- Carefully attend to issues related to morale an on-boarding of new staff, which will be critical as we adjust to various transitions.