



# **I** ILLINOIS

Counseling Center  
2016-2017 Annual Report

# 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 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

# Executive Summary

The 2016-2017 academic year was another great one for the Counseling Center. We were thrilled to welcome several new clinicians with a wide variety of talents and skills who worked 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. This year, Counseling Center clinicians saw a total of 12,700 individual appointments and 5,105 group appointments. While the number of individual appointments held steady with the previous year, the number of our longer-term group counseling appointments increased slightly. In addition:

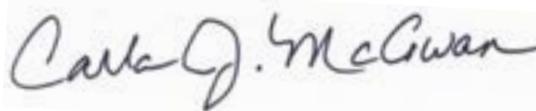
- Our Trauma Response Team responded to three separate incidents and assisted 49 individuals.
- We completed 140 emergency assessments, and our Suicide Prevention Team received and followed-up on 301 Suicide Incident Reports.
- Our Alcohol and Other Drug Program offered early intervention alcohol and marijuana education courses to 282 students who were mandated to the classes after showing warning signs of substance misuse.
- Of all the clients the Counseling Center served, at least 49% represented traditionally under-served groups.

Our Outreach and Prevention Services area continued to be very active this past year. We served 31,741 students faculty, and staff with 1,189 different events.

One highlight from this year that is of particular note is that we finally began renovations throughout the Counseling Center to provide additional offices for clinicians and to increase the number of group counseling meeting spaces available. These renovations have been in the works for several years and are much needed. Renovations are scheduled to be complete by the time fall classes start in 2017! This will be the first time in more than a decade that all Counseling Center staff will be reunited in one space. We are looking forward to increased opportunities to collaborate and the boost in morale this will provide staff!

Another exciting highlight from this year was our Center hosting the 2017 Big Ten Counseling Centers Conference in February. The conference, which rotates between each of the 14 Big Ten schools, allows the host school to showcase the best of their campus, and Illinois Counseling Center staff really came together to put on an amazing conference! From inspiring and educational keynote speakers, to a beautiful performance from the Black Chorus, to wonderful hospitality, our staff worked tirelessly to show 200 participants what we're made of here at Illinois.

As we look forward to the 2017-2018 academic year, we are energized by the new opportunities and challenges it will bring!



Carla J. McCowan  
Counseling Center Director



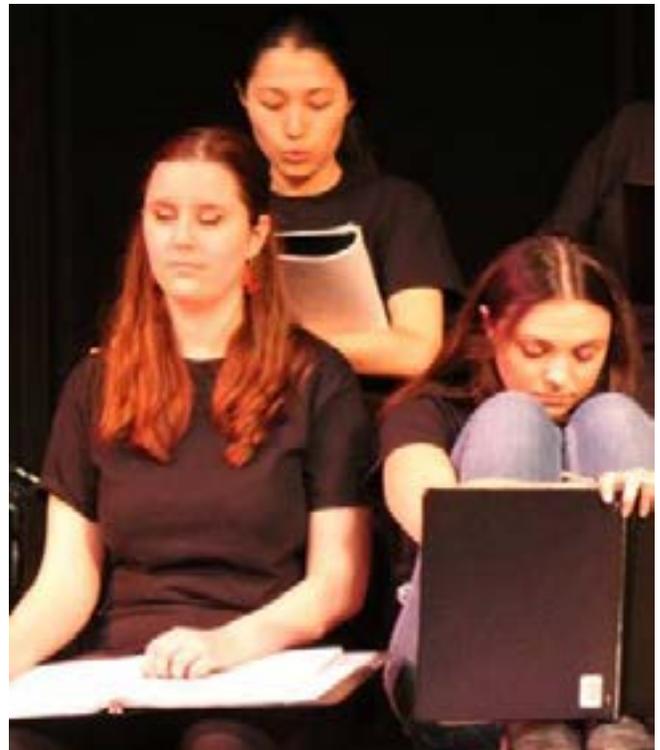
# Select Center Achievements



Counseling Center Paraprofessionals (CCPs), pictured above, provided 41 workshops across campus. Putting the motto of Students Helping Students into practice, our CCPs provided psycho-educational information to 868 students.

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- During times of an unwelcoming political climate for many of our students, several of our outreach teams collaborated with Office of Inclusion and Intercultural Relations (OIIR) units to provide support.
- Our ACE IT program for first-year and transfer students had an impressive 99% compliance rate. The team did several outreaches to fraternities and sororities around safer practices during Unofficial St. Patrick's Day. They also held the second annual National Alcohol Screening Day, which reached more than 200 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.
- Our Eating Disorders Outreach Team was very active this year and hosted a variety of successful outreach programs around No Body Shaming Week in October and National Eating Disorders Awareness Week in March. In April, they held the fourth annual NEDA Walk. Even after having to move the walk indoors due to inclement weather, we raised more than \$20,000 for the National Eating Disorders Association!
- Our INNER VOICES Social Issues Theatre (pictured below) received a \$21,000 Student Sustainability Grant that will allow the program to research and develop scripts around the theme of environmental justice and to once again have a national call for scripts.



# Staff Welcome and Achievements

This year, the Counseling Center welcomed several staff to our team. Joining us are HR Associate (Intern) Quandra Clark, Care Manager Christopher Lofton, Administrative Aide Julie Campbell, Office Support Associates Tiana Harris and Jessica Swearingen, Specialist in Education Tekita Bankhead, and Clinical Counselors Drs. Arellys Aguinaga, Halley Farwood, Joshua Rutherford, Zhenni Wang, and Holly Canas.



Clinical Counselor Tom Miebach received the Higher Education Case Manager Association (HECMA) Outstanding Clinical Case Manager of the year award. This award recognizes a professional in the field of higher education clinical case management who has demonstrated excellence.



INNER VOICES Social Issues Theatre Program Coordinator Lisa Fay was recognized for her outstanding contributions by the Women's Resources Center at their International Women's Day Celebration.



Associate Director for Outreach and Prevention Dr. Deidre Weathersby (second from the left) was elected to the board of the Association for University and College Counseling Center Outreach (AUCCCO). Along with Clinical Counselor Dr. Emily Barnum, Assistant Director of Outreach and Prevention Nichole Evans, and Specialist in Education Elora Orazio, Weathersby attended the 10th Annual AUCCCO conference in June at the University of Michigan.



After more than 32 years of service to the Counseling Center, Administrative Aide Gina Arnold retired from the University in May. We miss Gina's amazing knowledge, boundless energy, and wonderful sense of humor, but we wish her the best in her retirement!

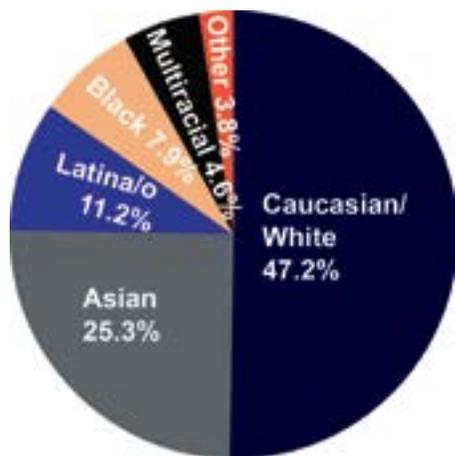


# 2016-2017 in Numbers

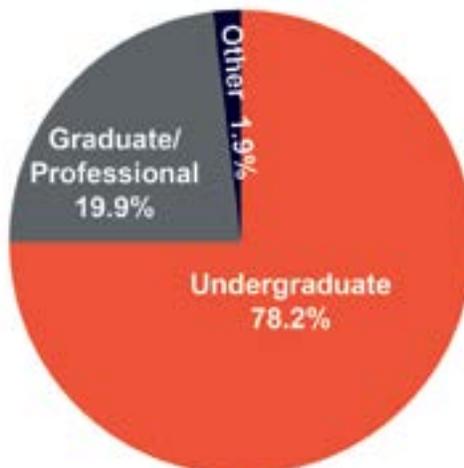
12,700	total individual appointments scheduled
5,105	total group appointments scheduled
54	therapy groups offered
1,189	outreach events offered
31,741	students, faculty/staff, and parents served by outreach
282	students who attended early intervention alcohol and drug classes
8,554	freshman and transfer students who attended alcohol orientation
41	workshops presented by Counseling Center Paraprofessionals (CCP)
868	students reached by CCP workshops
3,282	students who attended INNER VOICES outreach events

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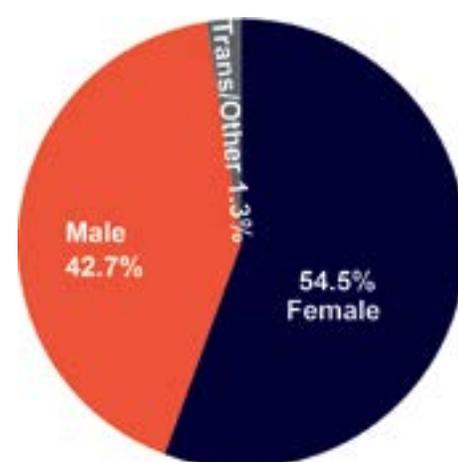
## Information About Students We Served



Ethnicity



Degree Type



Gender

# Goals for 2017-2018



Counseling Center staff at Fall 2016 planning retreat.

In the next academic year, we hope to:

- Deliver integrated suicide prevention programming with internal and external collaborations.
- Provide intentional programming efforts with expanded focus during suicide prevention week. We will utilize research and local data to target vulnerable populations and identify critical transition times.
- Begin process of “embedding” clinicians in academic units.
- Successfully shift perceptions of access to the Counseling Center by ensuring that branding of our outreach and prevention areas are formally associated with the Counseling Center.
- Continue to enhance our response to student emergency walk-ins and address increase in overflow callers.
- Complete the self-study for the upcoming 2018 APA re-accreditation process.
- Explore ways to better utilize technology in our clinical service to students.
- Develop a scope of services document to assure that we are transparent in the information to students, parents, and faculty regarding our services.
- Publish standardized evaluation instrument for use nationally.
- Continue using CCAPS-34 to better inform our treatment and decision-making regarding service delivery.
- Update current Center clinical service documents such as the Psychological Services Agreement.
- Develop and implement guidelines on responding to requests for Emotional Support Animals (ESA's).
- Increase use of explicit learning outcomes and utilize assessment tool based on prevention theory.
- Expand our social media presence by continuing to offer original and useful content. Additionally, we will continue to investigate new trends and determine how to best integrate them to reach students online including; development of a mental health and wellness blog, possible use of SnapChat, and increased use of video to share information.



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