

**ANNUAL PROGRAM REPORT
PSYCHOLOGICAL COUNSELING, WELLNESS AND TESTING
2003-2004**

Counseling Center 2004-05 Objectives

1. **Diversity training.** Begin with our own staff and prepare folks to do some ongoing training with RA's and others the following year. Possibly include others from Student Affairs or other faculty who might be interested. In order to develop a cadre of persons who are comfortable and skilled in this training, it is necessary that they go through the training themselves to deal with their own issues prior to trying to help others. Good diversity training, by its very nature tends to stir things up and can be disturbing in its initial phases as people look honestly at their own issues. (diversity-related)
2. **Suicide Prevention Awareness** – film/discussion? With RA's In Univ. 101? The next step in our effort to raise awareness on the part of students to the signs and signals that could mean a friend is in trouble or to recognize your own depression and what can be done to combat the hopelessness that can lead to thoughts of harming one's self. (FYE related)
3. **Sexual Assault Awareness** -- Survivor Series Workshop: Give me a Fun Time with Music, Dancing and some Laughs...but Hold the Sexual Assault. (Can You be Smart, Safe and Still Have a Good Time?). Educate frosh on the dangers of drinking and leaving doors & windows unlocked. Use the buddy system, drink less, etc. Every year predators wait for young inexperienced freshmen females to arrive on campus and become easy targets for sexual assault and rape. This is a very necessary heads up to new coeds on how to protect themselves and reduce the chances of them being a victim. (Alcohol related)
4. **Staffing Loss Adjustments & Wait List Strategies** -- Seeking creative ways to deal with the losses of a full time senior counselor to retirement. Offer open ended structured groups for both depression and anxiety issues. With one less counselor (a 14% decrease in counseling hours), we anticipate a longer wait list developing earlier in the semester and some students may not be seen. As an option for some of those who are waiting, we will offer groups for two of the most prevalent psychological issues confronting our clients: anxiety and depression. These will be structured groups with a cognitive-behavioral format so students can enter the group at any time and gain some skills on how to deal with either the issue of depression or anxiety.

2003-2004 Objectives Outcomes

1. The Center will be exploring ways to improve our efforts in suicide prevention and awareness on campus. (goal 4)

Outcome: A film we obtained as a result of some research was presented to staff in Housing for possible use with RA's in the coming year and we will continue to discuss ways to use such resources to raise awareness of students. Work continues on the Parent Notification Policy.

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2. The Center is planning to create and post a link on our website that is intended to help incoming students who have a history of mental health issues to understand the opportunities and limits of our service and specific ways they can plan for their continued mental health needs within the campus and community. (goal 1)

Outcome: Our website was reworked to update information and create current links to counseling resources for students. The site has recently been cited by faculty at another university as one of the best sites she has found and has requested permission to use it as a resource for her classes. We continue to work on the issue of entering students with previous mental health issues.

3. The Center will support a plan by the A.S. President for a series of discussion groups among fraternity presidents on the topic of prevention of violence against women. (goal 2)

Outcome: A discussion was led by a male counselor with several frat presidents on the subject of rape/date rape awareness and prevention and a similar consultation was done with a variety of sorority leaders by two female counselors.

4. Thursday Night Alternative is something we are planning as a pilot program of speakers on topics of interest to freshmen to be held in the halls as an alternative activity for some Thursday nights during the fall semester. (goal 4)

Outcome: This goal was not achieved due to staff being spread thin providing essential services. Attendance at such efforts is generally difficult to achieve and efforts were put where need for services is greatest.

5. The Red Tent was a successful event last year that was attended by many women from campus and community. The primary mover has moved on, but we will seek to continue the program fall and spring in conjunction with the Women's Center and some faculty. (goal 4)

Outcome: The Red Tent was a very successful event bringing women of all ages together to share and discuss women's issues.

6. Voices of Discovery is a new program the Center is seeking to implement as a pilot this year. It will try to get small subgroups of students to interact with other groups of students who are "different" from them. Such as male/female, white/latino, etc. (goal 3)

Outcome: While some initial groundwork was laid, the task of finding willing minority participants proved difficult. The effort will continue into this year.

7. The Center will seek creative ways to maintain high quality services and good morale in the face of significant reductions in resources in combination with major shifts in campus leadership. (goal 8)

Outcome: A variety of sensitive discussions and negotiations were accomplished in order to facilitate staff changes in time base and work schedules with an eye toward achieving savings and avoiding layoffs. (This was actually goal number one.)

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Significant efforts were made to solve data corruption problems in the Counseling computerized notes system. Many hours of effort were to no avail. I performed research on other computerized scheduling and notes systems available nationally and determined our best choice after significant communications with the author to insure the system had all the needed options and qualities we sought. It was installed in June and will get the true test when we are in full operation this fall.

Designed the layout for the new counseling center to maximize space and utility. The architect said he liked the design better than his own.

8. The Center will develop a clearly documented process that facilitates the appropriate release or non-release of confidential counseling records in response to record requests from a variety of sources. (goal 8)

Outcome: A policy was drafted and is currently under revision to insure it adheres to current law and standards of practice.