

## **PSYCHOLOGICAL COUNSELING**

### **Objectives 2006-07**

1. An assault on campus safety. Plan to collaborate with UPD, Housing, and Women's Center to present program on sexual assault prevention, dating violence, and general safety issues to approximately 2000 new freshmen in a series of workshops during the beginning of the semester.
2. Revise the workshop for parents to adapt to changes in orientation program. Rather than 100-150 parents, the workshop is now for approx. 20-30 parents and can take on a more personal approach with greater interaction and participation by attendees.
3. Increase retention efforts with EOP students. Begin by a program during orientation and follow up through the semester with outreach presentations that focus on a variety of stress management strategies for these at risk students.
4. Offer a support group for women of color. An EOP counselor and a member of the counseling staff will collaborate to offer this group intended to enhance transition and success targeting at risk freshmen minority women.
5. We plan a total revision/update of the Center's policy and procedures manual and appendices for the first time in several years. This will be an effort that will take a good deal of discussion as we come to consensus on the best approach to handle a number of tough clinical issues.
6. Review and revision of our collection of handouts in the self-help library. This task will be broken down by categories and split among professional staff to bring materials up to date.
7. New technology in the Center with the upgrading of digital cameras and DVD recorders improving the internship training process will take some getting used to as we learn to both use the equipment effectively and ensure confidentiality procedures.

## PSYCHOLOGICAL COUNSELING

### 2005-06 Objectives and Outcomes

1. Suicide Prevention Awareness -- Make new efforts to raise awareness among students to the signs and signals that could mean a the student or a friend is in jeopardy of harming themselves. Efforts will include creation of printed materials such as bookmarks for distribution in residence halls, at presentations and out on campus.

Presentations on suicide prevention were made to R.A.'s in the residence halls and to a Child Development class. The results of these outreach presentations were evaluated and analyzed resulting in redesigned presentations to include more discussion on signs and symptoms of depression and bi-polar disorder in order to facilitate early detection of problems that could lead to student suicide.

2. Sexual Assault Awareness – Make new efforts to raise awareness of the precautions needed to avoid sexual assault, particularly for new students. Efforts through presentations and/or materials distributed in residence halls, to sororities and to other freshmen.

The Center was involved with the Women's Center in various awareness and prevention events (e.g. take back the night, survivor Speak out, Breaking the Silence). One counselor (Bommersbach) was awarded the Vagina Warrior Award (a nationally recognized award) for her work on campus safety and awareness around the problems of sexual assault.

3. Work with the new Social Work Masters Program to create a relationship and program connection that enables MSW candidates with adequate training to take part in the Counseling Center's internship program. This could be a win/win situation for both programs.

This past year we had an intern from the Social Work Masters Program as well as two from Psychology. The integration of the interns from differing programs went well. Performance was very good and the staff judged the process of accepting Social Work Masters candidates as a reasonable source of intern applicants.

4. Provide training and opportunity for the Associate Director to take a larger role in program implementation, day to day consultations and problem solving and receive budget training.

The Associate Director (Bommersbach) made major strides in taking a larger role in the day to day operations of the Counseling Center. Virtually all basic clinical issues are now addressed to her. She is dealing with most consultation issues and is problem solving on a wide variety of office workload. She chaired the national search for a new tenure-track counselor. Some additional training on budget was also accomplished.

5. Provide training and opportunity for the new Training Director to learn her new role and apply her ideas to the position of overall supervision of the internship program.

The new training director (Burris) had a successful first year in that role. The duties were split between her taking trainee interns and Morones taking the advanced interns. This sharing of duties seemed to work well and allowed each to still have time for clinical work. We may continue with that split this year if the workload is similar to last year.

6. Focus more on programming with the goal of impacting retention of non-traditional student groups (e.g. students of color, EOP students, adult re-entry students, international students) through support groups, workshop and faculty advising of student groups.

The unit provided a year long weekly diversity training program for interns. Staff of the Center was active in "Conversations on Diversity", as well as being advisors for the Women's Center, Men of Honor and the Pride organization. An additional connection with the EOP program was made when a past Wellness Center Coordinator was hired as an EOP counselor this past year. Plans are in the works for a support group for EOP students.