

Measures Psychological Counseling

The Psychological Counseling Center provides students help resolve personal problems and crises, make important life decisions, and develop a variety of personal survival skills.

Individual Counseling	1998-99	1999-00	2000-01	2001-02	2002-03
Assessments	439	484	448	538	431
Crisis Intervention	526	414	527	540	626
Triage	N/A	N/A	95	125	101
Individual Session	2030	1820	1912	2215	2128
Couples Session	N/A	N/A	95	125	101
Phone Sessions	N/A	N/A	16	11	46
Ind. Screening for Groups	N/A	N/A	N/A	100	101
Total	2295	2718	3096	3617	3566
Av. # of sessions per client	2.8	2.6	3.1	3.5	3.4

Over time there has been an increase in the ratio of sessions per client within the Center. This may be due to the continuing complexity of many cases we see. The average session total is around 3.4. This per/student session ratio is still low among similar centers.

Clients by Gender	1998-99	1999-00	2000-01	2001-02	2002-03
Male	296	305	266	313	320
Females	731	697	640	692	714
Unmarked	54	36	82	34	7
Total	1080	1038	988	1039	1041

Group Counseling	1998-99	1999-00	2000-01	2001-02	2002-03
Number of Groups	10	8	13	13	13
# Attending	65	68	95	80	80*
# of Sessions	115	83	121	112	127
Student Contacts	486	459	513	428	402
Total Contact Hours (contacts x hours seen)	851	803	897	783	

*coincidence

Types of Group	Assertiveness/Self Esteem	Stress Reduction
	Food Issues & Body Image	Better Relationships
	Understanding Anger	Living With Loss
	Creating Connections	In Your Dreams

Most groups are offered both fall and spring

Group Counseling continues to prove very helpful for those students working on certain kinds of issues. This despite the continuing preference by most students for individual counseling.

The Center provided professional consultations to a variety of individuals or groups who were dealing with students or others in crisis or suffering psychological difficulties.

Psychological Consultations	1998-99	1999-00	2000-01	2001-02	2002-03
Faculty	16	14	13	22	20
Parents	13	7	9	12	16
Staff and Admin.	19	9	12	20	10
Judicial Affairs & Housing	5	4	5	10	11
Violence in the Workplace Team	8	11	9	3	2
Students	9	2	11	5	3
University Police	6	2	1	3	2
Community	0	5	1	1	5
Total	76	54	61	76	69

(many be brief or in formal consultations throughout the year are not tabulated)

Outreach Efforts: Workshops and Presentations

Type of Audience	Number of Events				
	1998-99	1999-00	2000-01	2001-02	2002-03
Student	12	50	82	61	60
Faculty & Staff	9	28	40	22	44
Parent Orientation					
President's Day	9	21	13	21	18
Community	3	6	8	4	7
Total Attendance	33	105	143	108	129

Attendance at Workshops and Presentations

Type of Audience	1998-99	1999-00	2000-01	2001-02	2002-03
Student	471	1861	1862	2194	1852
Faculty & Staff	152	177	444	252	380
Parent Orientation					
President's Day	810	2115	1100	1650	1105
Community	71	171	116	86	365
Total Attendance	1504	4324	3522	4182	3702

Counseling Outreach Topics

Student Culture	Stress Management	Eating Disorders Awareness
Trends in Student Issues	Success Skills	Terrorism
Body Image and Sexuality	New Student/Parent Issues	Homesickness
Letting Go of Self-Criticism	Violence in the Workplace	Time Management
Make Life a Masterpiece	Recovery	Dreams

Managing Anxiety and Depression
Dealing With Students in Distress

Grief and Loss

Achieving Goals

Supervision and Training Hours	1998-99	1999-00	2000-01	2001-02	2002-03
Intern Supervision	197	188	176	222	192
Intern and Personnel Training	17	27	9	14	20

Annual Counselor Evaluation Surveys

An evaluation survey was completed by 103 students during our spring program evaluation period. It focused on the quality of the counseling and office services that they received as clients. The questions used a four-point (1-4) scale with four indicating "very satisfied" and one indicating "not satisfied." Results of the survey show the lowest rated item at 3.3 related to referring the student to an effective source of help. All other items were rated between 3.5 and 3.9. Adequate low cost referral sources for serious clinical issues continues to be a problem in Chico.