

**Director:** Dr. Michael Zebrowski  
**Location:** Holthusen Hall, Second Floor

## **I. DEPARTMENT MISSION**

The Counseling Center (CC) holds three critical aspects to its mission:

1. To promote the psychological health of students in order to help students attain their educational objectives and care for their overall wellbeing.
2. To be a visible partner with other departments on campus to enhance retention.
3. To assist in the training of future psychologists.

The Counseling Center has continued to provide excellent mental health service to 10% of the student population in its mission to promote psychological health. Besides offering counseling and psychiatric service to treat student emotional disorders, the Counseling Center offered 200 educational prevention programs, 71% to student groups, on a variety of mental health issues. Support has also been given to the fledgling chapter of Active Minds, a student-run mental health advocacy group. This group helps normalize college student mental health issues and directs students to counseling when needed.

The Counseling Center works diligently to maintain connections with other departments on campus, to provide the most seamless support possible for students. In consultation with faculty and other support services, the CC's purpose is to help resolve emotional issues that impede academic progress. Thirty-four percent (34%) of Counseling Center clients reported that the Center helped them to maintain enrollment at Marquette, thereby impacting the university retention rate.

The Counseling Center provides training for the professional development of psychologists, at both practicum and post-doctoral levels. The training program is highly regarded in the local academic community for its extensive supervision and comprehensive didactic training. Continued collaboration with academic training programs encourages staff to follow best practice guidelines and be informed of pertinent trends.

The Counseling Center supports the mission of the university by aiding students to develop and care for the basic tool of any academic pursuit, a sound and healthy mind. Without good mental health, students could not truly pursue excellence, faith, leadership or be of service to others. It is clearly the Counseling Center's mission to help students attain the Marquette mission.

The Counseling Center supports the mission of the Office of Student Affairs in a similar fashion, by again helping students to be of sound and healthy mind in order to pursue the out of classroom experiences that are integral to a college education. There are also concrete examples of the Counseling Center's support of both the out of classroom experience and the integration with academics. These include significant training on intervening with distressed students, suicide prevention and alcohol and drug abuse prevention. Perhaps the most visible integration with academics has been contributed by VOICE, the undergraduate volunteers who provided programs on sexual violence prevention for 62 classrooms.

Due to the ultimate privacy afforded to students, the Counseling Center must keep individual accomplishments of its clients confidential. Work is typically accomplished behind the scenes due to the legal and ethical respect for privacy of our student clients. But the mission of the Counseling Center to educate the campus community about emotional issues and to help resolve these issues as they arise in students, helps create a healthy environment for students to thrive and become the leaders that Marquette strives to produce.

## **II. GOALS FOR 2008- 2009**

1. Transition to accommodate a new Assistant Director/Clinical Director. Met: The New A.D. took on more job responsibilities as the new Assistant Director, including the overall provision of clinical services and clinical supervision of counselors.

2. Develop a university-wide threat assessment policy in collaboration with other departments. Met: A threat assessment policy has been written. The threat assessment development has also included periodic meetings and consultation with an outside expert.
3. Educate faculty and administrative groups about managing distressed students. Met: Three hundred and seventy (370) university personnel were trained on responding to students with serious mental health issues. Training was done in collaboration with Student Development and Residence Life.
4. Transition to temporary leadership of VOICE for one year. Met: Temporary staff was hired to maintain this student peer education program and 62 programs were offered.
5. Work toward securing increased permanent staffing. Met: Permanent funding was attained for the postdoctoral fellow, two new counselors and a full time psychiatrist.
6. Work toward incorporating the Center for the Study of Collegiate Mental Health's (CSCMH) recommendation of a Standard Data Set into intake paperwork. Met: CC data collection procedures will launch in the fall of 09 to contribute to the national data bank instituted by CSCMH

### III. PERSONEL

#### Administrative Staff

<b>Name</b>	<b>Position</b>
Christopher Daood, MA	Assistant Director
Rose Eichenhofer, LCSW	Temporary Part Time Counselor
Mike Ewing, MD	Part time Psychiatrist
Bridgette Hensley, PsyD	Psychologist/Coordinator of Sexual Violence Prevention
Brenda Lenz, MS, CASC, LPC	Assistant Director/Clinical Director/Coordinator of Alcohol and Drug Prevention
Lynn O'Brien, LCSW/LMFT	Counselor/Coordinator of Sexual Violence Prevention
Monica Passage, LCSW, RN	Temporary Full Time Counselor
Nathan Pruitt, PhD	Psychologist/Coordinator of Eating Disorder Treatment and Prevention
Joan Ravanelli-Miller, PhD, JD	Psychologist/Coordinator of Training
Jodi Rusch-Blahnik, PhD	Psychologist/MIAD Liaison/ADHD coordinator
Gregg Sargent, MA	Temporary Part Time Counselor
Angela Schmidt, PhD	Psychologist/Coordinator of Career Counseling
Sara Stellpflug	Part Time Administrator of VOICE
Michael Zebrowski, PsyD	Director

#### Support Staff

<b>Name</b>	<b>Position</b>
Tami Quist	Office Assistant
Cheryl Saathoff	Office Assistant
Linda Somppi	Office Associate

#### Graduate Assistants/Interns

<b>Name</b>	<b>Position</b>
Eric Everson	Practicum Student
Soumya Palreddy	Practicum Student
Chris Slaten	Practicum Student
Jaime Voss	Full time trainee with Masters degree

#### Student Staff

<b>Name</b>	<b>Position</b>
Alejandra Salinas	Student Office Assistant

### 1. **Professional Staff**

On August 1<sup>st</sup>, an Assistant Director, took a personal leave to complete a pre-doctoral internship. He will return on August 1<sup>st</sup>, 2009. During the absence, a temporary full time counselor was hired and a part time temporary employee was hired to supervise the VOICE student group. August 1<sup>st</sup> also began the first full year of the new Assistant Director/Clinical Director. She did an excellent job as the overseer of clinical services delivered by the Counseling Center. This A.D. took responsibility for policies and procedures, was the primary supervisor of services provided, and also began co-supervision of all clinical staff in the spring semester.

Also on August 1<sup>st</sup>, the permanent coordinator of eating disorder treatment and prevention was hired. The MIAD liaison, which had been increased from part time to full time, was hired. This professional also became the ADHD coordinator and acted as an assessment consultant for the Division of Student Affairs.

The psychiatrist, was approved to work 4 extra hours per week, taking him from 16 to 20 hours of service.

One counselor left her employment on October 4<sup>th</sup>. The director assumed this employees responsibilities as administrator of the suicide prevention grant. A replacement for the Coordinator of Sexual Violence Prevention started her employment on January 12<sup>th</sup>.

During the early fall semester, two professionals were hired as temporary part time counselors to help with the clinical load.

The Coordinator of Career Decision Making Services left employment on March 4<sup>th</sup>. A replacement was hired and will begin employment on August 10<sup>th</sup>, 2009.

Counseling Center sponsored trainings for staff included: training by the medical director of Aurora Sinai's ER on acute intoxication, "Suicide and the College Student" by Dr. David Clark, and a consultation by Dr. Gene Deisinger on threat assessment.

#### **Conferences attended included:**

- Association of University and College Counseling Center Directors
- Technical Support Conference for SAMSHA's suicide prevention grant
- 15th Annual Wisconsin Symposium on Emotion
- Anxiety Disorders: Research, Diagnosis and Treatment
- Ending the Silence, Faith Community Response to Sexual Assault
- Integrating Essential Mindfulness Strategies for Mental Health Practitioners
- Mindfulness, Willingness and Radical Acceptance in Psychotherapy
- Psychiatric Update (sponsored by the Wisconsin Psychiatric Association)
- US Department of Education Annual Meeting on AODA/Violence Prevention in Higher Ed
- NASPA AODA Conference
- 52 Practical Strategies for Asperger's Syndrome Nonverbal Learning Disorder & High Functioning Autism
- Ethical Principles in the Practice of Mental Health Professionals
- Enhancement of Peak Performance in Sports, the Performing Arts and the Worksite
- Cognitive/Memory Assessment with the New WAIS-IV/WMS-IV
- Motivational Interviewing: Theory and Practice
- Integrating Motivational Interviewing into Current Practice
- Suicide & Self Mutilation: Stopping the Pain
- Personality Disorders: Comprehensive Review of Assessment and Management
- Exploring the Energy Dimension
- Center for the Study of Collegiate Mental Health at Penn State
- Risk Management

Two members taught at Marquette over the past year. One taught for the College of Education and the other taught for the College of Professional Studies. One was given the Excellence in Service award for their teaching efforts and worked on data collection for the Manresa Project.

**2. Support Staff:**

The Office Assistant resigned in early August and was replaced. The Office Associate had training in web design.

**3. Graduate Assistants/Interns**

Three practicum students came from UWM’s and MU’s Counseling Psychology programs. The trainee in the postdoctoral position came from UW Madison’s pre-doctoral internship.

**Training for graduate students included:**

- Extensive didactic training by Counseling Center staff on alcohol and drugs, eating disorders, suicide assessment, self injury, sexual violence, psychopharmacology and ethics and boundaries.
- BASICS
- Ongoing internal trainings on protocols, including managing suicidal and dangerous students, data collection and record keeping.

**4. Undergraduate Students and Paraprofessional Staff**

Intensive training for VOICEs on sexual violence prevention and group processing by both internal and external experts.

**IV. FACILITIES AND EQUIPMENT**

Desks and file cabinets for counselor offices were purchased.

**V. BUDGET ANALYSIS**

- The overall budget was temporarily increased this year. Due to staff attrition and the resultant salary savings, funds from MIAD could be deposited in the operating budget rather than being used for salary.
- An unexpected expense this year was funding to interview candidates. With five searches undertaken, 12.6% of the budget was used to support travel, hotels and meals for candidates.
- Less money was used on VOICE this year (last year, 5.3% of the budget was used.) This was likely due to temporary leadership.
- Funds were spent to continue to update office furniture. The extra MIAD funds helped to pay for 4 more ergonomic desks and matching file cabinets.

**VI. PROGRAMMING**

- Presented 220 outreach programs this year, as compared to 254 last year.
  - A majority of programming occurred in the areas of “Sexual Violence” (62 programs by VOICE), “Counseling Center Services” (37 programs), QPR (16 trainings) and Managing Distressed Students (14 trainings.) Last year, VOICE offered 84 programs, which explains the slight decrease in overall programs. (See attachment 1)
  - Programming was presented to:

Presented to	Actual # of Programs	Percentage of Outreaches
Res Life	25	11%
Student Organ/Group	23	11%
Parents/Family	15	7%
Academic/Faculty/Class	76	35%
Administrative (non student)	18	8%
MIAD	1	1%
Student (general)	54	25%
Other	7	3%

- Three National Screening Days were offered at the Counseling Center: depression, anxiety, and eating disorders. These screenings, along with one for alcohol, were also made available online.
- Again this academic year, CC staff actively participated in the Professional Hall Liaison (PHL) and Professional Academic Liaison (PAL) programs. Staff connected with designated professionals to efficiently share in the provision of mental health resource information, and have a residence hall/college contact should crisis situations arise.
- See Appendix 1 for a summary of programs presented

## VII. DEPARTMENTAL ACCOMPLISHMENTS

### 1. Operations/Administration

Counseling services: (See Attachment 2 for a summary of CC data and Attachment 3 for a pie chart depicting how time is spent.)

- **935 students were seen** at the Counseling Center for mental health services. Statistics included:
  - 3,817 individual appointments.
  - Average number of sessions for personal counseling was 4.
  - Most common presenting problems:
    - Anxiety: 49.1%
    - Depression: 41.0%
    - Relationship Difficulties: 30.0%
    - Academic Concerns: 29.6%
    - Self Esteem: 22.0%
  - Prior treatment before coming to the Counseling Center:
    - Psychotherapy: 42.4%
    - Medication: 18.6%
    - Hospitalization: 2.9%
  - 11.7% of students reported current suicidal ideation, plan or attempt when attending MUCC sessions.
  - 87 students evaluated by the psychiatrist. Thirty-three percent (33%) of students seen at the Counseling Center were on psychiatric medication.
  - 3,555 minutes (or 59 hours) of phone consultation calls logged for non-clients.
  - 29 student hospitalizations and 7 academic withdrawals (there is overlap in these numbers.)
  - Counseled 139 students in career decision-making. 6 career exploration workshops were offered.

#### Eating Disorder Treatment and Prevention

- 119 students were treated for eating disorders.
- A new eating disorder coordinator completed their first year in this position.
- A nationally known speaker on body image, Jenni Schaefer, was brought to campus in collaboration with Rogers Memorial Hospital.
- Discussed eating disorder issues with two congressional representatives at the state capitol building in March.

#### Alcohol and Drug Initiatives

- 92 students identified alcohol/drug concerns on intake.
- Of the students were referred from the Conduct System, 52 had alcohol/drug assessments.
- A training on acute intoxication was organized for DSA and Public Safety. Nearly 100 staff were trained by the medical director of Aurora Sinai's ER.
- Offered trainings on alcohol/drug issues to RAs, conduct administrators, Athletics, DPS, and Res Life.

#### Sexual Violence Treatment and Prevention

- Treated 46 students who identified sexual violence as a primary issue.
- Networked with local agencies to provide services and referrals. Agencies included the Sexual Assault Treatment Center, the Healing Center, the Wisconsin Coalition Against Sexual Assault and UW Madison's sexual violence prevention program.
- Assisted in the planning of Sexual Violence Prevention Week and Month.
- Applied for a Marquette Women's grant for sexual violence programming.

#### Career Decision-Making

- Counseled 139 clients for career decision-making issues. 46 of these students also presented with personal issues.
- Worked collaboratively with Career Services on the Career Council, on financially supporting DISCOVER, and attending Career Services Power Lunches.
- Provided 6 career exploration workshops.
- Hired a new Coordinator of Career Decision-Making

#### Liaison with Milwaukee Institute of Art and Design (MIAD)

- Provided treatment to 62 MIAD students during the 2008-2009 academic year. This includes 179 counseling appointments (62 intakes; 117 follow-up appointments), 26 psychiatric appointments (8 psychiatric evaluations; 18 follow-up appointments), and 6 crisis/on-call appointments.
- A protocol to increase communication and coordination of care for MIAD student referrals was developed. MIAD administrators referred 20 students to the Counseling Center utilizing this protocol; MIAD administrators noted increased satisfaction with the Counseling Center regarding communication of attendance, treatment plan, and referrals provided to MIAD clients.
- Prevention and networking activities included the RA training, orientation of MIAD's new Disabilities Coordinator to Counseling Center clinical services and resources, and meetings with MIAD administrators to discuss strategies to improve communication between the Counseling Center and MIAD.
- MIAD requested to use insurance reimbursement for services at the CC. After this issue was vetted, the CC declined this request and the contract will proceed unchanged for next year.

#### Attention Deficit Hyperactivity Disorder (ADHD) Initiatives

- ADHD continues to be a prominent presenting concern at the CC. Intake data notes that 11% of clients identified ADHD as a presenting concern and 7.1% of clients report having disability documentation for ADHD. Termination data noted that ADHD was the primary focus of treatment for 6% of the CC's clients.
- Twenty-five ADHD screenings were completed during the 2008-2009 academic year. Of these screenings:
  - 17 clients met criteria for a diagnosis of ADHD.
  - 12 clients were referred to our consulting psychiatrist for a psychiatric evaluation and were prescribed medication.
- Updated ADHD screening protocol, which now includes several self-report measures and an objective performance measure (ie., Test of Variable Attention [T.O.V.A.]). The inclusion of the T.O.V.A. will allow for increased accuracy in diagnosis and the ability to objectively measure treatment and/or medication efficacy in the future.
- Updated professional resources, community referrals and educational resources. Oriented staff and practicum students to ADHD screening protocol and T.O.V.A. administration.

#### Diversity Initiatives

- A new counselor/diversity coordinator was hired to focus on connecting with diverse student groups next year.
- Participated in Students Affairs Diversity Committee, Diversity Advocates, Diversity Meet and Greet and attended Career Services diversity lunches.
- Ethnic background of CC clients is slightly higher than that of the university, as reported by the Office of Institutional Research and Assessment in their report of full time equivalent students.

#### Promotion of Assistant Director/Clinical Director

- The A.D. oversaw the clinical services provided by the CC. The A.D. provided clinical supervision to staff and set policy for delivery of services and crisis management.
- This position provides more clinical support to counselors and allows more administrative time for the director outside of the CC.

Leave of Absence of other Assistant Director for psychology internship

- The Office Associate, assumed many administrative and technological job responsibilities, including web design and support of the scheduling system.
- One staff supervised the front staff, making changes to improve efficiency and the overall functioning of the front office.
- A former VOICE and MU graduate was hired to lead VOICE for the year, sustaining this integral program for the year.

Training of three graduate level practicum students and one post doctoral fellow

- The Counseling Center continues to have a reputation of being an excellent local training program. Intensive training and supervision are provided and students routinely value their training in college student mental health.
- Provided supervision and training to 3 graduate students, two from UW Milwaukee and one from MU's Counseling Psychology program.
- Maintained relationships with MU and UW Milwaukee and UW Madison's graduate programs.
- Students from the past 4 years have found internships at the UW Madison Counseling Center, the Wisconsin Department of Corrections, the Milwaukee VA Hospital and UC Berkley.

## 2. Special Projects

Link for Life: The SAMSHA sponsored suicide prevention grant

- Twenty-eight (28) QPR (Question Persuade and Refer) trainings were offered to 377 participants. This number is substantially reduced due to not offering QPR outside of MU this year. The total of those trained over the past three years, since the initiation of the grant, is 1,782. Notable groups this past year included RAs, members of the University Leadership Council, and the Air Force ROTC.
- A new program, entitled "Working with Distressed Students", was developed and offered to 381 faculty, administrators and support staff. These programs were developed with the help of DPS, Disability Services, Student Development and General Counsel. The Dean of Students and the Associate Dean of Residence Life co-led some programs.
- Continuing education on suicidology was offered from the grant sponsored conference and a program at MU on College Students and Suicide. The program at MU was co-sponsored by the CC and the Medical College of Wisconsin, and led by Dr. David Clark, past president of the American Association of Suicidology.
- A threat assessment expert, Dr. Gene Deisinger, was hired with grant money to consult with the MU community. Besides a general presentation offered to 100 university personnel, Dr. Deisinger provided individual consultations with the Behavior Review Committee, the Counseling Center and a day long meeting with the Threat Assessment Team.

BASICS (Brief Alcohol Screening and Intervention for College Students)

- The CC Alcohol and Drug Prevention Coordinator continued to work with the Assistant for the Vice President for Student Affairs, to provide this educational and non-judgmental intervention to alcohol policy offenders.
- 74 BASICS students were seen at the CC by at least 8 CC staff.
- Ongoing supervision was offered to the interdisciplinary team of BASICS practitioners.

VOICE (Violence Opposition in Community Education)

- VOICE offered 62 programs. More than ninety percent (95+%) of these programs were done in academic settings. Programs were offered to Chemistry labs, First Year English and other student organizations and groups.
- VOICE initiated the "I Care campaign" which invites students, faculty and staff to submit a statement of care about the prevention of sexual violence at the following link: [icarebecause@gmail.com](mailto:icarebecause@gmail.com).
- There are currently 8 active VOICE students for the 2009-10 academic year and the program will take more applications in the fall.
- The VOICE program stayed alive and strong during a year of temporary leadership and will transition back to full time staff leadership in fall, 09.

**Active Minds**

- Marquette's 132<sup>nd</sup> Chapter of Active Minds, a mental health advocacy and education group for college students, completed its first full year with support from the CC.
- A Mental Health Awareness Week was organized with daily events and educational materials.
- Active Minds' founder Alison Malmon was brought to campus to offer an educational program and network with university administrators.
- An anti-stigma campaign was initiated by use of student experience with mental health issues.

**Threat Assessment Protocol**

- A threat assessment protocol was created to guide the university in the process of assessing dangerous students. By the end of the year, this protocol was adopted by the threat assessment leadership.
- The Counseling Center brought a nationally known threat assessment consultant, Dr. Gene Deisinger, to campus to educate the general community and consult with specific groups about assessing dangerous students.
- The CC's internal protocol for assessing students for dangerousness in a counseling appointment received high praise from the consultant and from VA Tech's CC director.

**Research**

- Continued to compile and analyze on-call data, intake information, scheduling demographics, and termination information. Data collection was enhanced through integration with Titanium Scheduling Software and use of online survey software.
- Completed the annual University assessment report and underwent a peer review to evaluate this information; results of the peer review demonstrated that the Counseling Center consistently meets university expectations and often reflects best practices in learning outcome work.
- Continued to work with the Center for the Study of Collegiate Mental Health (CSCMH) and their plan to organize the collection of national demographic and outcome data. During the 2008-2009 academic year, Titanium upgrades required to upload data to CSCMH database were executed and Marquette was represented at the national CSCMH conference in April. The Counseling Center is on-track to contribute to the national database during the Fall 2009 semester.
- Collected session and outcome data for the Brief Alcohol Screening and Intervention for College Students (BASICS); this information will be critical in obtaining external funding in the future.

**3. Learning Outcomes/Assessment**

- Per our student's reports, approximately 69-80% reported that participation in Counseling Center programming has contributed to increased awareness in themselves and the ability to make positive changes in this domain.
- Per clinicians' reports, 88% of the students obtaining treatment at the Counseling Center have made some progress in reducing the impact of their presenting concerns. This number includes 31% of students who had completely resolved their symptoms upon termination.
- Thirty-four percent (34%) of students noted that the Counseling Center helped them maintain their enrollment at Marquette; 53% identified their participation in Counseling Center programming as having a positive impact on their academic functioning.
- A Counseling Center staff member co-led the DSA learning outcomes/assessment initiatives during this past academic year.

**4. Staff Involvement/Committee Membership (internal and external)**

**Membership on Office of Student Affairs committees:** Assessment, Diversity, Leadership, Wellness, In-service, Sexual Health.

**Membership on MU committees:** Career Council, Law Student Mental Health, Diversity Advocates, Behavior Review Committee, Threat Assessment Team.

**Membership on local and national committees:** Wisconsin Suicide Prevention Initiative, ULifeline.com board member, Walk a Mile planning committee, Woolsack Society

**Faculty positions:** One staff taught courses for MU's Counseling Psychology. One staff taught for MU's College of Professional Studies and was awarded a teaching excellence award. One staff is adjunct faculty status with MU's Clinical Psychology.

**Other:** One staff discussed eating disorder issues with two congressional representatives at the state capitol building in March of 2009.

**Staff Published Articles:**

(2009). Validity and reliability of the lesbian, gay, bisexual working alliance self-efficacy scales. *Training and Education in Professional Psychology*, 3 (1), 37-46.

(December 2008). Marquette University Manresa Project Review: Information to Enhance Teaching and Learning. 3 (1).

## VIII. FUTURE DIRECTION

### 1. Evaluation of Department

The Counseling Center has had a productive year of meeting the mental health needs of Marquette students but one that was full of change. Changes to staff were considerable this year. Four new staff members joined the counseling team, including the Eating Disorder Treatment and Prevention Coordinator, the Liaison with MIAD, the Sexual Violence Prevention Coordinator and a temporary full time employee filling in for an Assistant Director on personal leave. Due to substantial support from upper administration, two new counselor positions are in place for the fall and a full time psychiatrist is being hired. The fall will bring three new staff members to the CC, and 60% of the professional staff has one year of tenure or less. Services will be expanded for students and an effort will be made to team build and incorporate the new staff members.

During this past year of staff changes and position searches, the staff maintained its commitment to providing excellent counseling service to students. The CC provided counseling and outreach at the same level as the previous year. The addition of the new Assistant Director/Clinical Director allowed for more consistency in service provided and more thorough supervision of clinicians. The efforts of suicide prevention supported by the SAMSHA grant continued with a change of emphasis. Less training was provided outside of Marquette and a new training on Managing Distressed Students was implemented and distributed to the campus community. The grant also supported the visit of a threat assessment consultant, a panel on college students and suicide and some financial needs of the newly established Active Minds chapter.

While fulfilling the primary role of providing counseling to students, the Counseling Center staff also continued to network and build relationships inside and outside of the university, with students, faculty, community mental health caregivers and national researchers and organizations. With increased staffing for next year, the Counseling Center is poised to provide more comprehensive service and potentially contribute to national efforts in addressing college student mental health.

### 2. Areas of Concern

#### **Staff Attrition**

During the 07/08 academic year, two staff members left the CC, one for a salary that was double a counselor's salary. During the 08/09 academic year, two more staff members left, both for salaries that were double their CC salaries. Work has begun through the Office of Student Affairs to make equity adjustments to counselors' wages, to make them more competitive with the surrounding mental health community. Work will continue to be needed to increase salaries in order to improve retention of counselors and preserve the clinical and networking relationships these counselors developed.

#### **Management of Distressed Students**

The Counseling Center is involved in the efforts of the university to manage distressed students by its participation in the Behavior Review Committee and the Threat Assessment Team. This past year, the CC has attempted to step back from more intensive management of these students so that its services are seen clearly as supportive by students, rather than part of a mandate. The hiring of a case manager by the Office of Student Affairs will help in separating the administrative response to distressed students from a counseling response. Ultimately, this distinction will help preserve the safety for distressed students in coming to the CC.

### 3. **Trends**

#### **Psychiatric Needs of Students**

Across the nation, more college students are taking psychiatric medication. With a new full time psychiatrist starting in the fall, more psychiatric service can be provided to students. This will allow the CC to relieve some of the pressure on Student Health Services to provide psychiatric medication. It will also allow the CC to refer less to outside providers, making psychiatric service more accessible for students. The fall semester will be a time of experimenting with protocols and criteria to meet with the psychiatrist so that the right balance is found. The psychiatrist who is in the process of being hired, is also the director of a training fellowship for psychiatrists. This will likely lead to the CC becoming a training site for psychiatrist residents.

#### **Research**

The CC will officially contribute data to the Center for the Study of Collegiate Mental Health this fall. This will allow the CC to compare Marquette student data to a national sample. Collection of this data will help substantiate the mental health needs and trends on Marquette's campus. The product of this data collection will be used in presentations to the Marquette community and possibly contribute to the writing of grants.

#### **Student Involvement**

This past year brought the establishment of Active Minds on Marquette's campus. This group is a student led mental health advocacy group with the intention of raising awareness on campus. The CC's advising of and financial support of Active Minds helped sustain this important new effort. This group normalizes mental health issues and encourages students to seek counseling help. Active Minds both offers supports for students affected by mental illness and a means of being proactive about change. It is likely that counseling centers across the county will continue to build networks that include the involvement of students.

### 4. **Goals for 2009-2010**

- With the psychiatrist position increasing to full time for the next year, psychiatric services will need to be restructured to offer students as much coverage as possible. Work must be done early in the fall and continuing throughout the year to assess psychiatric needs on campus and to develop policy that directs provision of services.
- With two new counselor positions, counseling services will be adjusted to provide more service to students. Means of doing so will need to be developed.
- With the addition of three new staff members and the return of a staff member on personal leave, the CC team will focus on team building and cohesiveness for the coming year. Attention will be given to clarifying the responsibilities of new positions but also to the development of good working professional relationships.
- With the addition of a diversity coordinator, efforts to connect with diverse groups on campus will increase.
- Suicide prevention and mental health advocacy will transition from being grant sponsored to a new counselor position. Efforts in these areas will continue after the grant ceases.
- The leadership of VOICE will be assumed by full time counselors again. Work will need to be done to determine what the leadership will look like for next year.

## **IX. ATTACHMENTS**

1. Outreach Report
2. CC data summary
3. CC date pie chart