



**Sam Houston State University**

MEMBER THE TEXAS STATE UNIVERSITY SYSTEM

Counseling Center



# Community/Clinical Context

- Tri-County Behavioral Health is SHSU's local mental health authority.
  - Walker County – 12<sup>th</sup> lowest per-capita income
  - Montgomery County – 9<sup>th</sup> highest per-capita income
- Minimal mental health resources available to students in local community
- Walker county currently has one psychiatrist in private practice
- Relevant SHSU Clinical Demographics
  - More than 50% of students are first generation
  - Approximately 71% of graduating students meet the THECB definition for an “at-risk student”

# Counseling Center Staff

The SHSU Counseling Center is staffed by a multidisciplinary team of clinicians:

- 7 Full-Time Psychologists
- 3 Full-Time Licensed Professional Counselors
- 1 Full-Time Licensed Clinical Social Worker
- 1 Full-Time Post-Doctoral Resident
- 3-6 Part-Time Graduate Student Trainees
  - (Unpaid practicum students)

# Clinical Staff: Student Ratio

The International Association of Counseling Services (IACS) recommends a staffing ratio of 1:1,000 – 1,500 depending on the services being offered and the availability of other campus and community mental health agencies.

- SHSU Enrollment – FY16
  - 20,031
- 10 Full-Time Counseling Staff
  - 1:2,003
- 10 Full-Time Counseling Staff + 1 Post-Doctoral Resident
  - 1:1,821

# Client Contacts – FY16

- 5,238 appointments attended by 825 students
  - Approximately 75% were first time service users
  - Average number of sessions: 6.35
  - 28.5% had only 1 appointment
  - Average wait for first appointment after initial consultation: 8.95
  - 493 Walk In (crisis/urgent) sessions utilized
    - 29% increase over FY15
    - 20% reported active suicidal thoughts
    - 59% had an inability to calm themselves
    - 10% reported recent assault or abuse
    - 7% reported hallucinations
    - 3% stated they were likely to kill themselves if they left the building

# 5 Year Comparison (FY12 & FY16)

14% Increase in Total Student Population

## Counseling Center Increases

- Number of students seen: 46%
- Number of attended appointments: 77%
- Utilization of walk in (crisis/urgent) appointments: 154%

## Increases in Student Experiences Prior to Seeking Services

- Number of students who seriously considered suicide: 115%
- Number of students who attempted suicide: 24%
- Number of students hospitalized: 74%
- Number of students who engaged in self-injury: 138%
- Number of students who experienced sexual violence: 39%
- Number of students lacking emotional support from family: 24%

# Clinical Impact

Counseling Center clients consistently show a significant reduction in symptoms and improvement in overall functioning.

## Center Wide Change Data

- Depression
  - 58% of students with clinical depression experienced a significant reduction in symptoms
  - 38% of students experienced near extinction of symptoms
- Anxiety
  - 43% of students experienced a significant reduction in symptoms
  - 23% of students experienced near extinction of symptoms
- Academic Distress
  - 57% of students experienced a significant reduction in symptoms
  - 45% of students experienced near extinction of symptoms
- Hostility
  - 57% of students experienced a significant reduction in symptoms
  - 41% of students experienced near extinction of symptoms
- Overall Distress
  - 60% of students experienced a significant reduction in symptoms
  - 40% of students experienced near extinction of symptoms

# Outreach Initiatives

- Sam Houston Alcohol Referral Program (SHARP)
  - A 6-hour state-approved alcohol awareness course for students with alcohol policy violations. Over half of SHARP participants go on to pursue counseling to better understand the role of alcohol in their lives.
- HAVEN
  - SHSU's LGBTQI education and support network.
- QPR (Question, Persuade, Refer)
  - Suicide prevention training, offered once a month.
- You Make the Call
  - Sexual assault prevention program utilizing a bystander intervention approach. Presented to all sections of a required course, meaning all students receive this training during their time at SHSU
- Ask Dr. \_\_\_\_\_
  - An interactive Q&A session focused on healthy relationships. Presented to multiple sections of a freshman level, introduction to college course.
- Various requested programs on topics ranging from emotional intelligence, healthy relationships, sexual assault awareness, and stress management, among others.



# Campus Partnerships

Counseling Center clinical staff members are embedded in several key programs on campus to ensure that issues impacting mental health are addressed during planning and implementation.

- **FORWARD Program**
  - Provides support for former foster youth, orphans, wards of the court, and homeless students.
- **Sam Houston ELITE**
  - Nationally recognized program that promotes and supports academic development and civic engagement of African-American and Latino male students.
- **Veterans Alliance Network**
  - Educates faculty and staff about the veteran student experience, with a focus on barriers to the successful transition to civilian/student life.
- **Sexual Assault Prevention Committee**
  - Campus-wide sexual assault prevention initiative
- **Alcohol & Drug Abuse Initiative**
  - Alcohol and drug education and reduction task force