



Student Affairs 2009-10 Annual Report

Department: Counseling and Psychological Services

Mission Statement

To provide high quality individual and group counseling services to students that may be experiencing psychological or behavioral difficulties that interfere with their academic and/or personal success. Our goal is to create an environment that fosters self-development, responsibility, and positive mental hygiene. Consultative services to the University enhance the educational, emotional, and physical development of the student population and the campus community.

2009-10 Goals and Goal Attainment Summary

Goal I: Provide high quality psychological counseling to EOU students

Goal II: Provide high quality psychological consultation to faculty and staff

Goal III: Provide high quality outreach programming and learning experiences to various campus units to enhance mental hygiene.

Goal IV: Conduct learning outcomes and assessments

Summary of Services and Programs for Students

Goals I and II We continued to educate and inform the Vice President for Student Affairs of the ethical and professional issues faced and continued to educate and helped the campus community at large see the benefits of mental hygiene and how it relates to retention. The Counseling Center continued to build relationships with the professional mental health community to insure continuity of care and comprehensive treatment for students when needed. We maintained and continued to increase staff's clinical skills. Staff continued to develop a consultation model with the residence hall staff. The main goal for the year was to continue services, support staff in their growth, autonomy, and professional development, and create new and improved access for the student population to enhance retention. We saw approximately 11% of the student population at the Counseling Center. Demographics are available upon request. We offered numerous workshops and seminars in the residence halls and around campus. Faculty, student, parent crisis consultation was also performed.

Goal III Outreach programming was conducted with the Colleges of Business and Education, during New Student Orientation, in communications and psychology classes, OHSU School of Nursing classes, CORE 101 and Hum 101/102 classes, Residence Halls, and RA Training. In addition, we provided training to faculty on dealing with disruptive students, and to RAs on basic counseling skills, crisis intervention, and suicide gatekeeper training.

Staff collaborated with numerous mental health professionals and organizations in the community; Center for Human Development, Grande Ronde Hospital, and Blue Mountain Psychiatry have all interfaced with the Center. We met regularly with these individuals and organizations to enhance our services and increase campus and community relations. Staff are members of the Eastern Oregon Psychological Association and attended numerous workshops and continuing education offerings to sharpen clinical skills and maintain licensure in Clinical Psychology. As a staff we have continued a formal organized study group to maintain continuing education credits with topics such related to various clinical issues and using case studies. In addition, we provided consultation and supervision to a number of therapists in the community. We also participate in numerous fundraisers both in the community and on campus.

Counseling Center staff collaborated with other groups on campus, such as the Multicultural Center, Residence Life, Athletic Department, Learning Center, Academic and Career Advising, Student Health Center, and various health and psychology classes. We continued to develop and participate in the Wellness Committee and their activities. We also continued to develop and implement the Sexual Assault Response Team through Student Affairs for the campus community and the dissemination of information regarding this program. Marianne Weaver served as EOU's representative on the Attorney General's Sexual Assault Task Force Campus Committee.

Counseling Center Data:

Conducted 187 intakes; up 27 from last year:

- 11% of the on-campus population
- Majority lived off campus 66%
- Total number of sessions: 957 (95 more than 2008-09) with a range per client of 1-30, mean 5.1 sessions, and mode 1-2 sessions
- Gender: 38% male (up 2%), 62% female
- 20% were ethnic minorities; up 4% from last year
- Alcohol and drug assessments: 28; up 5 from last year
- GPA: Range 1.0-4.0, mean 3.4 (up .1), mode 3.3

Total Clients	FALL	WINTER	SPRING		
Freshmen	15	30	26		
Sophomore	24	24	17		
Junior	17	18	23		
Senior	15	19	17		
Grad student	3	3	2		

Our heaviest intake time was during Winter quarter, followed by Spring then Fall term. The Most common issues were adjustment disorders regarding relationships, academics, and phase of life issues. Anxiety, stress and depression were also seen at varying levels throughout these issues.

Staff activities included groups, outreach, and consultations to the campus and community. The following list highlights salient activities and is not exhaustive:

- Health Center Meetings
- Student Orientation information presentations
- Search Committees
- RA Orientation and Consultation
- Shelter from the Storm
- RA and Hall Directors Consultation
- Mock Oral Exam
- Continued maintenance, implementation, and training of Campus Sexual Assault Response Program and Protocol and further development of Campus Sexual Assault Response Advocate Training
- RA orientation training (SART)
- Ambassador orientation training (MBTI)
- International Student Orientation
- OHSU School of Nursing Orientation
- Move-in crew for new students
- Healthy Campus Challenge presentation
- Wellness Committee
- Sexual Assault program for North Hall residents
- Debrief students' death with computer science class
- Evaluator for Clinical Interventions course
- Community Coalition meeting facilitator

2009-10 Student Learning Outcomes & Assessment Results

See learning outcomes attachment. Our Learning Outcomes Assessments indicate we have, in general, done a good job presenting material to students. Feedback indicates that students felt the information was useful. Both the Sexual Assault Response and Suicide Gatekeeper training assessments, however, seemed to have a lower percentage of satisfaction and knowledge retention. We believe this was a matter of timing of programs. Suicide Gatekeeper training was at the end of Fall RA training. RAs appeared tired and burned out. The same was true for the Sexual Assault Training for RAs. We plan to monitor this and try to find a better time to present. Previous years there has been a better response when presentations were later in the year or at the beginning of training in fall.

2010-11 Assessment Goals

1. Continue to assess outreach programs through presenter and participant evaluations.
2. Continue to monitor client satisfaction through Counseling Center feedback form.

Issues/Challenges Facing the Department

Financial resources are limited and maintaining quality Continuing Education Credits to ensure licenses and clinical sharpness is difficult on this budget. This is an ongoing challenge due to our location and economic times.

Another challenge will be converting our charts and chart keeping to the electronic Titanium system.

2010-11 Preliminary Goals

Should be related to Mission, Strategic Planning, and EOU Repositioning Plan

1. Continue with individual and group counseling and consultation to campus community.
2. Increase collaboration with Residence Life, Hall Directors and Resident Assistants.
3. Provide one workshop per term in the residence halls regarding self-care and wellness.
4. Continue to offer an awareness workshop for faculty in the fall regarding issues of reintegration for veterans and non-traditional students.
5. Provide RA training/gate keeper workshop on suicidal students.
6. Collect counseling service resources for on-site and on-line students in their communities to put on Counseling Center web site and work with regional directors to assist these students as needed.
7. Ensure that campus-wide sexual assault training and education is updated and ongoing through the psychologist in the Counseling Center.

**Counseling Center Assessment
as completed by Dr. Marianne Weaver**

Date: 11/10/09

Name of Program: Boundaries – Alikut Staff

Learning Site on Campus: Alikut Hall HD room

Number of Participants: 7

1) Intellectual Growth

100% Students/participants were exposed to something new about topic presented.

2) Career and Practical Competence

100% Students/participants related this information to their current situation (being an RA or HD) through discussion.

3) Citizenship, Engagement, Leadership

Most Students/participants discussed how this information would help them to be more effective and sensitive leaders.

4) Self-Awareness and Interpersonal Sensitivity

100% Students/participants demonstrated an increase of self-understanding through discussion.

100% Students/participants exhibited an increased awareness of others' perspectives in relation to their own through discussion.

5) Managing Life Skills

100% Students/participants discussed how topic applies to everyday life.

100% Students/participants reported acquiring at least one skill as a result of this program.

Student/Participant Assessment

Date: 11/10/09

Name of Program: Boundaries – Alikut Staff

Percentage of responses from 7 completed assessments...

1) Intellectual Growth

100% I learned something new about topic presented.

100% The presentation increased my desire to continue learning in this area.

2) Career and Practical Competence

100% I can apply this information to my current situation (major).

86% I will be able to use this information in my career choice.

3) Citizenship, Engagement, Leadership

50% I see the importance of this topic in regards to community engagement.

86% This information will help me to be a more effective and sensitive leader.

4) Self-Awareness and Interpersonal Sensitivity

100% This program has increased my understanding of myself.

86% I am more aware and tolerant of others' perspectives in relation to mine.

5) Managing Life Skills

100% I can apply what I have learned to my everyday life.

100% I have acquired at least one skill as a result of this program.

**Counseling Center Assessment
as completed by Dr. Marianne Weaver**

Date: 2/3/10

Name of Program: Depression and Anxiety – OHSU Class

Learning Site on Campus: Classroom

Number of Participants: 21

6) Intellectual Growth

100% Students/participants were exposed to something new about topic presented.

7) Career and Practical Competence

Some Students/participants related this information to their current situation (major) through discussion.

8) Citizenship, Engagement, Leadership

0% Students/participants discussed how this information would help them to be more effective and sensitive leaders.

9) Self-Awareness and Interpersonal Sensitivity

Some Students/participants demonstrated an increase of self-understanding through discussion.

Some Students/participants exhibited an increased awareness of others' perspectives in relation to their own through discussion.

10) Managing Life Skills

Some Students/participants discussed how topic applies to everyday life.

Some Students/participants reported acquiring at least one skill as a result of this program.

Student/Participant Assessment

Date: 2/3/10

Name of Program: Depression and Anxiety - OHSU

Percentage of responses from 21 completed assessments...

6) Intellectual Growth

100% I learned something new about topic presented.

100% The presentation increased my desire to continue learning in this area.

7) Career and Practical Competence

86% I can apply this information to my current situation (major).

90% I will be able to use this information in my career choice.

8) Citizenship, Engagement, Leadership

25% I see the importance of this topic in regards to community engagement.

20% This information will help me to be a more effective and sensitive leader.

9) Self-Awareness and Interpersonal Sensitivity

90% This program has increased my understanding of myself.

90% I am more aware and tolerant of others' perspectives in relation to mine.

10) Managing Life Skills

86% I can apply what I have learned to my everyday life.

100% I have acquired at least one skill as a result of this program.

**Counseling Center Assessment
as completed by Dr. Marianne Weaver and Dr. Thacher Carter**

Date: 5/28/10

Name of Program: HUM Peer Counselor Training

Learning Site on Campus: Classroom

Number of Participants: 13

11) Intellectual Growth

90% Students/participants were exposed to something new about topic presented.

12) Career and Practical Competence

Some Students/participants related this information to their current situation (major) through discussion.

13) Citizenship, Engagement, Leadership

90% Students/participants discussed how this information would help them to be more effective and sensitive leaders.

14) Self-Awareness and Interpersonal Sensitivity

Some Students/participants demonstrated an increase of self-understanding through discussion.

Some Students/participants exhibited an increased awareness of others' perspectives in relation to their own through discussion.

15) Managing Life Skills

90% Students/participants discussed how topic applies to everyday life.

70% Students/participants reported acquiring at least one skill as a result of this program.

Student/Participant Assessment

Date: 5/28/10

Name of Program: HUM Peer Counselor Training

Percentage of responses from 13 completed assessments...

11) Intellectual Growth

93% I learned something new about topic presented.

100% The presentation increased my desire to continue learning in this area.

12) Career and Practical Competence

77% I can apply this information to my current situation (major).

77% I will be able to use this information in my career choice.

13) Citizenship, Engagement, Leadership

93% I see the importance of this topic in regards to community engagement.

93% This information will help me to be a more effective and sensitive leader.

14) Self-Awareness and Interpersonal Sensitivity

69% This program has increased my understanding of myself.

77% I am more aware and tolerant of others' perspectives in relation to mine.

15) Managing Life Skills

93% I can apply what I have learned to my everyday life.

77% I have acquired at least one skill as a result of this program.

Counseling Center Assessment
as completed by Dr. Marianne Weaver and Dr. Thacher Carter

Date: 5/04/10

Name of Program: RA Basic Counseling Skills

Learning Site on Campus: Classroom

Number of Participants: 24

16) Intellectual Growth

100% Students/participants were exposed to something new about topic presented.

17) Career and Practical Competence

100% Students/participants related this information to their current situation (being an RA or HD) through discussion.

18) Citizenship, Engagement, Leadership

Most Students/participants discussed how this information would help them to be more effective and sensitive leaders.

19) Self-Awareness and Interpersonal Sensitivity

Most Students/participants demonstrated an increase of self-understanding through discussion.

100% Students/participants exhibited an increased awareness of others' perspectives in relation to their own through discussion.

20) Managing Life Skills

Most Students/participants discussed how topic applies to everyday life.

Most Students/participants reported acquiring at least one skill as a result of this program.

Student/Participant Assessment

Date: 5/4/10

Name of Program: RA Class – Basic Counseling Skills

Percentage of responses from 24 completed assessments...

16) Intellectual Growth

100% I learned something new about topic presented.

96% The presentation increased my desire to continue learning in this area.

17) Career and Practical Competence

71% I can apply this information to my current situation (major).

71% I will be able to use this information in my career choice.

18) Citizenship, Engagement, Leadership

92% I see the importance of this topic in regards to community engagement.

100% This information will help me to be a more effective and sensitive leader.

19) Self-Awareness and Interpersonal Sensitivity

75% This program has increased my understanding of myself.

96% I am more aware and tolerant of others' perspectives in relation to mine.

20) Managing Life Skills

79% I can apply what I have learned to my everyday life.

100% I have acquired at least one skill as a result of this program.

**Counseling Center Assessment
as completed by Dr. Marianne Weaver and Dr. Thacher Carter**

Date: 4/27/10

Name of Program: RA Class Identifying Social Adjustment Problems

Learning Site on Campus: Classroom

Number of Participants: 19

21) Intellectual Growth

100% Students/participants were exposed to something new about topic presented.

22) Career and Practical Competence

Most Students/participants related this information to their current situation (being an RA or HD) through discussion.

23) Citizenship, Engagement, Leadership

Most Students/participants discussed how this information would help them to be more effective and sensitive leaders.

24) Self-Awareness and Interpersonal Sensitivity

Some Students/participants demonstrated an increase of self-understanding through discussion.

Most Students/participants exhibited an increased awareness of others' perspectives in relation to their own through discussion.

25) Managing Life Skills

Some Students/participants discussed how topic applies to everyday life.

Most Students/participants reported acquiring at least one skill as a result of this program.

Student/Participant Assessment

Date: 4/27/10

Name of Program: RA Class – Identifying Social Adjustment Problems

Percentage of responses from 19 completed assessments...

21) Intellectual Growth

100% I learned something new about topic presented.

79% The presentation increased my desire to continue learning in this area.

22) Career and Practical Competence

79% I can apply this information to my current situation (major).

79% I will be able to use this information in my career choice.

23) Citizenship, Engagement, Leadership

89% I see the importance of this topic in regards to community engagement.

89% This information will help me to be a more effective and sensitive leader.

24) Self-Awareness and Interpersonal Sensitivity

79% This program has increased my understanding of myself.

79% I am more aware and tolerant of others' perspectives in relation to mine.

25) Managing Life Skills

95% I can apply what I have learned to my everyday life.

79% I have acquired at least one skill as a result of this program.

Counseling Center Assessment
as completed by Dr. Marianne Weaver and Dr. Thacher Carter

Date: 9/22/09

Name of Program: RA Suicide Gate Keeper Training

Learning Site on Campus: Hoke 309

Number of Participants: 19

26) Intellectual Growth

Some Students/participants were exposed to something new about topic presented.

27) Career and Practical Competence

Some Students/participants related this information to their current situation (being an RA or HD) through discussion.

28) Citizenship, Engagement, Leadership

Some Students/participants discussed how this information would help them to be more effective and sensitive leaders.

29) Self-Awareness and Interpersonal Sensitivity

0% Students/participants demonstrated an increase of self-understanding through discussion.

Some Students/participants exhibited an increased awareness of others' perspectives in relation to their own through discussion.

30) Managing Life Skills

Some Students/participants discussed how topic applies to everyday life.

Some Students/participants reported acquiring at least one skill as a result of this program.

Student/Participant Assessment

Date: 9/22/09

Name of Program: RA Suicide Gatekeeper Training

Percentage of responses from 19 completed assessments...

26) Intellectual Growth

63% I learned something new about topic presented.

37% The presentation increased my desire to continue learning in this area.

27) Career and Practical Competence

58% I can apply this information to my current situation (major).

47% I will be able to use this information in my career choice.

28) Citizenship, Engagement, Leadership

77% I see the importance of this topic in regards to community engagement.

68% This information will help me to be a more effective and sensitive leader.

29) Self-Awareness and Interpersonal Sensitivity

53% This program has increased my understanding of myself.

65% I am more aware and tolerant of others' perspectives in relation to mine.

30) Managing Life Skills

58% I can apply what I have learned to my everyday life.

63% I have acquired at least one skill as a result of this program.

Counseling Center Assessment
(as completed by Dr. Marianne Weaver)

Date: 9/18/09

Name of Program: SART Training for RAs and HDs

Learning Site on Campus: Classroom

Number of Participants: 16

31) Intellectual Growth

100% Students/participants were exposed to something new about topic presented.

32) Career and Practical Competence

Most Students/participants related this information to their current situation (being an RA or HD) through discussion.

33) Citizenship, Engagement, Leadership

Some Students/participants discussed how this information would help them to be more effective and sensitive leaders.

34) Self-Awareness and Interpersonal Sensitivity

Most Students/participants demonstrated an increase of self-understanding through discussion.

Some Students/participants exhibited an increased awareness of others' perspectives in relation to their own through discussion.

35) Managing Life Skills

Some Students/participants discussed how topic applies to everyday life.

100% Students/participants reported acquiring at least one skill as a result of this program.

Student/Participant Assessment

Date: 9/18/09

Name of Program: SART Training for RAs and HDs

Percentage of responses from 16 completed assessments...

31) Intellectual Growth

100% I learned something new about topic presented.

56% The presentation increased my desire to continue learning in this area.

32) Career and Practical Competence

75% I can apply this information to my current situation (major).

50% I will be able to use this information in my career choice.

33) Citizenship, Engagement, Leadership

100% I see the importance of this topic in regards to community engagement.

81% This information will help me to be a more effective and sensitive leader.

34) Self-Awareness and Interpersonal Sensitivity

50% This program has increased my understanding of myself.

81% I am more aware and tolerant of others' perspectives in relation to mine.

35) Managing Life Skills

69% I can apply what I have learned to my everyday life.

75% I have acquired at least one skill as a result of this program.