



EASTERN OREGON UNIVERSITY

Student Affairs 2008-09 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 charge is to create an environment to foster self-development, responsibility and positive mental hygiene. Consultative services to the institution enhance the educational, emotional and physical development of the student population and the campus community

2008-09 Goals and Goal Attainment Summary (1-2 paragraphs on each goal)

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: Learning outcomes and assessments...see below

Summary of Service and Programs for Students

(1-2 paragraphs on each goal)

1 and 2.) We continued to educate and inform my supervisor of the ethical and professional issues, continued to educate and help the campus at large see the benefits of mental hygiene and how it relates to retention. The counseling center continued to work on relations with the professional community to insure continuity and comprehensive treatment when needed. We maintained and continued to increase clinical skills. We continued to develop a consultation model to the dorms. 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 to the student population that would enhance retention. We saw approximately 11% of the student population at the Counseling Center. Demographics are available upon request. We had numerous workshops and seminars in the residence life and around campus. Faculty, student, parent crisis consultation was also performed.

3.) Out reach programming was performed with the business/education department, orientation, communications class, Psychology classes, OHSU Nursing School, CORE 101 and Hum 110 classes, Residence Halls, and RA Training.

Evaluations are all complete. In addition to this we provide training to faculty on the disruptive student, and RA training in basic counseling skills crisis and suicide gatekeeper training. Also participate as a FEAT faculty.

We have collaborated with numerous professionals and organizations in the community: Center for Human Development, La Grande Hospital, and Blue Mountain Psychiatry have all interfaced with our system. We have been meeting with these individuals and organizations to enhance our services and increase campus and community relations. We are a member of the Eastern Oregon Psychological Association. We attended numerous workshops and continuing education offerings to sharpen clinical skills and maintain licenses in Clinical Psychology. In addition to this we provide consultation and supervision to a number of therapists in the community. We also participate in numerous fundraisers both in the community and on campus.

We collaborated with other groups on campus, such as the Multi-cultural Program, Residence Life, Athletic Program, Learning Center, Career Center, Health Center and various health and psychology classes. The development and participation in the Wellness Committee. In addition the development and implementation of the SART program and the dissemination of information.

Continued Formal Organized Study Group to maintain C.E. credits: topics included Recent perspectives on Trauma and PTSD, Re entry Issues for IraQ Veterans, Gene-environment interactions and developmental disabilities, The Seven-Up series, Personality Assessment Inventory (PAI) administration, Ethical issues in diversity and the definition of race, Childhood psychopathology and treatment.

Counseling Center Data:

We saw 11% of the on campus student population (160 intakes). The majority (about twice as many) lived off campus. The number of sessions ranged from 1- 37 with a mean of 4.7 and a mode of 1. Gender: 36% were males and 64% were female. Ethnicity: 16% were ethnic minorities up about 2% from last year. Alcohol and drug chug assessments were 23(14%) down 2% from last year. Our heaviest intake time was fall quarter followed by spring then winter. Most common issues were adjustment disorders regarding relationships, academics, and phase of life issues. Anxiety, stress and depression were seen at varying levels throughout these issues. Raw Data is available at the Counseling Center

Staff activities included groups, outreach and consultations to campus and community. This is a list that highlights salient activities and is not exhaustive:

- Health Center Meeting
- Student Orientation and information presentation
- Search Committees
- R.A. Orientation and Consultation
- Shelter from the Storm
- Committee for Wellness
- R.A. and Hall Directors Consultation

- **Mock Oral Exam**
- Further development of our Campus Sexual Assault Response Advocate Training
- RA orientation training (SART)
- Ambassador orientation training (MBTI)
- RA in-service training (SAD)
- “Facilitating the Facilitators” presentation to HUM 110 instructors
- Hosted FEAT group dessert
- International Student Orientation
- OHSU Orientation
- Move-in crew for new students
- Debriefed HUM 110 instructors on Informed on Sexual Assault module
- Debriefed nine HUM 110 and three CORE 101 classes on Informed on Sexual Assault module
- Healthy Campus Challenge presentation (Emotional Eating)
- EOU’s representative to the Attorney General’s Sexual Assault Task Force Campus Committee
- Wellness Committee
- Campus Crusade for Christ Club advisor
- FFA State Convention worker
- Guest lecturer to: OHSU School of Nursing, Psychology, HUM 110 and CORE 102 classes
- Sexual Assault program in North Hall
- Body Image/Eating Disorder program in Alikut Hall
- Debrief students’ death with Computer Science class judge for Clinical Interventions course
- **Co-presented Students in Distress discussion with Ed/Business faculty**
- **Continued maintenance, implementation, and training of Campus Sexual Assault Response Program and Protocol**

2008-09 Student Learning Outcomes & Assessment Results

See Learning outcomes attachment. I believe that our Learning Outcomes and Assessments show that we have done a good job in presenting material to students and feedback indicates that students felt information was useful.

2009-10 Student Learning Outcomes

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

Staff and Program Recognition: I believe that Dr. Marianne Weaver continues to do a great job. The Counseling center is well respected and resources utilized by the students and campus community.

Issues/Challenges Facing the Department

1. Finances and maintaining quality Continuing Education Credits to ensure licenses and clinical sharpness. This is an ongoing challenge due to our location and economics.

2009-10 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 1-2 workshops in the residence halls regarding self-care and wellness.
4. Offer an awareness workshop for faculty in the fall regarding issues of reintegration for veterans.
5. Provide RA training/gate keeper workshop on suicidal students.
6. Serve as an active liaison between Student Affairs and Student Health Center.
7. Collect counseling service resources for on-site students in their communities to put on Counseling Center web site and work with regional directors to assist these students as needed.
8. Ensure that sexual assault training and education is updated and ongoing through psychologist in Counseling Center