



## EASTERN OREGON UNIVERSITY

### Student Affairs 2007-08 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.

**2007-08 Goals and Objectives:**

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: gatekeeper training for wellness committee and residence life staff (suicide training for the Garret Smith grant.)

Goal V: continue to develop and implement SART program

**2007-08 Goal Attainment Summary: (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 12% 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 AG department, orientation, communications class, and CORE 101 on transitions,

4.) Gatekeeper training on suicide was done with hall directors and RAs and with the upcoming RA class. Wellness Committee did not meet until the end of the year.

5.) SART Advocacy Training was successfully conducted.

We are responsible for the supervision of interns and staff. 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, Bi annual Drug and Alcohol report. In addition the development and implementation of the SART program and the dissemination of information and training for the Garret Smith Suicide grant.

Started a Formal Organized Study Group to maintain C.E. credits: topics include Critical Incident Stress Debriefing, Bi Polar Depression, Ethical dilemmas in clinical practice, Depression and Anxiety, Suicide Constellations in the Rorschach, PTSD, A comparative Case Study Analysis of Jungian, Freudian, and behavioral theories, Advances in the treatment of Bipolar disorder, dual relationships in rural psychology, and fear, hatred and violence in the American culture.

### **Counseling Center Data:**

We saw 10% of the on campus student population (147 intakes). The majority (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: 34% were males and 66% were female. Ethnicity: 11.5% were ethnic minorities. Alcohol and drug use assessments were 24 (16%). Our heaviest intake time was winter quarter followed by fall then spring. 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 to name a few:

- 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

- R.A. Dorm Training: Counseling techniques
- Time Management and Stress training for R.A.s
- Oregon Psychological Association
- Eastern Oregon Psychological Association
- Mental Health hip tips in the Voice
- Consultation with Faculty and Staff
- Consultation with athletics
- Academic guest lecturers...Clinical Interventions in Psychology
- Academic guest lectures.....Communication class
- Reaching out Booklet: resource for faculty and staff
- SART Program
- Garret Smith Suicide Grant
- Stress Management workshops
- Open house for new students and parents
- Suicide /crisis training for R.A. Training
- General counseling techniques for R.A. training

**Summary of Services to Students:** We continued with basic responsibilities and enhanced and maintained a positive work environment. This included but was not limited to: Establishment of groups to meet the student's needs, continue to direct and support staff in the delivery of services, and encourage personal and professional growth of staff.

Evaluation by students indicated a high level of satisfaction. The counseling center contributes to retention and enhances student academic experience. We have more than a few examples of students who were basically packing their bags that after working with us decided to stay and have become good students as well as contributing members of the campus community.

Consultation to the dorms was continued. We have office time twice a week at the residence life office and we were available and helpful to the dorms. Meetings with the Health Center have created a continuity of services for those students requiring medication and counseling. Consultation to the resident assistants and housing staff regarding drug and alcohol and behavioral management was provided. Support was given to ADA services in evaluation of documentation and general consultation. In addition, the drop-in schedule was maintained to help students enter the system more effectively. This has resulted in an increase in student and faculty utilization.

On campus we have continued to work hard to maintain relationships and provide support to the Health Center, Athletic Department, Housing, Learning Center, Theater Department, to name a few.

Staff activities including groups, outreach and consultations to campus and community:

## 2007-08 Student Learning Outcomes

EASTERN OREGON UNIVERSITY  
STUDENT AFFAIRS  
2007/2008  
STUDENT LEARNING OUTCOME STATEMENTS

Unit Name: Counseling Center

Description of learning activity or program:

Conduct individual and group therapy

1. How does this activity complement the University, Student Affairs, or unit's mission, or meet the unit's objectives?

The Counseling Center's activity supports the EOU mission by help guiding students in responsible and reflective action and improving their relationships in a diverse and interconnected world. The Counseling Center's activity provides critical support to the students and campus community to ensure that all students have access to University programs, activities and benefits; that students are treated with dignity and respect, and promotes student growth and development through providing psychological counseling services, psychological consultation services, and outreach programming learning activities across campus and disciplines to enhance mental hygiene.

2/3. List the Student Learning Outcome Clusters that apply and Student Learning Domains that may be achieved through participating in this activity:

2. List Learning Outcome Cluster (A-E)	3. List Learning Outcome Domains (1-33)
A	1,2,3,4,5,7
B	8,11,12,13
C	15,16

D	20,21,22,23,24,25,26,27
E	28,29,30,31,32,33

By participating in individual and/or group therapy, students will learn to understand themselves and how they relate to a larger world, and will become more sensitive of others in regards to intimacy and relationship.

The Counseling Center's "Client Satisfaction Questionnaire" was utilized: A five point Likert scale. The questionnaire was given to a randomized sample of students using the counseling center during the year.

Results: The feedback we received from our "Client Satisfaction Questionnaire" indicated a high level of satisfaction with services: ones and twos were the most frequent response which corresponds to strongly agree and agree. Raw data is available at the Counseling Center.

Unit Name: Counseling Center

Description of learning activity or program:

Student leadership training activity with RA's – Suicide Gatekeeper Training

1. How does this activity complement the University, Student Affairs, or unit's mission, or meet the unit's objectives?

The Counseling Center's activity supports the EOU mission by help guiding students in responsible and reflective action and improving their relationships in a diverse and interconnected world. The Counseling Center's activity provides critical support to the students and campus community to ensure that all students have access to University programs, activities and benefits; that students are treated with dignity and respect, and promotes student growth and development through providing psychological counseling services, psychological consultation services, and outreach programming learning activities across campus and disciplines to enhance mental hygiene.

2/3. List the Student Learning Outcome Clusters that apply and Student Learning Domains that may be achieved through participating in this activity:

2. List Learning Outcome Cluster (A-E)	3. List Learning Outcome Domains (1-33)
A	1,2,3,4,7
D	20,21,22,23,24,25,26
E	28,29,31,32,33

4. Write the student learning outcome statement for this activity.

By participating in this student leadership training activity, students will learn: to understand themselves and how they relate to a larger world, how to become more sensitive of others in regards to intimacy and relationship, how to discuss in diverse groups how this topic applies to their everyday lives, and how to impart this knowledge to others.

5. How will the achievement of this learning outcome be evaluated, measured, or assessed? Describe measures to be used.

The “Student/Participant Assessment” and the “Counseling Center Assessment” will both be utilized.

6. Results: 18 Resident Assistants and 3 Hall Directors participated in the training. Positive results were obtained in all areas. Intellectual, Career, Citizenship, Leadership, Self-awareness, and Management of Life Skills. Raw Data is available in the Counseling Center.

EASTERN OREGON UNIVERSITY  
STUDENT AFFAIRS  
2007/2008  
STUDENT LEARNING OUTCOME STATEMENT PLANNING GUIDE

Unit Name: Counseling Center

Description of learning activity or program:

Conduct a Sexual Assault Campus Advocate Training.

1. How does this activity complement the University, Student Affairs, or unit's mission, or meet the unit's objectives?

The Counseling Center's activity supports the EOU mission by help guiding students in responsible and reflective action and improving their relationships in a diverse and interconnected world. The Counseling Center's activity provides critical support to the students and campus community to ensure that all students have access to University programs, activities and benefits; that students are treated with dignity and respect, and promotes student growth and development through providing psychological counseling services, psychological consultation services, and outreach programming learning activities across campus and disciplines to enhance mental hygiene.

2/3. List the Student Learning Outcome Clusters that apply and Student Learning Domains that may be achieved through participating in this activity:

2. List Learning Outcome Cluster (A-E)	3. List Learning Outcome Domains (1-33)
A	1,3,4
B	9
C	15
D	20, 21, 22, 24, 25, 26
E	29, 31

4. Write the student learning outcome statement for this activity.

By participating in these training students, faculty and staff will learn how to relate the EOU sexual assault reporting process to their role as an advocate.

5. How will the achievement of this learning outcome be evaluated, measured, or assessed? Describe measures to be used.

The "Student/Participant Assessment" and the "Counseling Center Assessment" will both be utilized.

Results: Five students and Staff participated in the training. Intellectual, Career, Practical Competence, Citizenship, Engagement, Leadership, Self-Awareness, Interpersonal Sensitivity and Managing Life Skills were all mentioned as areas in which learning took place. Raw data is available at the Counseling Center.



## **2008-2009 Goals:**

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: (On Going) Gatekeeper training (Suicide) for Student Life and residence life staff

Goal V: (on Going) Training of SART Advocates

Goal VI: Conduct a Psycho Educational Book Group with selected students, staff and faculty.

Goal VII: SART training with Residence Life Staff

## **2008-09 Student Learning Outcomes**

EASTERN OREGON UNIVERSITY

STUDENT AFFAIRS

2008/2009

STUDENT LEARNING OUTCOME STATEMENTS

Goals I, II, III, IV and V are done each year

Unit Name: Counseling Center: Goal VI

Description of learning activity or program:

Conduct Psycho Educational Book Group

1. How does this activity complement the University, Student Affairs, or unit's mission, or meet the unit's objectives?

The Counseling Center's activity supports the EOU mission by help guiding students in responsible and reflective action and improving their relationships in a diverse and interconnected world. The Counseling Center's activity provides critical support to the students and campus community to ensure that all students have access to University programs, activities and benefits; that students are treated with dignity and respect, and promotes student growth and development through providing psychological counseling services, psychological consultation services, and outreach programming learning activities across campus and disciplines to enhance mental hygiene.

2/3. List the Student Learning Outcome Clusters that apply and Student Learning Domains that may be achieved through participating in this activity:

2. List Learning Outcome Cluster (A-E)	3. List Learning Outcome Domains (1-33)
A	1,3,4
C	16
D	20.21, 22, 23, 24, 26,
E	29, 32

By participating in individual and/or group therapy, students will learn to understand themselves and how they relate to a larger world, and will become more sensitive of others in regards to intimacy and relationship.

The “Student/Participant Assessment” and the “Counseling Center Assessment” will both be utilized.

Results:

Description of learning activity or program:

SART Training with Residence Life Staff

1. How does this activity complement the University, Student Affairs, or unit's mission, or meet the unit's objectives?

The Counseling Center's activity supports the EOU mission by help guiding students in responsible and reflective action and improving their relationships in a diverse and interconnected world. The Counseling Center's activity provides critical support to the students and campus community to ensure that all students have access to University programs, activities and benefits; that students are treated with dignity and respect, and promotes student growth and development through providing psychological counseling services, psychological consultation services, and outreach programming learning activities across campus and disciplines to enhance mental hygiene.

2/3. List the Student Learning Outcome Clusters that apply and Student Learning Domains that may be achieved through participating in this activity:

2. List Learning Outcome Cluster (A-E)	3. List Learning Outcome Domains (1-33)
A	1,3,4
B	9, 11, 12
C	15, 16
D	20, 24
E	28,29

By participating in this training students will learn to understand how to help a victim of sexual assault, become aware of resources. In addition they will become more sensitive of others in regards to intimacy and relationship.

The "Student/Participant Assessment" and the "Counseling Center Assessment" will both be utilized.

Results:

