Executive Summary: UBCS Counseling Services 2022-2023

- 92% of students scheduled a needs assessment appointment on the same day they requested services
- On average students were assigned for ongoing counseling within 2.2 days of their needs assessment appointment
- 12,185 counseling appointments were provided to 2,114 students.
- Due in part to two blizzards and being short-staffed, there was a 6% decrease in the number of students seen and a 7.5% decrease in the number of counseling appointments.
- Post-Covid, students are indicating a growing preference for in person individual counseling appointments; 52% in 2022-23 vs 37% in 2021-22
- 83% of students attended 1-10 counseling sessions. The average number of appointments attended was 5.7 sessions.
- 31% of students served had engaged in counseling prior to college.
- 36% of the students who sought counseling were graduate students.
- 27% of the students who sought counseling were first generation college students.
- 53% of the students who received counseling were students of color.
- The top reasons for seeking counseling:
    - Adjustment Issues (31%)
    - Anxiety (25%)
    - Depression (15%)
    - Phase of Life Problem (15%)
    - Family Problem (12%)
    - Interpersonal Problem (e.g., peers, romantic) (9%)
    - Stress or Trauma Disorder (8%)
    - Academic Problem (4%)
    - Childhood Abuse (Physical, Sexual, or Psychological) (3%)
    - Eating Disorders (3%)
    - Grief/Loss (3%)
    - Neurodevelopment Disorder (e.g., ADHD) (3%)

- 91% of students would recommend Counseling Services to a friend
- Offered 263 educational programs related to college student mental health to 17,118 students, faculty, and staff, which is a 36% increase in the number campus members reached in 2021-22.
- Contributed to the educational mission of the university by serving as a training site for 10 UB graduate students in Social Work, Counseling Psychology, and Mental Health Counseling.
- Increased access to services by embedding a counselor in the School of Pharmacy and Pharmaceutical Sciences. There are now 6 embedded counselors.
- Counseling Services frequently provided crisis intervention following tragedies and other events that impacted the campus community (e.g., medical school dean and family perished in a fire, stabbing death on campus, earthquake in Turkey, high profile speakers on campus, civil unrest in Iran, Latin American students protest, police beating death in Memphis)