

2015-16 Annual Report Counseling Services

I. Mission Test

Mission

The mission of Counseling Services at the University of Arkansas at Little Rock is to empower students to overcome barriers to their academic success by:

1. Providing counseling services for university students
2. Promoting a culture of community by fostering an atmosphere of caring.

II. Values

The University of Arkansas at Little Rock Counseling Services keeps the following core values at the center of all initiatives, processes and services offered:

- Safety
- Support
- Empowerment

III. Vision

Our vision is that all UALR students will prioritize their mental health, regularly participate in self-care activities, and leave UALR better able to navigate life's many emotional challenges.

IV. Highlights

Arkansas Collegiate Drug Education Committee (ACDEC)

The mission of ACDEC is to assist Arkansas college and university campuses in alcohol and drug abuse prevention and intervention programming. Counseling Services (CS) continues to support this endeavor by having a representative serve with this group of substance abuse professionals.

National Depression Screening Day

Counseling Services teamed with the School of Social Work's student organization to provide a free depression screening opportunity for the UALR campus community. Utilizing the Patient

Health Questionnaire-9 (PhQ-9) to assess depressive symptoms, CS staff and the students provided assessments for 547 individuals on October 14, 2015. The number of completed screenings increased by 349 (198 screenings in 2014).

Search Committee

Director served on the search committee for the Vice Provost for the Division of Student Affairs.

GradFest

GradFest is a one-stop shop event held twice a year for all graduating students.

During this event, students may take care of their graduation needs in one convenient location. Fall 2015 GradFest was October 7 and 8, followed by Spring 2016 GradFest on March 9 and 10, 2016.

University District Wellness Fair

On December 5, 2015, Counseling Services provided information, encouragement, and life-skills to University District participants seeking to improve their overall health and fitness level. In particular, information on how to better overcome barriers and sustain motivation in pursuing healthy lifestyle choices were provided through one-on-one interactions with participants.

Vet Center Collaboration

In an effort to encourage students who are veterans to avail themselves of mental health counseling, Counseling Services hosted a Vet Center counselor monthly in our office. The hope was that having a mental health professional, who is also a veteran, would increase the number of those seeking services. The endeavor, however, was not successful for the initial year.

Clinical Intern Placement Site

Counseling Services served as a clinical internship site for UALR graduate students continuing the tradition as a training site for mental health practitioners. In particular, during fall 2015, Counseling Services hosted two interns, one from the School of Social Work and one from Rehabilitation Counseling. During spring 2016, we again had interns from both the School of Social Work and Rehabilitation Counseling as well as an intern from the Counselor Education program. Additionally, our psychiatric nurse practitioner served as proctor a practicum student. It was, indeed, a banner year for interns with six being place with us across the academic year.

Fundraising

To support programs and outreach, Counseling Services raised over \$30,000 in cash, goods and services. This included the following generous gifts

- \$5,000 from WalMart for the UALR Food Pantry
- \$20,000 for the Charles W. Donaldson scholarship fund from Arkansas Family Dental
- Approximately \$7,000 for Suicide Prevention Week 2015

Suicide Prevention Week

Counseling Services facilitated the annual Suicide Prevention Week, September 21-25, 2015. The purpose was to educate about campus mental health resources, reduce overall stigma concerning behavioral health issues and promote help seeking behavior. A new event this year was the Brain Games day. The purpose was to have participants engage in activities that help promote self-awareness and better understand factors that influence our emotions and behaviors.

Veterans Mental Health Summit

A Counseling Services representative participated in the second annual Little Rock Veterans Affairs Mental Health Summit. The focus was to educate mental health service providers on ways to best serve the mental health needs of military veterans.

Title IX Training Team

The director served as part of internal team to train UALR Title IX investigators. In particular, the topic presented was the psychological and neurobiological impact of sexual assault and trauma on those assaulted. All Counseling Services staff completed Title IX training in October, 2015.

Eating Disorder Screening

Along with partners from UALR Social Work Organization, Student Nurse Association and UAMS Eating Disorders Clinic, Counseling Services provided eating disorder screenings for the UALR community on February 24 and 26, 2016.

Assessment locations were the Donaghey Student Center and the Reynolds College of Business building across both days. 321 screenings were completed; an increase of 321% over the previous year (93 completed in spring 2015).

HIV Counseling and Testing

Professional staff from Counseling Services, along with Health Services colleagues, completed the HIV Prevention Voluntary Counseling & Testing course. Facilitated by the Arkansas Department of Health, this three day course educated and equipped participants with a skill set

to provide a powerful intervention for reducing high-risk behaviors, In addition, it provided a standardized counseling approach to use in delivering test results in a professional, yet