

Student Affairs Annual Highlights 2015-2016

Department Name: Center for Health & Counseling

Dash Board Indicators:

	07/01/2014-06/30/2015	07/01/2015-06/17/2016	% Change
Medical Clinic			
Rwd	2739	2135	22% decrease
Jor	126	232	84% increase
SCC	218	185	15% decrease
Total	3083	2552	17% decrease
Minimum Savings to students (Office Visits only)	\$283,636.00 (in 2015, avg. Medicare rate was \$102.00)	\$285,824.00	National avg. medical visit is \$122.00 (2016 Medicare rate). Our students pay \$10 per visit. Estimate is for office visit only and no other procedures.
Massage			
Rwd	1172	997	14% decrease
Jor	0	32 (Chair)	3200% increase
SCC	97	88	9% decrease
Total	1269	1117	12% decrease
Minimum Savings to students	\$76,140.00	\$55,850.00	Avg. cost of massage in community is \$60 per hour. Our students received one free per semester in 2014-15 and paid \$10 in 2015-16.
Counseling			
Rwd	1714	1581	% decrease
Jor	67	40	% decrease
SCC	368	231	% increase
Total	2149	1852	% decrease
Minimum Savings to students	\$150,430.00	\$129,640.00	Avg. cost of session in the community is \$80. Our students pay \$10.
Health Ed & Prom	7671	10,929	42% increase
Minimum Savings to students	Priceless	Priceless	It is difficult to place a dollar amount on lifestyle changes that include smoking cessation, weight loss, and healthy lifestyle changes.
GRAND TOTAL	14,172	16450	16% increase

Due to Vice President June 27, 2016

Programming or Service Highlights:

Administrative

- Served 16,450 students in our department, despite a decrease in student enrollment. While our most notable increase is in health education and promotion, this indicates more students are attending our programming events as we require a post evaluation to count a student.
- Changed our name from Health and Wellness Services to the Center for Health & Counseling, effective July 1, 2015.
- Awarded a \$10,000 grant for the Truth Initiative's Smoke-Free and Tobacco-Free Community College Grant Initiative. This is a planning grant and the grant period is from June 15, 2016-December 31, 2017.
- Launched the patient portal through Mediat, allowing patients /clients to make online appointments, fill out forms online, pay bills through secure portal, receive educational materials to their secure inbox and send email reminders of appointments to patients/clients.
- Our South City Campus location was remodeled in the fall of 2015 to expand our services and offer more office space for counseling and to add massage therapy on this campus.
- Developed a 3-5 year Action Plan based on recommendations from Program Review.
- Lorri was invited and trained as a facilitator with the Center of Authentic Leadership and Mindfulness (CALM).

Counseling

- Hired a new full-time LCSW, Sarah Blair, in October 2015 and new part-time LCSW, Andrea Morgan, in September 2015.
- Provided supervised internships to two University of Utah, Masters of Social Work practicum students, Julia Maeser and Karl Jennings, who contributed a total of 1200 service hours to our department during fall and spring semesters.
- Provided free mental health screenings to students for depression and anxiety during health promotion activities during fall and spring semesters, including National Depression Screening Day in October, Love Your Body in February, and De-stress Fest in April at Redwood campus, and a stand-alone screening in March at South City campus. A total of 118 students were screened, including several students with active suicidal ideation who followed up with individual counseling services at our Center.
- Conducted QPR Suicide Prevention Training to a total of 45 Student Affairs staff, including Academic Advising in October and as part of the Behavioral Intervention Team training series in December.
- By invitation from the Center for Innovation, provided a workshop to 27 faculty and staff in December on *College Student Mental Health: Recognizing and Dealing with Students in Distress*.
- Collaborated with other Student Affairs departments in the training of their students and staff, including High School to College Transition to TRIO in July, Stress Management to Discover SLCC in September, Dealing with Difficult Clients to International Student Services in December, and Stress Management to TRIO in March and April. A total of 44 students and staff were trained.
- By request, provided classroom presentations to a total of 50 students on Eating Disorders in November and Test Anxiety in March.
- Collaborated with the Disability Resource Center in presenting mental health information at the *Stand Up To Stigma* event during Disability Awareness Week in October.

- Offered a number of workshops to students during the year through our MSW practicum interns, including *Mixed Emotions: Managing Emotions through A Mind-Body Connection* in October, *Test Anxiety* in November and January, and *Relationships 101: How Not To Mess Up A Good Thing* in February.
- Contributed to articles on mental health in The Globe, including Suicide Prevention in September and Cyberbullying in March.
- Had an average of 112 unique visitors per month on our SLCC information page at the Jed Foundation's U-Lifeline, an online college mental health resource site for students.

Health Clinic

- Awarded a \$2000 Inclusivity and Diversity grant to initiate FREE Rapid HIV testing in our clinics. We were able to purchase 110 tests for students with this grant.
- Held our first free HIV testing event during April (STD Awareness Month) and we are planning another event June 27th (National HIV Testing Day).
- Instituted the American College of Sports Medicine's (ACSM) Exercise is Medicine (EIM) Program in collaboration with the Health and Lifetime Activities Fitness Technician program.
- Provided flu vaccine to 299 SLCC employees with the assistance of Human Resources to charge the Blue Cross Blue Shield (BCBS) plan.
- Provided 400 FREE and 80 subsidized rate flu vaccinations on campus to students. This was a savings of \$10,800 to our students.
- Hired a new Immunization Compliance Specialist, Julie Christie, to monitor International Students and Immunization compliance.
- Finished the update of our Standard Operations Manual (SOM) for the health clinic.

Health Education and Promotion

Health Promotion

- Based on a federal mandate, provided Freshman Alcohol Letters to 2299 parents of all incoming fall semester students under the age of 21.
- Implemented six programs – National Collegiate Alcohol Awareness Week (NCAAW), Great American Smoke Out (GASO), World AIDS Day, Love Your Body Month, Sleep Hygiene, De-Stress Fest, - impacting 1178 students, staff and faculty.
- Provided continuous peer educator training to Student Health Advisory Club (SHAC) members.
- In support of their annual Peer Education Training, two members of the Student Health Advisory Club (SHAC) attended the General Assembly at the BACCHUS Initiatives of NASPA in Washington, D.C. Two members of SHAC and the advisor also served on the pilot group for the new Certified Peer Educator Training held in April.
- Developed an application process for the Student Health Advisory Club.
- Developed social norms marketing campaign based on data from the ACHA-NCHA Executive Summary Report for SLCC – “Did You Know...?” series.
- Hired a registered dietitian, Rebecca Clyde, in June 2016 to work with the Exercise is Medicine Program and Lifestyle Interventions.
- Hired a new marketing and graphic designer, Jasmin Prows, in July 2015.
- Revised our health promotion practices according to the Standards of Practice for Health Promotion in Higher Education – Standard 4 (Cultural Competence).

Massage Services

- Chair massages were offered in the libraries of Redwood, Jordan and South City campuses during finals week of fall and spring semesters.
- The massage policy and procedures manual has been created and completed. A chair massage procedure document has been created.
- Brannigan Roeber, Megan Kelly, Zina Bennett, and Brett Campbell joined our staff as Licensed Massage Therapists.
- Created an after-care educational sheet for massage clients.

Assessment Highlights:

- Began depression screening assessments for every clinical visit, using the PHQ-2 and 9.
- We examined 300 random charts after instituting global screening protocol, with a 77% screen rate.
- 233 encounters with a screening yielded 81 positive PHQ-2s
- Of those 81 encounters where the patients indicated depression:
 - Most did not come in for depression
 - Most did not have a history of depression known to us
 - Most received a subsequent PHQ-9 and a treatment option
- There was a 21 % positive PHQ-2s, or 17 patients overall (likely 17 different patients) that were novel depression discoveries ((meaning no Hx, did not come in for depression, and received a treatment intervention)
- Global screening for depression does increase identification of depression and leads to increased treatment
- Collaboration with campus and community organizations regarding cultural competence.
- Received cultural competence training for Health Promotion Manager and Student Health Advisory Club members (peer health educators)
- Developed marketing and promotional items that were culturally competent with aspects of inclusion, respect, equality, and equity