

Student Affairs Annual Highlights 2016-2017

Department Name: Center for Health & Counseling

Dash Board Indicators:

	07/01/2015-06/30/2016	07/01/2016-06/30/2017	% Change
Medical Clinic			
Rwd	2178	2258	3.7% increase
Jor	232	204	12% decrease
SCC	188	316	68% increase
Total	2598	2778	6.9% increase
Minimum Savings to students (Office Visits only)	\$290,976.00	\$311,136.00	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	1009	953	5.3% decrease
Jor	0	0	N/A
SCC	89	124	39.3% increase
Total	1098	1077	1.7% decrease
Minimum Savings to students	\$54,900.00	\$53,850.00	Avg. cost of massage in community is \$60 per hour. Our students pay \$10 for first in any semester and \$30 for second in same semester.
Counseling			
Rwd	1615	1776	9.9% increase
Jor	42	76	80.9% increase
SCC	232	492	112% increase
Total	1889	2344	24% increase
Minimum Savings to students	\$132,230.00	\$164,080.00	Avg. cost of session in the community is \$80. Our students pay \$10.
Health Ed & Prom	10,939	8,671	20.7% decrease
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	16,514	14,870	9.9% decrease

Programming or Service Highlights:

Administrative

- Provided 14,870 appointments in our department. This is decrease overall from last year, but only from lower participation numbers in our Health Education events and a very small (1.7%) decrease in massage services. Our Counseling unit saw the most growth in our department with an increase of 24% from the 2015-16 year. Despite personnel challenges in our medical clinic unit, we were still able to increase our appointments by almost 7 percent. We also saw a significant increase (68% in the medical clinic and 112% in the counseling unit) in utilization rates at our South City campus. We did see an increase in counseling appointments at our Jordan campus and a decrease in medical appointments. Due to personnel challenges, we had to reduce the number of available medical appointments at the Jordan site. This was most likely the main contributor to lower numbers in the medical clinic at this site.
- In response to the State Legislature's Concurrent Resolution Declaring Mental Health Issues to be a Public Health Crisis at Utah Higher Education Institutions, Director Lorri Castro-Zenoni and Counseling Services Manager Scott Kadera presented to SLCC President Huftalin, the Cabinet and the Board of Trustees on the status of college student mental health, current challenges at SLCC, and action steps CHC is taking to meet these challenges. With a restructure of student fees, we will create 2 new FT LCSW positions to support our student's mental health needs. With these new positions, we will have 5.6 FTE Mental Health Therapists.
- Continued to pursue Truth Initiative's Smoke-Free College Grant Initiative. This is a planning grant and the grant period runs from June 15, 2016-December 31, 2017.

Counseling

- Hired a new part-time LCSW, Mike Bouck, in November 2016.
- Experienced a significant increase in the number of students seeking services as well as the total number of sessions provided over the previous year. The number of overall new intakes increased 29% and the number of sessions provided increased 24% from the previous year. Our Redwood campus saw an increase of almost 10% in total appointments, while our Jordan campus saw an increase of almost 81%. Our South city campus saw the largest growth this last year with an increase of 112% from the previous year.
- Submitted a proposal entitled Student Access to Health Care Initiative for an Equity, Diversity & Inclusivity Grant for Student Access and Success. This award allowed us to waive the fee, up to five visits, for medical or counseling services for students demonstrating financial hardship. The grant period extended from the beginning of Spring 2017 semester through June 30. A total of 43 students received services from the grant.
- Offered free mental health screenings to students for depression and anxiety during outreach and health promotion activities during fall and spring semesters, including the Bruin Bash in September, Mocktoberfest in October, and Choose to Snooze in March. A total of 56 students were screened, with a number of students following up with individual counseling services at our CHC, as a result of the screening.
- Collaborated with Faculty Development to provide trainings in College Student Mental Health and QPR Suicide Prevention in February and March. Also presented to Academic Advising on Referring Students to Counseling in November and to the Behavioral Intervention Team on Stress Management in April. A total of 69 faculty and staff attended these events.
- Provided 13 outreach presentations throughout the year (including teaming up with Academic Advising in their Academic Boosters Series) to students, and student leaders, on a variety of topics including Stress Management, Self-Care, Test Anxiety, Time Management, Dangers of Prescription Drugs and Counseling and Success. A total of 154 students participated in these events.

- Completed a tentatively entitled *Student Mental Health Guide for Faculty and Staff*, covering topics such as how to recognize and respond to students in distress, how to recognize and respond to warning signs of suicide, as well as relevant on-campus and community mental health resources for students. This guide will soon be available on our CHC website.
- Contributed an expert interview to an article on mental health published in The Globe in April entitled “Taking Care of Your Mental Health”.
- Had an average of 93 unique visitors per month, or 1,069 visitors through mid-June of this year, on our SLCC information page at the Jed Foundation’s U-Lifeline, an online college mental health resource site for students.

Health Clinic

- Provided free flu vaccine to 314 SLCC employees with the assistance of Human Resources to charge the Blue Cross Blue Shield (BCBS) employee plan.
- Provided 426 FREE and 60 subsidized rate flu vaccinations on campus to students. This was a savings of \$11,250 to our students.
- Hired a new Immunization Compliance Specialist, Stefany Abad, to monitor International Students and Immunization compliance.
- Hired Terri Mehlhoff, as a Family Nurse Practitioner in December, 2016. Terri was then selected as the new Clinic Manager in May 2017.

Health Education and Promotion

- Based on a federal mandate, provided Freshman Alcohol Letters to 3266 parents of all incoming fall semester students under the age of 21.
- Hired a Tobacco Prevention Specialist, Anna Steiner and a Health Promotion Specialist, Esteban Moreno.
- Provided outreach to 8449 students, staff and faculty from July 1, 2016 – May 31, 2017. All participants are required to complete a post evaluation of the event for inclusion in the count.
- Continued revision of health promotion services according to the Standards of Practice for Health Promotion in Higher Education – focused on Standard 3. Collaborative Practice.
- Regarding the Truth Initiative, Smoke-Free Campus Grant received, we formed a Smoke-Free task force, held three committee meetings, held five focus groups, and collected 360 surveys, and an average of 329 responses from supplemental questions asked on the ACHA-NCHA survey. Recommendations are being collected and a draft proposal being written.
- Two members of the Student Health Advisory Club (Lexi Koplin and Giselle Fagundes Draper) attended the General Assembly at the BACCHUS Initiatives of NASPA in Kansas City, MO.
- Conducted the American College Health Association – National College Health Assessment (ACHA-NCHA II) from March 20 – April 7. The overall response rate is 8.4%. The top ten barriers for academic success are: Stress (31.4%), Anxiety (24.6%), Sleep Difficulties (24.3%), Work (24.0%), Depression (18.3%), Cold/Flu/Sore Throat (12.2%), Internet Use/Computer Games (12.0%), Finances (11.3%), Concern for troubled friend/family member (10.9%), Relationship Difficulties (10.4%). As a comparison to data from the previous assessment, the response rate was 10.1% and the top ten barriers were: Stress (27.3%), Work (23.8%), Sleep Difficulties (19.8%), Anxiety (19.3%), Depression (14.7%), Finances (13.2%), Cold/Flu/Sore Throat (11.4%), Concern for a troubled friend or family member (11.1%), Relationship Difficulties (7.2%), and Death of a friend or family member (7.2%).

- Provided nutritional education workshop series during fall semester, including a four-week series. The four-week mini-series workshops offered included Meal Planning, Navigating the Grocery Store, Meal Prep, and Cooking Demo. There were 47 participants that attended the workshop series. Overall, we reached 171 students with our nutritional outreach efforts.
- Center for Health & Counseling staff provided a four-week anxiety management workshop series to students at the beginning of Fall semester at the South City and Taylorsville Redwood Campuses. There were 31 participants.
- Implemented six programs - National Collegiate Alcohol Awareness Week, Great American Smoke Out, World AIDS Day, Love Your Body Month, Sleep Hygiene, De-Stress Fest – impacting 925 students, staff, and faculty.
- Increased social media content and followers by 5%.

Massage Services

- Our Licensed Massage Therapists, Brannigan Roeber and Heather Johnson, developed and presented two workshops on stress management through massage and injury prevention techniques. There were seven participants.
- Our Licensed Massage Therapists participated in 14 chair massage opportunities for students, including Center for Health & Counseling events, workshops, and additional opportunities in collaboration with other departments. We increased our chair massage and outreach efforts by 17%.
- We developed a media campaign via posters and social media to promote educational benefits of massage.
- We collaborated with Student Life & Leadership, Athletics, TriO, Student Services (Jordan) and Library Services to promote massage services and benefits to students, staff and faculty.

Assessment Highlights:

- Performed a brief PTSD screening and follow-up diagnostic assessment on all new students presenting for mental health counseling during Fall and Spring semesters.
- There were 306 students that participated in the PTSD screening. Of those screened, 66% were female and 34% male.
- Results from the PTSD Screening indicated that 39% of students screened positive for symptoms of PTSD.
- 24% of students seeking their first visit in our office met diagnostic criteria for PTSD.
- Of those students undergoing further assessment, 62% were identified as meeting criteria for PTSD diagnosis.
- Rates for diagnosed PTSD are about twice as high for women.
- 32% of all clients are concerned about past trauma, whether they have PTSD or not.
- The Center for Health & Counseling Massage Services assessed clients' needs and satisfaction of massage services and the correlation of massage services and stress management linking to student participation and completion.
- There were 202 pre-massage surveys completed with 195 post-massage (immediately after) surveys completed.
- 79% of students reported feeling low and very low stress levels after their massage.
- 88% of students reported better sleep after receiving a massage.
- 89% of students reported improved concentration on their academics after their massage.
- 100% of students reported the quality of the massage met their expectations.