

**University of Wisconsin Platteville**

**COUNSELING SERVICES**

***Annual Report 2008-09***

**Submitted to  
Dr. Michael A. Viney  
Assistant Chancellor for Student Affairs  
And  
Richard Egley  
Dean of Students**

**by  
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Director, University Counseling Services  
Coordinator, Alcohol & Other Drug Abuse Education Program**

**June 22, 2009**

University Counseling Services

Annual Report 2008-09

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# **UNIVERSITY COUNSELING SERVICES**

## **Mission Statement**

The main mission of the University Counseling Services (UCS) is to assist in the retention of students by facilitating students' educational, social, and personal development through the offering of psychological services to individuals and groups. In addition, UCS provides testing services for university offices and programs, and psychological consultation to university staff and faculty.

## **General Goals of UCS**

1. Provide professional psychological counseling on a short term basis to individuals experiencing difficulties which interfere with their educational, career, social, and personal development.
2. Provide, often in conjunction with other campus units, developmental programming which will enhance the growth of college students.
3. Facilitate appropriate referrals when necessary.
4. Provide individual psychological testing and interpretation.
5. Coordinate AODA educational programming for the UWP campus.
6. Understand and use student needs as a basis for developing and prioritizing activities and programs consistent with staff resources.
7. Offer a Cooperative Field Experience opportunity to UWP Psychology majors, and Practicum I & II experiences for UWP Counselor Education graduate students..
8. Provide information to faculty, staff, and students about UCS services.
9. Provide counseling related in-service activities for campus groups.
10. Conduct counseling related research as needed by the UCS staff or university community.
11. Identify and help modify campus facilities, policies, programs, etc. which enhance students' development.
12. Evaluate and modify UCS services (counseling outcomes, methods, instruments, techniques, and procedures).

**UNIVERSITY COUNSELING SERVICES**

***STAFF 2008-09***

Roger J. Meyer, M.S., N.C.C., W.C.P.C.

Director  
AODA Coordinator

Deirdre L. Dalsing, M.S., N.C.C.

Counselor  
Publicity Coordinator

Richard A. Voelz, M.S., L.C.S.W.

Counselor

Peggy Hines, M.S.

Counselor

Gina Trollop, L.C.S.W.  
LTE Counselor (Spring, 2009)

Julie Nielsen, M.D.

Psychiatrist

Kara Delaney  
Graduate Assistant  
AODA Education Assistant

Lindsay Becker  
Graduate Assistant

Kimberly Williams  
Student Office Assistant

Amanda Grazier  
Student Office Assistant - AODA

## University Counseling Services

# Staff Professional Development Activities - 2008

### A. Roger Meyer, Director

*Attended:*

- Suicide and Self Harm workshop
- Complex Trauma webcast workshop (2 sessions)
- Violence Toward Women seminar
- Wisconsin Association of Practicing Counselors in Higher Education (WAPCHE) Annual Conference
- UWP Emergency Response Training program
- "Boxes & Walls" program
- Small College Counseling Center meeting

*\* Memberships:*

- American Counseling Association (ACA)
- American College Counseling Association (ACCA)
- Wisconsin Association of Practicing Counselors in Higher Education (WAPCHE)

*\* Regular reading* of selected professional books, journals, and newspapers and articles

### B. Deirdre Dalsing, Counselor

*\* Attended:*

- Suicide and Self Harm workshop
- Complex Trauma webcast workshop (2 sessions)
- Violence Toward Women seminar
- "May I Kiss You" presentation focusing on sexual assault
- "Boxes & Walls" program
- Ethics workshop
- Teaching Stress Techniques to Clients workshop
- Wisconsin Association of Practicing Counselors in Higher Education (WAPCHE) Annual Conference
- UWP Emergency Response Training program

*\* Memberships:*

- Wisconsin Coalition Against Sexual Assault
- Wisconsin Association of Practicing Counselors in Higher Education
- UW System Ad Hoc Committee on College Mental Health

*\* Regular reading* of selected professional books, journals, and newspapers and articles

### C. Rick Voelz, Counselor (0.50 FTE)

*\* Attended:*

- Suicide and Self Harm workshop
- Wisconsin Association of Practicing Counselors in Higher Education (WAPCHE) Annual Conference
- Ethics & Boundaries workshop
- Cases of Standards & Emotions workshop
- Depression & Bi Polar Disorder in Adults & Young People workshop

*\* Memberships:* Wisconsin Association of Counselors in Higher Education (WAPCHE)

*\* Regular reading* of selected professional books, journals, and newspapers and articles

### D. Peggy Hines, Counselor (0.50 FTE Spring, 2008, 1.0 FTE Fall, 2008)

*\* Attended:*

- Suicide and Self Harm workshop
- UWP Diversity Learning Circle
- Complex Trauma webcast workshop (2 sessions)
- Wisconsin Association of Practicing Counselors in Higher Education (WAPCHE) Annual Conference

*\* Memberships:* Wisconsin Association of Counselors in Higher Education (WAPCHE)

## Staff University/Community Service - 2008

### A. Roger Meyer, Director

#### University Service:

*Co-facilitated one section of the "Intro To College Life" class*

*Participated in "Next Steps..." parents panel during summer registration*

*Provided psychological consultation to 21 UWP faculty & staff, 14 parents, and 11 students*

*Presented:*

- *"Orientation to UCS" for the Chemistry Dept.*
- *"15 Ways To Get A's" for Intro to College Life class*
- *College Level Study Skills for 1 Intro to College Life class*
- *"Career Counseling in College" for Careers graduate course*
- *"Note-Taking and Test-taking" for 9 Intro to Engineering classes*
- *Mental Health Issues for LAE college meeting*
- *Mental Health Issues for EMS college meeting*
- *"Communication Skills" for 2 Interpersonal Communication classes*
- *"Orientation to UCS" for Intro to College Life class*

*Participated in:*

- *"Oh, Snap!" Alcohol Summit*
- *RA Orientation to UCS - Campus Services Carnival*
- *Countdown To Commencement*
- *Pioneer Previews*
- *Student Services Fairs*
- *Student Health Services' Wellness Fair*

*Member:*

- *UWP AODA Advisory Committee*
- *UWP AODA Prevention Coalition (Chair)*
- *UWP Behavior Review & Recommendation Team*
- *UWP Student Experience Committee*
- *UWP Students With Disabilities Advisory Committee*
- *UW System AODA Committee*
- *UW System AODA Funding Subcommittee*

#### Community Service

*Member of the Grant County S.A.F.E. AODA Coalition*

### B. Deirdre Dalsing, Counselor

#### University Service:

*Presented*

- *21 programs on various topics to UWP organizations, departments, & classes*
- *Four Safe Zone Trainings*
- *Co-developed Students Promoting Respect organization/program*

*Participated in:*

- *Several student Senate events re sexual assault & domestic violence*
- *Wellness Fair, RA Carnival, Countdown to Commencement, and Pioneer Preview*

*Member:*

- *University Women's Council (Chair for 2008-09 academic year)*
- *Student Health Care Committee*
- *Sexual Assault Task Force*
- *UCS liaison to MERC*

#### Community Service:

*\* Volunteer with AYSO organization in Dubuque*

*\* Volunteer with St Columbille's School in Dubuque*

**C. Rick Voelz, Counselor (0.50 FTE)**

**University Service:**

- \* *UCS liaison to UWP Student Housing Office*
- \* *Participated in:*
  - *Pioneer Preview*

**Community Service:**

NA

**D. Peggy Hines, Counselor**

**University Service:**

- \* *Assisted with Depression Screening Day activities*
- \* *Presented:*
  - *“Strong Healthy Women” for Gamma Phi Beta sorority*
- \* *Participated in:*
  - *Pioneer Preview*
  - *SHS Wellness Fair*

**Community Service:**

NA

## **Staff Minority/Diversity Activities - 2008**

**A. Roger Meyer, Director**

- \* *Member of UWP Students With Disabilities Advisory Committee*
- \* *Participated in the UCS/MERC/International Student Pizza Dinner*
- \* *Served as small group facilitator for “Boxes & Walls”*

**B. Deirdre Dalsing, Counselor**

- \* *Served as UCS liaison to campus ALLIANCE group*
- \* *Served as UCS liaison to MERC*
- \* *Served as small group facilitator for “Boxes & Walls”*
- \* *Organized the UCS/MERC/International Student Pizza Dinner*
- \* *Facilitated the Gay, Lesbian, Bisexual, and Transgendered Support Group*
- \* *Facilitated four Safe Zone Trainings*
- \* *Attended:*
  - *multiple ALLIANCE Meetings*
  - *two BSU meetings*
  - *the Alliance’s Rainbow Rave*
  - *Hmong Thanksgiving Dinner*
  - *Unity Week video*

**C. Rick Voelz, Counselor (0.50 FTE)**

- \* *Participated in the UCS/MERC/International Student Pizza Dinner*

**D. Peggy Hines, Counselor**

- \* *Participated in the UCS/MERC/International Student Pizza Dinner*
- \* *Participated in the UWP Diversity Learning Circle*
- \* *Attended:*
  - *“Silent Protests Against Hate Crimes”*

University Counseling Services  
**2008-09 Departmental Goals & Objectives**

**Summary of Accomplishment**

**Goal 1: Implement Year 1 of the 2006-08 UCS Departmental Self-Study Action Plan – Part 1. (Campus & External Relations)**

Objectives:

1. Schedule meetings with Platteville area mental health clinics to determine services offered and referral possibilities.
2. Contact other regional mental health clinics for similar information.
3. Develop handout summarizing this information and distribute to staff.

*Level of accomplishment: COMPLETED. UCS staff met with a representative of Unified Community Services, Family Advocates, Uplands Counseling Associates, and WKM Psychology Clinic.*

**Goal 2: Implement Year 1 of the 2006-08 UCS Departmental Self-Study Action Plan – Part 2. (Facilities, Technology, & Equipment)**

Objectives:

1. Purchase new computer for the AODA Prevention & Education program.
2. Investigate purchase of a TV/DVD player.
3. Review FT&E needs at the annual Spring UCS Retreat.

*Level of accomplishment: COMPLETED. Computer was purchased. Costs for a TV/DVD was investigated, but budget did not allow for purchase – will be considered again in 2010 fiscal year. Needs identified during the Spring Retreat include new chairs for three offices.*

**Goal 3: Conduct the UWP Faculty & Staff Perceptions of Counseling Services Survey.**

Objectives:

1. Determine format and process.
2. Identify assessment administration time.
3. Complete administration.
4. Tabulate and analyze results.
5. Include results in the Assessment section of the 2008-09 Annual Report.
6. Utilize results to identify areas for focus in 2009-10.

*Level of accomplishment: COMPLETED. Summary of results included in Assessment Report on page 18 of this report.*

**Goal 4: To conduct the bi-annual Client Evaluation of UCS Services.**

Objectives:

1. Develop implementation plan.
2. Review and revise, if necessary, the evaluation form.
3. Implement plan.
4. Analyze results.
5. Determine adjustments to service in 2009-10 based on the survey results.
6. Include results in the Assessment section of the 2008-09 Annual Report.

*Level of accomplishment: COMPLETED. Summary of results included in Assessment Report on page 20 of this report.*

## UCS CLIENT SESSION ISSUES SUMMARY 2008-09

Total Sessions = 1188  
 Clients = 374  
 No Shows = 129

Average number of sessions per client = 3.18

<u>GENDER:</u>	<u>CLASS:</u>	<u>ETHNIC BKGRD:</u>	<u>REASONS:</u>
Male = 175	Freshman = 79	Caucasian = 347	Personal = 218
Female = 196	Sophomore = 92	Asian = 8	Academic = 14
Other = 0	Junior = 81	African Amer = 9	Major/career = 17
Not marked = 3	Senior = 95	Latino = 2	P + A = 77
	Graduate = 21	Native Amer = 0	P + M/C = 13
	Other = 1	International = 1	A + M/C = 1
<u>AGE:</u>	Not marked = 5	Other = 1	P + A + M/C = 27
17-24 = 329		Not marked = 6	Not marked = 7
25+ = 41			
Not marked = 4			

<u>RESIDES:</u>	<u>MAJOR:</u>
On-campus = 165	BILSA = 90
Off-campus = 204	EMS = 110
Not marked = 5	LAE = 149
	UND = 13
	Not marked = 12

<u>MONTH:</u>	<u>Aug./Sept.</u>	<u>Oct.</u>	<u>Nov.</u>	<u>Dec.</u>	<u>Jan.</u>	<u>Feb.</u>	<u>Mar.</u>	<u>Apr.</u>	<u>May</u>
Count	178	187	145	94	74	133	154	162	61

<u>PRESENTING ISSUES:</u>	<u>COUNT:</u>	<u>ADDITIONAL ISSUES:</u>	<u>COUNT:</u>
RELATIONSHIP ISSUES	59	RELATIONSHIP ISSUES	341
FAMILY ISSUES	10	FAMILY ISSUES	179
SELF ESTEEM ISSUES	5	SELF ESTEEM ISSUES	169
CAREER UNCERTAINTY	18	CAREER UNCERTAINTY	75
ACADEMIC CONCERNS	28	ACADEMIC CONCERNS	192
DEPRESSION	60	DEPRESSION	302
GRIEF ISSUES	18	GRIEF ISSUES	69
ANXIETY	51	ANXIETY	241
EATING DISORDERS	3	EATING DISORDERS	17
SUBSTANCE ABUSE	40	SUBSTANCE ABUSE	89
SEX ABUSE	0	SEX ABUSE	1
SEXUAL ASSAULT	5	SEXUAL ASSAULT	15
HARASSMENT	0	HARASSMENT	1
STRESS	17	STRESS	154
ANGER	11	ANGER	33
ATTENTION DEFICIT DISORD	27	ATTENTION DEFICIT DISORD	81
PTSD	3	PTSD	12
GLBTQ	2	GLBTQ	11
OTHER	17	OTHER	74

# UWP Counseling Services 13 Year Statistics Summary

## *Main Presenting Issue at 1<sup>st</sup> Session*

<u>YEAR</u>	<u>STUDENTS/ SESSIONS</u>	<u>#1 ISSUE</u>	<u>#2 ISSUE</u>	<u>#3 ISSUE</u>	<u>#4 ISSUE</u>	<u>#5 ISSUE</u>
1993-94	380/932 Avg = 2.45	relationships	career	depression	academics	anxiety
1994-95	385/993 2.58	relationships	career	depression	anxiety	academics
1995-96	335/922 2.75	relationships	career	depression	academics	anxiety
1996-97	272/664 2.44	relationships	career	depression	stress	academics
1997-98	250/822 3.29	relationships	career	depression	stress	anx/acad/sbst abuse [tie]
1998-99	284/1001 3.52	relationships	career	depression	stress [tie with]	anxiety
1999-2000	267/922 3.45	relationships	depression	stress	anxiety	career
2000-01	256/867 3.39	relationships	depression	anxiety	stress	academics
2001-02	277/823 2.97	depression	relationships	stress	anxiety	academics
2002-03	265/870 3.28	depression	relationships	anxiety [tie with]	stress	subst abuse
2003-04	263/910 3.46	depr [tie with]	relationships	subst abuse	anxiety	stress
2004-05	299/931 3.11	relationships	depression	subst abuse	anxiety	stress/academics [tie]
2005-06	341/979 2.87	depression	relationships	subst abuse	stress	academics
2006-07	379/1003 2.65	depression	relationships	subst abuse	stress	academics
2007-08	365/1077 2.95	relationships	depression	anxiety	subst abuse	academics
<b>2008-09</b>	<b>374/1188 3.18</b>	<b>depression</b>	<b>relationships</b>	<b>anxiety</b>	<b>subst abuse</b>	<b>academics</b>

## University Counseling Services

### **New Initiatives 2008-09**

- + Addition of 1.0 FTE Counselor via Differential Tuition
- + Purchase of a new computer for the AODA Education & Prevention Program
- + Counselor Peggy Hines was trained as another facilitator for the Alcohol & Other Drug Education & Assessment class (AODEAC) in order to provide more flexibility to the program and to match student and staff needs

### **Activities & Services Eliminated, Reduced or Changed 2008-09**

- + Professional development opportunities due to travel restrictions imposed by the state

### **Diversity Training/Education Goals & Activities 2008-09**

- + Completion of Diversity Learning Circle program for full time staff - COMPLETED
- + Presentation and discussion of diversity related issues during staffing meetings - COMPLETED

# **Alcohol & Other Drug Abuse Education & Prevention Program**

## **Summary Report for 2008-09**

### **Graduate Assistant – Kara Delaney**

#### **Involvement Fair**

Mostly people who were required to come to the booths to learn about the organizations stopped by. We had a display board with UMADD info on it as well as UMADD give-aways for anyone who stopped by. Pens and sticky pads were the biggest give-aways. Approximately 5-10 people stopped. We were only at the Fair for one day. I would recommend going for more days.

#### **Oh Snap!**

On Friday September 19<sup>th</sup> from 4-10 pm I attend the Oh SNAP event here at the UW-P campus. It was a great way for students to get together to discuss issues that face the campus and come up with possible ways to educate students on the dangers of irresponsible drinking.

#### **Homecoming**

The theme was P-Vegas, we participated with making a banner that looks like the welcome to las vegas sign. Banner looked great , we incorporated the UMADD in with it. However, there were other groups with the same idea.

#### **Alcohol Awareness Week**

We held a table at the student center each day during this week. Monday was Carnation give-away day and we handed out 300 carnations, the same amount as the year before. I would recommend 200 flowers. Tuesday and Wednesday were informational booths inside the student center and we only had approximately 100 people stop over the course of both days. On Tuesday we rented the beer goggles from campus police and used the tricycles outside the PSC. On Wednesday we educated students on how much is really in a drink. I think student were shocked to see what they are really putting in their drinks. On Thursday, we played root beer pong. Discussed the dangers of drinking games. Approximately 30 students showed interest in that event. On Friday, we had car fresheners and cups from Bacchus network. Each day we had a nice response. We also handed out an AA t-shirt.

#### **Great American Smokeout**

Since Student Health Services was doing another event that day, we held a table promoting the GAS. We joined the Health Services and Grant county and had one big table. We had a little interest.

#### **Tie One On For Safety and 3D Month November 25th and December 11th**

We held tables at the student center again with information about drinking and driving. We encouraged students to use the red ribbons and tie them onto their car or backpack. We did a trivia game and gave a Stop Drinking and driving t-shirt away. We also gave ribbons to our volunteers and they passed them out in their classes during the period between Thanksgiving and the end of the semester.

### **Safe Spring Break Party Challenge**

When: March 4 and 5, 2009

How many People: We had 1 residence halls participate and 3 organizations participate. Over 300 students attended over the course of both nights.

Evaluation: We did not have the participation this year as last year. I would recommend to send stuff before winter break. The parties that were held were fun and everyone seemed to enjoy themselves

I would also require the parties to be thrown during a certain time frame. Some parties were thrown from 6-8pm and really weren't stopping people from going out and partying later in the night. Also, educational components must be interactive. Parties with ed. Components that consisted of just posters on walls were not effective in getting a message out. These are college students and they should be able to be more creative and go one step further.

### **Wellness Fair**

We handed out whistle with a light. The fair was in April which is also Alcohol Awareness Month and Domestic violence month and since sometimes those go hand in hand we ordered whistles. We had a board about relationship and getting along with others. People were interested and asked if we do talks at work places. It was a good fair but no well attended.

### **DOT Grant**

I applied for the Phase V of the DOT Grant and we were approved for \$ 5000 and we had a chance to apply for another 1,200 which we were also approved for. We used this money to help with the advertising of events and cost of t-shirts and promotional items. We worked with the Grant County Health Department and University Health Services on a few projects. It was nice to have prizes for students who inquired about what we were doing or what information that we had to offer.

## Departmental Budget Report

### *Counseling Services - GPR #102-0-511012*

EXPENSE	2008-2009		2007-2008		2006-2007		2005-2006		2004-2005	
	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND
LTE	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$2,431.00	\$2,890.00
Student - reg	\$1,000.00	\$1,654.00	\$1,000.00	\$1,440.00	\$1,000.00	\$1,489.00	\$1,000.00	\$0.00	\$1,000.00	\$365.00
Student - WS	\$400.00	\$0.00	\$400.00	\$0.00	\$400.00	\$0.00	\$400.00	\$147.00	\$400.00	\$74.00
Supplies	\$4,518.00	\$4,088.00	\$4,618.00	\$4,440.00	\$4,618.00	\$4,702.00	\$4,618.00	\$4,394.00	\$4,618.00	\$4,244.00
Capital	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
<b>TOTAL</b>	<b>\$5,918.00</b>	<b>\$5,742.00</b>	<b>\$6,018.00</b>	<b>\$5,880.00</b>	<b>\$6,018.00</b>	<b>\$6,191.00</b>	<b>\$6,018.00</b>	<b>\$4,541.00</b>	<b>\$8,449.00</b>	<b>\$7,773.00</b>

### *AODA Program - GPR #102-0-511010*

EXPENSE	2008-2009		2007-2008		2006-2007		2005-2006		2004-2005	
	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND
Student - reg	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Student - WS	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Supplies	\$700.00	\$667.00	\$700.00	\$743.00	\$700.00	\$616.00	\$700.00	\$648.00	\$700.00	\$475.00
Capital	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
<b>TOTAL</b>	<b>\$700.00</b>	<b>\$667.00</b>	<b>\$700.00</b>	<b>\$743.00</b>	<b>\$700.00</b>	<b>\$616.00</b>	<b>\$700.00</b>	<b>\$648.00</b>	<b>\$700.00</b>	<b>\$475.00</b>

**Academic Testing Services - Revenue #136-0-513623 (formerly #128-0-662213)**

2008-2009

2007-2008

2006-2007

2005-2006

2004-2005

EXPENSE	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND
LTE	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Fringes	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Student - reg	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Student - WS	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Supplies	\$0.00	\$667.00	\$0.00	\$185.00	\$0.00	\$141.00	\$2,674.00	\$1,198.00	\$2,475.00	\$1,371.00
TOTAL	\$0.00	\$667.00	\$0.00	\$185.00	\$0.00	\$141.00	\$2,674.00	\$1,198.00	\$2,475.00	\$1,371.00

Income = \$773

Cash Balance = \$909

Income = \$345

Cash balance = \$803

Income= \$384

Cash balance=\$642

Income=\$1,598

Cash balance= \$400

Income=\$3,247

Cash balance=\$1,115

**AODA Education Program-UCS - Revenue #136-0-513621 (#128-0-662001)**

2008-2009

2007-2008

2006-2007

2005-2006

2004-2005

EXPENSE	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND
Student - reg	\$0.00	\$1,317.00	\$0.00	\$1,146.00	\$0.00	\$1,574.00	\$784.00	\$694.00	\$765.00	\$770.00
Student - WS	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Supplies	\$0.00	\$3,895.00	\$0.00	\$5,079.00	\$0.00	\$5,532.00	\$614.00	\$3,775.00	\$915.00	\$1,606.00
TOTAL	\$0.00	\$5,212.00	\$0.00	\$6,225.00	\$0.00	\$7,106.00	\$1,398.00	\$4,469.00	\$1,680.00	\$2,376.00

Income=\$2,184

Cash Balance=\$211

Income = \$6530

Cash balance = \$3,239

Income=\$6,585

Cash balance=\$-367

Income=\$4,606

Cash balance=\$154

Income=\$1,918

Cash balance=\$276

**University Counseling Services - Revenue #136-5-513624 (#128-5-662515)**

	2008-2007		2007-2008		2006-2007		2005-2006		2004-2005	
EXPENSE	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND	BUDGET	EXPEND
LTE (SHS)	\$0.00	\$7,919.00	\$0.00	\$7,776.00	\$0.00	\$10,155.00	\$10,388.00	\$9,542.00	\$4,049.00	\$10,084.00
Student - reg	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Student - WS	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Supplies	\$0.00	\$17.00	\$0.00	\$17.00	\$0.00	\$20.00	\$468.00	\$291.00	\$440.00	\$175.00
<b>TOTAL</b>	<b>\$0.00</b>	<b>\$7,936.00</b>	<b>\$0.00</b>	<b>\$7,793.00</b>	<b>\$0.00</b>	<b>\$10,175.00</b>	<b>\$10,856.00</b>	<b>\$9,833.00</b>	<b>\$4,489.00</b>	<b>\$10,259.00</b>

Income=\$0.00 \*\*      Income = \$10,585      Income=\$9,757      Income= \$684      Income=\$11,894  
 Cash Balance= -\$7,936      Cash balance = -\$7,794      Cash balance= -\$10,053\*\*      Cash balance= - \$9,149\*\*      Cash Balance=\$1,033

\*\* Transfer of funds from SHS not posted at time of this report

**English/Math Placement Testing - Revenue #128-0-662006 (NO LONGER A UCS ACCOUNT)**

	2004-2005		2003-2004	
EXPENSE	BUDGET	EXPEND	BUDGET	EXPEND
Student - reg	\$2,119.00	\$2,309.00	\$500.00	\$1,530.00
Student - WS	\$0.00	\$0.00	\$0.00	\$0.00
Supplies	\$19,680.00	\$19,880.00	\$19,600.00	\$19,951.00
<b>TOTAL</b>	<b>\$21,799.00</b>	<b>\$22,189.00</b>	<b>\$20,100.00</b>	<b>\$21,481.00</b>

Income=\$27,915      Income=\$17,040  
 Cash Balance=\$12,749      Cash balance=\$7,025



***AODA (UW System DOT Phase IV Grant) #144-5-514433(NOW CLOSED)***

**2007-2008**

<b>EXPENSE</b>	<b>BUDGET</b>	<b>EXPEND</b>
<b>Salary – Acad Stf</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>Student – reg</b>	<b>\$250.00</b>	<b>\$0.00</b>
<b>Supplies</b>	<b>\$4700.00</b>	<b>\$1556.00</b>
<b>TOTAL</b>	<b>\$4950.00</b>	<b>\$1556.00</b>

**Income=\$2402.00 Cash balance=\$846.00 (to be returned to UW System)**

***AODA (UW System DOT Phase IV Grant) #144-5-514434***

**2008-2009**

<b>EXPENSE</b>	<b>BUDGET</b>	<b>EXPEND</b>
<b>Salary – Acad Stf</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>Student – reg</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>Supplies</b>	<b>\$6200.00</b>	<b>\$4209.00</b>
<b>TOTAL</b>	<b>\$6200.00</b>	<b>\$4209.00</b>

**Income=\$0.00 Cash balance= - \$4209.00 (account is reimbursed by UW System following completion of grant period on Sept 30, 2009)**

***WAPCHE CONFERENCE #136-513626-0***

**2008-2009**

<b>EXPENSE</b>	<b>BUDGET</b>	<b>EXPEND</b>
<b>Salary – Acad Stf</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>Student – reg</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>Supplies</b>	<b>\$979.00</b>	<b>\$450.00</b>
<b>TOTAL</b>	<b>\$979.00</b>	<b>\$450.00</b>

**Income=\$555.00 Cash balance= \$1084.00**

University Counseling Services  
**2008-09 Assessment Report**

**I. 2008-09 Assessment Projects**

- A. UWP Faculty & Staff Perceptions of Counseling Services Survey
- B. Client Evaluation of UCS Services
- C. Client Suicide Risk Assessment Review

**II. Assessment Results Summaries**

**A. UWP Faculty & Staff Perceptions of Counseling Services Survey**

**N = 243**

**1. Classification:**

Faculty	39.30%	88
Instructional Academic Staff	16.50%	37
Administrative Academic Staff	44.20%	99

**2. Gender:**

Female	57.00%	134
Male	43.00%	101

**3. Years of Service at UWP:**

Less than 1	11.40%	27
1 to 2	10.10%	24
3 to 5	17.70%	42
6 to 10	22.80%	54
11 to 15	13.50%	32
16+	24.50%	58

**4. University Affiliation:**

BILSA	17%	38
EMS	12.10%	27
LAE	24.10%	54
Student Affairs	23.70%	53
Administration/Administrative Services	23.20%	52

**5. Prior to this survey, were you aware of the existence of UWP Counseling Services on campus?**

Yes	93.20%	219
No	6.80%	16

**Since September 1, 2006, have you referred a student or students to UWP Counseling Services?**

Yes	50.70%	107
No	49.30%	104

**If yes, for what reason(s) have you referred them. (mark all that apply)**

Alcohol or drug issues	20.40%	21
General anxiety	43.70%	45
Test Anxiety	26.20%	27
Career testing and decision making	16.50%	17
Sexual assault	15.50%	16
Time management	12.60%	13
Depression	65.00%	67
Stress	49.50%	51
Eating disorders	7.80%	8
Study skills	18.40%	19
Family/relationship issues	38.80%	13

**Since September 1, 2006, have you used UWP Counseling Services for information, consultation, class presentations or other purposes?**

Yes	25.10%	53
No	74.90%	158

**If yes, what was your general level of satisfaction?**

Very unsatisfied	17.70%	11
Unsatisfied	4.80%	3
Satisfied	32.30%	20
Very satisfied	45.20%	28

**Overall, what is your perception of UWP Counseling Services?**

Very unfavorable	6.50%	13
Unfavorable	2%	4
No opinion	27.10%	54
Favorable	43.70%	87
Very favorable	20.60%	41

**How well-known do you think UWP Counseling Services is to faculty/staff on the UWP Campus?**

Not well known	6.60%	14
Somewhat well known	31.10%	66
Well known	37.70%	80
Very well known	9.40%	20
Don't know	15.10%	32

**Do you have a copy of the UWP Counseling Services Resource and Referral Guide?**

Yes	43.80%	98
No	56.30%	126

**If yes, have you referred to it for information?**

Yes	53.60%	67
No	46.40%	58

*Key Findings:* Additional outreach to faculty and staff is indicated. Based on comments from the survey, UCS staff are exploring producing a periodic newsletter (perhaps twice each semester) as well as sponsoring an open house.

## B. Client Evaluation of UCS Services

N = 90

### DEMOGRAPHIC INFORMATION *Directions: Please mark the appropriate response in each category.*

1. **Present Classification** 14(16%)= Fr 19(21%)=So 25(28%)=Jr 29(32%)= Sr 3(3%)= Masters 0= Other
2. **Age:** 78(87%)=17-24 12(13%)= 25 or over
3. **Gender:** 33(37%)= M 56(62%)=F 0= Other 1= Not Marked
4. **Ethnic Background:** 0= African American 2(2%)= Asian American 83(92%)= Caucasian 4(4%)= Hispanic/Latino(a)  
0= Native American 0= International 1(1%)= Other
5. Indicate your **reason(s)** for counseling: (check all that apply) 48(53%)= personal 4(4%)= academic 1(1%)= career/major  
21(23%)= p+a 8= (9%)p+c/m 0= a+c/m 8(9%)= p+a+c/m
6. About how many **sessions** have you had this academic year (2008-09) with your counselor? 11(12%)=1 26(29%)= 2-3 25(28%)= 4-6 8(31%)= 7+
7. Which semester(s) did you attend counseling? 13(14%)= Fall, 2008 42(47%)= Spring, 2009 35(39%)= both

### GENERAL PERCEPTIONS *Directions: Please circle the most accurate response to the following statements.*

- |  |                                  |           |
|--|----------------------------------|-----------|
| 8. The receptionist provided assistance in a timely manner.                            | 90= YES 0= NO                    | Comments: |
| 9. I was able to schedule my initial appointment within an acceptable period of time.  | 90= YES 0= NO                    |           |
| 10. I was able to schedule follow-up appointments within an acceptable period of time. | 79= YES 1= NO 10= Not Applicable |           |
| 11. The reception area was adequate and comfortable.                                   | 89= YES 1= NO                    |           |

### PERCEPTIONS OF COUNSELOR *Directions: Please indicate your level of agreement with the following statements about your counselor by circling the appropriate response using a 1 (low) to 5 (high) scale with NA=Not Applicable or Don't Know .*

My counselor:	Low	High	<u>AVG</u>	Comments:
12. provided an environment in which I felt comfortable discussing my concerns.	1 2 3 4 5		<b>4.82</b>	
13. showed concern and respect for me and my welfare.	1 2 3 4 5		<b>4.90</b>	
14. listened to my ideas and feelings.	1 2 3 4 5		<b>4.90</b>	
15. helped me understand and clarify my concerns.	1 2 3 4 5		<b>4.84</b>	
16. helped me to develop ways of coping with my concerns.	1 2 3 4 5		<b>4.70</b>	
17. provided materials and/or assignments related to my concerns	1 2 3 4 5 NA(14)		<b>4.54</b>	
		<b>Cumulative Avg</b>	<b>4.78</b>	

### OVERALL COUNSELING PERCEPTIONS *Directions: Please indicate your level of agreement with the following statements about your counselor by circling the appropriate response using a 1 (low) to 5 (high) scale*

	Low	High	<u>AVG</u>	Comments:
18. I feel I put significant effort into the counseling process.	1 2 3 4 5		<b>4.36</b>	
19. Please rate the overall level of distress that brought you to counseling	1 2 3 4 5		<b>4.29</b>	
20. Please rate the overall level of that same distress at this time	1 2 3 4 5		<b>2.70</b>	

*Directions: Please circle the most accurate response to the following statements.*

21. Overall, I believe that the counseling I received was helpful.	85(94%)= Yes	1= No	3= Unsure	1= Not Marked
22. Overall, I believe that the counseling I received has contributed to my success as a student at UWP.	66(73%)= Yes	6= No	18= Unsure	
23. It is important that these counseling services are provided for UWP students.	90(100%)= Yes	0= No	0= Unsure	
24. I would refer my friends to Counseling Services.	86(96%)= Yes	1= No	3= Unsure	
25. I would return for counseling if I had the need.	88(98%)= Yes	0= No	2= Unsure	
26. I believe my counseling is kept strictly confidential.	87(97%)= Yes	0= No	3= Unsure	

**Key Findings:** UWP Counseling Services continues to provide quality services to students based on their perceptions. They indicated a 37% improvement overall in their level of distress. Again, well over half the students responding indicated that Counseling Services has made a significant contribution to their success as *students*, re-enforcing the role UCS plays in the academic success of students and the mission of UWP.

### C. Client Suicide Risk Assessment Review

Total Files Reviewed = 347

**92 (26.5%) = Clients assessed for suicide risk**

**64 (58.7%) = No risk**

**25 (27.2%) = Low risk**

**2 (2.2%) = Moderate risk**

**1 (1.1%) = High risk**

**0 = Very high risk**

**30% of clients assessed indicated some level of risk.**

**8.1% of all clients indicated some suicide risk**

**Key Findings:** Depression and suicide continues to be a significant issue for UWP students. The number of students presenting with serious enough symptoms of depression to warrant a formal assessment has increased for the previous year. UCS staff are considering developing a standardized assessment form to maintain consistency of evaluation across professional counseling staff.

## III. 2009-10 Assessment Projects

A. Effectiveness of Counseling Project

B. UWP Student Counseling Needs Survey

C. Client Suicide Risk Assessment Review