

Delta State

Student Affairs/VPSA

Counseling Center and Student Health Services

CCSHS Mission Statement

Mission statement

The mission of the Counseling and Student Health Center is to enhance the total educational mission of Delta State University by providing psychological and health services to the university community through diagnosis, treatment, referral, counseling, education, and consultation in order to facilitate personal growth, health and the development of well being.

Related Items

There are no related items.

CCSHS 2012_01: UG Increase freshman health knowledge

Start: 7/1/2011

End: 6/30/2012

Unit Goal

Per the Blue Cross/Blue Shield Healthy Campus survey recommendations, we will increase freshmen knowledge on 3 of the top rated health issues reported on campus

Evaluation Procedures

3 online modules will be developed in partnership with the College of Education's Healthy Campus/Community Initiative to address the health issues of Stress, Nutrition and Physical Activity. These 3 interactive web modules will be delivered as a requirement for participation in GST-100.

Actual Results of Evaluation

265 took at least one of the five tests.

239 took the Nutrition Pre-test with a group average of 32.51 out of a possible 50

233 took the nutrition Post-test with a group average of 38.66 out of a possible 50

That leads to a 6.15 point increase or %18.91 improvement.

233 took the Activity Pre-test with a group average of 65.66 out of a possible 100

228 took the Activity Post-test with a group average of 74.25 out of a possible 100

That leads to a 8.59 point increase or %13.08 improvement

174 took the Stress test with 100 possible points broken down into three stress domains

Home stress percentages were Significant Distress = %2.29, Moderate Distress = %75.80, Healthy Stress = %21.80

Work stress percentages were Significant Distress = %2.87, Moderate Distress = %64.36, Healthy Stress = %32.75

Social stress percentages were Significant Distress = %2.87, Moderate Distress = %59.15, Healthy Stress = %37.93

Freshman distress is perceived as coming significantly from within the Home.

Use of Evaluation Results

There was improvement recorded in two of the health modules. 18.91% increase in Nutrition and 13.08% increase in Activity between the pre and post-tests. However, Freshmen had to be reminded numerous times to complete the three modules which they as a group were slow to do. A significant number waited until the due date to complete the tests. Many obviously took the tests through the assessment button in Blackboard without even viewing the modules.

The Stress test was an assignment which many failed to complete since you had to go to the module to gain access to the test. The Stress

module did not have a post-test but did indicate that 75.80% reported Moderate levels of stress from their Home situation.

The results do indicate that freshmen increased their health knowledge from exposure to these 3 modules. Delivery through the GST-100 format may be less than ideal but exposes a larger number of students to health information. A post-test may need to be added to the stress Module and a adjustment to Blackboard to try and minimize a procedure that makes guessing a tempting option.

Related Items

There are no related items.

CCSHS 2012_02: UG Garrett Lee Smith campus Suicide Prevention Grant

Start: 7/1/2011

End: 6/30/2012

Unit Goal

The goal is to implement the Garrett Lee Smith Campus Suicide Prevention Grant through the creation and scheduling of programing to accomplish the following activities.

1. Train faculty and students using Kognito's At-Risk simulation training,
2. Provide educational seminars on topics such as depression, suicide prevention and substance abuse,
3. Promote the National Suicide Hotline,
4. Provide information to parents
5. Develop and provide information materials that address warning signs, and Strengthen our campus network and infrastructure to address the mental health needs of our students.

Evaluation Procedures

The grant proposal has several tools that will be used to evaluate the effectiveness of training in student stress recognition as well as program tracking to evaluate usage patterns across campus. These tools will be implemented along with the creation of tracking forms and policy.

Actual Results of Evaluation

This is a potential 3 year grant and likely to be implemented in phases. Phase one would be the training of faculty, appropriate staff and student leadership through the training simulations. The evaluations would be utilized to determine the effectiveness of simulation training and the potential increase of at risk student identification and referral.

Use of Evaluation Results

The results of the evaluation would help determine the patterns of referrals and the need to expand education of suicide prevention campus wide.

Related Items

There are no related items.

Section IV.a

Brief Description

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

Mission: The mission of the Counseling and Student Health Center is to enhance the total Educational mission of Delta State University by providing psychological and health services to the university community through diagnosis, treatment, referral, counseling, education, and consultation in order to facilitate personal growth, health and the development of well being.

Section IV.b

Comparative data

Enrollment, CHP, majors, graduation rates, expenditures, trends, etc.

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

N/A

Section IV.c

Diversity Compliance Initiatives and Progress

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

N/A

Section IV.d

Economic Development Initiatives and Progress

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

N/A

Section IV.e

Grants, Contracts, Partnerships, Other Accomplishments

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

Funding was awarded from the Substance Abuse and Mental Health Services Administration for the Garrett Lee Smith (GLS) Campus Suicide Prevention Grant. This project is being funded for up to three years at a level of \$87,762 per year.

Section IV.f

Service Learning Data

List of projects, number of students involved, total service learning hours, number of classes, faculty involved, accomplishments.

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

N/A

Section IV.g

Strategic Plan Data

Only use this section if you have strategic plan info to report that is not covered in other areas of your report

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

N/A

Section IV.h

Committees Reporting To Unit

Each unit includes in the annual plan and report a list of the committees whose work impacts that unit or any other aspect of the university; along with the list will be a notation documenting the repository location of the committee files and records. Committee actions affecting the unit's goals may be noted in other applicable sections of the annual reports. Not required to be included in the unit's annual plan and report, but required to be maintained in the repository location, will be a committee file that includes, for each committee: Mission and by-laws, Membership, Process, Minutes.

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

N/A

Section V.a

Faculty (Accomplishments)

Noteworthy activities and accomplishments

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

Dr. Houston taught a section of EPY-341 Educational Psychology in the Fall and Spring of 2011-2012

Section V.b

Staff (Accomplishments)

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

The following are the accomplishments of the Counseling Center and Student Health Services staff.

Counseling Center

Counseling appointments - 770

Supervision for Counselor Education Program - 16 students for 99 hours

Supervision of Clinical Observations - 0 hours

Athlete referrals - 5

Psych referrals - 8

Referred to Bonita - 16

Referred to MD/Hospital - 4

National Testing

LSAT - 2 - 17 students

MAT - 7 students

CLEP - 12 students

CAAP - 6 - 124 students

Praxis - 7 - 665 students

ACT - 6 - 1195 students

ACTR - 4 - 62 students

Student Health

Students seen - 3208

Employees seen - 426

Visitors - 1428

Sent to clinic - 107

Flu shots - 170

TFA - 52

Sports Medicine - 855

Cholesterol screening - 163

Section V.c

Administrators (accomplishments)

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

American Disabilities Act Coordinator

45 formal requests for accommodations,
1 faculty orientation on ADA regulations, 18 attended
10 faculty requested consultations on specific accommodation situations

Delta Discovery Program

Recruited 38 volunteer mentors, tracked and evaluated every section
19 sections of GST-100, 300 freshmen enrolled
7 individual presentations on study skills
6 presentations and tours of Student Health

Educational/Psychological Consultation

Educational presentations - 7
Off-Campus educational presentations - 6
Residence Hall programs - 3
Extra Committee Projects - 3
Consulted by coaches for 4 different sports teams
Responded to 5 after hour emergency calls

Section V.d

Position(s) requested/replaced with justification

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

We are requesting the addition of one Counselor level person to assist with the Garrett Lee Smith Grant for the minimum of the grant duration which is three years.

Section V.e

Recommended Change(s) of Status

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

N/A

Section VI.a

Changes Made in the Past Year

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

N/A

Section VI.b

Recommended Changes for the Coming Year

Judgment

Meets Standards Does Not Meet Standards Not Applicable

Narrative

We will need to add one Counselor to fulfill the Garrett Lee Smith Grant requirements and bring DSU closer to compliance with recommended counselor student ratio.