



University Counseling Service
Annual Report
2013-2014

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Director

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University Counseling Service
The University of Iowa
3223 Westlawn S.
Iowa City, IA 52242-1100

University Counseling Service Annual Report – 2013 - 2014

The University Counseling Service (UCS) is the primary mental health service for University of Iowa students. Established in 1946, the UCS is a major office within the Division of Student Life. The UCS' 13 licensed professional staff provide counseling, consultation, training, and outreach services to The University of Iowa campus and the Iowa City community as well as to the citizens of the State of Iowa.

This report highlights staff accomplishments during the 2013-14 reporting year from July 1, 2013 through June 30, 2014. It summarizes details about students served and services delivered, and provides an archival list of staff and trainees who served in the UCS effort during this year.

Accomplishments

Multicultural Competence and Organizational Development

During 2013-2014 a vibrant multicultural organizational development change team continued working in collaboration with the Division of Student Life multicultural competence work group. The change team updated a work plan for advancing UCS multicultural organizational development, continued regular meetings over the course of the year, and began the process of integrating into the team what had been the UCS' Diversity Issues Steering Committee. Dr. Eva Schoen and Dr. Jeremy Kinser co-chaired the change team this year.

In addition to change team activities, several UCS staff attended or facilitated multicultural themed workshops and trainings. Several staff members, including Dr. Jeremy Kinser, Dr. Kelly Clougher, Dr. Paula Keeton, and Dr. Eva Schoen continued UCS' involvement in the National Coalition Building Institute initiatives on campus. Dr. Kelly Clougher has partnered with the Chief Diversity Office to become a UI Safe Zone trainer and both she and Dr. Paula Keeton have been actively involved in delivering the Safe Zone trainings across campus. Six UCS staff members and three interns were supported by the Division of Student Life to attend the annual White Privilege Conference that was held this year in Madison, WI. The staff members who attended this conference have returned to the UCS and are planning to facilitate staff development workshops on this topic during the 2014-2015 year.

Another key multicultural competence and organizational development project that was initiated this year was the Multicultural Outreach Initiative, a reflective evaluation project with a goal of engaging each UCS staff member in a multicultural outreach effort with a specific unit or office on campus that serves racial or ethnic students or underrepresented student groups. A copy of the report of this project is available on the UCS web site by visiting the following link: <http://counseling.studentlife.uiowa.edu/assets/Uploads/Documents/UCS-Multicultural-Outreach-Full-Report.pdf>

Student Engagement

The UCS made significant steps this year in developing and implementing opportunities for students to engage in various aspects of mental health-related work beyond attending counseling

and regularly scheduled programs in the UCS. Two programs are highlighted: The UCS Student Advisory Board, and the UCS Eating Disorder Awareness Advocate Program.

UCS Student Advisory Board

The UCS formed a Student Advisory Board (SAB) during the fall semester, 2013. SAB undergraduate and graduate students meet with the UCS Assistant Director for Outreach, Dr. Kathleen Staley, to advise her and the UCS staff on issues relating to the UCS and to UI students.

The goals of the SAB are:

1. To advise the UCS on matters of mental health outreach
2. To provide input on various UCS agency decisions
3. To encourage student advocacy for campus mental health issues
4. To foster leadership skills
5. To be the UCS “eyes and ears” in the UI student community
6. To foster UCS staff relationships with the general UI student population

The SAB is composed of 8 to 10 students who meet weekly and discuss ways the UCS can improve its services to UI students and to offer student insight into current student issues and functioning. SAB students listen to informational talks by the UCS Assistant Directors, explore the UCS website, and share their insights about student needs and how the UCS can better or more creatively meet these needs. Each SAB member completed a project in which they attempted to find new or improved ways to meet the needs of various student groups. They worked on projects in their academic areas, in their classes, in their sororities, and in the residence halls. The students gained leadership skills, knowledge about the UCS and student psychological needs, and obtained valuable volunteer experience. They made a valuable contribution to the UCS.

UCS Eating Disorder Awareness Advocate Program

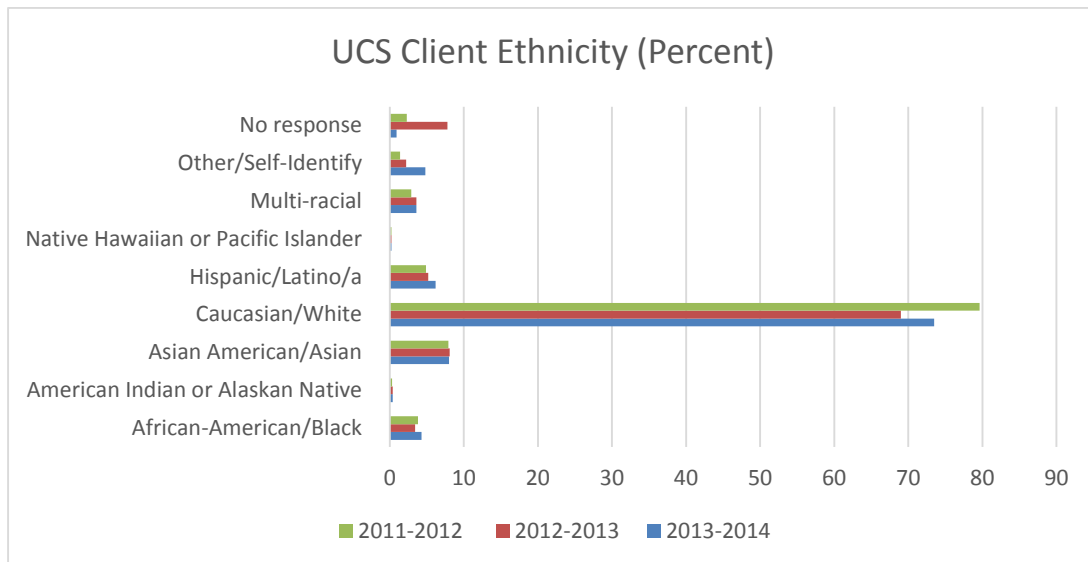
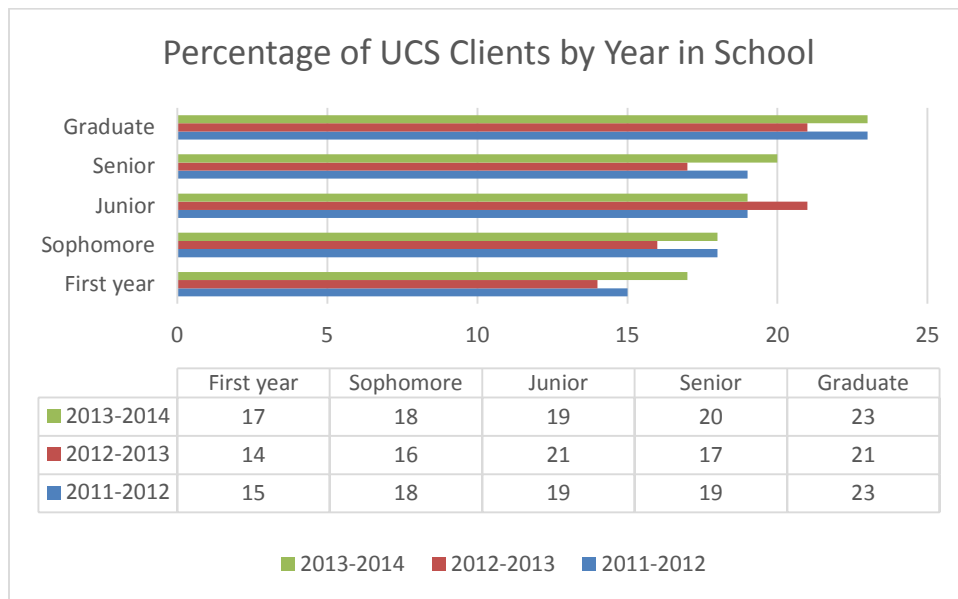
Another UCS initiative to provide an opportunity for student engagement is the Eating Disorder Awareness Advocate Program (EDAAP). EDAAP is a Division of Student Life Strategic Initiative Pool funded program that is facilitated by Dr. Eva Schoen and Dr. Kelly Clougher in collaboration with the dietician at Student Health & Wellness. EDAAAs (Eating disorder awareness advocates) are UI students who are trained to provide information about disordered eating, eating disorders, and referral resources to the UI campus community. EDAAAs challenge existing stereotypes and media messages about body size and healthy eating. They actively collaborate with other students as a part of a peer educator team that works alongside professional staff. EDAAP runs for two semesters, with the possibility of extending the commitment for a second year. At the beginning of the fall semester, EDAAAs are involved in intensive training workshops. After completing these workshops, EDAAAs plan and deliver programs and events for various student groups on campus to raise awareness about the topics of eating disorders and body image concerns.

Services Provided

The following charts and tables summarize services provided during the 2013-2014 year and, where appropriate, detail comparisons over the past three to five years.

Clinical Services

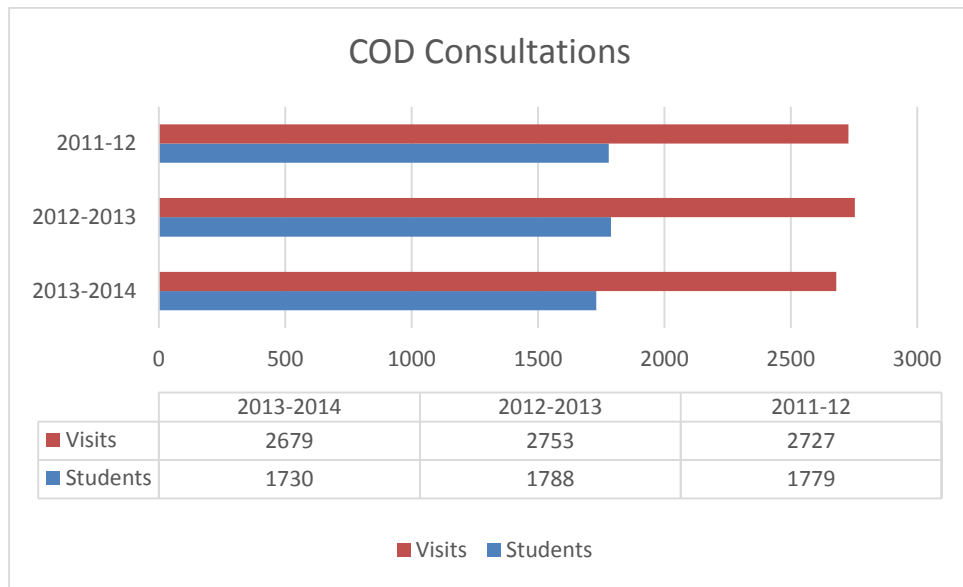
In the clinical services area, information on students who receive service from the UCS, highlights of their reported concerns, and the volume of our COD shift activity (consultations) as well as ongoing clinical services delivered is detailed below.



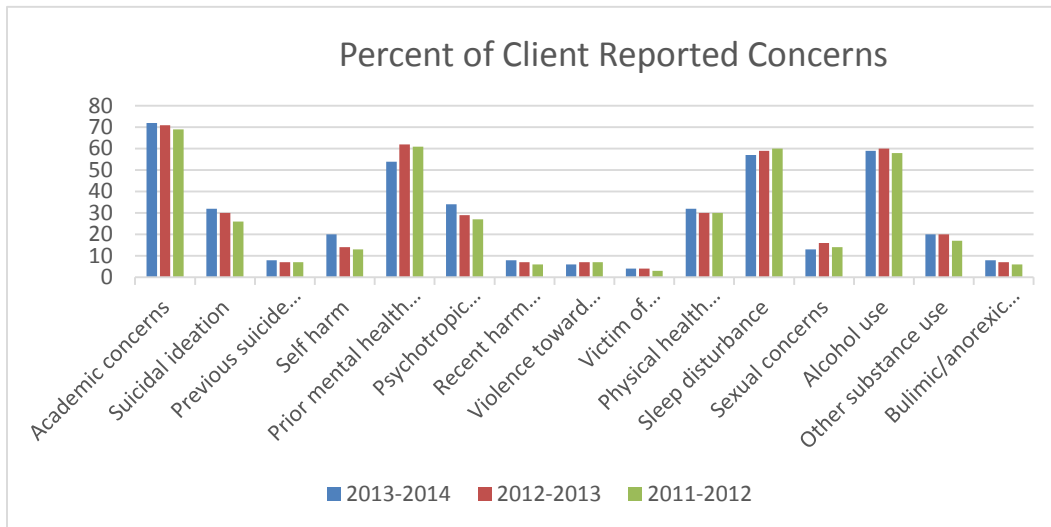
As evident from the above two charts, our client demographics remain relatively stable over time. The relative percent of our caseload parallels numbers of students enrolled in each year in school, with younger students making up a relatively smaller percent of our case load, older students making up a relatively larger percent. The chart on UCS client ethnicity reflects UCS

efforts to provide a welcoming stance to racial and ethnic minority students, underrepresented, and disadvantaged students. Racial/ethnic minorities on campus represent approximately 13% of the student body while, at UCS, they represent nearly 18% of our clientele.

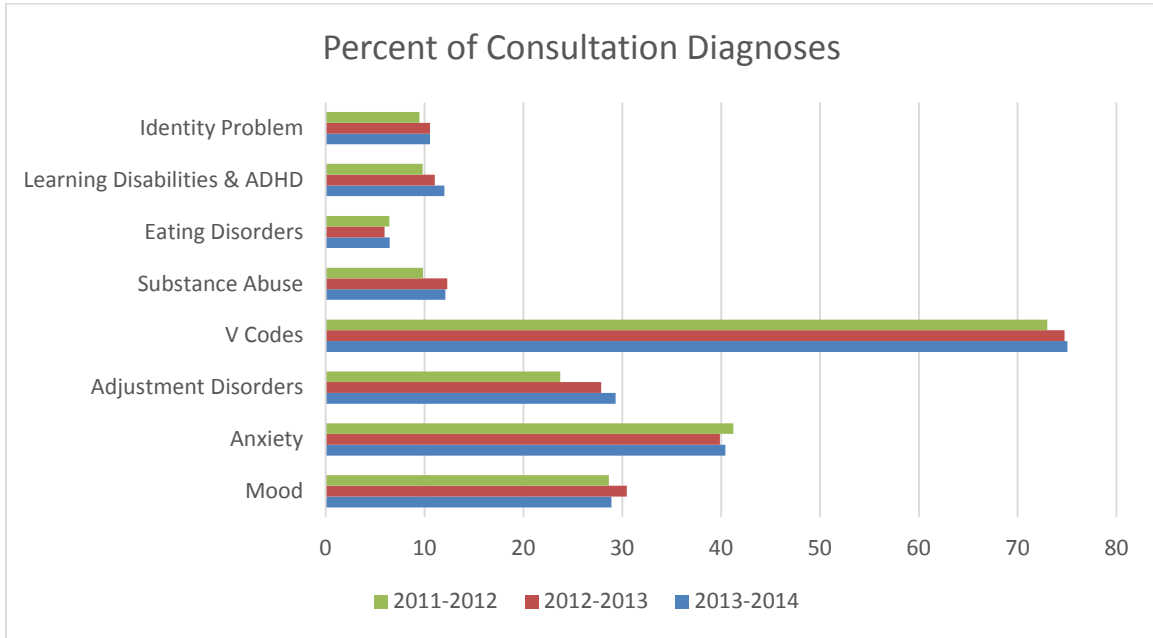
The following table details the number of students who request UCS counseling (they are given a COD consultation appointment) and the number of consultation visits that these students attend. Some students attend more than one consultation appointment over the course of the year, thus the number of visits is greater than the number of students requesting service. The volume of COD shift activity has been relatively stable over the past three years, with a very slight decrease in volume in 2013-2014. This slight decrease is likely due to a half-time position in the College of Dentistry being unfilled for the entire year, and one staff member taking a voluntary absence for a portion of the year, resulting in a staff member position unfilled for several months.



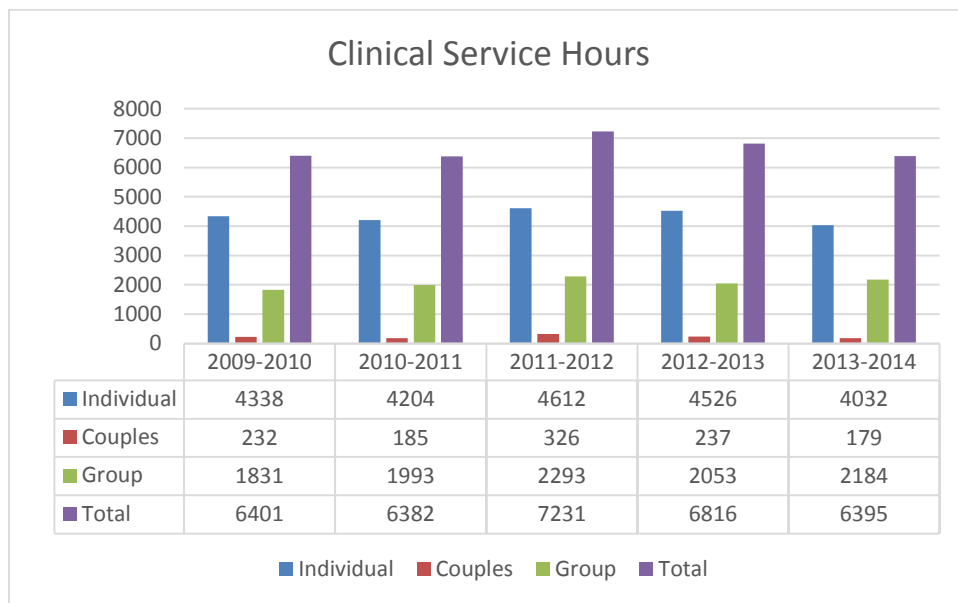
Client reported concerns are concerns identified in the consultation appointment that may be a focus of counseling sessions for the student. The following chart indicates percent of students seen in consultation appointments with various reported concerns.



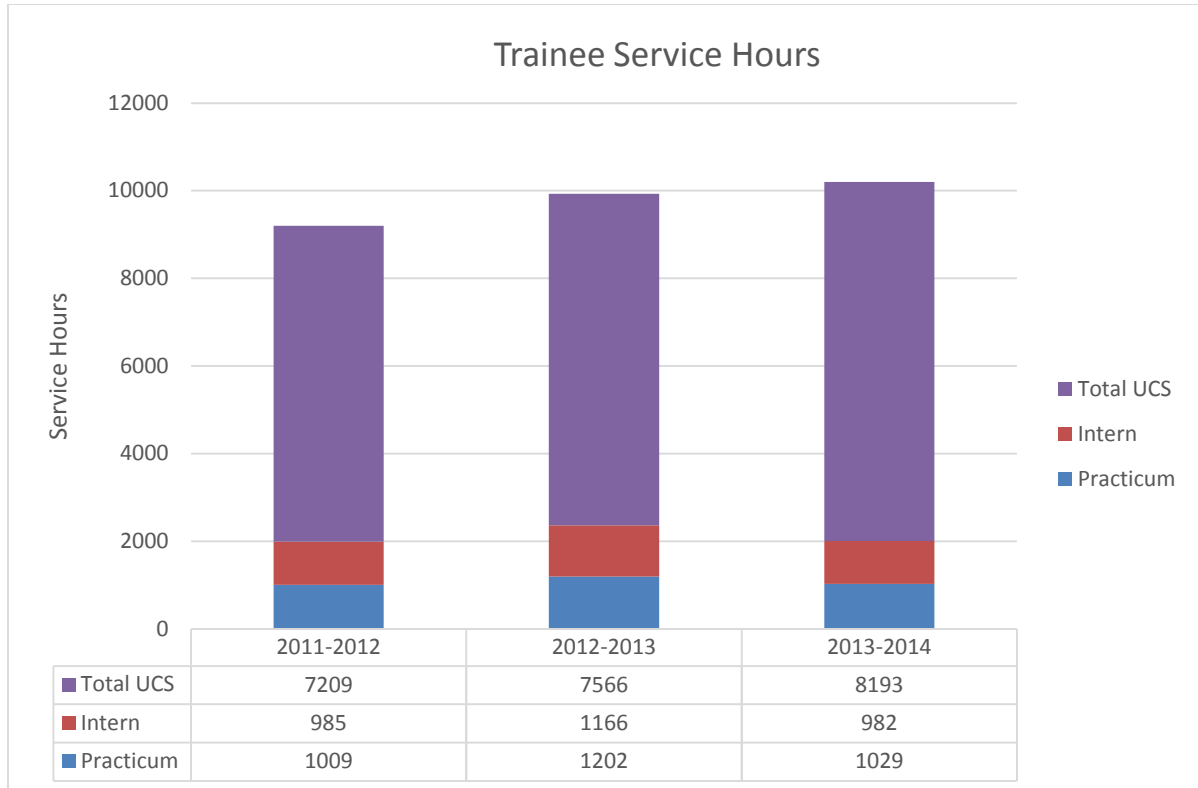
Consultation diagnoses reflect the diagnosis assigned to the student at the time of the consultation appointment. The diagnosis guides the development of case disposition and treatment planning. Some students are assigned more than one diagnosis, so percentages for each year will exceed 100%.



Clinical service hours highlighted below reflects the volume of ongoing individual, couples, and group counseling hours delivered during 2013-2014. A slight decrease in hours of ongoing counseling service delivered is likely a result of more students being referred out of the UCS due to care needs that are beyond the scope of our practice. Additionally, the vacant College of Dentistry position that was filled during the 2012-2013 year may play a part in the slight decrease in clinical service hours.



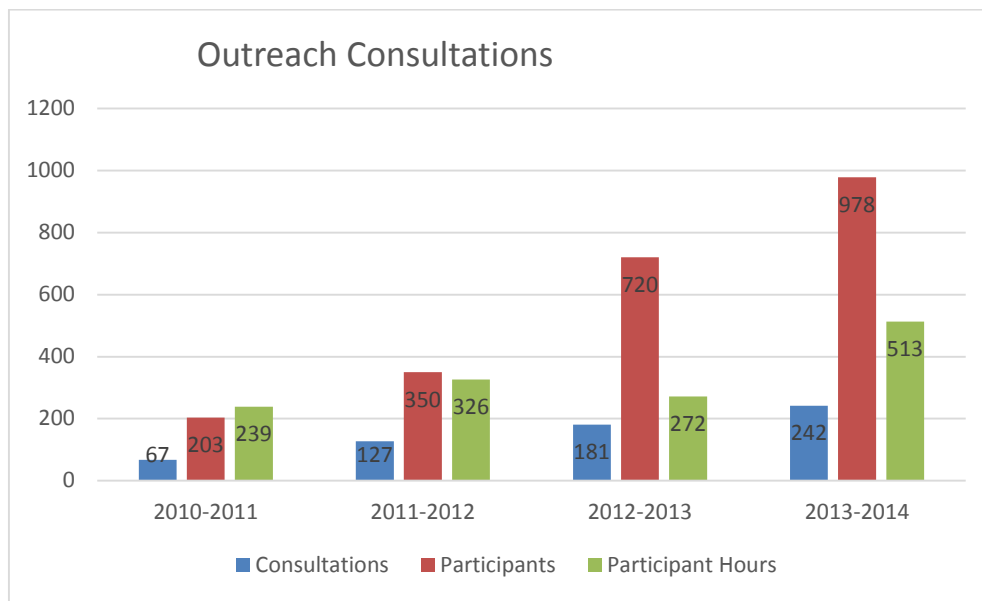
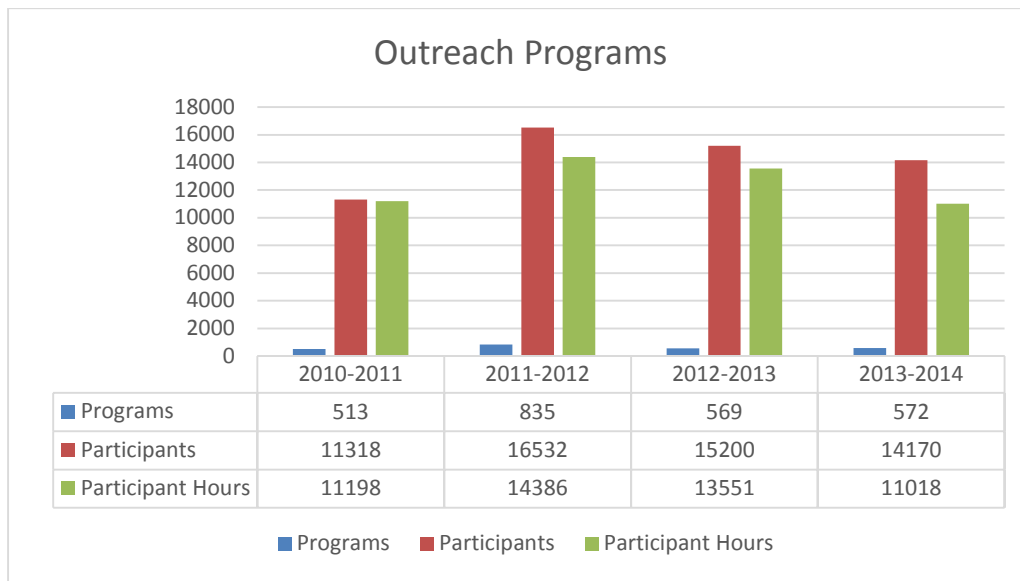
Trainee-provided service hours



As evident from the above chart, trainees in the UCS (doctoral practicum students and psychology doctoral interns) provide a significant proportion of service delivered in the UCS. Each year of the past three years, the combined clinical and outreach productivity for trainees has been between one-fourth and one-fifth of the total UCS service hour productivity. While trainees require supervision and participate in staff led seminars, the service delivered by our trainees is more than enough to make up for time spent in supervision, seminar facilitation, and other trainee support activities.

Outreach Services

Details on UCS outreach services are provided below. The first chart details outreach programs delivered during 2013-2014 with comparisons for the past two years. Outreach program hours are comprised of both scheduled programs that are conducted within the UCS and content-specific programs delivered to offices or units on campus or in the community. The second chart details UCS outreach consultation services delivered with comparisons for the past two years. UCS outreach consultations are services delivered upon request to an office or unit on campus with a specific objective or goal to be achieved as an outcome of the consultation intervention. UCS staff plan, implement, and evaluate outreach and consultation services.



UCS Staff – 2013-14

UCS staffing during 2013-14 included the following categories of administrative staff, support staff, professional clinical staff, adjunct staff, and trainees.

Administrative Staff:

- Sam V. Cochran, Ph.D., Director
- Julie M. Corkery, Ph.D., Assistant Director for Training
- Pauline Harrison, Administrative Services Coordinator
- Paula M. Keeton, Ph.D., Assistant Director for Clinical Services
- Eva Schoen, Assistant Director for Evaluation and Research
- Kathleen H. Staley, Ph.D., Assistant Director for Outreach

UCS Staff – 2013-14 (con't)

Support Staff:

Susan Haffner, Clerk III
Jeff Knock, Clerk IV
Sally Robbins, Clerk III

Professional Clinical Staff:

Audrey S. Bahrack, Ph.D., Staff Psychologist
Helen Vogel Brady, Ph.D., Staff Psychologist
Kelly Clougher, Ph.D., Staff Psychologist
Katherine Donahue, L.I.S.W., Clinical Case Manager
Emmanuel E. Enekwechi, Psy.D., Staff Psychologist
Lanaya L. Ethington, Ph.D., Staff Psychologist
Jeremy Kinser, Ph.D., Staff Psychologist
Huan-Chung Scott Liu, Ph.D., Staff Psychologist

Pre-Doctoral Psychology Interns:

David Adams, Psychology Intern, Ball State University
Peiwei Li, Psychology Intern, Indiana University
Amanda McInery, Psychology Intern, Indiana University

Adjunct Staff:

Joy Hudson, M. D., Adjunct Staff Psychiatrist, Student Health Service
Kelli Moran-Miller, Ph.D., Adjunct Staff Psychologist, Athletics
Paul W. Natvig, M.D., Adjunct Staff Psychiatrist, Student Health Service

Practicum Students:

Daniel Elchert, Practicum Student, Counseling Psychology
Staci Fosenburg, Practicum Student, Counseling Psychology
Owen Gaasedelen, Practicum Student, Counseling Psychology
Shane Gibbons, Practicum Student, Counseling Psychology
Samuel Lustgarten, Practicum Student, Counseling Psychology
Meaghan Rowe-Johnson, Practicum Student, Counseling Psychology
Miranda Verry, Practicum Student, Counseling Psychology
LaNeisha Waller, Practicum Student, Counseling Psychology
Kevin Yeates, Practicum Student, Counseling Psychology

Post-Doctoral Supervisees:

Kelly Clougher, Ph.D.
Jeremy Kinser, Ph.D.