
University Counseling Service

Annual Report

2011-2012

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Director

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University Counseling Service

The University of Iowa
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Executive Summary

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 and provides 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.

The 2011-2012 year continued to build on services and projects begun in 2010-2011. Several important themes emerged in the work of the UCS this year. These included a sustained focus on multicultural organizational development, expansion of the service resource base for providing counseling services to students, and the development of revised productivity and performance evaluation processes.

Focus on Multicultural Organizational Development

Regarding the focus on multicultural organizational development (MCOB), the UCS established a MCOB change team to collaborate with the Division of Student Life Multicultural Competence Work Group. The MCOB change team developed a three year plan for working through a process of organizational assessment and movement toward a more highly developed multicultural organization. This team has had regular meetings and has produced a multiyear development plan that has been submitted to the Division of Student Life work group. Work of the change team will continue over the next several years and is anticipated to be an ongoing endeavor.

The UCS also developed two multiculturally-related videos and posted them on our UCS web page. One featured an African-American woman as a consumer of UCS services and the other featured UCS staff communicating diversity-affirming messages in a collage of welcome greetings. The UCS also opened a Facebook page and a Twitter account and both these social media venues have provided an opportunity to communicate about UCS multicultural initiatives and diversity-sensitive services.

In addition to these organizational activities, several UCS staff attended multicultural themed workshops and trainings. Dr. Brad Brunick has led the way with facilitating UCS' involvement in the National Coalition Building Institute (NCBI) initiatives on campus. To date, several staff have attended NCBI workshops. In addition to the NCBI workshops, UCS staff also attended Mentors in Violence Prevention bystander intervention trainings and obtained funding to attend the national White Privilege Conference in Albuquerque, New Mexico this year. This conference is a program of the Matrix Center for the Advancement of Social Equity and Inclusion.

Expansion of Resource Base

With regard to the expansion of our resource base, the UCS welcomed Kelli Moran-Miller to campus in July, 2011. Dr. Moran-Miller was hired through the Department of

Intercollegiate Athletics to provide psychological services to student athletes, and this position was developed as a collaborative initiative between the UCS and Athletics. Dr. Moran-Miller is appointed as an adjunct staff psychologist in the UCS and conducts psychoeducational evaluation and counseling services as needed in the UCS. The UCS also welcomed Katherine Donahue in November, 2011, to the position of Clinical Case Manager. This position was created in part as a response to the increased number of students in the UI entering class and to continue to build capacity to respond to the more acute and severe cases the UCS is seeing. Finally, collaboration with the College of Dentistry resulted in a successful proposal to create a half-time UCS position that would be physically housed in the College of Dentistry and that would provide services and programs to students in the College of Dentistry. Rebecca Brock, a UCS intern during the 2011-2012 year, was hired for this position at the close of the summer session, 2012.

Productivity and Performance Assessment

Regarding the development of revised productivity and performance evaluation processes, the UCS Administrative Council used the newly implemented UI Professional and Scientific Staff Compensation and Classification system to review and update both our productivity recording procedures and our personal evaluation process and procedures. The half year from July 1, 2012 through December 31, 2012 will be used as a pilot for these new procedures, with final adjustments in place beginning with the 2013-2014 evaluation year.

In addition to delivering a high number of hours of direct counseling service, UCS staff continued to maintain a presence across campus through outreach programs, consultations, and service to over 70 division, University, and community offices and committees. Some of these involvements included active participation on search committees (College of Dentistry, Center for Student Involvement and Leadership, University Housing), participation on the Threat Assessment Team, facilitation of the College Committee of the Johnson County Suicide Prevention Coalition, and ongoing outreach consultations to University Housing, Geneva Campus Ministry, Student Health Service, International Students and Scholars Services, the Office of Retention, the UI Cultural Centers, and the LGBTAU.

UCS staff also continued to initiate and maintain strategic programming initiatives this year. Collaborations included programs developed with the Office of Retention, the UI Cultural Houses, International Students and Scholars Services, the Undergraduate Academic Advising Center, the Department of Intercollegiate Athletics, the Rape Victim Advocacy Program, the Belin-Blank Center, the Women's Resource and Action Center, the Office of Admissions Orientation program, Student Disability Services, UI-NAMI, UI Active Minds, the Center for Student Involvement and Leadership, the University Diversity Committee, Iowa Bioscience Advantage, the College of Education, the College of Medicine, the College of Dentistry, the College of Nursing, the Graduate College, the College of Liberal Arts and Sciences, the College of Public Health, the Center for Diversity and Enrichment, University Housing, the Newman Center, and Health Iowa. A

complete listing of all outreach, consultation, and in-house programs is contained in the Program and Consultation Services area report.

Some highlights of the year in terms of services delivered include:

- A total of 1,779 students were seen for 2,727 consultation visits (an increase of 4% in the number of students seen over the previous year, and an increase of 5% in the number of consultations).
- 1,062 students were intaken for ongoing counseling, approximately the same number as last year, 1,059. This is the largest number of intakes that the UCS has seen since 2003-2004.
- 7,030 hours of individual, couples, and group counseling were delivered in 2011-12 (increased 10% from 6,382 hours delivered in 2010-11).
- The grand total of clinical service hours delivered in 2011-12 was 10,134. This is a 9.5% increase from 9,255 hours delivered in 2010-11 and the first time on record that the UCS has exceeded the 10,000-hour threshold in the delivery of clinical services.
- A total of 16,532 participants were served through 835 outreach programs, regularly scheduled programs, and campus consultations. This number now includes increased reporting of Outreach-NOS contacts.
- 14,385.7 program participant hours were delivered (increased 22% from 11,198 participant hours in 2010-11).
- UCS staff guest-lectured in 29 academic classes during 2011-12.
- 17 trainees received a total of 2,300 hours of training services from UCS staff during 2011-12.
- The UCS sponsored 17 continuing education programs for staff for a total of 23 hours of APA-approved continuing education credit.

Overview

UCS staffing during 2011-12 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

Support Staff:

Cheryl Bates, Secretary II (temporary)
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
Brad Brunick, Psy.D., Staff Psychologist
Katherine Donahue, LISW, Clinical Case Manager
Emmanuel E. Enekwechi, Psy.D., Staff Psychologist
Lanaya L. Ethington, Ph.D., Staff Psychologist
Huan-Chung Scott Liu, Ph.D., Staff Psychologist
Ren Stinson, Ph.D., Staff Psychologist

Pre-Doctoral Psychology Interns:

Rebecca L. Brock, Psychology Intern, The University of Iowa
Tzu-An Hu, Psychology Intern, University at Buffalo
Jeremy C. Kinser, 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
Jessica Schultz, Ph.D., Psychology Associate (complimentary appointment)

Practicum Students:

Yi-Ting “Angel” Cheng, Practicum Student, Counseling Psychology
Patrick Galligan, Practicum Student, Counseling Psychology
Shane Gibbons, Practicum Student, Counseling Psychology
Adam Lewis, Practicum Student, Counseling Psychology
Maggie Lyon, Practicum Student, Counseling Psychology
Christopher Manlick, Practicum Student, Counseling Psychology
Mashone Parker, Practicum Student, Rehabilitation and Counselor Education
Ryan Pittsinger Practicum Student, Counseling Psychology
George Rashid, Practicum Student, Rehabilitation and Counselor Education
Wendy Rasmussen, Practicum Student, Counseling Psychology

Post-Doctoral Supervisee:

Jessica Schultz, Ph.D.

The remainder of this report summarizes the services delivered in each of the three UCS service areas, additional UCS staff accomplishments during 2011-12, UCS strategic goals that will guide our work during 2012-13, and area annual reports from the three service areas of the UCS.

Services Provided

Clinical Services

- Number of contact hours delivered:

	COD Contacts (inc. Case Management)	Intakes	Total
2011-12	1,840	1,062	2,902
2010-11	1,539	1,059	2,598
2009-10	1,706	893	2,599
2008-09	1,520	813	2,333
2007-08	1,886	548	2,434

	Individual (inc. Psychoed. Testing)	Couples	Group	Total
2011-12	4,612	326	2,293	7,231
2010-11	4,204	185	1,993	6,382
2009-10	4,338	232	1,831	6,401
2008-09	3,958	189	1,346	5,493
2007-08	3,621	248	1,537	5,406

Program and Consultation Services

- Outreach programs (includes PCS NOS outreach services)

	Programs	Participants	Participant Hours
2011-12	835	16,532	14,386
2010-11	513	11,318	11,198
2009-10	442	14,586	15,021

- Consultations

	Consultations	Participants	Participant Hours
2011-12	127	350	326
2010-11	67	203	239
2009-10	75	271	252

Training

	Fall 2011	Spring 2012	Total 11-12
Beginning Practicum	6	6	6
Advanced Practicum	4	4	4
Intern	3	3	3
Post-Doctoral Trainee(s)	1	1	1

Scholarly and Professional Activity

- Bahrnick, A.S.** (2012, June). Psychologists' Role in Informed Consent for SSRI and SNRI Antidepressant Medications. Continuing Education presentation for professional staff of the University Counseling Services, University of Iowa, Iowa City, IA.
- Lawrence, E., Orengo, R., Langer, A., & **Brock, R.L.** (in press). Consequences of psychological and physical abuse for victims: Review and critique of the literature. To be published in J. Hamel, J. Langhinrichsen-Rohling & D. Hines (Eds.), Special Series: Partner Abuse State of Knowledge. *Partner Abuse*.
- Ryan, S.R., Cunningham, P.B., Foster, S.L., Brennan, P.A., **Brock, R.L.**, & Whitmore, E. (2012). Predictors of therapist adherence and emotional bond in Multisystemic Therapy: Testing ethnicity as a moderator. *Journal of Child and Family Studies*. Advance online publication. doi: 10.1007/s10826-012-9638-5
- Brock, R.L.**, Barry, R.A., Lawrence, E., Dey, J., & Rolffs, J. (2012). Internet administration of paper-and-pencil questionnaires used in couple research: Assessing psychometric equivalence. *Assessment, 19*, 226-242. doi:10.1177/1073191110382850
- Segre, L., O'Hara, M.W., **Brock, R.L.**, & Taylor, D. (2012). Depression screening of perinatal women by the Des Moines Healthy Start Project: Program description and evaluation. *Psychiatric Services, 63*, 1-6.
- Brock, R.L.** & Lawrence, E. (2011). Marriage as a risk factor for internalizing disorders: Clarifying scope and specificity. *Journal of Consulting and Clinical Psychology, 79*, 577-589. doi:10.1037/a0024941
- Lawrence, E., Barry, R. A., **Brock, R.L.**, Bunde, M., Langer, A., Ro, E., Fazio, E., et al. (2011). The Relationship Quality Interview: Evidence of reliability, convergent and divergent validity, and incremental utility. *Psychological Assessment, 23*, 44-63. doi:10.1037/a0021096
- Segre, L., **Brock, R.L.**, O'Hara, M., Gorman, L., & Engeldinger, J. (2011). Disseminating perinatal depression screening as a public health initiative: A train-the-trainer approach. *Maternal and Child Health Journal, 15*, 814-821. doi: 10.1007/s10995-010-0644-1
- Segre, L.S., **Brock, R.L.**, O'Hara, M.W., Gorman, L.L. & Engeldinger, J. (2011, March). Disseminating perinatal depression screening in hospital and community agencies: A Train-the-Trainer approach. In *New perspectives in promoting comprehensive women's health across the lifespan*. Symposium conducted at the meeting of Midwest Nursing Research Society 35th Annual Research Conference, Columbus, Ohio.

- Koon, J., & **Cochran, S. V.** (2011, July). *Preventing men's violence against women: Campus collaborations and initiatives*. Presented at the Social Justice Iowa Area Meet Up, University of Iowa, Iowa City, IA.
- Bermingham, C., & **Cochran, S. V.** (2011, August). An examination of the validity of the College Student Reasons for Living Inventory. Poster presented at the 119th annual convention of the American Psychological Association, Washington, DC.
- Ethington, L.L., & Keeton, P. K.** (2012, February). *Counseling center collaboration with orientation services: Connecting with new students and parents*. Presentation at the 2012 Big 10 Counseling Centers Conference. Bloomington, IN.
- Liu, H. S.,** Lee, S., & Cheng, Y. T. (2011, August). *The survival kit---How to jump all the hoops as Asian international and/or Asian American students in the APA-Accredited Counseling Psychology*. Roundtable Discussion conducted at the 2011 APA Convention, Washington, D.C.
- Liu, H. S.,** Chen, B. Y., & Choi, C. C. (2011, August). *Working with "the New Trend" Mandarin-Speaking Students at University Counseling Centers*. Symposium (CE) conducted at the 2011 APA Convention, Washington, D.C.
- Staley, K.H.** (2012, June). *Outreach to Students with Asperger's Disorder*. Paper presented at the AUCCCO National Outreach Conference for Counseling Centers, Chicago, IL.
- Nguyen, C. M., Liu, W. M., Hernandez, J. O., & **Stinson, R.** (2011). Problem-solving appraisal, gender role conflict, help-seeking behavior, and psychological distress among men who are homeless. *Psychology of Men and Masculinity*, 11, 1524-9220.
- Koon, J. & **Stinson, R.** (2012, February). *Stalking and social technology: Current trends and implication for counseling centers*. Workshop presented at the Big Ten Counseling Center Conference, Indiana University, Bloomington, IN.
- Hagood, B.S., Zhang, Y., & **Stinson, R.** (2012, February). *The use of smartphone apps in therapy*. Workshop presented at the Big Ten Counseling Center Conference, Indiana University, Bloomington, IN.
- Stinson, R. & Brunick, B.** (2012, February). *Mindful social networking: How to bring value and intention to your social media activities*. Workshop presented at the Big Ten Counseling Center Conference, Indiana University, Bloomington, IN.
- Ad hoc Reviewer, *Psychotherapy and Psychosomatics* (**Bahrnick**).
- American Psychological Association Dissertation Research Award (**Brock**)

Society for a Science of Clinical Psychology (SSCP)/Association for Psychological Science (APS) Career Mentorship Program Committee Member (**Brock**)

APA Division 12, Section 3, Society for a Science of Clinical Psychology (SSCP), Student Representative to the Executive Board [Elected Position] (**Brock**)

Editorial Consultant, *Psychology of Men and Masculinity* (**Cochran**).

Ad hoc Reviewer, *Professional Psychology: Research and Practice, Sex Roles, Journal of Clinical Psychology* (**Cochran**).

Convention program reviewer, APA Division 51 (**Cochran**).

Ad hoc Reviewer, *Psychology of Men and Masculinity, Journal of Behavioral Medicine, Journal of Clinical Psychology in Medical Settings* (**Schoen**).

Convention program reviewer, APA Division 17 (**Schoen**).

Conference program reviewer, **Association for University and College Counseling Center Outreach** (**Staley**).

Taught Beginning Practicum (07P:434) (**Bahrnick**).

Taught Advanced Practicum (07P:453) (**Liu, Brunick**).

Taught First Year Seminar “You at Your Best: Using Positive Psychology to Thrive” (420:029:011) (**Brunick, Ethington**).

Secretary, **Association of Counseling Center Training Agencies (ACCTA)**, (**Corkery**).

Member, Steering Committee, **Association for University and College Counseling Center Outreach** (**Staley**).

Additional Accomplishments

- Conducted hiring and onboarding of two staff psychologists, one in the UCS and one in the Department of Athletics; and one clinical case manager in the UCS.
- Completed transition of Dr. Eva Schoen to the Assistant Director for Evaluation and Research position that was approved in the previous year.
- Collaborated with an associate dean from the College of Dentistry to propose and obtain approval for a half-time staff psychologist funded by the College of Dentistry, located in the College of Dentistry and administratively housed in the UCS.
- Continued successful collaboration on Academic Success Workshop Series with the Office of Retention and presented ten-session workshop in both fall, 2011 and spring, 2012.
- Developed successful Strategic Initiative Pool proposal to fund a graduate assistant to assist with establishing an eating disorder peer educator volunteer program. This work was completed in summer, 2012 with implementation planned during the 2012-13 academic year.
- Completed and was awarded a student computer fee proposal to the College of Education to add LCD audiovisual equipment to group meeting room to accommodate larger practicum classes.
- Completed and submitted a Garrett Lee Smith college student suicide prevention program grant to the Substance Abuse Mental Health Services Administration for three year funding of campus suicide prevention efforts in collaboration with several campus and community agencies.
- Continued to assist the International Students and Scholars Services office in facilitating the “Bridge Program.”
- Continued consultations with the Office of Academic Programs and Services of the College of Liberal Arts and Sciences regarding course drops and withdrawals after collegiate deadlines.
- Several UCS staff continued to be actively involved in committees of the Iowa Psychological Association, including the Diversity Committee, Membership Committee, and Ethics Committee.

- Increased our group offerings to include International Student support group, Graduate Student support group, two Men's therapy groups, two eating disorders groups, a mindfulness group for anxiety management, a social skills training therapy group and two general therapy groups.
- Continued active participation in the Eating Disorders network in collaboration with Student Health Service.
- Hosted a total of 10 beginning and advanced practicum students for the academic year.
- Provided 17 staff continuing education programs for a total of 23 hours of continuing education credit to UCS staff.
- Continued to provide staff assigned as consultants to the residence halls and integrated a case conference-style debriefing meeting for residence hall staff to discuss difficult student issues that arise.
- Continued to offer consultation to IowaLink in collaboration with Intercollegiate Athletics and the Undergraduate Academic Advising Center.
- Continued regular UCS Research Team meetings that included students from the Counseling and Clinical Psychology programs.
- Conducted joint case conferences on a monthly basis with Dr. Paul Natvig of Student Health Service.
- Continued offering counseling services in Mandarin Chinese and Spanish.
- Staff participation in presentations at the Big Ten Counseling Centers annual conference.
- Continued staff participation on UI Threat Assessment Team
- Staff participation on the Early Intervention Team of the Office of Retention.
- Staff participation on UI Alcohol Harm Reduction Committee
- Completed transition to fully electronic scheduling and client file management.
- Created UCS information video and UCS diversity video and posted on UCS main web page.
- Established UCS Facebook page and UCS Twitter account and produced regular postings on each social media venue.

Strategic Goals

Based on the UCS mission and the mission and priorities of the Division of Student Life, the following strategic goals were set for the 2011-12 year. Attainment is detailed. Following the attainment ratings of the 2011-12 strategic goals, strategic goals for 2012-13 are presented.

- Describe current collaborations with Student Health Service and identify areas for additional collaborations.

Status: Completed and continuing. The UCS Director has met with the new Director of the Student Health Service on an approximately biweekly basis to discuss areas of collaboration. Current areas of collaboration include: consultations and referrals regarding medical and psychiatric care, monthly case conferences with SHS psychiatrist, joint participation in Eating Disorder Network, and joint breakfast meetings with both staffs to discuss coordination of referrals and access to services.

- Identify maximum capacity for practicum training in light of limited space and supervisory staff resources.

Status: Continuing. Both the training team and the UCS administrative council have engaged in discussions regarding both the capacity of UCS training program in terms of top limit of the number of trainees that we are able to accommodate and in terms of limits to available space for these trainees to provide client services. Availability of additional space in Westlawn may alleviate the space constraints in this area.

- Meet with appropriate University administrators (Machatka, Henderson) to detail options for additional space in Westlawn after College of Public Health academic building opens in spring, 2012.

Status: Completed and continuing. The UCS and SHS Directors developed a proposal for utilization of the fourth floor of Westlawn immediately above the UCS wing of the building. This proposal was discussed with Diane Machatka, Space Planning, and submitted for consideration by Tom Rocklin, Vice President of Student Life. Current activity on this front involves active negotiation with Diane Machatka on transfer of rooms on the fourth floor that would fulfill current and anticipated space needs of UCS and SHS.

Strategic Goals

2012-2013

- Complete process of acquiring additional space in Westlawn.
- Continue to identify and implement collaborations with Student Health Service.
- Complete first cycle of new personnel evaluation process.