



Counseling and Consultation Services

ANNUAL REPORT EXECUTIVE SUMMARY

2008-09 | A YEAR IN REVIEW

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COUNSELING & CONSULTATION SERVICES

Message from the Director



On behalf of the staff of Counseling and Consultation Services (CCS) at Illinois Wesleyan, I would like to thank you for taking the time to learn about our center. Housed within the Division of Student Affairs, CCS is the only mental health resource for IWU students. We are located in Magill Hall, adjacent to Arnold Health Services. Services offered at CCS

include: group counseling, individual counseling (time limited 1-10 sessions), crisis intervention, consultation and outreach, information and referrals. CCS staff is highly dedicated to and passionate about working with students to help them achieve their academic endeavors.

The 2008-2009 academic year was another busy year for CCS, with 15% of our student body utilizing group or individual therapy at the center; more first year students sought services (34% of clientele). Sophomores, juniors and seniors equally utilized our services (each 21-23% of clientele). Demographically, twenty percent of our students self-identified as being from an underrepresented group on campus.

Given the significant increase in individual appointments this year (25%), we have encouraged students to participate in our group therapy program and have devoted more energy to expanding our referral resources within the broader Bloomington-Normal community.

This executive summary will describe the clients we have seen during this past year, describe their presenting concerns and identify significant concerns they have experienced **prior** to enrolling at IWU. In addition, this report will identify referral sources that have directed students to CCS services, highlight our programming efforts across campus and compare IWU students' drinking behaviors to national drinking patterns among college students. I hope you find the report useful and informative.

All the best,

Annorah S. Moorman, Ph.D.
Director, Counseling & Consultation Services

Mission Statement

To promote student personal growth and well-being through a variety of mental health services including counseling, outreach and consultation.

Who are we?

CCS staff consists of licensed clinicians (psychologists, counselors, and social workers) here to serve the IWU community.

What do we do?

Group counseling: Group therapy is frequently the treatment of choice; in many ways group therapy is the very best of what we have to offer. Group counseling brings together a small number of individuals (usually 8-10) with one or more trained group leaders. Group members share what is troubling them. The process of sharing with each other, listening to each other, giving and receiving feedback, offering support and expressing their feelings about what someone else says or does can be extremely helpful. Group members begin to see that they are not alone. This interaction encourages individuals to develop new ways of behaving and learning more about how they interact with others. As a result, the original difficulties people brought to group become resolved.

Individual counseling: Clinicians provide short term (1-10 sessions) individual therapy to students to help them address a variety of concerns such as homesickness, depression, anxiety, disordered eating, and relationship concerns.

Consultation: Students can seek advice if they have a concern about a friend (e.g., "I think my roommate has an eating disorder. What should I do?")

Outreach/prevention programs to the campus community:

Programs (regarding topics such as perfectionism, stress management, sexual assault prevention, alcohol education, etc.) can be presented to classes, residential hall floor meetings, fraternities/sororities, or other student organizations.

Counseling and Consultation Services Staff

Annorah S. Moorman, Ph.D.

Director of Counseling and Consultation Services

Mark Benson, L.C.P.C.

Counselor

Kathleen Dunn-Backus, L.C.P.C.

Counselor

Lisa Novinska, L.C.P.C.

Counselor

Bob Rogers, L.C.P.C.

Counselor

Joe Vaughan, L.C.P.W.

Counselor

David Kistner,

Office Coordinator

Outreach

During the 2008-09 academic year, CCS staff provided 32 outreach programs, ranging from presentations to Fraternities and Sororities, advising student groups, guest-lecturing in classes, providing training to staff from the Office of Residential Life and the University Judicial Board. In addition, faculty, staff and students were offered training in suicide prevention. Many other topics were addressed: from anxiety, depression, alcohol education to time management, adjustment issues and eating disorders.

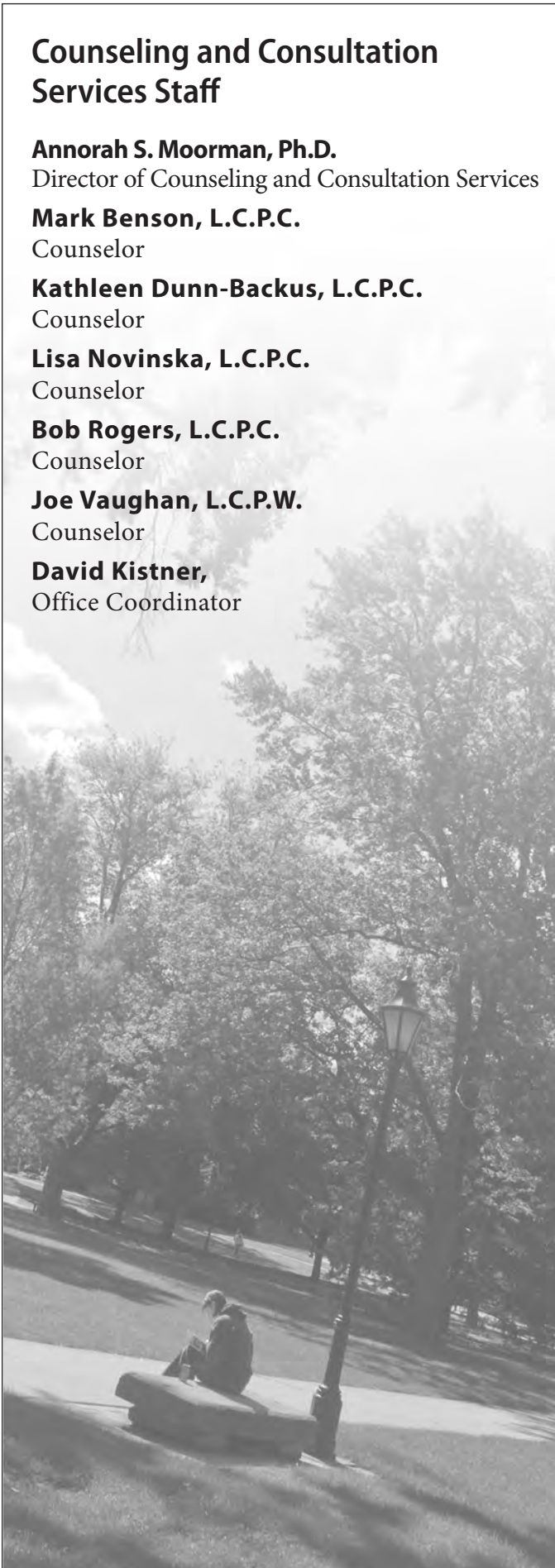
More than 1750 students attended outreach programs during this academic year.

Alcohol & Drug Education at IWU:

In an effort to provide further cohesiveness and collaboration the Alcohol Task Force meets monthly to discuss alcohol and other drug issues occurring on campus. This group is chaired by the Counselor/Alcohol Education Coordinator and is comprised of the Associate Dean of Students, the Director of Sorority and Fraternity Life, the Assistant Dean of Student Activities, the Director of Residential Life, the Director of Health Services, a Security officer, an Associate Professor from the Athletic Department and several students. The Alcohol Task Force addresses programming, consistency and effectiveness of our campus programs, student surveys (ex: the Core survey), the AOD Biennial Review, overall educational efforts and AOD awareness issues.

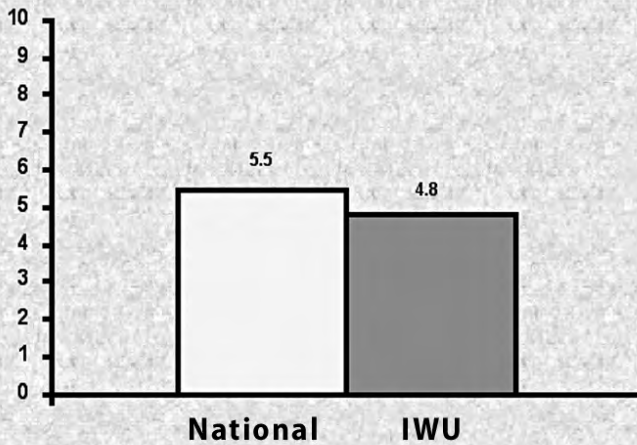
Student surveys help drive our efforts. Some highlights of this year's Core Survey can be seen in the charts on the following page.

In addition, CCS has been able to obtain several grants over the last several years to help sustain and promote our alcohol education efforts. Finally, CCS remains very active in campus community coalitions joining other colleges/universities in town to make a safer community for our students. For more information about outreach programming at CCS, please contact Mark Benson, Outreach Coordinator or Bob Rogers, Coordinator of Alcohol Education at 556-3052.

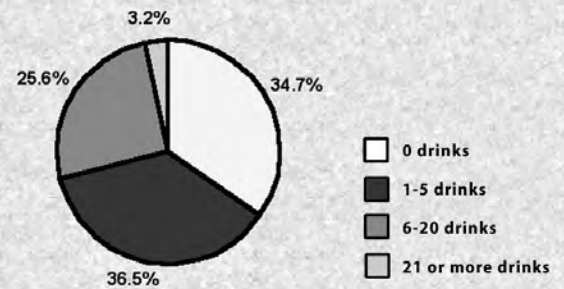


National and IWU Comparisons—Alcohol Statistics

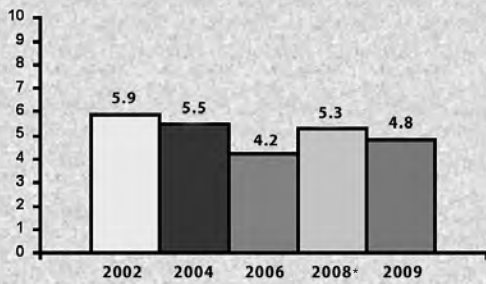
2009 – National and IWU Comparisons – Average Drinks per Week



2009 - IWU Average # of Drinks per Week

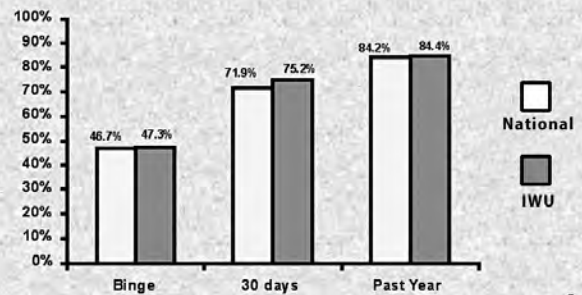


2002-2009 IWU Comparisons – Average Drinks per Week



* First time Core Survey has been distributed in Spring Semester

2009 – National and IWU Comparisons – Binge, 30 day, Past Year



Client Demographics

Student Client Presenting Concerns

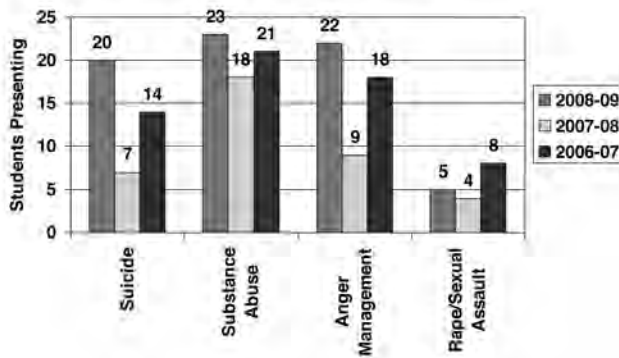
Top-10 presenting concerns

1. Stress/Anxiety (199 students)
2. Academic performance (163)
3. Self-confidence or self-esteem (159)
4. Worrying (157)
5. Depression (147)
6. Career choice or future (148)
7. Romantic relationships (141)
8. Motivation or procrastination (125)
9. Loneliness (120)
10. Peer relationships (120)

Clients may present with multiple concerns at time of intake.

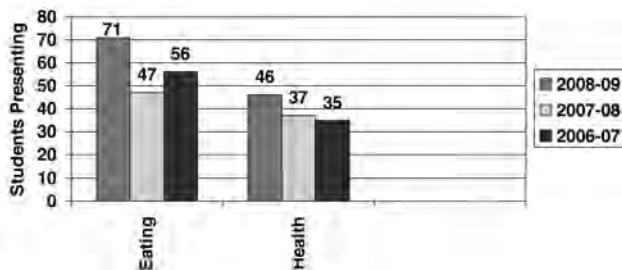
Student Client Presenting Concerns

Suicide - Substance Abuse - Anger Management - Sexual Assault



Student Client Presenting Concerns

Eating - Health



Student Clients with Disabilities

Psychological Disorder/Condition	38
Visual Impairments	20
Physical/health related Disorders	14
Attention Deficit/Hyperactivity Disorders	13
Other Disability	6
Learning Disorders	6
Mobility Impairments	2
Neurological Disorders	2
Deaf or Hard of Hearing	1

Data Snapshots 2008-09 Clinical Data

Prior to coming to IWU CCS clients report...

- 48.7% report attending counseling for mental health concerns
- 25.5% report having taken prescribed medication for mental health concerns
- 23.6% report having seriously considered suicide
- 23.2% report having purposely injured themselves without suicidal intent
- 17.2% report unwanted sexual experience
- 8.0% report having made a suicide attempt
- 6.5% report prior hospitalization for mental health concerns

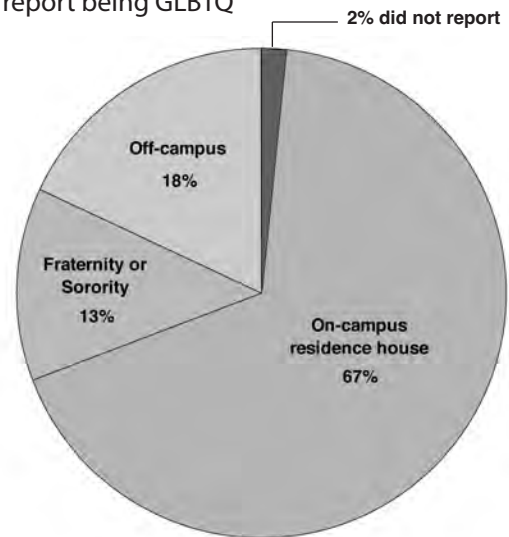
Students in 2008-2009 were referred to CCS by:

- 39.7% Self
- 34.0% Friend
- 20% Parent
- 11.7% Dean of Students Office (Non Judicial)
- 9.3% Faculty
- 5.3% ORL Staff Member
- 5.3% Romantic Partner
- 5.0% Academic Counselor
- 4.6% Web Site or CCS Brochure
- 4.0% Health Services
- 3.3% Coach or Athletic Department
- 2.7% Staff
- 2.0% Dean of Students Office (Judicial Referral)

NOTE: Clients may report multiple sources of referral

Did you know?

- 24% of CCS clients come to CCS due to learning of a sudden unexpected death of a very close family member or friend.
- 14.2% of our clients report that they are 1st generation college students.
- 11.3% are IWU athletes
- 10% report being GLBTQ



Where do CCS clients live?



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