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 and the services we provide. Housed within the Division of Student Affairs, CCS is the only mental health resource on campus 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, outreach and referrals. CCS staff is highly dedicated to and passionate about working with students to help them achieve their academic endeavors.

The 2010-2011 year was another busy year for CCS with approximately 12% of our student body utilizing individual therapy at the center. More first-year students sought services (36% of clientele than upper classmen). Sophomores and juniors equally utilized our services (each 23 and 22% respectively of CCS clientele), while only 15% of our clientele were seniors. Demographically, 20% of our students self-identified as being from an underrepresented group on campus. A few facts of interest that stand out from the 2010-2011 academic year...

- 87% of students seeking services reported their presenting concerns as being somewhat to very disruptive in their lives.
- 55% of students seeking services reported that their academic progress was being significantly affected by their problems/issues.
- Given the economic climate, it was not surprising that 68% of CCS clients report significant ongoing financial stress in their lives.
- Interestingly, 47% of our clients report spending 4 or more hours a day using a computer, with 18 students report spending 7 or more hours a day using a computer.

This executive summary will describe the clientele 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, 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.
Assistant Dean of Students
Director, Counseling & Consultation Services
Coordinator of Disability Services

Who are we?

CCS staff consists of licensed clinicians (psychologists and counselors) 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

Bob Rogers, L.C.P.C.
Alcohol Education Coordinator/Counselor

Wei-min Grace Blocher, Ph.D.
Outreach Coordinator/Counselor

Kathleen Backus, L.C.P.C.
Counselor

Mark Benson, L.C.P.C.
Counselor

Jamie Laurson, L.C.P.C.
Counselor

David Kistner
Office Coordinator

New Outreach Coordinator joins CCS Staff!!!

Wei-min Grace Blocher (王維敏)
MS., Counseling & Counselor Education, Indiana University, Bloomington (2005)
Ph.D., Counseling Psychology, Iowa State University

Greetings!

I was born in Taiwan and I have lived in the U.S. for more than a decade. My formal training as a counseling psychologist includes a Master’s degree from Indiana University and doctoral training at Iowa State University. I have worked with a wide range of age groups and have found my passion in working with college students. I enjoy seeing students making meaningful changes through counseling and I have always felt privileged to witness and be part of the journey.

My passion for outreach started in my doctoral training. I have experiences ranging from providing a single workshop to collaborating with different units on campus to reach out to a specific group of students. I strongly believe in the importance of collaboration with the campus community, both within Student Affairs and Academic Affairs. I enjoy meeting and working with people from different roles and different walks of life. I believe that we all have something to offer and it takes a team to serve.

I received my Ph.D. degree in August of 2011 and I had my first child in July. I enjoy a life-long journey of learning...learning about people, learning about different cultures, learning to be a psychologist, learning to be a mom, and learning to love. I am looking forward to meeting IWU faculty, staff, students, and joining the IWU community in the fall! If anyone would like to discuss Outreach and Consultation opportunities, please call! I can be reached at the Counseling & Consultation Services (556-3052).

Alcohol & Drug Education at IWU:

More headway was made during the 2010-2011 academic year with regard to Alcohol and Drug Education at IWU. Bob Rogers continued to lead our efforts, chairing the IWU Alcohol Task Force, with representation from the Dean of Students office, Fraternity and Sorority Life, Student Activities, Residential Life, Health Services, Security, Athletics and students at large, serving on the committee as well. During the 2010-2011 year, IWU’s Alcohol Task Force received two grants that focused on reducing alcohol use on college campuses, a grant from Department of Education for $16,150 and the Partnership for Success Grant (Enforcing Underage Drinking Laws) for $15,000. These grants afforded us the opportunity to work with community liaisons such as the Bloomington Police Department and the other colleges/universities in Bloomington-Normal to implement environmental approaches to help educate our students and focus on enforcing underage drinking laws. These grant monies allowed us to increase our efforts, beyond the passive and active programming that is already in place via on-line self-assessments and prevention/educational programs (i.e. e-Chug and the My Student Body program). As part of our Alcohol education/prevention efforts, IWU continues to be a leading force in the Bloomington Normal Community Campus Committee (BNCCC), an active coalition focused on reducing high risk drinking for the students of Bloomington-Normal. The IWU Alcohol Task Force continues to address program consistency and effectiveness through the Core Survey (student alcohol/drug survey) and the Alcohol Biennial review. Highlights from this year’s Core Survey can be seen in the charts on the following page. Of significant note, IWU is below the National Average in binge drinking (IWU – 45.1% – National Average 46.1%) as well as Average Drinks per Week (IWU – 4.2 – National Average – 5.2). Also of note, as a result of our efforts this year, 97% of IWU students reported that they feel safe on campus compared to 89.3% a year ago.

Finally, CCS continues to be very active in community coalitions such as the Heartland Coalition and the Bloomington-Normal Community Campus Coalition. Our involvement affords us the opportunity in joining other community agencies and colleges/universities in providing efforts that help promote a safe and thriving environment for our students. For more information about outreach programming at CCS, please contact Wei-min Grace Blocher, Outreach Coordinator or Bob Rogers, Coordinator of Alcohol Education at 556-3052.
National and IWU Comparisons—Alcohol Statistics

2011 – National and IWU Comparisons – Average Drinks per Week

2002-2011 IWU Comparisons – Average Drinks per Week

* First time Core Survey has been distributed in Spring Semester

2011 – National and IWU Comparisons – Binge, 30 day, Past Year
Client Demographics

Top 15 Presenting Concerns of Clients during the 2010-2011 Academic Year

- Stress/anxiety: 66%
- Academic performance: 51%
- Depression: 45%
- Motivation/procrastination: 45%
- Worrying: 44%
- Self-confidence/self-esteem: 44%
- Romantic Relationship: 42%
- Career choice: 42%
- Peer relationship: 42%
- Lack of energy/tiredness: 37%
- Loneliness: 36%
- Problems with concentration: 33%
- Study skills: 31%
- Family relationships: 31%
- Problems with sleeping: 28%

Data Snapshots — 2010-11 Clinical Data

Prior to coming to IWU, CCS clients report:
- 27% report attending counseling for mental health concerns
- 21% report having seriously considered suicide
- 19% report having taken prescription medication for mental health concerns
- 14% report unwanted sexual experience
- 13% report having purposely injured themselves without suicidal intent
- 5% report prior hospitalization for mental health concerns
- 3% report having made a suicide attempt

Students in 2010-2011 were referred to CCS by:
- 48% Self
- 34% Friend
- 21% Parent
- 11% Dean of Students Office
- 10% Faculty
- 6% Health Services
- 6% Romantic Partner
- 4% Academic Counselor
- 4% Staff
- 3% ORL
- 2% Judicial referral
- 2% Coach or Athletic Department

NOTE: Clients may report multiple sources of referral

Did you know?
- 44% of clients report religion as being important in their lives
- 26% of clients come to CCS due to learning of a sudden unexpected death of a very close family member or friend.
- 18% of clients report childhood emotional abuse
- 16% of clients are IWU athletes
- 14% of our clients report that they are 1st generation college students.
- 14% of clients report experiencing PTSD symptoms since they have enrolled at IWU
- 13% of clients report being victims of harrassment or abuse since they have enrolled at IWU
- 11% of clients report childhood physical abuse
- 11% of clients report childhood sexual abuse
- 9% of clients report no family support
- 8.4% of clients report being GLBTQ

*6% did not answer question