Counseling and Consultation Services
ANNUAL REPORT EXECUTIVE SUMMARY
2009-10 | A YEAR IN REVIEW

INSIDE
MESSAGE FROM THE DIRECTOR 1
MISSION STATEMENT 1
CCS STAFF INFORMATION 2
OUTREACH 2-3
CLIENT DEMOGRAPHICS 4
DATA SNAPSHOTs 4
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 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 2009-2010 year was another busy year for CCS with 14% of our student body utilizing individual therapy at the center. Slightly more sophomore students sought services (27% of clientele). First year students, juniors and seniors equally utilized our services (each 22-24% of clientele). Demographically, 15% percent of our students self-identified as being from an underrepresented group on campus. A few facts of interest that stand out from the 2009-2010 academic year…

- 83% of students seeking services reported their presenting concerns as being somewhat to very disruptive in their lives.
- 53% 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, 40% of our clients report spending 4 or more hours a day using a computer, with 20 students report spending 7 or more hours a day using a computer.

This executive summary will describe the client 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.
Director, Counseling & Consultation Services
Counseling and Consultation Services Staff

Annorah S. Moorman, Ph.D.
Director of Counseling and Consultation Services

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

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

Lisa Novinska, L.C.P.C.
Counselor

Bob Rogers, L.C.P.C.
Counselor

Joe Vaughan, L.C.S.W.
Counselor

David Kistner,
Office Coordinator

Outreach

During the 2009-2010 academic year, CCS staff provided 51 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. Many topics were addressed: from anxiety, depression, alcohol education to time management, adjustment issues, conflict resolution, and eating disorders. More than 2173 students were in attendance at our outreach programs during the academic year.

A student driven peer education program connected to CCS is the group, CHOICE—Peer Health. CHOICE (Choosing Health Options in Collegiate Environments)—Peer Health is a registered student organization that promotes positive lifestyle choices to students at Illinois Wesleyan. The group's mission focuses on students committed to empowering their peers to make informed decisions pertaining to student health and wellness.

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

2010 – National and IWU Comparisons – Average Drinks per Week

2002-2010 IWU Comparisons – Average Drinks per Week

* First time Core Survey has been distributed in Spring Semester

2010 - IWU Average # of Drinks per Week

2010 – National and IWU Comparisons – Binge, 30 day, Past Year
Data Snapshots — 2009-10 Clinical Data

Prior to coming to IWU CCS clients report...
- 49% report attending counseling for mental health concerns
- 29% report having taken prescription medication for mental health concerns
- 24% report having seriously considered suicide
- 21% report having purposely injured themselves without suicidal intent
- 16% report unwanted sexual experience
- 7% report prior hospitalization for mental health concerns
- 5% report having made a suicide attempt

Students in 2009-2010 were referred to CCS by:
- 38% Self
- 25% Friend
- 21% Parent
- 9% Faculty
- 9% Dean of Students Office
- 6% Academic Counselor
- 6% Romantic Partner
- 4% ORL
- 4% Health Services
- 3% Judicial referral
- 3% Staff
- 2% Coach or Athletic Department

NOTE: Clients may report multiple sources of referral

Did you know?
- 43% of clients report religion as being important in their lives
- 16% are IWU athletes
- 13% of our clients report that they are 1st generation college students.
- 11% of clients report being victims of harrassment or abuse since they have enrolled at IWU
- 11% of clients report experiencing PTSD symptoms since they have enrolled at IWU
- 10% come to CCS due to learning of a sudden unexpected death of a very close family member or friend.
- 9.4% report being GLBTQ

Client Demographics

Student Client Presenting Concerns
Top-10 presenting concerns
1. Stress/Anxiety (183 students)
2. Depression (183)
3. Academic performance (151)
4. Worrying (135)
5. Self-confidence or self-esteem (132)
6. Career choice or future (127)
7. Motivation or procrastination (126)
8. Romantic relationships (115)
9. Peer relationships (112)
10. Loneliness (105)

Clients may present with multiple concerns at time of intake.