



TEXAS TECH UNIVERSITY

Student Counseling Center™

Student Counseling Center Staff

- 14 Full-Time Counseling Staff (Psychologists, Licensed Professional Counselor, Licensed Marriage & Family Therapist)
- 4 Full-Time Doctoral Psychology Interns
- Several (6-12) Part-Time Graduate Student Therapy Trainees (unpaid)
- 1 Full-Time Case Manager (Licensed Social Worker)
- 3 Full-Time Support Staff



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Counselor to Student Ratio

- Fall 2015 Enrollment: 35,893
- 14 Full-Time Counseling Staff
 - 1 : 2,563
- 14 Full-Time Counseling Staff + 4 Full-Time Doctoral Interns
 - 1 : 1,994



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FY16 Student Encounters

- 11,171 Encounters with 1,809 students at the Student Counseling Center
 - Intake appointments / Crisis Interventions
 - Individual Counseling
 - Group Therapy
 - Couples Counseling
- 949 appointments using the Center's self-directed stress management/anxiety reduction facilities (MindSpa)



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Triage System / Treatment Levels

- Intake counselor discusses various treatment options with student
- Following intake, students with more severe concerns (e.g., increased suicidal risk) are given high priority for assignment to counselor
- Scope of Care – primarily short term; issues requiring long-term care may require referral to other providers
- Individual Counseling has 3 Treatment Levels; Treatment Level is matched to type of presenting concern
 - 1-3 Sessions
 - 4-7 Sessions
 - 8+ Sessions



Mental Health Trends

- Anxiety and Depression continue to be most cited presenting concerns for students
- More students seeing counselors prior to college; want to continue with services during college
- Reduced stigma among college population about receiving mental health services



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Crisis Safety Net

- 24-hour Texas Tech Crisis HelpLine (contracted service)
- Online Interactive Screening Program
- Walk-In Clinic (Monday-Friday 12:30-3:30)
 - No appointment necessary to meet with intake counselor
- Additional Crisis Counseling (walk-in or scheduled) as needed
- Lubbock StarCare (formerly Lubbock MHMR) Mobile Unit can assist with hospitalizations



Outreach Efforts

- Student Counseling Center staff interact with approximately 5,000 students/parents/faculty/staff annually through:
 - New Student Orientation
 - Classroom Presentations
 - Wellness Fairs
 - Sexual Assault Prevention Programming
 - QPR (Question, Persuade, Refer) Suicide Prevention Training
 - New Employee Orientation trainings
 - Monthly trainings open to any student, faculty, staff
 - Requested trainings



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