



Sam Houston State University

MEMBER THE TEXAS STATE UNIVERSITY SYSTEM

Counseling Center



Community/Clinical Context

- Tri-County Behavioral Health is SHSU's local mental health authority.
 - Walker County – 12th lowest per-capita income
 - Montgomery County – 9th highest per-capita income
- Minimal mental health resources available to students in local community
- Walker county currently has one psychiatrist in private practice
- Relevant SHSU Clinical Demographics
 - More than 50% of students are first generation
 - Approximately 71% of graduating students meet the THECB definition for an “at-risk student”

Counseling Center Staff

The SHSU Counseling Center is staffed by a multidisciplinary team of clinicians:

- 7 Full-Time Psychologists
- 3 Full-Time Licensed Professional Counselors
- 1 Full-Time Licensed Clinical Social Worker
- 1 Full-Time Post-Doctoral Resident
- 3-6 Part-Time Graduate Student Trainees
 - (Unpaid practicum students)

Clinical Staff: Student Ratio

The International Association of Counseling Services (IACS) recommends a staffing ratio of 1:1,000 – 1,500 depending on the services being offered and the availability of other campus and community mental health agencies.

- SHSU Enrollment – FY16
 - 20,031
- 10 Full-Time Counseling Staff
 - 1:2,003
- 10 Full-Time Counseling Staff + 1 Post-Doctoral Resident
 - 1:1,821

Client Contacts – FY16

- 5,238 appointments attended by 825 students
 - Approximately 75% were first time service users
 - Average number of sessions: 6.35
 - 28.5% had only 1 appointment
 - Average wait for first appointment after initial consultation: 8.95
 - 493 Walk In (crisis/urgent) sessions utilized
 - 29% increase over FY15
 - 20% reported active suicidal thoughts
 - 59% had an inability to calm themselves
 - 10% reported recent assault or abuse
 - 7% reported hallucinations
 - 3% stated they were likely to kill themselves if they left the building

5 Year Comparison (FY12 & FY16)

14% Increase in Total Student Population

Counseling Center Increases

- Number of students seen: 46%
- Number of attended appointments: 77%
- Utilization of walk in (crisis/urgent) appointments: 154%

Increases in Student Experiences Prior to Seeking Services

- Number of students who seriously considered suicide: 115%
- Number of students who attempted suicide: 24%
- Number of students hospitalized: 74%
- Number of students who engaged in self-injury: 138%
- Number of students who experienced sexual violence: 39%
- Number of students lacking emotional support from family: 24%

Clinical Impact

Counseling Center clients consistently show a significant reduction in symptoms and improvement in overall functioning.

Center Wide Change Data

- Depression
 - 58% of students with clinical depression experienced a significant reduction in symptoms
 - 38% of students experienced near extinction of symptoms
- Anxiety
 - 43% of students experienced a significant reduction in symptoms
 - 23% of students experienced near extinction of symptoms
- Academic Distress
 - 57% of students experienced a significant reduction in symptoms
 - 45% of students experienced near extinction of symptoms
- Hostility
 - 57% of students experienced a significant reduction in symptoms
 - 41% of students experienced near extinction of symptoms
- Overall Distress
 - 60% of students experienced a significant reduction in symptoms
 - 40% of students experienced near extinction of symptoms

Outreach Initiatives

- Sam Houston Alcohol Referral Program (SHARP)
 - A 6-hour state-approved alcohol awareness course for students with alcohol policy violations. Over half of SHARP participants go on to pursue counseling to better understand the role of alcohol in their lives.
- HAVEN
 - SHSU's LGBTQI education and support network.
- QPR (Question, Persuade, Refer)
 - Suicide prevention training, offered once a month.
- You Make the Call
 - Sexual assault prevention program utilizing a bystander intervention approach. Presented to all sections of a required course, meaning all students receive this training during their time at SHSU
- Ask Dr. _____
 - An interactive Q&A session focused on healthy relationships. Presented to multiple sections of a freshman level, introduction to college course.
- Various requested programs on topics ranging from emotional intelligence, healthy relationships, sexual assault awareness, and stress management, among others.

Campus Partnerships

Counseling Center clinical staff members are embedded in several key programs on campus to ensure that issues impacting mental health are addressed during planning and implementation.

- FORWARD Program
 - Provides support for former foster youth, orphans, wards of the court, and homeless students.
- Sam Houston ELITE
 - Nationally recognized program that promotes and supports academic development and civic engagement of African-American and Latino male students.
- Veterans Alliance Network
 - Educates faculty and staff about the veteran student experience, with a focus on barriers to the successful transition to civilian/student life.
- Sexual Assault Prevention Committee
 - Campus-wide sexual assault prevention initiative
- Alcohol & Drug Abuse Initiative
 - Alcohol and drug education and reduction task force