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
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
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)
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
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