

COUNSELING SERVICES ASSESSMENT PLAN

OVERVIEW: Four different components serve as the foundation for the Counseling Services Assessment System. Each of these components provide valuable information. The first component is the Client Learning Outcomes section of the Annual Clinical Services Survey. The learning outcomes, which are in the third section, are idiographic for each client based on their treatment goals. In specific, each client comes with their own unique issues and goals and this goal attainment section allows for maximization of assessment of the outcomes important to that client. The second component is change scores in the Counseling Center Assessment of Psychological Symptoms (CCAPS) Instrument. The Counseling Center administers this well researched and substantiated inventory, which is the most popularly used inventory in college mental health, at intake, every third session, and at termination. The third component are utilization rates of our non-counseling direct and indirect services targeted to the promotion of mental health hygiene and the prevention of mental health problems. The annual report section on outreach includes a summary and listing of direct in person programs, use of anonymous screening assessments documents, table tents at the Union, and use of the Stress Reduction and Relaxation Room housed in the facility. The fourth component is the quantitative and qualitative feedback to outreach programs collected via web-based technology at the end of the in-person outreach programs.

This past year, we assessed the following Learning Objectives	How these were assessed this past year	Findings from this past year	Strategies for Improvement
<p>Component 1: 14 Client Outcomes:</p> <ol style="list-style-type: none"> 1. Students will learn to have greater self-awareness 2. Students will learn to identify their values and priorities 3. Students will learn to be effective as an adult 4. Students will learn to practice self-care 5. Students will learn to develop coping strategies 6. Students will learn to engage in healthier choices 7. Students will learn to be able to effectively obtain support 8. Students will learn to feel better emotionally 9. Students will learn to have improved personal relationships 10. Students will learn to have increased self-esteem 11. Students will learn to develop their personal strengths 	<p>We relied upon the client outcomes section of the Annual Client Services Survey that is appended as the Counseling Center 2015-2016 Clinical Services Evaluation. This was augmented by qualitative inquiry by the therapists as a typical part of the counseling process.</p>		

<p>12. Students will learn to reduce or cease problematic substance misuse</p> <p>13. Students will learn skills to enable them to be successful as a student</p> <p>14. Students will learn skills to enable them to remain in school</p>			
<p>Component 2: CCAPS Change Scores Clients will show clinically meaningful change on initially elevated scales Clients will show decrease in overall distress</p>	<p>We administered the CCAPS at intake and every third session, and again at termination. We build this in to our schedule/clinical system Titanium. Support staff set up the client for testing and the therapist interprets the results during the session.</p>		
<p>Component 3: Students will gain in KSAs – knowledge, attitudes and behaviors - associated with developing positive mental health hygiene</p>	<p>We based this upon metrics of direct and indirect efforts to promote positive mental health hygiene, specifically reports on outreach programs and presentations plus data on utilization of on-line assessments plus data on table tents offered plus data on the use of the Stress Reduction and Relaxation Room.</p>		
<p>Component 4: Students will gain knowledge and skills related to enhancing personal and relational functioning.</p>	<p>At the end of major outreach programs, participants were asked to get out their cell phones and are directed to a website to complete quantitative ratings and a qualitative comment about the program.</p>		

What revisions, if any, to current SLOs and/or outcome measures did you make from previous plans? Provide a rationale for any change(s):

Plans – What learning objectives will you be assessing in the next cycle?