



2015-16

**UNIVERSITY COUNSELING
AND TESTING CENTER**

**IMPACT
REPORT**



Striving for Success

The Counseling and Testing Center supports the university's academic mission through the development of the whole person. We strive to integrate psychological and intellectual growth to facilitate student success in the classroom and beyond. Our core values of growth, balance, compassion, community, and social justice guide the work we do.

Research demonstrates that students with mental health concerns are much more likely than their peers to drop out of college. However, prevention and intervention programs and services help students address difficulties that interfere with their academic success and personal well-being, gain self-awareness, and learn new coping skills. Simply put, the Counseling Center helps to reduce and eliminate barriers to academic success, allowing students to stay in college and graduate.

Our comprehensive Testing Center supports the academic success of all students. Placement testing ensures new students enroll in the appropriate courses. Accommodated testing services support students with disabilities, and those seeking an advanced degree benefit from a convenient location for standardized tests such as the GRE, MCAT, and LSAT.

More than half of the Counseling Center's clients last year indicated they would not have sought out services elsewhere if they had not come to us. A unique understanding of the mental health and academic issues faced by university students, affordability of programs and services, diversity and cultural competency of staff, and convenience all make the Counseling and Testing Center a key source of support for students and consultation for faculty and staff.

I am pleased to share with you just some of the ways in which the Counseling and Testing Center improves students' well-being, creates leadership and involvement opportunities, and helps them to be successful at the university and in life.

Shelly Kerr, Ph.D.

Shelly Kerr
Director, University Counseling and Testing Center

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1.5K
INITIAL
ASSESSMENT
SESSIONS

7K
INDIVIDUAL
THERAPY
SESSIONS

231
PSYCHOTHERAPY
GROUP SESSIONS IN
28
DIFFERENT GROUPS

326
FACULTY AND STAFF
CONSULTATIONS

162
PARENT AND FAMILY
CONSULTATIONS

Good mental HEALTH

Serving Our Campus

The Counseling Center is a hub for student psychological care and consultation, and educational programming for the entire university community. Our team of college mental health specialists tailor our work to fit the unique needs of university students and the faculty, staff, and parents and families that also educate and support them. Because our services are integrated within the university, we are knowledgeable about and can seamlessly connect students to campus resources.



Counseling Center Services

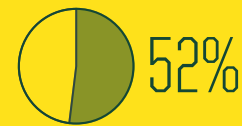
- INDIVIDUAL THERAPY FOR STUDENTS
- GROUP THERAPY FOR STUDENTS
- CRISIS INTERVENTION
- 24/7 SUPPORT LINE
- FACULTY AND STAFF CONSULTATIONS
- PARENT AND FAMILY CONSULTATIONS
- EDUCATION AND PREVENTION PROGRAMS
- TRAINING FUTURE PSYCHOLOGISTS
- CASE MANAGEMENT TO ASSIST WITH REFERRALS TO COMMUNITY RESOURCES

counseling.uoregon.edu/services



Kerry Frazee
DIRECTOR OF SEXUAL VIOLENCE PREVENTION AND EDUCATION

“The University Counseling and Testing Center staff are critical in the creation and implementation of prevention efforts such as Get Explicit 101. They helped build the extensive curriculum that covers everything from healthy relationships to bystander intervention. The staff are thoughtful, approachable, inclusive, and dedicated to our students in a truly empowering way.”



52% OF OUR CLIENTS LAST YEAR SAID THEY WERE UNLIKELY TO HAVE SOUGHT TREATMENT ELSEWHERE IF THEY HAD NOT RECEIVED SERVICES AT THE UNIVERSITY COUNSELING CENTER.

What Our Clients Tell Us

ANONYMOUS QUOTES FROM THE 2016 CLIENT EXPERIENCE SURVEY

How has therapy helped you be more successful as a student?

“I feel that because I get to talk about my issues in therapy, I spend less time worrying about them throughout the day.”

“My mental health is more manageable, so I am able to attend class and complete assignments more easily.”

“Helps ease my social anxiety that would otherwise inhibit my academic success.”

“Addressed a few concerns I had about being inadequate in the classroom.”

“I feel more confident as a person and that reflects on me as a student.”

What is one way that counseling helped you feel like you belong on campus?

“Counseling has helped me make friends which in turn makes me feel as though I have a sense of belonging on campus.”

“I have connections to people who care about me here on campus.”

“Before, I did not think someone like me belonged in college. Now I am growing to believe that I have worked hard, and it is my dedication that proves I belong here.”

“Counseling made it clear that the people here understand the problems I have and still want me here.”

“I feel comfortable that someone on campus cares about me and understands what it’s like to be in the college environment.”

368

CONSULTATIONS WITH MEDICAL AND MENTAL HEALTH CARE PROVIDERS

576

CALLS TO OUR SUPPORT AND CRISIS LINE

68

MENTAL HEALTH AND WELLNESS EDUCATIONAL PRESENTATIONS

40

HOURS COMMUNITY SUPPORT/CRISIS DEBRIEFING AFTER CAMPUS CRISES

Some of the most frequently cited reasons for choosing our services included:

CONVENIENT LOCATION

EASE OF OBTAINING SERVICES

COST OF SERVICES ELSEWHERE

INTEGRATION OF THE COUNSELING CENTER INTO THE UNIVERSITY

THERAPISTS’ UNDERSTANDING OF STUDENT ISSUES AND UNIVERSITY RESOURCES



Counseling Center Specialty Care Teams

INTERPERSONAL VIOLENCE TEAM

SUICIDE ASSESSMENT TEAM

TRANS CARE TEAM

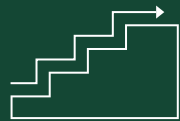
ALCOHOL AND OTHER DRUG TEAM



DURING 2015-16
THE UNIVERSITY
TESTING CENTER
ADMINISTERED AND
PROCTORED
10.5K
TESTS



ADMINISTERED
2.9K
ACCOMMODATED TESTS
FOR STUDENTS WITH
DISABILITIES,
2.2K
PLACEMENT TESTS, AND
4K
OTHER
EDUCATIONAL
TESTS



Supporting *student* SUCCESS



testing.uoregon.edu



Comprehensive Testing Services

The University Testing Center provides high quality professional test administration services to the campus community and the community at large. Serving as a hub for everything test related, we offer a convenient, safe, and inclusive environment for all.

The Testing Center serves our students from their first days as Ducks until long after graduation. During IntroDUCkTion, Week of Welcome, and International Student Orientation, the Testing Center manages and administers placement tests to new students. Students requesting non-standard testing accommodations through the Accessible Education Center have their tests scheduled and proctored at the Testing Center, supporting the university's commitment to the Americans with Disabilities Act and contributing to the success of students by providing an appropriate environment for students with disabilities. The Testing Center also serves as a proctor site for the hundreds of students and community members enrolled in online education programs.

In addition, the Testing Center provides a central location in the region for national standardized testing programs. UO students and community members have a convenient location and access to all of the major standardized tests required for graduate and professional school admissions through the Testing Center.

OPENING DOORS

Professional and Graduate School Exams

GRADUATE RECORDS EXAM (GRE)

GRE SUBJECT EXAMS

GRADUATE MANAGEMENT
ADMISSIONS TEST (GMAT)

LAW SCHOOL ADMISSIONS TEST (LSAT)

MEDICAL COLLEGE ADMISSIONS TEST (MCAT)

MULTISTATE PROFESSIONAL
RESPONSIBILITY EXAM (MPRE)

ORELA TEACHER CERTIFICATION EXAMS

Responding *with care*

counseling.uoregon.edu

A Network of Professionals

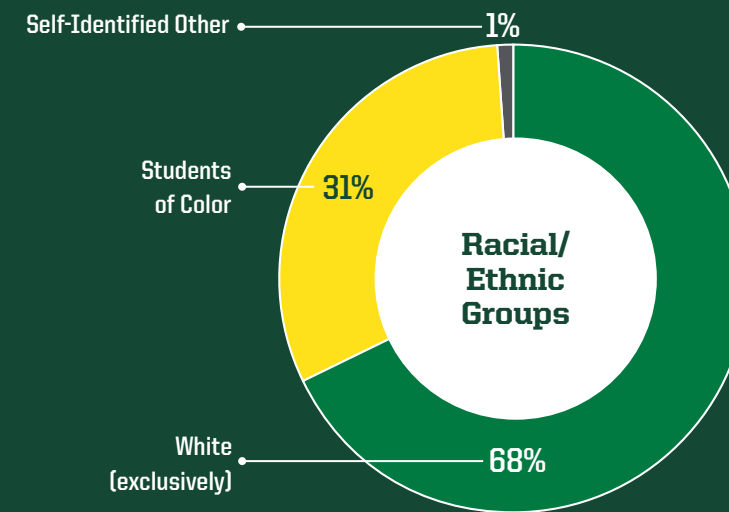
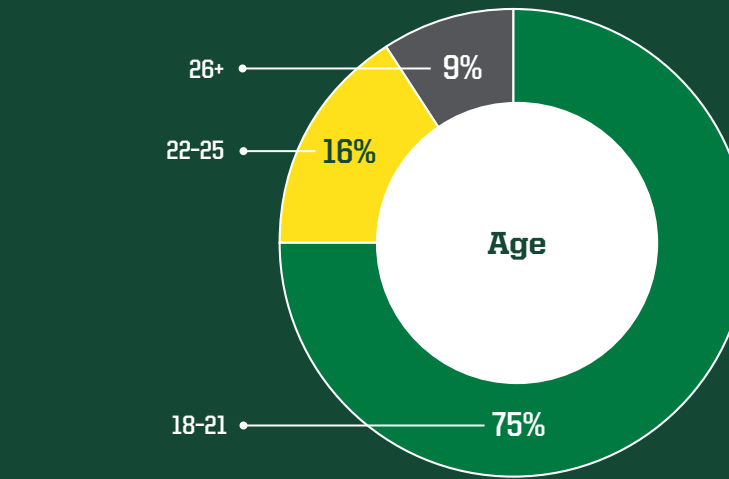
Trans Care Team

The University Counseling and Testing Center Transgender Care Team is part of a larger network of resources for LGBTQ students on campus, making UO one of the Top 13 most trans-friendly universities in the US. The Trans Care Team strives to provide comprehensive and affirming gender confirmation services including: support related to gender dysphoria, letters to support hormone replacement therapy and/or surgery, and individual and group therapy.

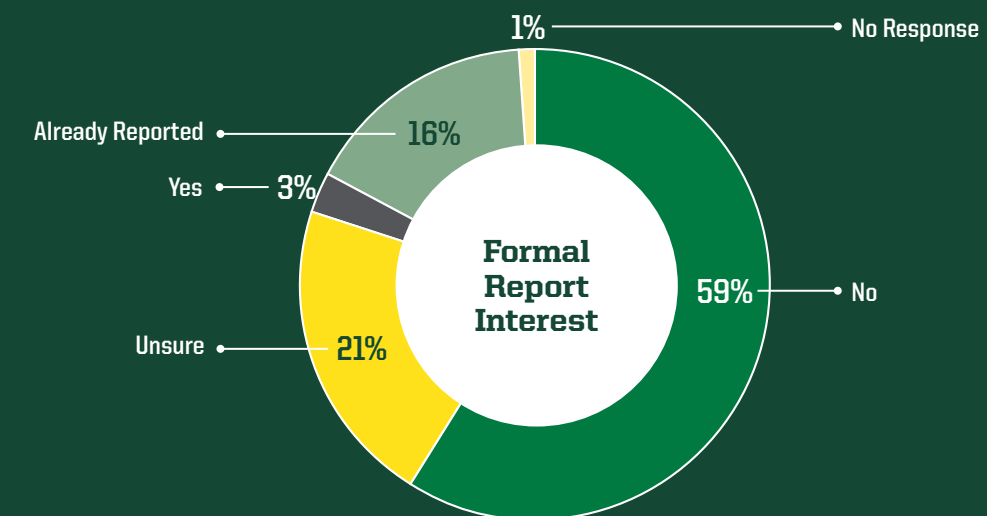
Interpersonal Violence Team

Our diverse and uniquely trained Interpersonal Violence Team uses a culturally sensitive and trauma-informed approach to provide confidential support to students who have experienced gender discrimination, including sexual harassment, sexual assault, and other forms of interpersonal violence. Students receive information about possible accommodations (e.g., academic accommodations, safe housing, no contact orders), survivor rights, required reporters, and all options for reporting the incident. Interpersonal Violence Team members also help survivors connect to other campus and community resources, including staff, departments, and organizations that can provide additional support.

Counseling Center Clients Interpersonal Violence Consultation Demographics



Title IX Reporting Survey Results



156

STUDENTS MET WITH MEMBERS OF THE INTERPERSONAL VIOLENCE TEAM AFTER AN INCIDENT OF GENDER DISCRIMINATION



117

OF THOSE STUDENTS HAD NOT SHARED THIS INFORMATION WITH OTHER UNIVERSITY STAFF OR FACULTY BEFORE SHARING IT WITH THE COUNSELING CENTER



A Team of support

Support Through Recovery

The university environment can be challenging for students who are navigating their recovery from alcohol or drugs. The Collegiate Recovery Center assists students who are actively pursuing recovery to be successful in reaching their academic goals, while also helping them maintain their recovery. The Collegiate Recovery Center provides a sober and supportive environment for students in recovery and offers many social, educational, and leadership activities for its members. The Collegiate Recovery Center has regular office hours and is located on the third floor of the EMU.

Quote from a Collegiate Recovery Center Member

“The Collegiate Recovery Center at the University of Oregon has been a valuable asset in my success both inside and outside the classroom. Through the Collegiate Recovery Center, I have received support and have found recovery advocates and friends that I did not know existed before. I have thrived knowing that I have a support system on campus that can help me navigate through college while staying clean and sober. The Collegiate Recovery Center has provided resources unique to the experience of being in recovery while in a collegiate atmosphere. It has been instrumental in my success here at the UO.”

–Anonymous, Collegiate Recovery Center member



Collegiate Recovery Center Activities

- SPONSORED DUCKS AFTER DARK MOVIE
- HOSTED SOBER FOOTBALL TAILGATES
- LEAD WEEKLY RECOVERY MEETINGS
- SENT STUDENTS TO REGIONAL AND NATIONAL RECOVERY CONFERENCES
- ATTENDED ANNUAL RETREAT WITH OTHER OREGON UNIVERSITIES' COLLEGIATE RECOVERY CENTERS
- PROVIDED WEEKLY SEMINARS
- PARTICIPATED IN ROPES COURSE
- PLANNED ANNUAL BOWLING TOURNAMENT WITH OTHER UNIVERSITIES

recovery.uoregon.edu

counseling.uoregon.edu/team

Honors and Awards

MARIKO LIN, PHD AND RON MIYAGUCHI, PHD
Asian Pacific Islander Outstanding Staff Member Leader Award, May 2016

Publications

Burnes, T. R., S.F. Rowan, and P.L. Paul. "Clinical supervision with TGNC clients in health service psychology." *Affirmative Counseling and Psychological Practice with Transgender and Gender Nonconforming Clients*. 2017, 175-90.

Mundon, C.R., M.L. Anderson, and L.M. Najavits. "Attitudes toward Substance Abuse Clients: An Empirical Study of Clinical Psychology Trainees." *Journal of Psychoactive Drugs*. 2015, 293-300.

Sampson, J.P., M. McClain, E. Musch, and R.C. Reardon. "The Supply and Demand for Career Development Programs and Services as a Social Justice Issue." *In Handbook of Career and Workforce Development Research, Practice, and Policy*. In press.

Professional Presentations

Caban, A., J. Chain, B. Morse, S. Rowan, and M. Lin. "Culturally Informed Trauma Response to Title IX." Presentation, 2016 Pacific Northwest Higher Education Best Practices Conference on Sexual Misconduct Prevention and Response, Portland, OR, April 2016.

Garcia, E., M. Lin, and W. Ng. Next Steps in Outreach Programming for Underrepresented Populations: Focus and Support Groups for Racial and Ethnic Minority Students." Presentation, Annual Conference for the Association for University and College Counseling Center Outreach, Columbus, OH, June 2016.

Sumida, E., B. Chen, Y. Huang, A. McEneaney, and A. Stephen. "Connecting Students Globally: Successes and Challenges." Panel discussion presented at the American Group Psychotherapy Association, New York, NY, February 2016.

Doctoral Intern Consultation Projects

- Roundtable Panel Discussion: Promoting Awareness of the Lived Experiences of Students and Faculty of Color in STEM—coordinated in collaboration with the Community for Minorities in STEM (CMiS)
- Integrating Health at Every Size and Cultural Identities into PEF 325—Healthy Weight Loss—a co-instructed PE class incorporating the exploration of student’s cultural identities and information regarding healthy weight management through the framework of Health at Every Size.
- Support Net for University Housing Student Staff—collaboration with University Housing to facilitate a support group for resident assistants.
- Asian Pacific Islander (API) Mental Health Events—collaborated with API Heritage Month planners to bring the Executive Director and Program Director of the National Asian American and Pacific Islander Mental Health Association to speak at several Asian Pacific Islander Heritage Month events.

Leading by *example*

counseling.uoregon.edu/sab

Student Advisory Board

The University Counseling and Testing Center Student Advisory Board helps the counseling center optimize its services through student feedback and innovative peer outreach. The Student Advisory Board also supports collaboration between campus departments and student groups to provide mental health programming. Student Advisory Board members cultivate leadership skills for students who are interested in mental wellness and take the lead in student advocacy for campus mental health and wellness.



Student Advisory Board

Giving students a voice to improve the University Counseling and Testing Center's programs and campus outreach.

OVER
800
HOURS OF
OUTREACH AND
TABLING BY
THE STUDENT
ADVISORY BOARD

counseling.uoregon.edu/practicum

Clinical Practicum

The practicum internship provides a clinical training experience for UO Counseling Psychology graduate students. Practicum interns apply the foundational counseling skills learned in the classroom by providing therapy to college students. They also receive support in building a professional identity rooted in collaboration and multicultural competence. This training experience helps students engage in experiential learning that is essential for them to progress in their academic programs and professional careers.



Eric Garcia

COUNSELING CENTER OUTREACH GRADUATE TEACHING FELLOW
MAJOR: COUNSELING PSYCHOLOGY

“With the support of the University Counseling and Testing Center staff, I’ve grown personally and professionally as a clinician, campus collaborator, and social justice advocate. I’m incredibly appreciative for the amazing opportunities I have had to develop and prepare for my own career path.”

PRACTICUM STUDENTS
PROVIDED
632.5
HOURS OF INDIVIDUAL
AND GROUP THERAPY
LAST YEAR



University Counseling and Testing Center

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