

Counseling, Health, Testing, and Disability Services

Counseling Services

UMKC Division of Student Affairs
2018-2019 Annual Report

Director Contact	Arnold Abels, PhD Director of Counseling, Health, Testing, and Disability Services 5110 Oak Street, Suite 201 Kansas City, MO 64112 T: 816.235.1218 F: 816.235.6350 abelsa@umkc.edu
Mission Statement	To provide services to foster the psychological well-being, personal development and educational potential of our diverse students, faculty, staff and campus community.
Core functions by the numbers.	<ul style="list-style-type: none">• TOTAL number of clients served: 819• Number of clinical sessions: 5581• Number of hours: 5554• Learning assessments: 16 intakes with 15 Feedback Sessions completed.• Alcohol and Drug BASICS Assessments: 9• Number of Outreach programs: 127 Number of participants: 8427 Number of hours: 207• 134 students used our walk-in emergency times and many others called and after phone consultation were put into available counseling sessions.• Group Therapy: 76 students participated in group therapy with 344 sessions taking place throughout the year.• Counseling Services also offered 254 Mind Over Mood Workshop sessions with 107 participants. <p>Annual Client Opinion Survey: Overall N = 135</p> <ul style="list-style-type: none">• I am satisfied with the accomplishments that I've made in counseling so far – 89.9% (mostly or extremely true).• My concerns that brought me to counseling have improved as a result of the services provided – 83% (mostly or extremely true).

Core functions by the numbers (cont).

- What I have learned from counseling has led to positive changes in my life – 96% said Yes.
- I learned one or more strategies to solve or cope with problems – 94% said Yes.
- I strengthened one or more self-management skills (example: managing time, stress, self-care) – 86% said Yes.
- I live a healthier lifestyle in at least one area (example: I get more sleep, exercise more, eat better, use less alcohol or other drugs) – 82% said Yes.
- The problems that brought me to counseling negatively impacted my academic performance – 73.1% said Yes.
- I think counseling is a valuable service to the campus – 99% agreed or strongly agreed.
- If needed in the future while attending/employed at UMKC, would you come back to Counseling Services? – 98% said Yes.
- Would you recommend Counseling Services to a close friend with personal problems? – 98% would recommend or highly recommend.
- Overall experience with Counseling Services on scale of 1 (worst) to 10 (best) = 9.24.

Data From The MACHB PIP Survey:

- 78.9 % of UMKC students are aware of our counseling services.
- 27.4% of UMKC students are aware of the “Ask Listen Refer” online suicide prevention training.
- 71.7% of UMKC students state that they have had the opportunity over the past year to help a friend or acquaintance by listening to them discuss their mental health concerns (we also know that students seek help from their friends and family as first steps).
- 64.5% of UMKC students are aware that Student Health & Wellness offers mental health services.
- 50.5% of UMKC students are aware of the MindBody Connection
- 25% of UMKC students state that they have experienced difficulty accessing mental health care due to financial expense.
- 34% of UMKC students state that concerns about being judged around mental health impacted their likelihood of seeking mental health care.

Top Accomplishments:
Campus Collaborations

“NO ONE DOES IT ALONE”

Our top accomplishment is working through many means from therapy to outreach to being there in emergencies and consultation to help you “take care.”

The Counseling Services Staff

Our Services Support Student Success and Retention:

- Through the provision of a wide range of counseling services (individual, group, couple, assessment, crisis intervention, alcohol and substance abuse, outreach, etc.), the clinical work of our staff attends to the needs, supports the success, and helps foster the retention of a diverse student population, many of whom are first generation college students from under-represented intersecting social identities and backgrounds, and with financial and personal pressures that make staying in school an on-going challenge.
- Dr. Sherri Theoharidis continued her work related to eating disorders by consulting with multiple entities on and off campus in the area of eating disorders, leading the Eating Disorder Treatment team, carrying a caseload with several eating disorder clients, and participating in and planning events for *Love Your Body* and *Every Body Is Beautiful Week*. Sherri continued her leadership of the Mind Over Mood Workshop series. She served as a primary clinical supervisor for our two doctoral interns, and as well as for a practicum student.
- Dr. Carolyn Pepper is a staff psychologist and served as the Assessment Coordinator. She maintains strong campus connections with Athletics and Student Disability Services. She led the Assessment Seminar for our two doctoral interns and assessment practicum student. She provided didactic trainings and supervised multiple practicum students, including an Assessment focused training experience. She assisted with campus processing and debriefings associated with critical incidents impacting the UMKC community and assisted in leading RESPOND Trainings. She initiated a Whole Body Healing program for women students on Wednesday evenings.
- Prior to his departure, Dr. Dusty Baker served as the Alcohol and Drug Prevention Coordinator and the campus representatives to Partners in Prevention. He worked with Dr. Abels to co-lead the Campus Coalition for Student Health, Safety, and Wellness that includes representation from many different campus departments. He provided leadership over our BASICS program and supervised our doctoral intern activities in the area of alcohol and drug prevention.

Top Accomplishments:
Campus Collaborations
(cont.)

- Prior to her departure, Dr. Lynette Sparkman-Barnes served as the Associate Director of Counseling Services. She provided treatment to a large volume of students, faculty and staff, many who were in crisis. She carried a large caseload including working with many couples. She served as the Multicultural Liaison, working directly with the Office of Multicultural Student Affairs including providing Wind Down Wednesday services to MSA. She along with other Counseling Services staff supported numerous campus processing and dialogue sessions that focused on local and national diversity issues. Lynette provided multicultural awareness and immersive experiences for trainees and staff through Multicultural Seminar and professional development trainings. She provided supervision to a doctoral intern and a practicum student. She had helped coordinate our group program and co-facilitated interpersonal process therapy groups with interns.
- Prior to her departure, Dr. Tamilya Reed served as the Outreach Coordinator. She consulted with university offices and departments to identify the psycho-educational programming needs of the campus. She supported both individual outreach experiences as well as broader initiatives to support the mental health needs of the campus, e.g. A&S 100 workshops, EBBW, Safe Spring Break, etc. She offered several workshops in conjunction with Human Resources on stress and work-life balance and time management. She has provided supervision to multiple trainees and offered professional development seminars.
- Social Worker Dr. Vincenza Marash joined our team in February 2019 and coordinates services related to relationship violence and power. She serves as a Liaison to the Title IX Office. She helped support clients impacted by trauma and carried a heavy caseload of clients experiencing various risk factors. She provided a professional development seminar and assisted with various outreach activities.
- Dr. Arnold Abels serves as the Director overseeing the CHTD. His role on campus includes being part of the CARE Team, Veterans Committee, and numerous other committees. He has served as the licensed staff person during late night hours in order to provide more flexible and accessible services to students whose schedules do not allow access during regular business hours, including those who work full-time and are enrolled in programs at the Health Sciences campus. He has provided extensive supervision to various trainees. He serves as the Training Coordinator overseeing the APA accredited internship and MA/PhD practicum training program. He served as the interim point of contact for the PIP

Top Accomplishments:
Campus Collaborations
(cont.)

grant and attending several PIP meetings in Columbia as well as assisted in the completion of our MACHB Survey.

Leadership & Collaboration Across Campus & Community:

- Counseling Services staff have participated on the Chancellors Mental Health Task Force, Campus Coalition, Climate Survey, Women of Color Committee, and CARE Team.
- Drs. Arnold Abels and Dusty Baker served as contacts for the Campus Coalition for Student Health, Safety, and Wellness that includes staff from departments across campus and student representatives who work together on prevention, wellness promotion and safety issues.
- Staff provided training for residential life staff and coordinators on working with students with high-risk behaviors, mental health concerns, and suicide prevention.
- Dr. Arnold Abels is the campus representative to Partners in Prevention, coordinating campus prevention efforts and the BASICS early intervention consultations.
- Many Counseling Services staff have helped lead diversity processing and dialogue sessions for UMKC students, faculty, and staff related to local, national, and international issues.

The Office Fulfills A Core Function To Provide Consultation And Crisis Intervention Services To The Campus:

- 134 students used the walk in emergency time.
- Dr. Abels provides consultation to the CARE Team on “student situations of concern or potential for risk” and to the HR Faculty/Staff Committee. Staff are called on weekly to consult with faculty, staff and students about persons of concern to them while retaining integrity of confidentiality.

Prevention And Intervention Through Outreach Is Another Core Function:

- Staff collaborate across the campus to deliver presentations and trainings for Athletics, classes, Residence Hall students and R.A.s, faculty and staff, offices, Orientations, student groups, professional school students, and the broader community. These activities range from Orientations to intense R.A. trainings and suicide intervention workshops to specialized presentations in classes.
- *Every Body is Beautiful Week* and *Love Your body Week* continues to be a collaborative venture between Counseling Services and other offices on campus.

Top Accomplishments:
Campus Collaborations
(cont.)

- The office continues its commitment to suicide education and prevention through the Ask Listen Refer online and in-person training.
- The office through Arnie Abels collaborate on alcohol education awareness activities that touch hundreds of students like the Unionfest, Booze Free Bash, and Safe Spring Break annual events for our campus

Professional Development & Training:

- Multicultural Counseling competency is a part of our APA intern training goals, which keeps all of the Counseling staff committed to multicultural competency.
- Our Office is sought after for its graduate training opportunities, which supplement our ability to provide the core functions of therapy and outreach. We select and supervise 2 full-time doctoral interns in our APA-accredited program along with 8 practicum trainees.
- Staff offered specialized training to our interns and practicum students to better serve the needs of our clients in such areas as eating disorders, trauma and self-injurious behaviors, outreach, disability issues, etc.
- Staff participated in all new student orientations, Campus Resource Fairs, and Unionfest before and during the beginning of school.

Traditions:

- The Office offered a wide range of programming efforts for its annual *Every Body is Beautiful Week*.
- The Office has continued its branding label this past year which also builds on the university's commitment to student wellness that is used with all of its communications and outreach efforts. The branding phrase used is "No One Does It Alone" and has reached recognition status on campus. It ties many efforts together and strengthens common themes that we are working toward for care for self and care for others.