



Counseling Center Update on Mental Health Services

Presentation to Academic & Student Affairs Committee

Board of Trustees

December 5, 2024



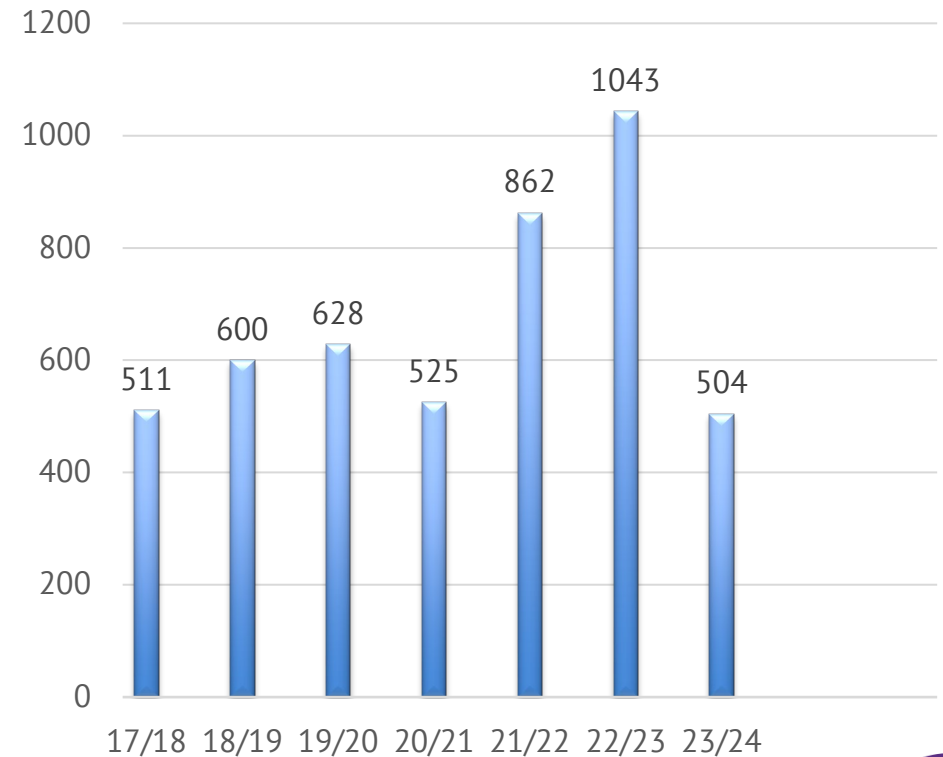
The Center for Counseling and Mental Health Wellness: What's New...

- New name and rebrand
- Expansion of Eagle Eye Crisis Hotline
- New partnerships with Appalachian Center for Craft and Athletics
- Cookeville Regional Medical Center and Volunteer Behavioral Health Memorandums of Understanding
- Participation in new Community Crisis Intervention Team grant

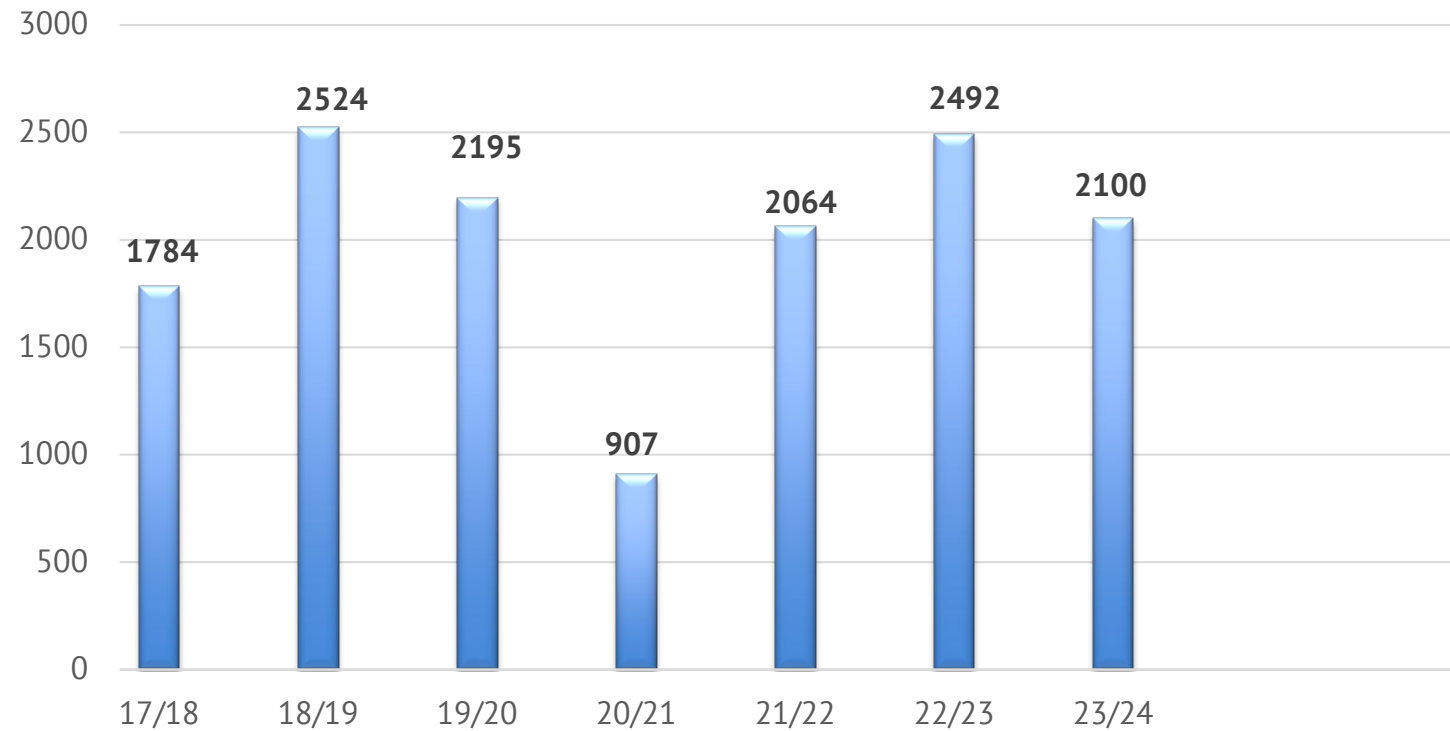


Number of unique students that received services at the Center for Counseling and Mental Health Wellness per academic year for academic years 2017/2018 through 2023/2024

- Average age of students who utilize services is 18-24
- Seniors utilize services more than any other classification



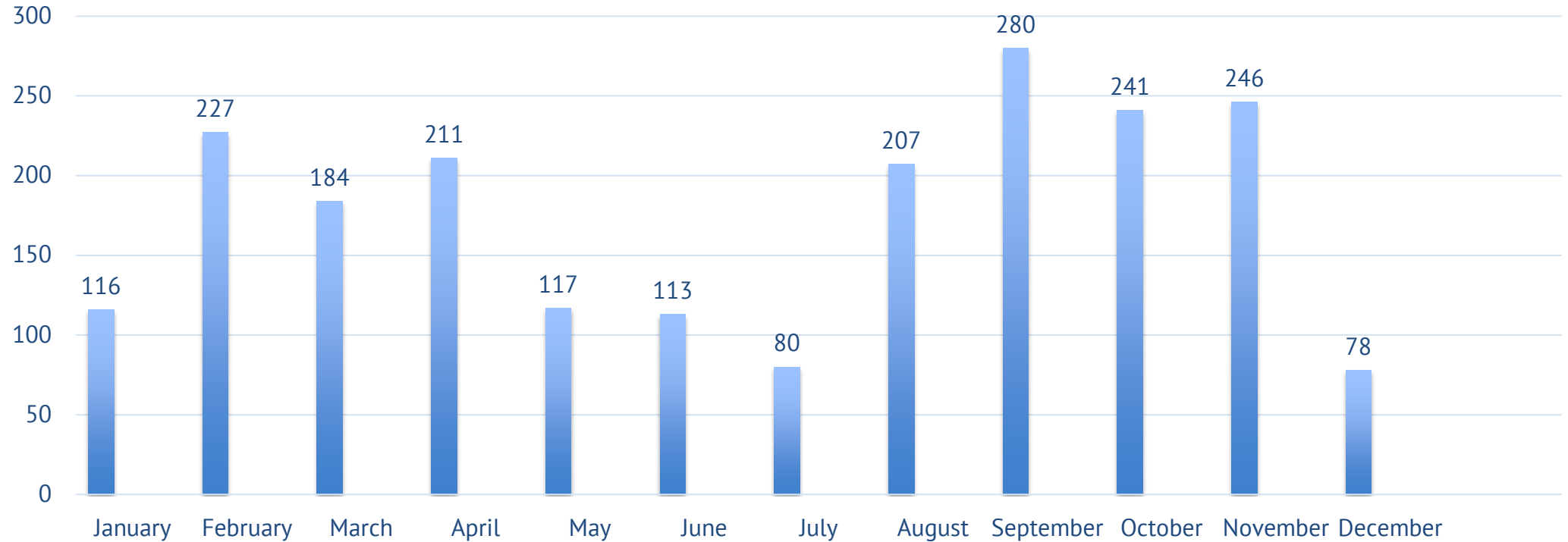
***Number of counseling sessions per academic year for academic years 2017/2018 through 2023/2024**



*Please note that a session is defined as an attended one, 50-minute non-crisis timeframe with a counselor in a clinical setting.



Monthly distribution of appointments for year 2023-2024



The top three academic schools that utilize services are: Engineering, Arts & Sciences, and Education.



Distribution of visit types for academic year 2023/2024 and summer/fall 2024 through October 24

Visit Type Academic Year 2023/2024c	Total Number of Visits Academic Year 2023-2024	Visit Type Academic Year 2024/2025 to date	Total number of visits for summer/fall through October 24, 2024
Couples Counseling appointment	4	Couples Counseling Appointment	12
Crisis Walk-in	339	Crisis Walk-in	114
Follow-up counseling appointment	834	Follow-up counseling appointment	388
Intake appointment	234	Intake appointment	148
Mantra Health appointment Telehealth only	144	Mantra Health appointment Telehealth only (service no longer available)	0
Non face-to-face contact time	241	Non face-to-face contact time	113
Psychoeducational appointment	11	Psychoeducational appointment	5
Premarital counseling appointment	12	Premarital counseling appointment	3
Supportive check-in appointment	315	Supportive check-in appointment	111



Reasons for clinical sessions at appointment check-in

Reason for Visit AY 2023-2024	Total Percent AY 2023-2024	Reason for Visit Fall 2024	Total Percent for Fall Semester 2023 as of October 24, 2024
Supportive/Coping/Life Management	26%	Supportive/Coping/Life Management	32%
Continuity of Care	25%	Continuity of Care	25%
Mood (Anxiety or Depression)	24%	Mood (Anxiety or Depression)	22%
Other/Unassigned	6.5%	Relationships	6.1%
Rapid Access Appointments	5.4%	Rapid Access Appointments	2.5%
Relationship Issues	2.7%	Other/Unassigned	2.5%
Trauma (emotional response to an event such as a crime, accident, natural disaster, or other distressing event)	1.7%	Trauma (emotional response to an event such as a crime, accident, natural disaster or other distressing event)	2.4%

- Loneliness is the new college epidemic per the Surgeon General (see above: supportive, coping, life management).
- There was only 1 appointment made at the counseling department for 2023/2024 academic year for substance misuse issues.



Programming and Outreach Initiatives

- Monthly programming with special focus on mental health awareness months (May), Suicide Prevention Month (September), World Mental Health Day (October), and Men's Health Awareness Month (November)
- WellTrack Boost
- Digital Success Workshops
- Spanish resource materials for Hispanic students
- Wellness Portal
- *Brief Psychiatric Services- There were 96 brief psychiatric appointments for the 2023/2024 academic year.

*Please note that brief psychiatric services are the prescribing and reviewing of psychiatric medications and their side effects to include psychiatric evaluations by the Psychiatric Mental Health Nurse Practitioner. This does not include long-term psychiatric medication services.



Standard of Care Recommendations

Fall Semester	# of Full-Time Counselors	Student Enrollment	Current Counselor to Client Ratio	Number of Additional Counselors Needed to meet the minimum International Association of Counseling Services (IACS) Standards of one counselor per 1500 students
2019	5	10,140	1:2028	2
2020	5	10,177	1:2035	2
2021	2	9,840	1:4920	5
2022	5	9,902	1:1980	1.5
2023	5	10,117	1:2023	1.5
2024	5	10,487	1:2097	2



