

UNIVERSITY OF MISSOURI-ST. LOUIS
UNIVERSITY HEALTH, WELLNESS & COUNSELING SERVICES
ANNUAL REPORT 2007-08

Description of the Unit and Mission Statement

University Health, Wellness & Counseling Services (UHWCS) provides services to students, faculty, and staff from a holistic perspective with consideration given to the six dimensions of wellness. Our primary objective is to assist students in maintaining their optimum level of wellness so that they are able to achieve their maximum academic potential, thus contributing to student learning and student retention. Services provided are organized into three major areas within UHWC: Health Services, the Wellness Resource Center, and Counseling Services.

UHWCS supports the mission of the University of Missouri-St. Louis in providing high quality undergraduate, graduate, and professional instruction to an ethnically, racially, and economically diverse student body. UHWCS supports the mission of Student Affairs in providing quality programs and services that complement the academic experience and provide opportunities to enhance student development. Specifically, UHWCS provides quality care, exceptional service, and education about healthy lifestyle choices. Staff members in UHWCS believe that students who are well and make healthy lifestyle choices will be able to achieve their personal and academic goals and therefore be more productive students, citizens and leaders. Our staff also encourage campus faculty and staff clients to make healthy lifestyle choices, thus contributing to a healthy campus community.

Accomplishments in 2007-2008

Reorganization and renovation of unit completed to combine resources and better meet student needs efficiently.

Provided health services to 9,188 clients.

Provided 2,360 sessions of individual counseling.

Provided 111 health education, alcohol and drug prevention, and counseling outreach activities to 8,502 students.

Implemented many successful outreach activities. Those with the largest numbers participating included: Breast Cancer Awareness, Heart Health, Welcome Back, Mindfulness Meditation, and Spring Safety Jam.

Surveyed approximately 200 randomly selected students for the Missouri College Student Behavior Health survey (regarding alcohol and drug use of UM-St. Louis students and other wellness related issues) and used results to guide strategic planning for Partners in Prevention Program on campus.

Activities that resulted from critical issues/identified needs:

Wellness Resource Center implemented a part-time student position funded by a grant from the Missouri Foundation for Health to address second-hand smoke issues and smoking cessation on campus.

Implementation of strategic plan to address the use, abuse and addictive behaviors of our students through Partners in Prevention (a statewide grant).

Healthy Choices program with Choices for Coping- Suicide Prevention- brochures printed and program launched.

Offering free Gonorrhea and Chlamydia testing in response to increasing prevalence in college students.

Expanded lab testing at low cost and offered low cost or free Gardasil vaccine for uninsured students.

Added opportunity for International Students via Affiliate Counselor in collaboration with International Student Services.

Provided individual consultations to over 38 faculty/staff regarding troubled students or students with mental health issues who may be at risk for violence.

Collaborated with Center for Teaching and Learning to assist faculty to deal with issues identified as concerns: "Civility in the Classroom".

"Dealing with Difficult Students" (InterAct program), "Troubled and Troubling Students".

Presented interactive theatre to Deans' Council Retreat, "Responding to Students in Crisis."

Co-facilitated 2 series of workshops for staff and faculty on "Dealing with Difficult Students," with Office of Student Affairs.

Reviewed national benchmarks for violence prevention and developed a new checklist for counseling staff to use when interviewing students who are thought to be potentially violent.

Assessment of Success of Activities:

Client Evaluations for 2007-08 give evidence that clients are satisfied with services in UHWCS.

Student binge drinking rates declined based on MCHBS from 29.4% in 2007 to 22.7% in 2008.

Contribution to Student Learning:

Increasing numbers of client visits each year indicates success in helping students maintain their health, and resolve health issues so that they will be more productive students, citizens and leaders.

Helping students decrease their high risk behaviors that often result in academic problems. Students reported a decrease in missed class due to alcohol (28.9% in 2007 to 18.8% in 2008).

Educating students regarding healthy decision making and providing resources to assist them in making responsible and healthy choices.

Assisting students to define and accomplish their personal and academic goals through counseling, educational outreach, and consultation.

Helping students deal with psychological and behavioral difficulties that interfere with reaching their academic potential: In a survey of counseling clients in 2007-2008, 79% say psychological concerns are affecting their academic performance moderately to severely.

Goals for FY 2007-08

Continue staff development and successful integration of Health, Wellness & Counseling with emphasis on communication.

Continue to expand the wellness program by comparing potential health risk appraisal programs.

Explore ways to more consistently maintain web pages.

Continue to implement Partners in Prevention (PIP) strategic plan for our campus.

Continue to collaborate with other departments to meet the needs of students, and work with other Student Affairs departments to expand collaboration with

academic units to enhance delivery of undergraduate and graduate education on campus.

Continue to support the WAVES student group, with added emphasis on the liaison role between UHWCS and the student body.

Develop an innovative stress management program as a collaborative effort between FNP's and Counseling Psychologists.

Implement an in-house HIV testing and counseling program.

Explore opportunities to incorporate and market the holistic approach regarding student concerns and their impact on academic progress to academic units and the campus community.

Revise assessment and evaluation of services provided to focus on assessment of outcomes.

Expand *Healthy Choices* programs.

Continue to expand the peer theatre program as this was an extremely successful method of reaching out to students and dealing with sensitive issues.

Develop stress reduction and biofeedback program.

Continue to enhance data collection and reporting on a monthly basis.

Explore the possibility of expanding support group offerings and direct referrals of new clients to groups.

Continue to support and provide leadership for the Safe Zone program on campus.

Implement partnership with College of Nursing to hire an NP to work in clinic part time along with teaching part time.

Look creatively at and maximize use of human and material resources.

Determine specific options and explore cost of electronic records.

Explore possibilities of engaging in research to affect evidence based health care.

Explore additional options for marketing services to campus.

Revise evaluation forms to reflect outcome based assessment.