

UNIVERSITY COUNSELING SERVICE

Academic Year 2021-2022 Summary

University Counseling Service (UCS) provides a variety of services to the student body, including group therapy, individual therapy, relationship therapy, referrals, trans-inclusive services, eating disorders network, collegiate recovery program, Let's Talk, Hawks, phone consultations, and embedded therapy in the residence halls.

- UCS can provide both in-person and virtual/telehealth appointments.
- UCS staff includes a Clinical Case Manager, who serves as a referral specialist and helps students navigate health insurance coverage and customizes referral lists for each student who may be best served by mental health and wellness services outside of UCS.
- During the 2021-2022 academic year, UCS had staff who could provide services in English, Spanish, and Chinese Mandarin.
- For students who attended at least two clinical appointments, and who had suicidal ideation (S/I), at least 77% reported decreased S/I over the course of treatment (2021-2022).
- UCS clinical services led to more symptom change across different psychological symptom categories compared to the national counseling center averages.
- UCS provided 2,148 outreach programs to 26,706 students, faculty, and staff, an increase in programs offered of 75% since the 2017-2018 academic year. Programs include skills-based workshops, support spaces, crisis outreach, and other psychoeducational programing.

5420 

INDIVIDUAL THERAPY HOURS

1259 

GROUP THERAPY HOURS

7/8 

INDIVIDUAL/GROUP THERAPY

Average # of sessions a student attends to satisfactorily meet their therapy goals

380 

of students that were served via same-day Quick Access and Initial Consultation
Appointments every weekday

86% 

% OF STUDENTS THAT GIVE UCS AN "A"