Welcome to the Counseling Services annual report! We hope you find the following summary helpful. Please feel free to let us know what other information you would like to see in the future! You may send comments to counseling.services@sjsu.edu or call 408-924-5910.

—Ellen J. Lin, Ph.D. Director

The Counselor Faculty at Counseling Services had an extremely busy 2013-14 year. Counseling Services provides confidential short-term clinical personal counseling to our students at San José State University. We advance students’ personal development, enhance their learning, and address their life crises. Clinical personal counselors assist students through services such as individual, couple, and group psychotherapy sessions; crisis intervention sessions; outreach presentations; workshops; and consultation for students, parents, faculty, staff, and community members.

Utilization.

During the 2013-14 Fiscal-Year, students’ demand for Counseling Services was at an all-time high with 1887 students seeking services. Counseling Services had 12.5 FTE Counselor Faculty providing clinical personal counseling, as well as two full-time postdoctoral resident clinicians, four predoctoral interns, and two part-time practicum counselors. These counselor faculty members provided 7,870 appointments and clinical personal counseling to 1562 students – an increase of 26% over the past four years. Of these student clients, 45% were first generation college students, and an incredible 68% (1279) experienced counseling for their first time. Students who utilized clinical personal counseling met with a personal counselor for an average 3.96 sessions for the year.

To supplement the limited individual counseling sessions and to provide preventive services, Counseling Services continued to provide group therapy and workshops. Last year, we provided general process groups, mindfulness groups, an anxiety group, an LGBT support group, an international student support group, a men’s group, and a social skills group. One hundred thirty-eight students engaged in group therapy during the 2013-14 Fiscal-Year.
Clinical indicators.
The top five reasons students accessed clinical personal counseling were to address:
*stress (1025 of 1562 students endorsed; 66%);
*anxiety (64%);
*depression (62%);
*academic concerns (50%); and,
*touble making decisions or getting tasks done (46%).

Harm potential.
One hundred ninety-seven (197) students, or 13%, who utilized Counseling Services considered suicide sometime in their life while a troubling 47 actually attempted suicide. Seventy-one students had thoughts of “harming another individual” (self-defined by students), while 21 disclosed actually hurting someone (could include breaking up a relationship).

Counseling procedures
We often get inquiries on what happens when students walk in to Counseling Services. Students who seek clinical personal counseling are initially seen in a brief triage/assessment appointment (about 20 minutes). These appointments allow counselors to implement short-term interventions and assess high risk concerns. Unfortunately, during the 2013-14 Fiscal-Year, we continued to have a wait list with an average wait time of 17 days for students to receive an appointment following the triage session. This was concerning for our department. However, the most urgent students observed a wait time of approximately 2 days. The good new is that we did have no wait list at the beginning of the semester, though that has since built up again. Please know that students are being scheduled within about a week unless they have very limited availability or are insisting on waiting for a specific counselor.

Personal counseling effectiveness
Despite the complexities of students’ struggles, their ratings of personal counseling effectiveness have consistently been extremely high (averaging above 4.6 out of 5 for all items, with 5 being “Strongly Agree.”). For example,
*My session(s) have been helping me to be a better student = 4.6
*Helped me resolve some of my problems = 4.6
*Helped me understand my issues = 4.8

Kell Fujimoto, Psy. D. Assistant Director of Clinical Services
Educational Programs accomplished many goals this last academic school year. We continued to offer Spartan Success Workshops, which are life skills to facilitate students' development and educational achievement.

**Workshops**

These workshops include a variety of topics such as Overcoming Procrastination, Stress-Management, Healthy Relationships and Study Skills.

- Workshops offered in 2013-14 = 83
- Total number of students attending Spartan Success workshops = 1,539

Some of the comments students gave regarding our workshop were:

- “Very informative + open place to share!”
- “Best and most knowledgeable/useful workshop I’ve been to.”
- “Engaging, not a dull moment.”
- “Amazing & impactful!”

The average score for effectiveness of our workshops was 4.55 out of 5, with 5 = “Strongly Agree.”

**Welcome Days Events**

As we have the last few years, we continued to offer fall welcome days events to provide preventive service before students sink too far into their stress. We had our third annual First-Generation “Come Together,” event for families and friends of first-generation college students. A film created by an SJSU student showcased the experiences of first-generation college students at SJSU. Families and friends also got to meet supportive faculty and staff on campus.

We also hosted the first annual “Stress Less for Success,” event. Several booths taught students various ways to reduce stress. For example, students learned to make self-care kits, how use of aromatherapy can reduce stress, and how to use the Stress Erasers.

**Top 5 Concerns of Students meeting with an Educational Counselor:**

* Academic Preparation     * Career Concerns
* Choice of Major     * Low Grades
* Time Management/Procrastination

**Educational counseling effectiveness**

Student ratings of educational counseling effectiveness have also consistently been extremely high (averaging above 4.5 out of 5 for all items, with 5 being “Strongly Agree”). For example,

- Was helpful in explaining University policies and procedures = 4.6
- Helped me with making decisions or provided me with more information so I could make the decision later = 4.9
- Assisted me with developing reasonable educational goals = 4.9

Veronica Hand, M.A. Coordinator for Educational Program
Services for Students:
◊ In addition to daytime crisis consultations, there are after-hours crisis counselors available to consult over the phone for any mental health crisis concerns. Call Counseling Services main phone line, 408-924-5910, and press 4 to get connected.
◊ Students can access unlimited number of groups and workshops to improve their life skills. Often times, these may be better means of improving wellbeing than individual sessions. Please see this page for more info: http://www.sjsu.edu/counseling/lifeskills/index.html
◊ No additional fees or payments for our services. Students already pay a mental health fee, thus our services have no extra costs.

Services for faculty and staff:
◊ Our counselors are available to consult with faculty, staff, parents, and students regarding any student’s risky or concerning behaviors. Please go to this website and see the menu list to the right of the page: http://www.sjsu.edu/counseling/Faculty_Staff
◊ We have experienced a significant increase in faculty consultations regarding students’ mental health struggles. Please keep them coming! You are the front line of contact with students and will readily see concerning red-flag signs that others may not witness. Thank you for your collaboration and referrals!

Trainings available for all:
Counseling Services have and will continue to offer FREE mental health trainings for all campus members:
- Recognize general mental health signs and learn how to refer someone (Mental Health First Aid): http://www.sjsu.edu/counseling/MHFA
- Suicide intervention skills:
  http://www.sjsu.edu/counseling/Training_Program/Suicide_Prevention_Trainings