

# ILLINOIS

## Counseling Center

a department of Student Affairs



### Our Mission

The Counseling Center is committed to providing a broad range of high quality, innovative, and ethical services that address the psychological, educational, social, and developmental needs of the University of Illinois at Urbana-Champaign students. We also actively contribute to the campus' broader academic mission by training and developing students and professionals, helping build a multicultural learning community, and providing leadership in forming collaborative partnerships among Student Affairs, Academic Affairs, the Graduate College, and Administrative Affairs units.

### Clinical Services

Our diverse staff approach counseling from a variety of theoretical perspectives. We provide individual, couple, and group counseling. We also conduct specialized assessments for attention deficit hyperactivity disorder and learning disorders, alcohol and other drug concerns, eating disturbances, suicidal behavior, and test anxiety.

Many of the students who come to the Center are experiencing academic difficulties, Some are having trouble adjusting to college life or have a relationship conflict. However, many are experiencing more severe issues such as anxiety and depression. Our counselors can help students manage troubling feelings and behaviors. For 2016-2017, the clinical services area:

- Had a total of 12,700 individual appointments scheduled, 5,105 group appointments, and 694 referrals through the Counseling Center's Alcohol and Other Drug Office (AODO).
- Responded to 255 emergency assessments.

### Assessment and Evaluation

We have a longstanding record of comprehensive and systematic evaluation practices for improvement and continual renewal. Highlights from our impact of services include:

- **Academics:** Almost 90% of clients strongly agreed or agreed their counselor helped them develop a plan to address their immediate academic concern.
- **Stress/Anxiety:** More than 90% of ongoing clients reported they'd learned one or more strategies to cope with their problems/stress.
- **General Wellness:** More than 95% of ongoing clients agreed or strongly agreed counseling had helped improve their well-being.
- **Group Therapy:** About 88% of clients indicated group therapy helped them feel better about themselves and relate better with others.
- **Outreach:** Over 86% of students who attended a workshop agreed or strongly agreed they acquired new information.

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# 2016-2017 Program Statistics

## Outreach

Outreach consists of prevention efforts, consultation, and relationship building. In 2016-2017, we served 31,741 students, faculty, and staff through more than 1,189 outreach events. Some accomplishments include:

- Ongoing validation, standardization, and pilot of outreach evaluation tool, including receiving IRB approval.
- Held the fourth campus-wide Suicide Prevention week, serving almost 900 students with messages of hope.
- Kognito At-Risk, an online suicide prevention training, was highly or favorably received by students and faculty/staff.
- 99% of new students completed the Alcohol Culture Explored Interactive Theater (ACE IT) program.
- Hosted the fourth annual NEDA (National Eating Disorders Association) walk to increase awareness of eating disorders and promote prevention, treatment and research.

## Educational Programming Initiatives

We offer innovative learning through our Educational Programming Initiatives. Some accomplishments from 2016-2017 include:

- Counseling Center Paraprofessionals (CCPs) conducted 41 interactive, onsite workshops tailored to current student issues, reaching 868 students.
- INNER VOICES Social Issues Theater enrolled 59 students in eight courses, independent study, senior projects or internships and reached 3,282 students through outreach events and performances. This past year, they developed several new scripts. Two of the highlighted performances were *So Far, So Good—Sort Of*, which explored navigating society's stressors. *Manifesto* was a performance of intersectional feminist voices of inspiration and intervention in honor of Women's History Month.



2016 Suicide Prevention Day



2017 NEDA Walk



2016 CCPs



Manifesto