



Community College Symposium & Roundtable

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Introductions...

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TELL
us
about
You!

Introductions

Please tell us...

- Your name and college where you work
- Licensed or not?
- Years of experience as a college counselor and as a mental health counselor

Learning Objectives for Today

Consider current national trends in community college counseling

Examine data from the 2016 Hope Lab survey of community colleges (now The Hope Center for College, Community, and Justice) and the new 2018 survey data

Take part in active discussion of current challenges faced by colleagues working in the community college setting and ways to promote counseling services



Overview

Community colleges nationwide continue to face the challenges of serving a diverse population.

Fewer counselors, decreasing resources, more severe psychological concerns are some of the challenges counselors face in the community college setting.

Community/2 year college counselors are often tasked with performing multiple duties compared to their 4 year counter parts.

More students with mental health concerns are able to attend college due to early intervention and treatment.

Things to Consider

- Adequate staffing
- Counselor Identity - Multiple job duties
- Professional licensed mental health counselors
- The role of mental health in retention and completion



Adequate Staffing

International Association of Counseling Services (IACS) recommendations of one counselor (excluding trainees) for every 1000-1500 students (IACS standard V.C.1.)

Counselor Identity

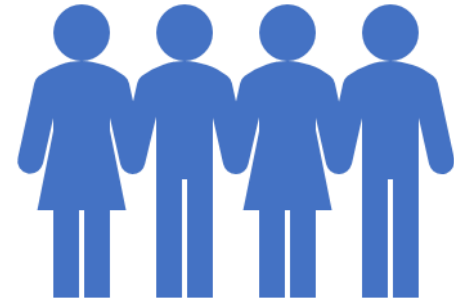
Community Colleges Expect Counselors To Fill Many Roles and Provide Various Services

- Mental Health and Career Counseling
- Case Management
- Providing Psycho-educational Workshops and Teaching in College Success Programs
- Serving on Campus Committees and BIT
- Academic Advising
- Support to Faculty and Staff
- Disability Services



Professional Counselor

- Promoting Counseling Services on Your Campus
- Licensed vs. unlicensed Counselors
- Relationship of Counseling to Student Retention and Persistence
- Reducing the Stigma Associated with Mental Health on Campus
- Getting the Campus Involved in Mental Health Awareness Events





Mental Health Retention & Completion

Wisconsin Hope Lab Study:

Over 4,000 students were surveyed at 10 community colleges across the nation

Less than half are receiving any mental health services

Prevalence of mental health issues were compared between community college students and 4 year university students

- With the exception of non-suicidal self-injury, community college students reported higher prevalence than 4 year university students
- Mental health conditions are more prevalent among ages 25 and younger, when compared to older students
- Depression and anxiety are the most common issues

Source: Eisenberg, Goldrick-Rab, Lipson, & Broton (2016)

WI Hope Lab Survey of Students (2016)

- 49% of community college students report at least one mental health condition, with depression (36%) and anxiety (29%) as the most common issues.
- Only 30 % of community college students who report having a mental health condition receive services.
- Older students and females are more likely to receive services.
- Students report that mental health concerns have interfered with their ability to complete schoolwork.

How does this impact community/2 year counselors?



Student Needs

Mental health awareness activities rated extremely important



Severe Psychological Concerns Psychiatric Assistance/BIT

- Community Colleges Make College Accessible
- Students coming with diagnosed mental illness and untreated depression and anxiety disorders
- Returning Veterans with PTSD and combat related issues
- Increased drug and alcohol use and increased incidence of suicide among this population
- Greater number with more severe psychological problems
- Pervasive Developmental Disorders



Using Campus Resources

- The Role Counselors play in Behavior Intervention Teams on Campus
- Educating College Administrators
- Creating Policy for Referral and Mandated Assessment
- Establish Relationships with Community Resources
- Advocating for Campus Programs that Provide Additional Support for Students



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Other Needs (Basic Needs Survey, 2017)

Homelessness/housing insecurity: without a place to live or the inability to pay rent/utilities and the need to move frequently

- 12% of community college students were homeless
- 46% were housing insecure

Food insecurity: the limited or uncertain availability of adequate and safe foods

- 56% of community college students were found to be food insecure

Roundtable Discussion



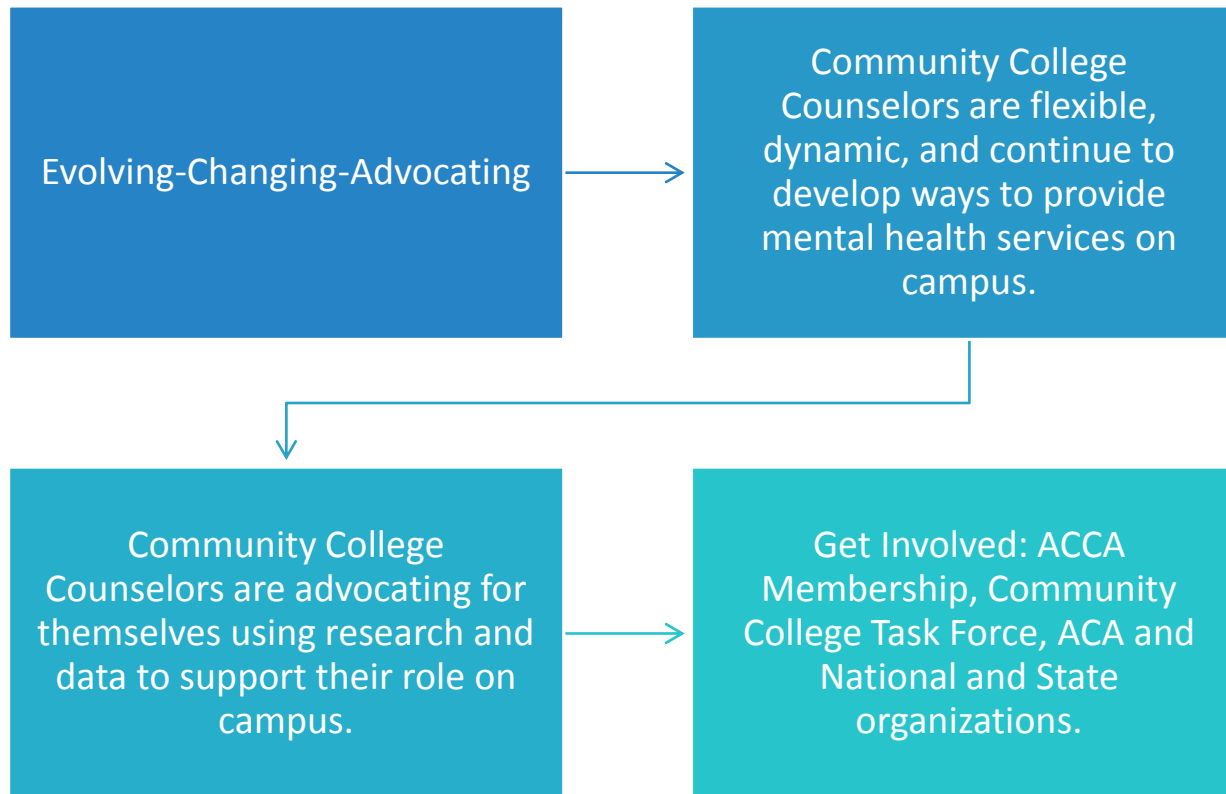
Each table has a different question to address

Choose a secretary and a reporter for your table

Provide a summary of how your table would address the question

Please leave your notes for us!

Community College Counseling



Conclusion/Questions?

- Community college counselors continue to work with a diverse and changing population.
- Continuing to adapt and change to this population can prove challenging.

• Questions? Thoughts?



References

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