COUNSELING CENTER

The University of Northern Iowa Counseling Center subscribes to the code of professional responsibilities established by the American Counseling Association (ACA). The responsibilities are as follows:

1. To provide programs that focus on the development of college students in order to help them benefit from the academic environment and experience.
2. To engage in research and evaluative activities in order to enhance the quality of the services being offered.
3. To provide the highest quality of individual and group counseling services to students who are experiencing ongoing or situational psychological, social, or behavioral difficulties.

MISSION:

Promote the personal development and psychological well-being of all students and encourage a college environment that is conducive to growth and learning. We provide high-quality counseling services and training opportunities for UNI students and provide consultation services to UNI faculty and staff.

WHO WE ARE

A dedicated team of mental health professionals committed to supporting students’ academic, personal, and professional development.

WHAT WE DO

The Counseling Center team provides clinical services, facilitates outreach training, mental health awareness events, and conducts a training program for mental health counseling and social work interns.

WHAT HAPPENED DURING THE 2019-20 ACADEMIC YEAR

• Added in house substance abuse treatment services by partnering with ACCESS
• Added teletherapy services
• Grew our program group offering a group session every day of the week

DIVERSITY OUTREACH AND SUICIDE PREVENTION

• Built partnerships with campus mental health organizations such as Active Minds, and To Write Love on Her Arms.
• Developed partnerships with community resources such as the Suicide Prevention Advocacy Committee in the Cedar Valley.
• Participated in campus events such as new student orientation, Sista Circle Group, Diversity Day, Cedar Valley Mental Health Summit, Disability Summit, International coffee hours, Diversity Inclusion and Social justice satellite hours, the Rainbow Reception, International Support group, and provided various campus presentations to educate on new services, mental health resources, and supporting students in distress.

COUNSELOR ON CALL

The Counseling Center offers the “Counselor on Call” program to improve access to on-campus mental health services during evenings and weekends. Clients can now call in, without an appointment, to receive consultations or speak with a counselor and develop next steps to address the issue at hand.

PROGRAM IN THE 2019-20 ACADEMIC YEAR

The Counseling Center provided training experiences to 3 Clinical Mental Health Counseling interns, 2 MSW interns, and 7 social work interns.

Our priority was to continue to provide high-quality, compassionate care to our students while keeping everyone safe.

Shelley O’Connell, MAE

Student Affairs, the Student Health Center houses the Counseling Center, the Clinical Mental Health Counseling Program, the Student Health Advocacy, and the Student Health and Wellbeing Services.

Values

The University of Northern Iowa Counseling Center subscribes to the set of professional responsibilities outlined by the International Association of Counseling Services (IACS). The responsibilities are as follows:

1. To promote the personal development and psychological well-being of all students and encourage a college environment that is conducive to growth and learning.
2. To provide high-quality counseling services and training opportunities for UNI students and provide consultation services to UNI faculty and staff.

The Counseling Center team provides clinical services, facilitates outreach training, mental health awareness events, and conducts a training program for mental health counseling and social work interns.

Back row: William Peach, Gretchen Collett, Phil Ed. LMHC, Mental Health Therapist
Front row: Jennifer Schwebel, Xin Zou

Performing Indicators

Total number of counseling appointments 3,874

Average number of appointments per student 5.3

Students who utilized crisis phone service (protocol) 136

Total number of Students served 729

Students, faculty, and staff trained in QPR 269

Mental health allies added to mental health ally network 123

90 CAMPUS OUTREACH PRESENTATIONS THIS YEAR

169 SUICIDE PREVENTION EVENTS THIS YEAR
WHO WE ARE

Angela Meeter
Associate Director of Student Health and Wellness

Brianna DeMoss
Graduate Assistant

Jenna Petersen
Health Promotion Coordinator

Shawna Jesse
Health Promotion Coordinator

Anna Rogers
Graduate Assistant

Shyanne Sporrer
Wellness Ambassador

WHAT WE DO

Staff performs individual and group programming to send consistent positive health messages across campus. Programming includes attendance and participation at campus events and activities. Health education is researched, developed, and implemented to the campus community.

MISSION

Student Wellness Services supports the journey toward optimal health and well-being through holistic health promotion and education to enhance student success.

VALUES

Inclusive, respectful, holistic, collaborative, welcoming, and supportive.

WHO WE ARE

Committed health education professionals who strive to promote a wellness culture and keep students healthy.

WHAT WE DO

- Engaged students as active partners in peer-led education and in the design and delivery of programs and services.

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STUDENT WELLNESS SERVICES

ACCOMPLISHMENTS

1. Expanded primary prevention efforts through numerous newly developed and updated campaigns, outreach programs and individual services in our current college health focused areas and into new wellness areas.

2. Free condoms and dispensers were provided in Rod Library this year along with the Safer Sex Express program that provides free safer sex supplies per online order to have available for their residents.

3. Engaged students as active partners in peer-led education and in the design and delivery of programs and services.

4. Added new wellness programs and services to more effectively address holistic wellness and being at individual, targeted communities and population levels.

5. Implemented population-level health promotion and education on all relevant health topics via social marketing and social media efforts.

ACCOMPLISHMENTS

- The “Gene” Project
- SHAC collaborated with Student Wellness Services to implement the Gene Project during the National Eating Disorders Awareness (NEDA) week. This event featured a display of different sized jeans in the Union to advocate for students to love the jeans they’re in and promote body positivity!

- “I Love Female Orgasm” Event
- SHAC members educated their peers about safer sex supplies at the Sexual Health Fair prior to the event. SHAC assisted Student Wellness Services in reaching 90 students at the fair!

- Tabling Events
- SHAC facilitated information tables about the following events/campaigns:
  - The “Gene Project” (body positivity)
  - Super Sleeper Campaign (good sleep hygiene)
  - De-Stress Days (de-stressing activities, information & resources)
  - Spring Break Safety Tips (responsible alcohol consumption & resources)

STUDENT HEALTH ADVISORY COMMITTEE (SHAC)

WHO WE ARE:

The Student Health Advisory Committee is:

- A dedicated group of students voicing the needs & concerns of the UNI student body.

- Comprised of students who have an interest and concern about the health and well-being of UNI students.

- Educate students on key health and wellness information through:
  - outreach, tabling, social media posts, campaigns, and events.

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MISSION:
To promote and support student success by providing individualized holistic healthcare and health education.

VALUES
Compassionate care, service to others, accessible service, teamwork, and a safe and secure environment.

WHO WE ARE
We function as a general medical clinic and provide evaluation and treatment for a wide variety of health concerns.

WHAT WE DO
Our staff is comprised of caring, supportive professionals who are licensed and certified in primary healthcare. We are here to aid in student health and success.

WHAT WE DO
Compassionate care, service to others, accessible service, teamwork, and a safe and secure environment.

WELLCARE
Provided student-centered services to empower and promote the physical, mental, and social health of all UNI students in order to aid them in achieving success.

VALUES
Developed Electronic Health Record (EHR) to improve documentation, data management, and communication with students.

WHO WE ARE
Responded to emerging mental and physical health issues and collaborate with campus partners to meet our students changing needs.

WHAT WE DO
Provided and documented consistent patient education within electronic health record.

WHO WE ARE
Enhanced staff development and training to ensure high quality of services.

WHO WE ARE
In fiscal year 2019-2020, they conducted 1,461 OFFICE VISITS and administered 833 INJECTIONS

WHO WE ARE
The registered nurses provide support and resources to our students. They provide services both over the phone and through in-person visits. The nurses provide travel consultations, immunizations, and allergy shots.

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Lab Staff
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SERVICES PROVIDED

<table>
<thead>
<tr>
<th>Services</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Injections</td>
<td>4,423</td>
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<tr>
<td>Immunizations</td>
<td>7,023</td>
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<tr>
<td>Labs</td>
<td>3,918</td>
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<tr>
<td>Medical Supplies</td>
<td>1,529</td>
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<tr>
<td>Nurse Consultations</td>
<td>1,461</td>
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<tr>
<td>Office Visits</td>
<td>6,584</td>
</tr>
<tr>
<td>Medical Supplies</td>
<td>1,012</td>
</tr>
<tr>
<td>Preventative</td>
<td>2,308</td>
</tr>
<tr>
<td>Symptoms, Signs, Abnormal Clinical &amp; Laboratory Findings</td>
<td>2,308</td>
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<tr>
<td>Medical Supplies</td>
<td>2,308</td>
</tr>
<tr>
<td>Mental Health Visits</td>
<td>2,308</td>
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</tr>
</tbody>
</table>

PATIENT DIAGNOSIS*

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preventative</td>
<td>4,423</td>
</tr>
<tr>
<td>Mental, Behavioral, and Neuro-developmental Disorder</td>
<td>7,023</td>
</tr>
<tr>
<td>Diseases of the Respiratory System</td>
<td>2,308</td>
</tr>
<tr>
<td>Symptoms, Signs, Abnormal Clinical &amp; Laboratory Findings</td>
<td>2,308</td>
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<tr>
<td>Diseases of the Genitourinary System</td>
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<tr>
<td>Disease of the Skin and Subcutaneous System</td>
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</tr>
<tr>
<td>Diseases of the Musculoskeletal System</td>
<td>2,308</td>
</tr>
<tr>
<td>Diseases of the Nervous System</td>
<td>2,308</td>
</tr>
<tr>
<td>Infectious and Parasitic Diseases</td>
<td>2,308</td>
</tr>
<tr>
<td>Injury, Poisoning and certain other Consequences of External Causes</td>
<td>2,308</td>
</tr>
<tr>
<td>Diseases of the Ear and Mastoid Process</td>
<td>2,308</td>
</tr>
<tr>
<td>Diseases of the Eye and Adnexa</td>
<td>2,308</td>
</tr>
<tr>
<td>Diseases of the Digestive System</td>
<td>2,308</td>
</tr>
<tr>
<td>Endocrine, Nutritional and Metabolic Diseases</td>
<td>2,308</td>
</tr>
<tr>
<td>Diseases of the Circulatory System</td>
<td>2,308</td>
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<tr>
<td>Diseases of the Blood</td>
<td>2,308</td>
</tr>
<tr>
<td>Neoplasms</td>
<td>2,308</td>
</tr>
<tr>
<td>Congenital Malformations, Deformations, &amp; Chromosomal Abnormalities</td>
<td>2,308</td>
</tr>
</tbody>
</table>

Total Unique Patients Impacted: 4,809

*total number of patient diagnoses not unique

ACCOMPLISHMENTS AND CONTRIBUTIONS

Developed a common mission and shared values for integrated services between the
STUDENT HEALTH CLINIC, STUDENT WELLNESS SERVICES, and
COUNSELING CENTER, and
RECREATION SERVICES

IMPLEMENTED TELEHEALTH AND TELEPSYCH SERVICES

Assessed the mental health and safety of students using the screening
ASQ TOOL
(Ask Suicide Questions)

Administered alcohol and other drug screening tools (AUDIT-C) and
(DAST) to assess for substance abuse and safety of students.
THE UNI STUDENT HEALTH CENTER IS PROUD TO BE ACCREDITED

The Student Health Clinic has also achieved COLA accreditation through a biennial survey since 1993. Our patients can be assured that we meet federal and state regulatory requirements.

CONTACT INFORMATION
Health Clinic (319) 273-2009
Resource Nurse (319) 273-5161
SHIP Insurance (319) 273-7736
Billing Questions (319) 273-7962
Student Wellness Services (319) 273-3423
Counseling Center (319) 273-2676

HOURS
Clinic Hours:
8 a.m. to 4:30 p.m. - M, T, TH, F
9 a.m. to 4:30 p.m. - W

Counseling Center
8 a.m. to 4:30 p.m. - M-F

The University of Northern Iowa does not discriminate in employment or education. Visit uni.edu/policies/1303 for additional information.

This publication was designed by Amelia Duax, class of 2021, majoring in graphic design.