



Center for Collegiate Mental Health (CCMH)

2012 ANNUAL REPORT

PENNSTATE



BRINGING SCIENCE AND PRACTICE
Together.

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Introduction

CCMH: BRINGING SCIENCE AND PRACTICE TOGETHER

Welcome to the CCMH 2012 Annual Report! This report is based on the 2011-2012 CCMH data set, which closed on June 30, 2012. Data was contributed by 120 colleges and universities describing 81,000 unique college students seeking treatment, 2,823 clinicians, and over 730,567 appointments. In addition to summarizing data, these annual reports are intended to provide a robust contribution to the public information about college-student mental health.

- **CCAPS Updates**—The fall of 2012 brought a redesigned CCAPS Profile report including a new Distress Index and two cut scores per subscale to better differentiate between levels of severity. Items tracking suicidal and homicidal ideation are now displayed for every administration in the Profile Report and the overall norms were updated using the 2010-2011 data. Please see the CCAPS Technical Manual for detailed information about CCAPS Instruments. More information on the CCAPS Cut Scores are also provided on page 5.
- **SDS Updates**—The summer of 2012 also brought changes to the SDS. The most substantial change was a rebuilt answer-set to gather information about both frequency and recency of mental health history events (e.g., suicide attempt) in order to provide clinicians and researchers with more useful information. In addition to a variety of minor wording changes to select questions, the 2012 SDS also added new optional questions about identity, sexual orientation, and marijuana use.
- **Recent Publications**—CCMH is excited share with you the following publications that have occurred in the past academic year:
 - Boswell, J. F., McAleavey, A.A., Castonguay, L. G., Hayes, J.A., & Locke, B.D. (2012). Previous mental health service utilization and change in counseling clients' depressive symptoms. *Journal of Counseling Psychology, 59*(3), 368-378.
 - Castonguay, L. G., Barkham, M., Lutz, W., & McAleavey, A. A. (in press). Practice-oriented research: Approaches and application. In M. J. Lambert (Eds.). *Bergin and Garfield's Handbook of psychotherapy and behavior change* (sixth edition). New York: Wiley.

- Locke, B. D., Bieschke, K. J., Castonguay, L. G., & Hayes, J.A. (2012). "The Center for Collegiate Mental Health (CCMH): Studying college student mental health through an innovative research infrastructure that brings science and practice together. *Harvard Review of Psychiatry, 20*(4), 233-245.
- Locke, B. D., McAleavey, A. A., Zhao, Y., Lei, P. W., Hayes, J. A., Castonguay, L. G., Li, H., Tate, R. & Lin, Y. C. (2012). Development and initial validation of the counseling center assessment of psychological symptoms-34 (CCAPS-34). *Measurement and Evaluation in Counseling and Development, 45*, 151-169.
- McAleavey, A. A., Nordberg, S. S., Hayes, J. A., Castonguay, L. G., Locke, B. D., & Lockard, A. J. (2012). Clinical validity of the Counseling Center Assessment of Psychological Symptoms-62 (CCAPS-62): Further evaluation and clinical applications. *Journal of Counseling Psychology, 59*, 575-590.

Journal of College Counseling CCMH Special Issue

- Graceffo, J. M., Hayes, J. A., Chun-Kennedy, C., & Locke, B. D. (2012). Characteristics of high-risk college student drinkers expressing high and low levels of distress. *Journal of College Counseling, 15*, 262-273. doi: 10.1002/j.2161-1882.2012.00020.x
- Lockard, A. J., Hayes, J. A., McAleavey, A. A., & Locke, B. D. (2012). Change in academic distress: Examining differences between a clinical and nonclinical sample of college students. *Journal of College Counseling, 15*, 233-246. doi: 10.1002/j.2161-1882.2012.00018.x
- Martin, J. L., Hess, T. R., Ain, S. C., Nelson, D. L., & Locke, B. D. (2012). Collecting multidimensional client data using repeated measures: Experiences of clients and counselors using the CCAPS-34. *Journal of College Counseling, 15*, 247-261. doi: 10.1002/j.2161-1882.2012.00019.x



Executive Summary

Throughout this report, we tested the differences across various groups (e.g., gender, race, past mental health treatment, etc.) in order to offer a more nuanced presentation of the data and the emerging trends in college student mental health. Difference testing, across groups, was conducted using a series of independent sample *t*-tests and results are reported in both significance and effect sizes. Because “statistically significant” differences are easy to achieve with very large samples, we encourage our readers to attend to the effect sizes to understand the meaning of significant differences. Selected findings of interest are highlighted below.

- In general, students who received prior mental health treatment (prior counseling, psychiatric medications, or psychiatric hospitalization) had higher mean scores on all CCAPS-34 subscales, the Distress Index, and the suicidal and homicidal items than those who did not have a history of mental health treatment.
 - The largest differences detected between students with prior counseling and those without was the Generalized Anxiety subscale and Distress Index (effect sizes=0.44 and 0.42, respectively), suggesting that those with prior counseling experience are much more likely to be anxious than those without prior counseling experience.
 - Students who had been prescribed psychiatric medications reported higher scores on all CCAPS-34 subscales (moderate effect sizes ranging from 0.23 to 0.51) except for the Hostility and Alcohol Use subscales (effect sizes are 0.15 and 0.12, respectively) when compared to students who had not been prescribed psychiatric medications. This suggests that the experience of being prescribed a psychiatric medication in the past is associated with widespread elevations of distress in the present.
- Students with prior psychiatric hospitalizations had higher subscale scores on all CCAPS-34 subscales, except Academic Distress and Alcohol Use, with moderate effect sizes ranging from 0.21 to 0.37.
- Students with a history of prior counseling, prior psychiatric medications, or prior hospitalization had higher scores on the CCAPS-34 Distress Index (moderate effect sizes of 0.42, 0.44, and 0.39, respectively) when compared to students without the same historical experiences.
- Students with prior counseling, psychiatric medications, and prior hospitalizations reported higher levels of suicidal ideation (moderate effect sizes of 0.27, 0.28, and 0.48, respectively) when compared to those without the same historical experience.
- On the CCAPS-34, there was a notable mean difference between men and women on the Eating Concerns subscale. Women reported significantly higher distress on the Eating Concerns subscale than men (mean scores=1.13 and 0.65, respectively); the magnitude of this difference was moderate (effect size=0.43).
- Only small meaningful differences were detected (effect sizes ranging from 0.10 to 0.23) when examining the CCAPS-34 subscales, Distress Index, and suicidal and homicidal items by race (White vs. Students of Color).

Annual Report Orientation

When reading this report, please keep the following points in mind:

- This data set describes college students seeking treatment at 120 university and college counseling centers.
- For a comparative non-clinical data set, please see the CCMH/NASPA Assessment Consortium Study in 2010.
- The actual number of clients may vary by question because counseling centers vary in the questions they ask.
- Each counseling center received IRB approval to contribute data.
- Because data is gathered as part of routine clinical practice at participating counseling centers, CCMH data generally represents the population of students seeking services at participating institutions.

Introduction to the CCAPS

The Counseling Center Assessment of Psychological Symptoms (CCAPS) was designed by counseling center staff and researchers to assess key domains of college student mental health. The first CCAPS instrument was developed by Counseling & Psychological Services at the University of Michigan in 2001 for the purpose of creating a high-quality, multi-dimensional assessment instrument that was free and clinically useful for college counseling centers. Based on this foundation, the current family of CCAPS instruments, clinical reports, and related

research are managed by the Center for Collegiate Mental Health (CCMH) at Penn State University as a service to the field of college counseling centers. The CCAPS instruments are intended to meet the clinical, research, and administrative needs of the counseling center field while also contributing valuable information to the science of mental health in college students. The CCAPS currently exists in both a 62-item version and a shorter 34-item version for repeated measurement or brief assessment. The CCAPS-62 has eight subscales assessing distinct areas of distress: Depression, Generalized Anxiety, Social Anxiety, Academic Distress, Eating Concerns, Family Distress, Hostility, and Substance Use. The CCAPS-34 contains the same subscales except for Family Distress (excluded) and Substance Use (becomes Alcohol Use). Students respond to questions on the CCAPS based on a 5 point Likert scale, ranging from “not at all like me” to “extremely like me” and are instructed to answer each question *based on the last two weeks*. CCMH has also developed a Distress Index which tracks a client’s distress and is comprised of items from several different subscales. In order to allow for seamless integration between the CCAPS-62 and -34 over time, the Distress Index is calculated only from CCAPS-34 items. The Distress Index augments the CCAPS subscales by providing a quick and easy assessment of a client’s general psychological distress, but should not replace a close examination of the subscales, which address the important question, “In what ways is this person in distress?”

For more information on the CCAPS instruments, please visit our website at cmh.psu.edu or email us at cmh@psu.edu.



CCAPS-34 Cut Scores

In the 2012 version of the CCAPS instruments, there are now two scores per subscale (shown below) to be used as interpretive thresholds, or cut-offs. The Low and Elevated cut scores, divide each subscale into three ranges, intended to indicate varying levels of severity: Low, Mild, and Elevated. Please refer to the CCAPS Technical Manual for a detailed description on the development of each cut score.

On the CCAPS profile reports, the cut scores are designated through color coding of the score cells. Scores within the lowest range appear as black text on a white background. Scores in the middle range appear as black text on a yellow (or gray if printed in black-and-white) background. Scores in the highest range appear as white text on a red (dark gray) background.

The Low cut point indicates whether an individual is more likely to be in treatment than not in treatment. Scores above the Low cut point should be viewed as an indicator of potential distress consistent with a clinical population, and further assessment should determine whether the score represents a clinical concern. Scores below this threshold are more consistent with a nonclinical group than a clinical group, and should be interpreted as unlikely to represent a source of meaningful distress.

The Elevated cut score was designed to help identify areas in which a client's distress was more likely to be a specific clinical issue requiring treatment. A score above the Elevated cut point does not indicate the presence of a diagnosable mental health condition, but should be interpreted to indicate high distress worthy of further assessment, and a greater likelihood of clinical problems in that subscale area.

	Low Cut Point		Elevated Cut Point	
	Raw Score	Percentile (%)	Raw Score	Percentile (%)
Depression	1.00	38	1.75	59
Generalized Anxiety	1.30	36	2.10	65
Social Anxiety	1.65	50	2.50	76
Academic Distress	1.45	35	2.50	70
Eating Concerns	1.07	68	1.50	74
Hostility	0.74	53	1.33	70
Alcohol Use	0.64	60	1.10	74
Distress Index	1.21	34	2.15	70

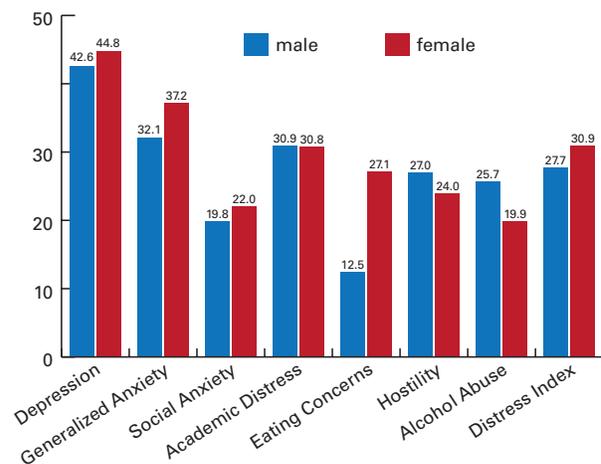


Students who Exceeded the Elevated Cut Point

Figure 1 includes the percentage of counseling center clients who exceeded the elevated cut score for each CCAPS-34 subscale by gender.

- Forty-three percent of men exceeded the elevated cut score on the Depression subscale whereas only 13% exceeded the elevated cut point on the Eating Concerns subscale.
- Among women respondents, 45% exceeded the elevated cut score in Depression whereas 20% exceeded the Alcohol Use elevated cut score.

Figure 1. Percent of respondents who exceeded the CCAPS-34 Elevated cut points





Comparisons by Gender, Race, and Previous Mental Health Utilization

The next tables show the mean subscale scores of the seven CCAPS-34 subscales, the Distress Index, the suicidal and homicidal CCAPS individual items by gender, race, and previous mental health utilization (counseling, medication, and hospitalization). Significance tests were conducted using *t*-tests, and effect sizes are presented to show the magnitude of the mean differences. Effect sizes allow us to understand the statistical analysis results in a practical way by discussing the strength of the mean differences across groups to determine if the differences across groups are clinically meaningful. Following Cohen's (1988) suggestion, effect sizes of 0.20 are considered small, 0.50 are medium, and 0.80 and higher are large. For example, the effect size of the difference in the depression mean scores between males and females is 0.08, which is considered to be small and therefore not very meaningful.

Comparisons by Gender (see Table 1)

- Women reported significantly higher mean scores than men in Depression, Generalized Anxiety, Social Anxiety, Eating Concerns and the Distress Index. These differences are all within the small effect size range, except for Eating Concerns, which has a large effect size.
- Men have higher mean scores in the Hostility and Alcohol Use subscales than females; but the effect sizes were small for both subscales (0.09 and 0.17, respectively).
- Men appeared to have higher scores than women on both suicidal and homicidal items, but the effect sizes for both comparisons were within the small range (0.08 and 0.24, respectively).

Table 1. CCAPS-34 Subscales, Distress Index, and Suicidal and Homicidal items: Comparisons by Gender

	Men	Women	Sig.	Effect Size ¹
CCAPS-34 Subscale				
Depression	1.53	1.62	***	0.08
Generalized Anxiety	1.66	1.89	***	0.23
Social Anxiety	1.76	1.83	***	0.07
Academic Distress	1.94	1.94	ns	0.00
Eating Concerns	0.65	1.13	***	0.43
Hostility	0.96	0.89	***	0.09
Alcohol Use	0.84	0.69	***	0.17
Distress Index	1.61	1.71	***	0.12
Suicidal and Homicidal items				
I have thoughts of ending my life	0.70	0.62	***	0.08
I have thoughts of hurting others	0.33	0.17	***	0.24

¹ Effect size = Mean difference divided by the pooled standard deviation. The absolute values are presented.

Scale: "0" = *not at all like me* to "4" = *extremely like me*.

****p* < .001; ns. *not significant*.

Comparisons by Race (see Table 2)

- White students were more likely than Students of Color to have elevated mean scores on Generalized Anxiety, Social Anxiety, Eating Concerns, and Alcohol Use. All effect sizes for these comparisons were within the small range.
- Students of Color reported higher means in the Depression, Academic Distress, Hostility, Distress Index, suicidal and homicidal items than White students but the magnitude of these differences was small.

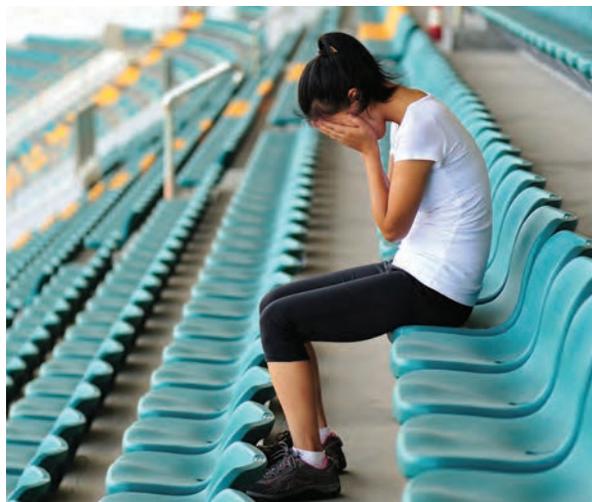
Table 2. CCAPS-34 Subscales, Distress Index, and Suicidal and Homicidal items: Comparisons by Race

	White	Students of Color	Sig.	Effect Size ¹
CCAPS-34 Subscale				
Depression	1.56	1.66	***	0.10
Generalized Anxiety	1.84	1.73	***	0.10
Social Anxiety	1.82	1.79	*	0.02
Academic Distress	1.90	2.04	***	0.13
Eating Concerns	0.96	0.94	*	0.02
Hostility	0.86	1.06	***	0.23
Alcohol Use	0.80	0.61	***	0.20
Distress Index	1.67	1.72	***	0.06
Suicidal and Homicidal items				
I have thoughts of ending my life	0.61	0.75	***	0.12
I have thoughts of hurting others	0.20	0.32	***	0.19

¹ Effect size = Mean difference divided by the pooled standard deviation. The absolute values are presented.

Scale: "0" = not at all like me to "4" = extremely like me.

*** $p < .001$; * $p < .05$



Comparisons by Mental Health Services Utilization (see Table 3)

- Students who endorsed previous counseling experience for mental health concerns reported higher scores on all of CCAPS-34 subscales compared to those students who have never sought treatment prior to their current utilization. The effect sizes for the Depression, Generalized Anxiety, Social Anxiety, Academic Distress, and Eating Concerns subscales were moderate, ranging from 0.21 to 0.44.
- The mean scores for the Distress Index were higher for those who reported having ever had counseling than those who had never participated in counseling. The effect size of this difference was within the moderate range (effect size=0.42).
- Clients who reported having ever had counseling were more likely to have had suicidal or homicidal thoughts compared to those who have never used these services.

Table 3. CCAPS-34 Subscales, Distress Index, and Suicidal and Homicidal items: Comparisons by mental health services utilization

Have you ever attended counseling for mental health concerns?	Yes	No	Sig.	Effect Size ¹
CCAPS-34 Subscale				
Depression	1.77	1.43	***	0.33
Generalized Anxiety	2.04	1.61	***	0.44
Social Anxiety	1.96	1.67	***	0.29
Academic Distress	2.07	1.84	***	0.21
Eating Concerns	1.11	0.82	***	0.25
Hostility	1.00	0.84	***	0.18
Alcohol Use	0.80	0.69	***	0.12
Distress Index	1.86	1.52	***	0.42
Suicidal and Homicidal items				
I have thoughts of ending my life	0.80	0.51	***	0.27
I have thoughts of hurting others	0.26	0.21	***	0.08

¹ Effect size = Mean difference divided by the pooled standard deviation. The absolute values are presented.

Scale: "0" = not at all like me to "4" = extremely like me.

*** $p < .001$

Comparisons by Psychiatric Medication Use

(see Table 4)

- All of the CCAPS-34 subscale mean scores were higher for clients who reported having ever taken a prescribed medication for mental health concerns; the magnitude of the differences was moderate for Depression, Generalized Anxiety, Social Anxiety, Academic Distress, and Eating Concerns.
- The Distress Index mean score difference between clients who reported having ever taken a prescribed medication for mental health concerns and clients who had never taken a prescribed medication was moderate in size (effect size=0.42).
- Clients who reported having ever used prescribed medication for mental health concerns were more likely to have experienced suicidal or homicidal thoughts compared to those who have never used these services. This difference was moderate in size (effect size=0.28).

Table 4. CCAPS-34 Subscales, Distress Index, and Suicidal and Homicidal items: Comparisons by psychiatric medication use

Have you ever taken a prescribed medication for mental health concerns?	Yes	No	Sig.	Effect Size ¹
CCAPS-34 Subscale				
Depression	1.82	1.49	***	0.32
Generalized Anxiety	2.16	1.65	***	0.51
Social Anxiety	2.02	1.72	***	0.30
Academic Distress	2.13	1.86	***	0.25
Eating Concerns	1.14	0.87	***	0.23
Hostility	1.01	0.87	***	0.15
Alcohol Use	0.82	0.71	***	0.12
Distress Index	1.93	1.57	***	0.44
Suicidal and Homicidal items				
I have thoughts of ending my life	0.86	0.56	***	0.28
I have thoughts of hurting others	0.25	0.22	***	0.05

¹ Effect size = Mean difference divided by the pooled standard deviation. The absolute values are presented.

Scale: "0"= not at all like me to "4"= extremely like me.

***p<.001

Comparisons by Hospitalizations for Mental Health Concerns (see Table 5)

- Clients who reported having ever been hospitalized for mental health concerns had higher CCAPS-34 subscale mean scores than those who did not report any hospitalizations. The effect sizes for these differences were in the moderate range for Depression, Generalized Anxiety, Social Anxiety, Eating Concerns, and Alcohol Use, ranging from 0.21 to 0.37.
- The Distress Index mean score difference between clients who reported having ever been hospitalized for mental health concerns and clients who had never been hospitalized was moderate in size (effect size=0.39).
- Students who reported having been hospitalized for mental health concerns were more likely to endorse suicidal thoughts; this difference was moderate in size (effect size=0.48).

Table 5. CCAPS-34 Subscales, Distress Index, and Suicidal and Homicidal items: Comparisons by hospitalizations for mental health concerns

Have you been hospitalized for mental health concerns?	Yes	No	Sig.	Effect Size ¹
CCAPS-34 Subscale				
Depression	1.95	1.57	***	0.37
Generalized Anxiety	2.15	1.79	***	0.36
Social Anxiety	2.03	1.80	***	0.23
Academic Distress	2.10	1.94	***	0.15
Eating Concerns	1.18	0.94	***	0.21
Hostility	1.11	0.90	***	0.24
Alcohol Use	0.88	0.73	***	0.17
Distress Index	1.99	1.66	***	0.39
Suicidal and Homicidal items				
I have thoughts of ending my life	1.14	0.61	***	0.48
I have thoughts of hurting others	0.30	0.23	***	0.11

¹ Effect size = Mean difference divided by the pooled standard deviation. The absolute values are presented.

Scale: "0"= not at all like me to "4"= extremely like me.

***p<.001

Introduction to Standardized Data Set (SDS)

The Standardized Data Set was developed with input from more than 100 counseling centers and represents a standardized set of questions typically asked of students seeking services. Because not all centers ask all questions, the total number of responses will vary by question.

Gender*

	<i>n</i>	Percentage
Male	27,984	35.8
Female	49,695	63.5
Transgender	182	0.2
Prefer not to answer	402	0.5

This question is from the Standardized Data Set Question #26

*Those who did not specify gender or who identified as transgender were included in the overall total for the questions below

Sexual Orientation

	Overall (%) <i>n</i> =73,969	Male (%) <i>n</i> =26,395	Female (%) <i>n</i> =46,982
Heterosexual	87.2	87.3	87.8
Gay	2.6	6.9	0.1
Lesbian	1.5	0.0	2.3
Bisexual	3.8	2.0	4.7
Questioning	1.5	1.2	1.6
Prefer not to answer	3.4	2.6	3.4

This question is from the Standardized Data Set Question #27

Race/Ethnicity

	Overall (%) <i>n</i> =73,987	Male (%) <i>n</i> =26,534	Female (%) <i>n</i> =46,879
African-American/Black	8.6	7.2	9.4
American Indian or Alaskan Native	0.5	0.5	0.5
Asian American/Asian	6.0	6.0	6.1
Caucasian/White	70.6	72.6	69.5
Hispanic/Latino/a	7.1	6.5	7.4
Native Hawaiian or Pacific Islander	0.3	0.3	0.3
Multi-racial	3.6	3.2	3.9
Prefer not to answer	1.6	1.6	1.4
Other	1.7	2.0	1.5

This question is from the Standardized Data Set Question #28

Current academic status

	Overall (%) <i>n</i> =76,850	Male (%) <i>n</i> =27,533	Female (%) <i>n</i> =48,636
Freshmen/First-year	19.2	19.0	19.4
Sophomore	19.8	19.9	19.7
Junior	22.6	22.7	22.5
Senior	22.3	22.6	22.1
Graduate/professional degree student	14.4	13.8	14.8
Non-student	0.3	0.4	0.2
High school student taking college classes	0.0	0.0	0.0
Non-degree student	0.3	0.3	0.3
Faculty or staff	0.1	0.1	0.1
Other	1.1	1.3	1.0

This question is from the Standardized Data Set Question #37

Attended counseling for mental health concerns

	Overall (%) <i>n</i> =75,383	Male (%) <i>n</i> =26,913	Female (%) <i>n</i> =47,782
Never	52.4	56.6	50.3
Prior to college	18.6	16.9	19.5
After starting college	16.1	15.9	16.2
Both	12.9	10.6	14.0

This question is from the Standardized Data Set Question #1

Taken a medication for mental health concerns

	Overall (%) <i>n</i> =75,049	Male (%) <i>n</i> =26,741	Female (%) <i>n</i> =47,619
Never	68.2	69.8	67.4
Prior to college	8.7	8.9	8.6
After starting college	13.0	12.3	13.3
Both	10.1	9.1	10.6

This question is from the Standardized Data Set Question #2

Been hospitalized for mental health concerns

	Overall (%) <i>n</i> =74,159	Male (%) <i>n</i> =26,269	Female (%) <i>n</i> =47,201
Never	92.2	92.4	92.1
Prior to college	4.2	3.7	4.4
After starting college	2.9	3.1	2.7
Both	0.8	0.8	0.7

This question is from the Standardized Data Set Question #3



Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, hair pulling, etc.)

	Overall (%) n=74,347	Male (%) n=26,337	Female (%) n=47,326
Never	77.5	84.8	73.7
Prior to college	11.8	7.3	14.2
After starting college	3.4	3.2	3.5
Both	7.3	4.7	8.6

This question is from the Standardized Data Set Question #7

Seriously considered attempting suicide

	Overall (%) n=75,065	Male (%) n=26,755	Female (%) n=47,621
Never	74.5	76.0	73.9
Prior to college	11.8	9.7	12.8
After starting college	5.8	6.6	5.3
Both	8.0	7.7	8.0

This question is from the Standardized Data Set Question #8

Made a suicide attempt

	Overall (%) n=74,889	Male (%) n=26,663	Female (%) n=47,537
Never	92.0	93.6	91.3
Prior to college	5.4	4.1	6.0
After starting college	1.8	1.7	1.8
Both	0.8	0.6	0.9

This question is from the Standardized Data Set Question #9

Considered seriously injuring another person

	Overall (%) n=74,279	Male (%) n=26,299	Female (%) n=47,291
Never	92.1	88.9	94.0
Prior to college	3.2	4.5	2.5
After starting college	1.5	1.8	1.3
Both	3.2	4.8	2.3

This question is from the Standardized Data Set Question #62

Intentionally caused serious injury to another person

	Overall (%) n=74,267	Male (%) n=26,280	Female (%) n=47,297
Never	97.8	96.5	98.6
Prior to college	1.3	2.2	0.8
After starting college	0.4	0.6	0.4
Both	0.4	0.8	0.2

This question is from the Standardized Data Set Question #63

Had unwanted sexual contact(s) or experience(s)

	Overall (%) n=74,122	Male (%) n=26,285	Female (%) n=47,151
Never	79.0	91.1	72.4
Prior to college	11.2	4.9	14.6
After starting college	6.4	2.7	8.4
Both	3.4	1.3	4.5

This question is from the Standardized Data Set Question #12

Experienced harassing, controlling, and/or abusive behavior from another person (e.g., friend, family member, partner, authority figure)

	Overall (%) n=73,806	Male (%) n=26,236	Female (%) n=46,886
Never	64.5	72.5	60.2
Prior to college	17.4	14.9	18.6
After starting college	6.1	3.8	7.4
Both	12.1	8.8	13.8

This question is from the Standardized Data Set Question #13

Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror

	Overall (%) n=57,324	Male (%) n=20,455	Female (%) n=36,465
Never	63.1	68.3	60.3
Prior to college	17.1	14.3	18.6
After starting college	10.7	9.6	11.4
Both	9.1	7.8	9.7

This question is from the Standardized Data Set Question #59

Felt the need to reduce your alcohol or drug use

	Overall (%) n=50,755	Male (%) n=17,851	Female (%) n=32,435
Never	74.1	67.0	78.0
Prior to college	3.6	4.1	3.4
After starting college	16.9	21.7	14.3
Both	5.4	7.2	4.4

This question is from the Standardized Data Set Question #4

Others have expressed concern about your alcohol or drug use

	Overall (%) n=50,826	Male (%) n=17,907	Female (%) n=32,500
Never	83.8	78.2	86.9
Prior to college	3.1	3.8	2.6
After starting college	9.4	12.4	7.8
Both	3.8	5.6	2.7

This question is from the Standardized Data Set Question #5

Received treatment for alcohol or drug use

	Overall (%) n=73,876	Male (%) n=26,185	Female (%) n=47,004
Never	95.4	92.7	96.9
Prior to college	1.8	2.6	1.4
After starting college	2.3	3.9	1.4
Both	0.5	0.8	0.3

This question is from the Standardized Data Set Question #6

Think back over the last two weeks. How many times have you had: five or more drinks* in a row (for males) OR four or more drinks* in a row (for females)? (A drink is a bottle of beer, a glass of wine, a wine cooler, a shot glass of liquor, or a mixed drink.)

	Overall (%) n=59,730	Male (%) n=21,088	Female (%) n=38,183
None	57.7	52.9	60.2
Once	17.4	17.3	17.6
Twice	11.8	13.1	11.2
3 to 5 times	10.0	12.4	8.8
6 to 9 times	2.1	3.0	1.6
10 or more times	0.9	1.3	0.7

This question is from the Standardized Data Set Question #19

Please indicate your level of involvement in organized extra-curricular activities (e.g., sports, clubs, student government, etc.)

	Overall (%) n=42,013	Male (%) n=14,776	Female (%) n=26,889
None	32.1	33.8	31.2
Occasional participation	22.2	23.8	21.2
One regularly attended activity	19.0	18.5	19.3
Two regularly attended activities	14.6	12.9	15.6
Three or more regularly attended activities	12.1	11.0	12.7

This question is from the Standardized Data Set Question #48

Do you participate on an athletic team that competes with other colleges or universities?

	Overall (%) n=64,493	Male (%) n=23,016	Female (%) n=40,886
No	92.9	91.1	93.8
Yes	7.1	8.9	6.2

This question is from the Standardized Data Set Question #50

Please indicate how much you agree with the statement: "I get the emotional help and support I need from my family."

	Overall (%) n=50,549	Male (%) n=17,925	Female (%) n=32,189
Strongly disagree	10.1	9.6	10.2
Somewhat disagree	13.5	12.6	14.0
Neutral	15.2	16.6	14.4
Somewhat agree	30.7	30.4	31.0
Strongly agree	30.5	30.9	30.5

This question is from the Standardized Data Set Question #22

Please indicate how much you agree with the statement: "I get the emotional help and support I need from social network (e.g., friends, acquaintances)."

	Overall (%) n=50,101	Male (%) n=17,908	Female (%) n=31,814
Strongly disagree	7.9	9.1	7.2
Somewhat disagree	13.1	14.0	12.6
Neutral	18.8	21.6	17.3
Somewhat agree	37.5	35.4	38.7
Strongly agree	22.7	19.9	24.2

This question is from the Standardized Data Set Question #23

Religious or Spiritual Preference

	Overall (%) n=63,703	Male (%) n=22,510	Female (%) n=40,642
Agnostic	11.3	13.1	10.2
Atheist	7.7	11.5	5.5
Buddhist	1.0	1.0	1.0
Christian	31.7	27.7	34.1
Hindu	0.7	0.7	0.7
Jewish	3.2	3.1	3.2
Muslim	1.2	1.5	1.0
No preference	15.1	14.8	15.2
Prefer not to answer	4.9	5.3	4.7
Other	4.0	3.9	3.9
Catholic	19.2	17.4	20.4

This question is from the Standardized Data Set Question #34

To what extent does your religious or spiritual preference play an important role in your life?

	Overall (%) n=48,455	Male (%) n=17,184	Female (%) n=30,865
Very important	15.6	13.7	16.6
Important	25.0	23.4	25.9
Neutral	35.8	36.3	35.5
Unimportant	13.2	14.3	12.6
Very unimportant	10.5	12.4	9.3

This question is from the Standardized Data Set Question #36

How would you describe your financial situation right now?

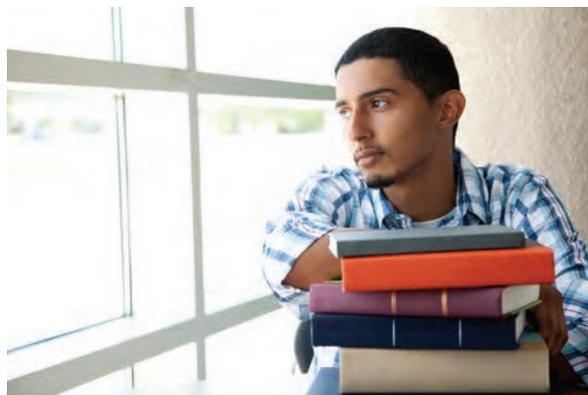
	Overall (%) n=58,764	Male (%) n=20,652	Female (%) n=37,620
Always stressful	16.4	14.1	17.6
Often stressful	22.3	20.8	23.1
Sometimes stressful	34.7	35.6	34.3
Rarely stressful	19.6	21.3	18.6
Never stressful	7.0	8.2	6.4

This question is from the Standardized Data Set Question #57

How would you describe your financial situation growing up?

	Overall (%) n=40,999	Male (%) n=14,507	Female (%) n=26,197
Always stressful	9.4	7.6	10.4
Often stressful	14.4	13.4	14.8
Sometimes stressful	23.5	22.9	23.8
Rarely stressful	30.1	31.8	29.2
Never stressful	22.6	24.3	21.7

This question is from the Standardized Data Set Question #58



Relationship status

	Overall (%) n=75,500	Male (%) n=26,760	Female (%) n=48,071
Single	61.1	66.8	57.9
Serious dating or committed relationship	32.1	26.5	35.2
Civil union, domestic partnership, or equivalent	0.5	0.3	0.5
Married	4.7	4.8	4.7
Divorced	0.9	0.8	1.0
Separated	0.7	0.8	0.6
Widowed	0.1	0.0	0.1

This question is from the Standardized Data Set Question #33

Did you transfer from another campus/institution to this school?

	Overall (%) n=70,892	Male (%) n=25,208	Female (%) n=45,026
No	78.1	76.8	78.9
Yes	21.9	23.2	21.1

This question is from the Standardized Data Set Question #46

Are you the first generation in your family to attend college?

	Overall (%) n=64,553	Male (%) n=22,695	Female (%) n=41,237
No	76.6	78.4	75.7
Yes	23.4	21.6	24.3

This question is from the Standardized Data Set Question #56

Are you an international student?

	Overall (%) n=75,459	Male (%) n=26,738	Female (%) n=48,043
No	95.8	95.1	96.2
Yes	4.2	4.9	3.8

This question is from the Standardized Data Set Question #32

Graduate or professional degree program

	Overall (%) n=22,341	Male (%) n=8,214	Female (%) n=13,962
Post-Baccalaureate	11.2	10.8	11.6
Masters	14.6	12.2	16.0
Doctoral degree	8.5	8.9	8.2
Law	2.8	3.2	2.6
Medical	1.5	1.4	1.6
Pharmacy	0.6	0.5	0.6
Dental	0.2	0.2	0.2
Veterinary Medicine	0.7	0.3	1.0
Not applicable	53.9	56.3	52.4
Other	5.9	6.1	5.8

This question is from the Standardized Data Set Question #39

What year are you in your graduate/professional program?

	Overall (%) n=10,882	Male (%) n=3,987	Female (%) n=6,822
1	36.0	33.7	37.3
2	25.1	24.1	25.7
3	15.9	16.0	15.8
4	15.1	16.4	14.3
5+	8.0	9.8	6.9

This question is from the Standardized Data Set Question #41

What kind of housing do you currently have?

	Overall (%) n=65,319	Male (%) n=23,342	Female (%) n=41,379
On-campus residence hall/apartment	36.1	34.8	36.8
On/off campus fraternity/sorority house	2.1	2.5	1.9
On/off campus co-operative housing	0.9	1.0	0.9
Off-campus apartment/house	59.4	60.1	59.0
Other	1.6	1.6	1.5

This question is from the Standardized Data Set Question #42

With whom do you live? (check all that apply)

	Overall (%)	Male (%)	Female (%)
Alone	11.3% (n=8,878)	12.4% (n=3,462)	10.7% (n=5,315)
Spouse, partner, or significant other	8.6% (n=6,773)	7.8% (n=2,186)	9.1% (n=4,513)
Roommate(s)	52.4% (n=41,165)	52.7% (n=14,737)	52.6% (n=26,153)
Children	2.8% (n=2,164)	1.8% (n=506)	3.3% (n=1,641)
Parent(s) or guardian(s)	8.0% (n=6,276)	7.8% (n=2,178)	8.0% (n=4,000)
Family other	3.8% (n=2,958)	3.6% (n=1,010)	3.8% (n=1,900)
Other	1.2% (n=939)	1.1% (n=311)	1.2% (n=613)

This question is from the Standardized Data Set Question #44

Are you registered, with the office for disability services on this campus, as having a documented and diagnosed disability?

	Overall (%) n=73,434	Male (%) n=26,053	Female (%) n=46,718
No	93.0	92.0	93.6
Yes	7.0	8.0	6.4

This question is from the Standardized Data Set Question #60

Are you a member of ROTC?

	Overall (%) n=36,594	Male (%) n=13,011	Female (%) n=23,273
No	99.3	98.9	99.5
Yes	0.7	1.1	0.5

This question is from the Standardized Data Set Question #51

Have you ever been enlisted in any branch of the US military (active duty, veteran, National Guard or reserves)?

	Overall (%) n=74,547	Male (%) n=26,409	Female (%) n=47,455
No	98.1	96.4	99.1
Yes	1.9	3.6	0.9

This question is from the Standardized Data Set Question #52

Did your military experience include any traumatic or highly stressful experiences which continue to bother you?

	Overall (%) n=1,303	Male (%) n=894	Female (%) n=393
No	70.7	68.9	75.6
Yes	29.3	31.1	24.4

This question is from the Standardized Data Set Question #53

Introduction to Counselor Data

The Standardized Data Set includes a small number of questions describing those who work in college counseling centers. This basic information is provided by counselors each year at most institutions as part of participation in CCMH. The 2011-2012 data-set represents over 2,823 unique counselors. The answer-totals vary because some counseling centers do not gather this data or because a counselor elected not to answer one or more questions.

Gender

	<i>n</i>	Percentage
Male	262	32.2
Female	546	67.1
Transgender	3	0.4
Prefer not to answer	3	0.4

Age

	<i>n</i>	Age
Average Age	812	42.48

Race/Ethnicity

	<i>n</i>	Percentage
African-American/Black	79	9.7
American Indian or Alaskan Native	3	0.4
Asian American/Asian	54	6.6
East Indian	0	0.0
Caucasian/White	594	73.1
Hispanic/Latino/a	50	6.2
Native Hawaiian or Pacific Islander	2	0.2
Multi-racial	19	2.3
Prefer not to answer	4	0.5
Other	8	1.0

Highest Degree (descending sort)

	<i>n</i>	Percentage
Doctor of Philosophy	344	42.4
Master of Arts	112	13.8
Doctor of Psychology	105	12.9
Master of Science	73	9.0
Master of Social Work	69	8.5
Doctor of Medicine	26	3.2
Master of Education	23	2.8
Bachelor of Arts	19	2.3
Doctor of Education	12	1.5
Other	10	1.2
Bachelor of Science	8	1.0
Nursing (e.g. RN, RNP, PNP)	4	0.5
Education Specialist	3	0.4
Doctor of Osteopathy	3	0.4
Doctor of Social Work	0	0.0

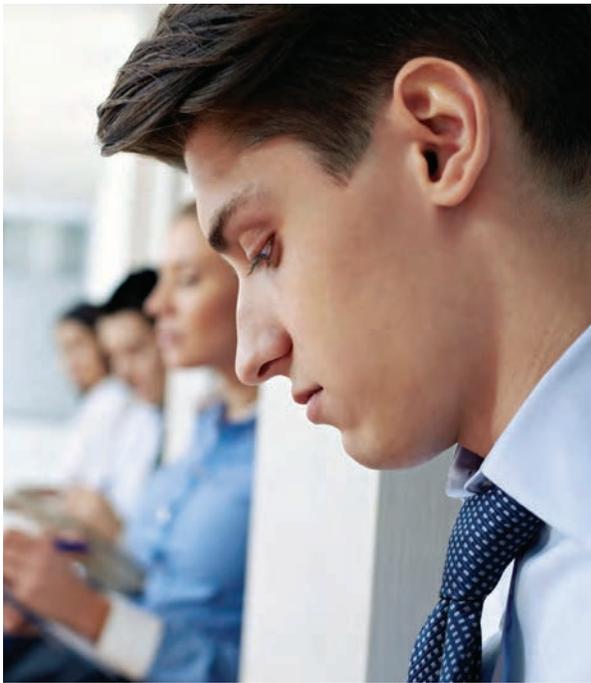
Highest Degree-Discipline (descending sort)

	<i>n</i>	Percentage
Counseling Psychology	313	38.9
Clinical Psychology	265	32.9
Social Work	70	8.7
Other	62	7.7
Counselor Education	42	5.2
Psychiatry	29	3.6
Marriage and Family Therapist	10	1.2
Nursing	7	0.9
Community Psychology	3	0.4
Educational Psychology	2	0.2
Higher Education	1	0.1
Health Education	1	0.1



Highest Degree-Discipline by Age

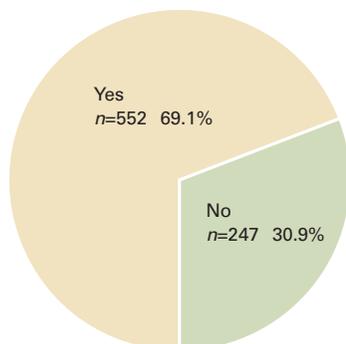
	Age 20-30 n=109	Age 31-40 n=323	Age 41-50 n=162	Age 51-60 n=140	Age 61-70 n=78
Clinical Psychology	40.6%	37.8%	35.6%	22.3%	15.4%
Community Psychology	0.0%	0.0%	0.6%	0.7%	1.3%
Counseling Psychology	19.8%	37.5%	44.4%	48.9%	41.0%
Counselor Education	5.7%	5.6%	2.5%	5.0%	9.0%
Educational Psychology	0.9%	0.0%	0.0%	0.0%	1.3%
Health Education	0.0%	0.3%	0.0%	0.0%	0.0%
Higher Education	0.0%	0.0%	0.6%	0.0%	0.0%
Marriage and Family Therapist	0.9%	1.9%	0.0%	1.4%	1.3%
Nursing	0.0%	0.3%	1.2%	2.9%	0.0%
Psychiatry	0.9%	2.8%	1.9%	6.5%	9.0%
Social Work	8.5%	8.8%	8.1%	6.5%	14.1%
Other	22.6%	5.0%	5.0%	5.8%	7.7%



Are you licensed under your degree? (descending sort)

	Yes	No
Nursing (e.g. RN, RNP, PNP)	100% n=4	0.0% n=0
Doctor of Osteopathy	100% n=3	0.0% n=0
Education Specialist	100% n=3	0.0% n=0
Doctor of Medicine	96.0% n=24	4.0% n=1
Master of Social Work	92.6% n=63	7.4% n=5
Doctor of Education	91.7% n=11	8.3% n=1
Doctor of Philosophy	84.0% n=284	16.0% n=54
Doctor of Psychology	76.9% n=80	23.1% n=24
Other	50.0% n=5	50.0% n=5
Master of Science	44.3% n=31	55.7% n=39
Master of Education	34.8% n=8	65.2% n=15
Master of Arts	30.9% n=34	69.1% n=76
Bachelor of Arts	0.0% n=0	100% n=19
Bachelor of Science	0.0% n=0	100% n=8
Doctor of Social Work	0.0% n=0	0.0% n=0

Are you licensed under your current degree?





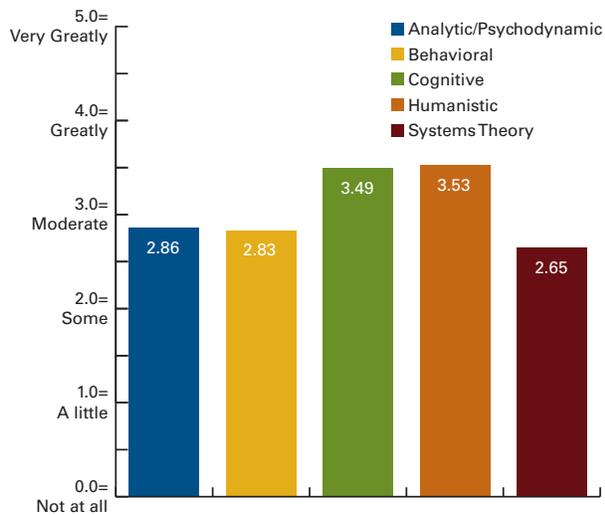
Position Type (descending sort)

	<i>n</i>	Percentage
Professional Staff Member	607	74.8
Pre-doctoral Intern	91	11.2
Other	36	4.4
Doctoral Level Trainee (not an intern)	28	3.5
Master's Level Trainee	22	2.7
Post-doctoral Level (non-psychiatric)	25	3.1
Psychiatric Resident	2	0.2

How much is your current therapeutic practice guided by each of the following theoretical frameworks?

	Analytic/ Psychodynamic (%) <i>n</i> =724	Behavioral (%) <i>n</i> =731	Cognitive (%) <i>n</i> =741	Humanistic (%) <i>n</i> =731	Systems Theory (%) <i>n</i> =713
Not at all (0)	3.6	1.8	0.9	2.3	3.8
A little (1)	17.3	13.4	4.3	4.4	17.5
Some (2)	18.0	23.7	11.7	10.4	22.4
Moderate (3)	22.8	29.5	28.3	25.0	28.9
Greatly (4)	27.2	24.8	37.4	36.4	20.9
Very greatly (5)	11.2	6.8	17.3	21.5	6.5
Mean	2.86	2.83	3.49	3.53	2.65

Figure 2. How much is your current therapeutic practice guided by each of the following theoretical framework?



Center Information

The information below describes the 120 colleges and universities that contributed data for the 2011-2012 data seam.

Does your counseling center currently have an APA accredited pre-doctoral training program?

	<i>n</i>	Percentage
No	82	68.3
Yes	38	31.7

Is your counseling center currently accredited by IACS (International Association of Counseling Services)?

	<i>n</i>	Percentage
No	57	47.9
Yes	62	52.1

Which services are integrated with your counseling center? (check all that apply)

	<i>n</i>	Percentage
Career Services	10	8.3
Disability Services	7	5.8
Drug & Alcohol Treatment Program	37	30.8
Employee Assistance Program	3	2.5
Learning Services	5	4.2
Health Services	15	12.5
Testing Services	24	20.0
Other	11	9.2

What psychiatric services are provided by your center?

	<i>n</i>	Percentage
None	35	29.4
Part time, in house	55	46.2
Full time, in house	15	12.6
Part time, off campus consultant	5	4.2
Other	9	7.6

Does your center have an annual individual psychotherapy limit?

	<i>n</i>	Percentage
No	69	58.5
Yes	49	41.5



If you answered "yes" to session limit, please enter your individual psychotherapy session limit

	<i>n</i>	Percentage
7	1	2.0
8	4	8.2
10	12	24.5
12	18	36.7
14	2	4.1
15	7	14.3
16	1	2.0
20	2	4.1
24	2	4.1

No school that provided information entered less than 7 sessions

Check each service for which you charge a standard fee (don't check services that are initially free—e.g., first 8 sessions)?

	<i>n</i>	Percentage
Intake	2	1.7
Individual Counseling	5	4.2
Group Counseling	4	3.3
Psychiatric Evaluation (initial meeting)	15	12.5
Psychiatric Follow-up (ongoing client)	14	11.7
Formal Assessment: Psychological	10	8.3
Formal Assessment: Career	8	6.7
Formal Assessment: Disability	6	5.0
Other	14	11.7



Demographics of Participating Colleges and Universities

One hundred twenty college and universities who are members of CCMH submitted their institutional data for the 2011-2012 CCMH data seam. Demographics of the 120 colleges and universities are below:

Campus Characteristic	<i>n</i>	Percentage
Type of Institution		
Public	81	67.5
Private	35	29.2
Combined	4	3.3
Location of Campus		
Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)	33	27.5
Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)	29	24.2
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV)	42	35.0
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	16	13.3
Enrollment		
Under 1,500	4	3.3
1,501-2,500	9	7.5
2,501-5,000	8	6.7
5,001-7,500	12	10.0
7,501-10,000	15	12.5
10,001-15,000	18	15.0
15,001-20,000	12	10.0
20,001-25,000	14	11.7
25,001-30,000	7	5.8
30,001-35,000	9	7.5
35,001-40,000	4	3.3
40,001-50,000	7	5.8
50,001 and over	1	0.8

Campus Characteristic	<i>n</i>	Percentage
Athletic Division		
None	10	8.4
Division I	68	57.1
Division II	18	15.1
Division III	23	19.3
Grade Scale		
0-4	118	98.3
1-5	0	0.0
0-100	1	0.8
Other	1	0.8

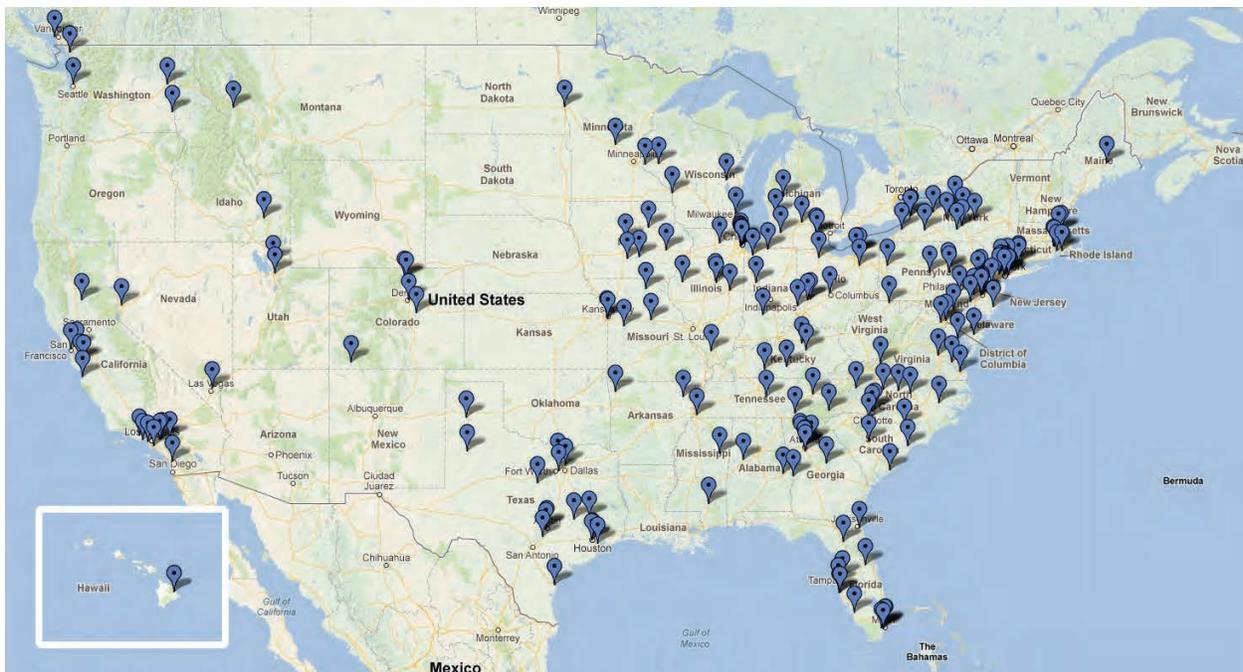
References

Cohen, J. (1988). *Statistical power analysis for the behavioral sciences* (2nd ed.). Hillsdale, NJ: Lawrence Erlbaum Associates.

CCMH Member Institutions

1. Appalachian State University
2. Arkansas State University
3. Auburn University
4. Barry University
5. Boston College
6. Bowling Green State University
7. Bucknell University
8. Buffalo State College
9. California Lutheran University
10. California State Polytechnic University, Pomona
11. California State University, Chico
12. California State University, Long Beach
13. California State University, Monterey Bay
14. California State University, San Bernardino
15. California State University, San Marcos
16. Case Western Reserve University
17. Central College
18. Claremont College Consortium
19. Clayton State University
20. Cleveland State University
21. Coastal Carolina University
22. Colgate University
23. College of Charleston
24. College of Southern Nevada
25. College of William & Mary
26. Colorado State University
27. Columbia College Chicago
28. Columbus State University
29. Cornell University
30. DePaul University
31. Duke University
32. East Carolina University
33. Eastern Kentucky University
34. Eastern Michigan University
35. Elon University
36. Emory University
37. Fairfield University
38. Ferris State University
39. Florida Gulf Coast University
40. Florida International University
41. Fort Lewis College
42. Franklin & Marshall College
43. Georgia College and State University
44. Georgia Gwinnett College
45. Georgia Institute of Technology
46. George Mason University
47. Georgia State University
48. Gonzaga University
49. Grand Valley State University
50. Hobart and William Smith Colleges
51. Houghton College
52. Howard University
53. Hunter College
54. Idaho State University
55. Illinois Institute of Technology
56. Illinois State University
57. Illinois Wesleyan University
58. Indiana University
59. Iowa State University
60. Jewish Theological Seminary
61. John Jay College of Criminal Justice
62. Johns Hopkins University
63. Johnson & Wales University (Charlotte, Denver, Miami, Providence)
64. Kennesaw State University
65. Lafayette College
66. La Salle University
67. Lawrence University
68. Lee University
69. Lehigh University
70. Lehman College
71. Lindsey Wilson College
72. Loyola Marymount University
73. Marquette University
74. Miami University
75. Michigan State University
76. Middle Tennessee State University
77. Mississippi State University
78. Montclair State University
79. New College of Florida
80. North Dakota State University
81. Northeastern Illinois University
82. Northern Illinois University
83. Northwestern University
84. Notre Dame College
85. Ohio State University
86. Old Dominion University
87. Pace University
88. Pace University, Westchester Campuses
89. Penn State University

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CCMH Member Institutions

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|---|--|---|
| 90. Pepperdine University | 128. Texas State University,
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| 91. Princeton University | 129. Texas Tech University | 163. University of North Texas |
| 92. Purdue University | 130. Truman State University | 164. University of Northern Iowa |
| 93. Ramapo College of New Jersey | 131. University at Buffalo | 165. University of Notre Dame |
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| 102. Sacred Heart University | 140. University of Delaware | 174. University of Texas at Austin |
| 103. Saint Joseph's University | 141. University of Florida | 175. University of Texas at Dallas |
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River Falls |
| 108. Santa Clara University | 146. University of Illinois at
Urbana Champaign | 180. University of Wisconsin–
Stout |
| 109. Seton Hall University | 147. University of Iowa | 181. Valparaiso University |
| 110. Simpson College | 148. University of Kansas
Medical Center | 182. Virginia Commonwealth
University |
| 111. Slippery Rock University | 149. University of Kentucky | 183. Virginia Tech |
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| 113. Southern Polytechnic
State University | 151. University of Massachusetts
Dartmouth | 185. Washington State University |
| 114. St. Cloud State University | 152. University of Memphis | 186. Weber State University |
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| 116. St. John's University | 154. University of Michigan | 188. West Texas A&M University |
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| 118. Suffolk University | 156. University of Missouri,
Kansas City | 190. Western Carolina University |
| 119. SUNY Cortland | 157. University of Montana, Missoula | 191. Western Illinois University |
| 120. SUNY Fredonia | 158. University of Nevada, Reno | 192. Western Kentucky University |
| 121. SUNY Oswego | 159. University of North Carolina
at Charlotte | 193. Western Michigan University |
| 122. Susquehanna University | 160. University of North Carolina,
Chapel Hill | 194. Western Washington University |
| 123. Syracuse University | 161. University of North Carolina
at Pembroke | 195. Winthrop University |
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| 125. Temple University | | |
| 126. Texas A&M University | | |
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