Center for Collegiate Mental Health

(CCMH)

PENN STATE
1855

BRINGING SCIENCE AND PRACTICE
Together.

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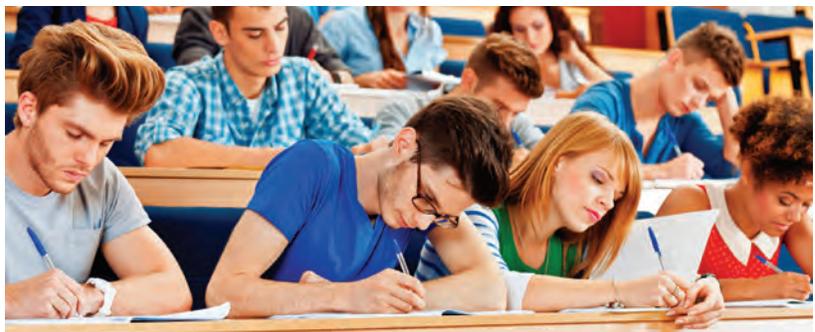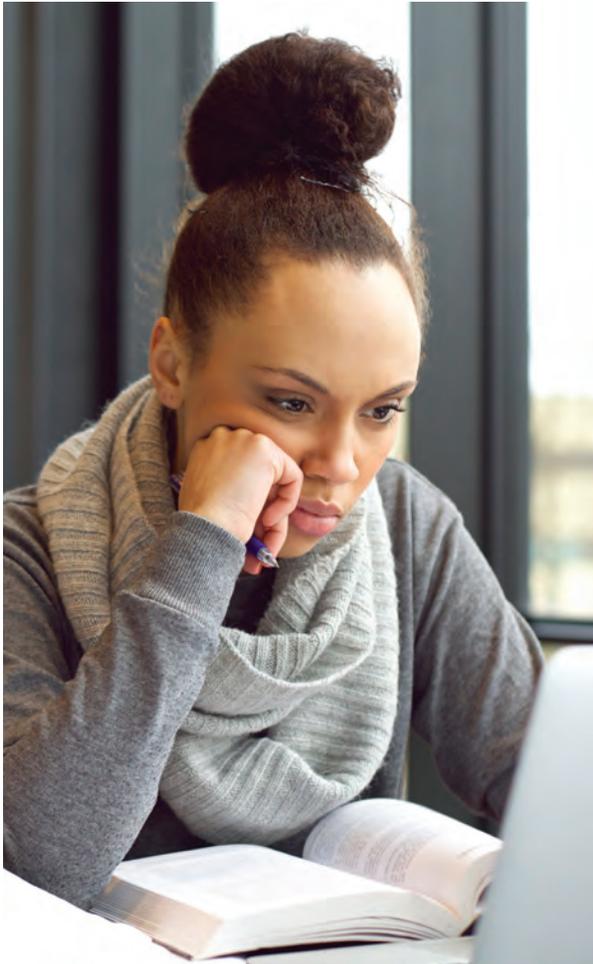
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CCMH: Bringing Science and Practice Together

INTRODUCTION AND ORIENTATION

The mental health of today's college students continues to be a top-level concern for institutions of higher education, whether it is viewed from the perspective of staffing mental health services on campus, responding to after-hours crises in residence halls, providing accessible treatment with limited budgets, managing behavioral threats, or maintaining student safety during personal crises. With the backing of more than 280 counseling centers, multiple national organizations, and the addition a full-time project manager in 2014, CCMH is striving to infuse the national dialogue about college student mental health with high quality data that is capable of informing policy.

This year's report summarizes data contributed to CCMH during the 2013-2014 academic year, closing on June 30, 2014. De-identified data were contributed by 140 college and university counseling centers, describing 101,027 unique college students seeking mental health treatment, 2,900 clinicians, and over 770,000 appointments

The following are key concepts to keep in mind while reviewing this report:

1) Counseling center members, that contributed data for research, first received local IRB approval.

2) The actual number of clients may vary by question because not all questions are asked at each center.

3) CCMH members using Titanium Schedule are able to contribute all clinical data described in this report. CCMH members using the CCAPS Web service (via Medicat, Point and Click, and Pyramed) are currently only able to contribute CCAPS data.

4) Because data is gathered as part of routine clinical practice at participating counseling centers, CCMH clinical data is thought to closely represent the population of students who are seeking services at participating institutions that contribute data.

➤ **Standardized Data Set (SDS)**—The SDS was not changed during 2013-2014. One new data form was added:

Clinician Index of Client Concerns (CLICC)—Designed by the CCMH Advisory Board, the CLICC was added to Titanium for pilot testing in 2013 with the goal of refining for the 2015-2016 year. The data resulting from the CLICC will help to answer two common and important questions about students seeking mental health treatment at the local and national levels: (1) "What are the most common concerns of students seeking mental health services?" and (2) "What are the primary concerns of students

seeking services?" The form is comprised of 43 check-box items, and the clinician is asked the following:

- "Please indicate your assessment of the client's primary concerns (check those that apply)" and

- "Choose the top concern of those already selected"

➤ **The Counseling Center Assessment of Psychological Symptoms (CCAPS)**–The CCAPS was last re-designed in the summer of 2012. Please email ccmh@psu.edu for more information about the CCAPS, the CCAPS Technical Manual, the CCAPS Clinician's Guide, or the CCAPS Training Webinar.

➤ **Recent Publications**—CCMH is excited to share with you the following publications that have occurred in the past academic year:

- Castonguay, L.G. & Muran, J.C. (2015). Fostering collaboration between researchers and clinicians through building practice-oriented research: An introduction. *Psychotherapy Research, 23(1),1-5*, doi: 10.1080/10503307.2014.966348

- Effrig, J.C., Maloch, J.K., McAleavey, A.A., Locke, B.D., & Bieschke, K.J. (2014). Change in depressive symptoms among treatment seeking college students who are sexual minorities. *Journal of College Counseling, 17,* 271-285. doi: 10.1002/j.2161-1882.2014.00063.x

- McAleavey, A.A., Lockard, A.J. Castonguay, L.G, Hayes, J.A., & Locke, B.D. (2015). Building a practice research network: Obstacles faced and lessons learned at the Center for Collegiate Mental Health. *Psychotherapy Research, 25(1),* 134-151, doi: 10.1080/10503307.2014.883652

- Johnson, M.C., Graceffo, J.M., Hayes, J.A., & Locke, B.D. (2014). Examining treatment-seeking college students with and without military experience and trauma histories. *Journal of College Counseling, 14,* 260- 270. doi: 10.1002/j.2161-1882.2014.00062.x

- Lockard, A.J., Hayes, J.A., Neff, K. & Locke, B.D. (2014). Self-compassion among college counseling center clients: An examination of clinical norms and group differences. *Journal of College Counseling, 17,* 249- 259. doi: 10.1002/j.2161-1882.2014.00061.x

- Castonguay, L.G., (2013). Psychotherapy outcome: A problem worth re-revisiting 50 years later. *Psychotherapy, 50(1),* 52-67, doi: 10.1037/a0030898

- Lockard, A.J., Hayes, J.A., & Graceffo, J. (2013). Effective counseling for ethnic minority clients: Examining changes utilizing a practice-research network. *Journal of College Counseling, 16,* 243-256, doi: 10.1002/j.2161-1882.2013.00040.x

- Nordberg, S.S., Castonguay, L.G., Fisher, A.J., Boswell, J.F., & Kraus, D. (2014). Validating the rapid responder construct within a practice research network. *Journal of Clinical Psychology, 70(9),* 886-903, doi: 10.1002/jclp.22077

- Nordberg, S.S., Hayes, J.A., McAleavey, A.A., Castonguay, L.G., & Locke, B.D. (2013). Treatment utilization on college campuses: Who seeks help for what? *Journal of College Counseling, 16,* 258-274, doi: 10.1002/j.2161-1882.2013.00041.x

- Maloch, J.K., Bieschke, K.J., McAleavey, A.A., Castonguay, L.G., & Locke, B.D. (2013). Eating concerns in college women across sexual orientation identities. *Journal of College Counseling, 16(3),* 275-288, doi: 10.1002/j.2161-1882.2013.00042.x

Center Stories #1

At our center we collect and use CCMH data for a variety of uses. Each year the data is used in our annual report. This year I added the CLICC data to share the primary concerns at intake. Since we also require our staff to fill out a CLICC form at closing, I was able to provide this data in the report as well. In addition we use the CCAPS at every session to help track client progress.

— Joe Hamilton, M.A., L.P.C., Assistant Director, University Counseling Services, Truman State University

Standardized Data Set (SDS)

The Standardized Data Set (SDS) was developed with input from more than 140 counseling centers and represents a uniform set of questions typically asked of students seeking services. Because not all centers ask all questions, the total number of responses varies by question.

What is your gender identity?*

	n	Percentage
Woman	54,960	62.4
Man	32,358	36.7
Transgender	254	0.3
Self-Identify	480	0.5

This question is from the Standardized Data Set Question #88

What was your sex at birth?

	Overall (%) *n*=8,112	Male (%) *n*=2,997	Female (%) *n*=5,078	Transgender (%) *n*=19	Self-Identity (%) *n*=5,078
Female	66.1	0.2	99.7	47.4	70.5
Male	33.8	99.8	0.3	52.6	27.9
Intersex	0.0	0.0	0.0	0.0	1.6

This question is from the Standardized Data Set Question #90

Do you consider yourself to be:

	Overall (%) *n*=81,445	Male (%) *n*=29,874	Female (%) *n*=50,862	Transgender (%) *n*=238	Self-Identity (%) *n*=471
Heterosexual	86.1	87.0	86.6	22.7	9.8
Lesbian	1.7	0.0	2.5	7.6	9.3
Gay	2.8	7.2	0.1	5.9	6.8
Bisexual	4.7	2.5	5.9	18.1	10.6
Questioning	2.1	1.7	2.3	6.3	7.0
Self-Identify	2.6	1.5	2.6	39.5	56.5

This question is from the Standardized Data Set Question #91

Since puberty, with whom have you had sexual experience(s)?

	Overall (%) n=7,239	Male (%) n=2,545	Female (%) n=4,631	Transgender (%) n=17	Self-Identity (%) n=46
Only with men	47.2	4.8	71.0	5.9	17.4
Mostly with men	8.6	2.8	11.8	0.0	15.2
About the same number of men and women	1.6	1.0	1.8	23.5	15.2
Mostly with women	2.6	4.2	1.5	29.4	13.0
Only with women	26.7	73.4	1.3	17.6	15.2
I have not had sexual experiences	13.2	13.9	12.7	23.5	23.9

This question is from the Standardized Data Set Question #93

People are different in their sexual attraction to other people. Which best describes your current feelings? Are you:

	Overall (%) n=8,346	Male (%) n=3,026	Female (%) n=5,254	Transgender (%) n=17	Self-Identity (%) n=49
Only attracted to women	31.4	82.1	2.4	17.6	10.2
Mostly attracted to women	4.4	7.7	2.1	58.8	20.4
Equally attracted to women and men	3.2	1.3	3.9	11.8	36.7
Mostly attracted to men	11.4	3.1	16.2	5.9	16.3
Only attracted to men	48.1	4.6	73.7	5.9	6.1
Not sure	1.5	1.2	1.7	0.0	10.2

This question is from the Standardized Data Set Question #94

What is your race/ethnicity?

	Overall (%) n=83,436	Male (%) n=30,749	Female (%) n=51,981	Transgender (%) n=243	Self-Identity (%) n=463
African-American/ Black	9.6	8.0	10.6	5.8	3.7
American Indian or Alaskan Native	0.4	0.3	0.4	1.2	1.1
Asian American/Asian	6.6	6.9	6.5	4.1	5.4
Hispanic/Latino/a	7.6	7.1	7.9	8.6	5.0
Native Hawaiian or Pacific Islander	0.2	0.2	0.2	0.4	0.0
Multiracial	4.6	4.2	4.8	4.5	7.8
White	69.3	71.2	68.2	74.1	68.3
Self-Identify	1.7	2.1	1.5	1.2	8.9

This question is from the Standardized Data Set Question #95

What is your country of origin?

Country	n
Afghanistan	87
Albania	33
Argentina	55
Australia	48
Bahamas	32
Bangladesh	92
Belarus	13
Belgium	15
Bolivia	31
Bosnia and Herzegovina	30
Brazil	200
Bulgaria	39
Cameroon	24
Canada	286
Chile	48
China	935
Colombia	278
Congo, The Democratic Republic of the	11
Costa Rica	25
Cuba	95
Czech Republic	12
Denmark	11
Dominican Republic	103

Country	n
Ecuador	88
Egypt	41
El Salvador	48
Eritrea	11
Ethiopia	56
Finland	13
France	67
Germany	171
Ghana	80
Greece	35
Guatemala	47
Guinea	12
Guyana	30
Haiti	135
Honduras	41
Hong Kong	52
India	746
Indonesia	42
Iran, Islamic Republic of	208
Iraq	31
Ireland	37
Israel	43
Italy	89
Jamaica	141
Japan	87

Country	n
Jordan	27
Kenya	40
Korea, Democratic People's Republic of	51
Korea, Republic of	401
Kuwait	31
Lebanon	28
Liberia	17
Lithuania	11
Malaysia	48
Mexico	425
Moldova, Republic of	11
Morocco	22
Netherlands	31
New Zealand	24
Nigeria	127
Norway	29
Oman	12
Pakistan	136
Palestinian Territory, Occupied	36
Panama	37
Paraguay	14

Country	n
Peru	131
Philippines	166
Poland	78
Puerto Rico	241
Romania	44
Russian Federation	150
Rwanda	12
Saudi Arabia	173
Senegal	16
Serbia	18
Sierra Leone	15
Singapore	21
Somalia	11
South Africa	37
Spain	40
Sri Lanka	34
Sudan	24
Sweden	35
Switzerland	17
Syrian Arab Republic	20
Taiwan	94
Thailand	54
Trinidad and Tobago	51

Country	n
Turkey	90
Uganda	17
Ukraine	47
United Arab Emirates	16
United Kingdom	215
United States	72305
United States Minor Outlying Islands	224
Uruguay	12
Uzbekistan	15
Venezuela	167
Vietnam	154
Virgin Islands, U.S.	28
Zimbabwe	14

Countries with less than 10 individuals:

Aland Islands
Algeria
American Samoa
Andorra
Angola
Anguilla
Antigua and Barbuda
Armenia
Aruba
Austria
Azerbaijan
Bahrain
Barbados
Belize
Benin
Bermuda
Bhutan
Botswana
Brunei Darussalam
Burkina Faso

Burundi
Cambodia
Cape Verde
Cayman Islands
Christmas Island
Comoros
Congo
Cote D'ivoire
Croatia
Cyprus
Dominica
Estonia
Fiji
Gambia
Georgia
Grenada
Guam
Hungary
Iceland
Kazakhstan

Kyrgyzstan
Lao People's Democratic Republic
Latvia
Lesotho
Libyan Arab Jamahiriya
Luxembourg
Macao
Macedonia, The Former Yugoslav Republic of
Malawi
Mali
Marshall Islands
Mauritania
Mauritius
Mongolia
Montenegro
Mozambique
Myanmar
Nauru
Netherlands Antilles

Niger
Northern Mariana Islands
Portugal
Qatar
Saint Kitts and Nevis
Saint Lucia
Slovakia
Slovenia
Suriname
Swaziland
Tajikistan
Tanzania, United Republic of
Togo
Tunisia
Turkmenistan
Turks and Caicos Islands
Vanuatu
Virgin Islands, British
Yemen
Zambia

This question is from the Standardized Data Set Question #31

Are you an international student?

	Overall (%) n=83,083	Male (%) n=30,140	Female (%) n=52,255	Transgender (%) n=238	Self-Identity (%) n=450
Yes	4.7	5.7	4.1	2.1	3.8
No	95.3	94.3	95.9	97.9	96.2

This question is from the Standardized Data Set Question #32

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

	Overall (%) n=72,420	Male (%) n=26,192	Female (%) n=45,612	Transgender (%) n=206	Self-Identity (%) n=410
Yes	23.5	21.5	24.7	21.4	23.7
No	76.5	78.5	75.3	78.6	76.3

This question is from the Standardized Data Set Question #56

Current academic status

	Overall (%) n=82,268	Male (%) n=31,151	Female (%) n=53,410	Transgender (%) n=244	Self-Identity (%) n=463
Freshmen/first-year	19.6	18.9	20.0	20.9	18.8
Sophomore	20.3	20.0	20.5	16.8	19.4
Junior	22.7	23.3	22.4	20.9	22.0
Senior	22.1	22.5	21.8	25.4	21.2
Graduate/professional degree student	13.6	13.2	13.9	12.3	16.0
Non-student	0.2	0.3	0.2	0.8	0.2
High school student taking college classes	0.0	0.0	0.0	0.0	0.0
Non-degree student	0.3	0.3	0.3	0.4	0.0
Faculty or staff	0.1	0.1	0.1	0.0	0.0
Other	1.0	1.2	0.9	2.5	2.4

This question is from the Standardized Data Set Question #37

Graduate or professional degree program

	Overall (%) n=27,436	Male (%) n=10,302	Female (%) n=16,912	Transgender (%) n=73	Self-Identity (%) n=149
Post-Baccalaureate	12.7	12.2	13.1	9.6	4.0
Masters	13.6	11.8	14.6	11.0	18.1
Doctoral degree	7.2	8.1	6.6	6.8	8.1
Law	2.1	2.4	1.9	4.1	0.7
Medical	1.9	1.8	2.0	0.0	0.7
Pharmacy	0.6	0.5	0.6	1.4	0.0
Dental	0.2	0.2	0.2	0.0	0.0
Veterinary Medicine	0.6	0.2	0.9	2.7	0.0
Not Applicable	55.2	57.0	54.1	61.6	65.1
Other	6.0	6.0	6.1	2.7	3.4

This question is from the Standardized Data Set Question #39

What year are you in your graduate/professional program?

	Overall (%) n=13,633	Male (%) n=5,235	Female (%) n=8,298	Transgender (%) n=33	Self-Identity (%) n=67
1	34.4	33.3	35.1	30.3	37.3
2	25.3	22.7	27.0	21.2	22.4
3	15.7	16.3	15.3	21.2	14.9
4	17.0	18.4	16.1	21.2	13.4
5+	7.6	9.3	6.4	*n*<10	11.9

This question is from the Standardized Data Set Question #41

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

	Overall (%) n=79,415	Male (%) n=29,106	Female (%) n=49,659	Transgender (%) n=217	Self-Identity (%) n=433
Yes	21.3	22.5	20.5	26.7	24.9
No	78.7	77.5	79.5	73.3	75.1

This question is from the Standardized Data Set Question #46

What kind of housing do you currently have?

	Overall (%) n=71,433	Male (%) n=26,047	Female (%) n=44,788	Transgender (%) n=199	Self-Identity (%) n=399
On-campus residence hall/apartment	37.2	35.3	38.3	43.2	34.8
On/off campus fraternity/sorority house	2.2	2.7	2.0	0.0	0.0
On/off campus co-operative housing	1.0	1.1	1.0	0.0	*n*<10
Off-campus apartment/house	58.3	59.5	57.6	55.8	60.9
Other	1.3	1.5	1.1	*n*<10	*n*<10

This question is from the Standardized Data Set Question #42

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

	Overall (%)	Male (%)	Female (%)	Transgender (%)	Self-Identity (%)
Alone	10.3 (*n*=9,033)	10.7 (*n*=3,459)	10.0 (*n*=5,477)	14.6 (*n*=37)	12.5 (*n*=60)
Spouse, partner, or significant other	7.8 (*n*=6,889)	6.8 (*n*=2,220)	8.4 (*n*=4,606)	10.6 (*n*=27)	11.7 (*n*=56)
Roommate(s)	49.7 (*n*=43,777)	49.2 (*n*=15,924)	50.1 (*n*=27,526)	45.7 (*n*=116)	45.7 (*n*=116)
Children	2.2 (*n*=1,933)	1.5 (*n*=489)	2.6 (*n*=1,433)	0.8 (*n*<10)	1.9 (*n*<10)
Parent(s) or guardian(s)	7.7 (*n*=6,752)	7.6 (*n*=2,445)	7.7 (*n*=4,231)	6.7 (*n*=17)	12.3 (*n*=59)
Family other	3.4 (*n*=2,955)	3.2 (*n*=1,033)	3.4 (*n*=1,889)	3.5 (*n*<10)	5.0 (*n*=24)
Other	1.1 (*n*=968)	1.0 (*n*=329)	1.1 (*n*=614)	2.4 (*n*<10)	4.0 (*n*=19)

This question is from the Standardized Data Set Question #44

Relationship status

	Overall (%) n=84,460	Male (%) n=30,954	Female (%) n=52,802	Transgender (%) n=243	Self-Identity (%) n=461
Single	61.6	67.5	58.2	59.3	57.9
Serious dating or committed relationship	32.5	26.9	35.8	35.8	34.7
Civil union, domestic partnership, or equivalent	0.4	0.3	0.4	0.8	2.0
Married	4.3	4.2	4.3	2.9	4.6
Divorced	0.6	0.5	0.7	0.4	0.4
Separated	0.6	0.6	0.6	0.8	0.4
Widowed	0.1	0.0	0.1	0.0	0.0

This question is from the Standardized Data Set Question #33

Mental Health History Items

Attended counseling for mental health concerns

	Overall (%) n=79,841	Male (%) n=28,983	Female (%) n=50,167	Transgender (%) n=232	Self-Identity (%) n=450
Never	52.0	56.8	49.5	29.3	27.6
Prior to college	18.7	16.7	19.9	22.4	20.9
After starting college	16.4	15.9	16.6	19.8	23.3
Both	12.9	10.7	14.0	28.4	28.2

This question is from the Standardized Data Set Question #1

Taken a prescribed medication for mental health concerns

	Overall (%) n=78,713	Male (%) n=28,508	Female (%) n=49,525	Transgender (%) n=235	Self-Identity (%) n=445
Never	67.4	69.4	66.4	54.5	49.2
Prior to college	8.8	8.5	8.9	11.5	13.0
After starting college	12.9	12.5	13.1	13.2	18.2
Both	10.9	9.5	11.6	20.9	19.6

This question is from the Standardized Data Set Question #2

Center Stories #2

At our counseling center we have mainly used the data for our annual report. We have also used CCMH data to share what the numbers look like for our small staff and how those numbers have been steadily increasing. The numbers were helpful a few years ago to change a part-time position into a full-time position. We have also been using the data to better show our consultation efforts. I think this will show how much extra advocacy and consult work we do.

— Dan Dengel, Ph.D., Assistant Director, Student Counseling Center, La Salle University

The following paired questions ask the student to identify "How many times" and "The last time" for each experience/event. Frequencies for "The last time" questions are based on students who reported having the experience one time or more.

Been hospitalized for mental health concerns (how many times)

	Overall (%) n=82,467	Male (%) n=29,873	Female (%) n=51,892	Transgender (%) n=237	Self-Identity (%) n=465
Never	89.8	89.8	89.9	82.3	80.6
1 time	6.5	6.2	6.6	12.2	13.3
2-3 times	2.9	3.0	2.8	5.1	5.4
4-5 times	0.4	0.5	0.4	0.0	0.4
More than 5 times	0.4	0.5	0.4	0.4	0.2

This question is from the Standardized Data Set Question #64

Been hospitalized for mental health concerns (the last time)

	Overall (%) n=7,928	Male (%) n=2,851	Female (%) n=4,953	Transgender (%) n=38	Self-Identity (%) n=86
Never	1.4	1.5	1.4	2.6	0.0
Within the last two weeks	8.4	9.4	8.0	5.3	2.3
Within the last month	4.4	4.8	4.1	2.6	3.5
Within the last year	21.4	22.6	20.6	26.3	26.7
Within the last 1-5 years	39.4	37.3	40.6	28.9	44.2
More than 5 years ago	25.0	24.5	25.3	34.2	23.3

This question is from the Standardized Data Set Question #65

Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, etc.) (how many times)

	Overall (%) n=82,347	Male (%) n=29,796	Female (%) n=51,851	Transgender (%) n=237	Self-Identity (%) n=463
Never	76.2	84.3	72.0	52.7	39.3
1 time	5.6	4.6	6.1	3.4	5.8
2-3 times	6.5	5.0	7.3	13.9	12.5
4-5 times	2.3	1.5	2.8	4.2	3.7
More than 5 times	9.4	4.6	11.8	25.7	38.7

This question is from the Standardized Data Set Question #72

Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, etc.) (the last time)

	Overall (%) n=16,212	Male (%) n=3,838	Female (%) n=12,021	Transgender (%) n=101	Self-Identity (%) n=252
Never	1.2	1.7	1.0	0.0	0.8
Within the last two weeks	14.2	15.1	13.8	9.9	19.0
Within the last month	8.4	8.5	8.4	11.9	7.5
Within the last year	20.6	20.9	20.4	25.7	22.2
Within the last 1-5 years	32.5	31.8	32.8	32.7	29.8
More than 5 years ago	23.2	22.1	23.6	19.8	20.6

This question is from the Standardized Data Set Question #73
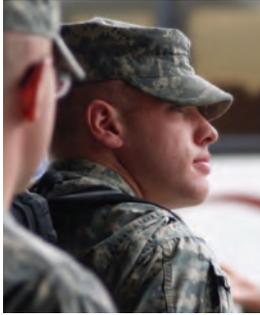
Seriously considered attempting suicide (how many times)

	Overall (%) n=82,383	Male (%) n=29,877	Female (%) n=51,802	Transgender (%) n=238	Self-Identity (%) n=466
Never	69.0	71.4	68.2	31.9	35.2
1 time	11.5	10.9	11.8	18.9	15.0
2-3 times	11.0	9.7	11.6	21.0	19.5
4-5 times	2.2	1.9	2.4	7.1	6.0
More than 5 times	6.2	6.1	6.1	21.0	24.2

This question is from the Standardized Data Set Question #74

Seriously considered attempting suicide (the last time)

	Overall (%) n=20,371	Male (%) n=6,776	Female (%) n=13,195	Transgender (%) n=134	Self-Identity (%) n=266
Never	1.4	1.5	1.4	0.0	0.8
Within the last two weeks	16.5	18.8	15.2	16.4	16.9
Within the last month	9.4	9.4	9.4	9.0	7.5
Within the last year	20.8	20.8	20.7	16.4	26.3
Within the last 1-5 years	34.0	33.0	34.6	36.6	32.0
More than 5 years ago	17.9	16.5	18.7	21.6	16.5

This question is from the Standardized Data Set Question #75

Made a suicide attempt (how many times)

	Overall (%) n=82,249	Male (%) n=29,798	Female (%) n=51,751	Transgender (%) n=236	Self-Identity (%) n=464
Never	91.1	93.0	90.2	75.0	72.8
1 time	6.0	4.8	6.5	13.1	15.5
2-3 times	2.3	1.8	2.6	8.9	9.5
4-5 times	0.3	0.2	0.3	0.8	0.6
More than 5 times	0.3	0.3	0.3	2.1	1.5

This question is from the Standardized Data Set Question #76

Made a suicide attempt (the last time)

	Overall (%) n=6,318	Male (%) n=1,777	Female (%) n=4,370	Transgender (%) n=55	Self-Identity (%) n=166
Never	1.4	1.7	1.3	0.0	0.0
Within the last two weeks	5.5	6.8	5.1	5.5	0.9
Within the last month	2.9	3.4	2.8	1.8	1.7
Within the last year	14.5	15.3	14.2	14.5	12.1
Within the last 1-5 years	42.8	40.9	43.4	40.0	49.1
More than 5 years ago	33.0	31.9	33.3	38.2	36.2

This question is from the Standardized Data Set Question #77

Considered causing serious physical injury to another (how many times)

	Overall (%) n=82,223	Male (%) n=29,780	Female (%) n=51,748	Transgender (%) n=237	Self-Identity (%) n=458
Never	89.1	86.1	91.0	81.0	74.0
1 time	3.4	3.9	3.0	4.6	6.1
2-3 times	3.9	5.1	3.2	7.2	7.9
4-5 times	0.8	1.0	0.7	1.3	2.2
More than 5 times	2.8	3.9	2.1	5.9	9.8

This question is from the Standardized Data Set Question #78

Considered causing serious physical injury to another (the last time)

	Overall (%) n=6,885	Male (%) n=3,167	Female (%) n=3,575	Transgender (%) n=38	Self-Identity (%) n=105
Never	2.6	2.7	2.5	0.0	2.9
Within the last two weeks	20.4	20.1	20.8	10.5	17.1
Within the last month	11.1	11.6	10.8	2.6	9.5
Within the last year	22.8	23.1	22.7	13.2	21.9
Within the last 1-5 years	29.3	28.6	29.6	42.1	35.2
More than 5 years ago	13.8	14.0	13.5	31.6	13.3

This question is from the Standardized Data Set Question #79

Intentionally caused serious physical injury to another (how many times)

	Overall (%) n=81,913	Male (%) n=29,685	Female (%) n=51,537	Transgender (%) n=233	Self-Identity (%) n=458
Never	96.7	95.2	97.6	92.7	93.4
1 time	1.6	2.3	1.3	3.9	2.2
2-3 times	1.1	1.5	0.8	2.6	2.2
4-5 times	0.2	0.3	0.1	0.4	0.9
More than 5 times	0.4	0.7	0.2	0.4	1.3

This question is from the Standardized Data Set Question #80

Intentionally caused serious physical injury to another (the last time)

	Overall (%) n=2,047	Male (%) n=1,075	Female (%) n=929	Transgender (%) n=13	Self-Identity (%) n=30
Never	3.2	2.1	4.5	0.0	3.3
Within the last two weeks	5.7	4.4	7.5	0.0	0.0
Within the last month	5.7	4.8	6.9	0.0	0.0
Within the last year	15.1	13.5	17.0	0.0	20.0
Within the last 1-5 years	36.7	37.5	35.8	46.2	30.0
More than 5 years ago	33.6	37.7	28.2	53.8	46.7

This question is from the Standardized Data Set Question #81

Someone had sexual contact with you without your consent (e.g., you were afraid to stop what was happening, passed out, drugged, drunk, incapacitated, asleep, threatened or physically forced) (how many times)

	Overall (%) n=81,408	Male (%) n=29,542	Female (%) n=51,171	Transgender (%) n=231	Self-Identity (%) n=464
Never	81.1	93.6	74.2	76.6	57.5
1 time	10.7	4.0	14.4	12.6	16.4
2-3 times	5.2	1.5	7.2	5.6	14.0
4-5 times	0.8	0.2	1.1	2.2	3.0
More than 5 times	2.3	0.7	3.1	3.0	9.1

This question is from the Standardized Data Set Question #82

Someone had sexual contact with you without your consent (e.g., you were afraid to stop what was happening, passed out, drugged, drunk, incapacitated, asleep, threatened or physically forced) (the last time)

	Overall (%) n=11,911	Male (%) n=1,462	Female (%) n=10,224	Transgender (%) n=50	Self-Identity (%) n=175
Never	1.0	2.0	0.9	0.0	0.6
Within the last two weeks	3.8	3.3	3.9	0.0	1.7
Within the last month	3.4	2.7	3.5	4.0	4.6
Within the last year	18.6	15.5	19.1	14.0	16.6
Within the last 1-5 years	38.1	29.8	39.3	30.0	41.7
More than 5 years ago	35.1	46.6	33.4	52.0	34.9

This question is from the Standardized Data Set Question #83

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

	Overall (%) n=81,979	Male (%) n=29,685	Female (%) n=51,598	Transgender (%) n=233	Self-Identity (%) n=463
Never	67.2	75.8	62.6	46.4	41.5
1 time	7.0	4.5	8.4	5.2	5.8
2-3 times	7.2	5.3	8.2	11.2	10.6
4-5 times	2.0	1.3	2.4	5.6	3.2
More than 5 times	16.7	13.1	18.4	31.8	38.9

This question is from the Standardized Data Set Question #84

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

	Overall (%) n=19,932	Male (%) n=5,263	Female (%) n=14,331	Transgender (%) n=104	Self-Identity (%) n=234
Never	1.1	1.6	1.0	1.9	0.4
Within the last two weeks	11.3	11.9	11.2	5.8	12.4
Within the last month	7.9	7.6	8.0	9.6	6.0
Within the last year	20.0	19.1	20.3	25.0	24.8
Within the last 1-5 years	36.6	30.9	38.7	38.5	38.9
More than 5 years ago	23.0	29.0	20.9	19.2	17.5

This question is from the Standardized Data Set Question #85

Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror (how many times)

	Overall (%) n=80,131	Male (%) n=29,094	Female (%) n=50,358	Transgender (%) n=227	Self-Identity (%) n=452
Never	62.0	67.6	59.0	53.3	46.2
1 time	16.7	14.0	18.3	15.4	13.7
2-3 times	12.6	11.0	13.4	17.2	21.0
4-5 times	2.2	1.8	2.4	4.0	2.2
More than 5 times	6.4	5.5	6.9	10.1	16.8

This question is from the Standardized Data Set Question #86

Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror (the last time)

	Overall (%) n=22,192	Male (%) n=6,862	Female (%) n=15,035	Transgender (%) n=87	Self-Identity (%) n=208
Never	1.2	1.4	1.1	1.1	0.0
Within the last two weeks	12.1	13.6	11.6	5.7	7.2
Within the last month	7.2	8.0	6.9	3.4	4.8
Within the last year	22.2	22.4	22.1	20.7	22.1
Within the last 1-5 years	34.9	32.6	35.8	39.1	39.9
More than 5 years ago	22.5	22.1	22.6	29.9	26.0

This question is from the Standardized Data Set Question #87

Center Stories #3

The University of Kentucky has, in contrast to the national trend, been increasing its enrollment. The result has been a number of conversations at various levels of the administration about capacity for student services. We have presented information to several audiences including the Board of Trustees, the Provost, and administrative leaders in Academic Affairs that illustrate how that growth has impacted and continues to impact what we do. We have, somewhat successfully, made an argument for increased staffing, as well as space for those staff and related budget. We have presented a lot of data, primarily usage and staffing information, but also CCMH-related data such as:

- Change in CCAPS critical items to demonstrate effectiveness
- CCAPS change curves to talk about the benefit of extending treatment time to argue that we need to maintain our center as a treatment service and not become assessment and referral or crisis response.
- CLICC data to talk about anxiety as replacing depression as the most prevalent presenting problem, and how we are developing more anxiety-focused workshops as well as implementing Therapist Assisted Online tools for anxiety.

— Nathaniel Hopkins, Ph.D., HSPP, Staff Psychologist, Coordinator for Information and Systems, University of Kentucky Counseling Center

Please select the traumatic event(s) you have experienced:

	Overall (%) n=18,966	Male (%) n=5,609	Female (%) n=13,126	Transgender (%) n=80	Self-Identity (%) n=151
Childhood physical abuse	18.9 (n=3,581)	19.4 (n=1,087)	18.0 (n=2,369)	23.8 (n=19)	29.8 (n=45)
Childhood sexual abuse	16.7 (n=3,170)	10.1 (n=569)	19.0 (n=2,493)	23.8 (n=19)	23.8 (n=36)
Childhood emotional abuse	45.9 (n=8,704)	42.4 (n=2,377)	46.0 (n=6,036)	62.5 (n=50)	59.6 (n=90)
Physical attack (e.g., mugged, beaten up, shot, stabbed, threatened with a weapon)	15.8 (n=3,004)	24.2 (n=1,356)	11.7 (n=1,536)	23.8 (n=19)	21.9 (n=33)
Sexual violence (rape or attempted rape, sexually assaulted, stalked, abused by intimate partner, etc.)	27.2 (n=5,151)	6.7 (n=378)	35.0 (n=4,5996)	36.3 (n=29)	46.4 (n=70)
Military combat or war zone experience	1.4 (n=256)	3.2 (n=178)	0.5 (n=69)	2.5 (n<10)	0.7 (n<10)
Kidnapped or taken hostage	1.2 (n=222)	1.0 (n=54)	1.2 (n=160)	1.3 (n<10)	2.6 (n<10)
Serious accident, fire, or explosion (e.g., an industrial, farm, car, plane, or boating accident)	12.3 (n=2,335)	15.2 (n=850)	10.8 (n=1,415)	13.8 (n=11)	12.6 (n=19)
Terrorist attack	0.9 (n=174)	1.6 (n=87)	0.6 (n=84)	0.0 (n=0)	0.7 (n<10)
Near drowning	9.9 (n=1,882)	13.9 (n=782)	7.9 (n=1,034)	13.8 (n=11)	12.6 (n=19)
Diagnosed with life threatening illness	4.3 (n=812)	4.9 (n=276)	3.9 (n=508)	6.3 (n<10)	5.3 (n<10)
Natural disaster (e.g., flood, quake, hurricane, etc.)	5.2 (n=981)	6.3 (n=354)	4.6 (n=600)	5.0 (n<10)	4.6 (n<10)
Imprisonment or torture	1.2 (n=230)	2.5 (n=140)	0.6 (n=77)	2.5 (n<10)	3.3 (n<10)
Animal attack	4.0 (n=761)	5.3 (n=297)	3.3 (n=436)	3.8 (n<10)	8.6 (n=13)
Other (please specify)	24.8 (n=4,706)	26.0 (n=1,460)	23.8 (n=3,122)	25.0 (n=20)	19.2 (n=29)

This question is from the Standardized Data Set Question #99

**The total N includes treatment seeking students who reported having experienced at least 1 trauma experience on the SDS Question #99.

Felt the need to reduce your alcohol or drug use (how many times)

	Overall (%) n=79,654	Male (%) n=28,884	Female (%) n=50,100	Transgender (%) n=228	Self-Identity (%) n=442
Never	73.3	67.0	77.0	74.6	67.6
1 time	10.1	10.9	9.6	11.4	12.0
2-3 times	9.8	12.0	8.6	7.9	10.6
4-5 times	1.7	2.2	1.4	2.2	2.9
More than 5 times	5.1	7.9	3.4	3.9	6.8

This question is from the Standardized Data Set Question #66

Felt the need to reduce your alcohol or drug use (the last time)

	Overall (%) n=16,405	Male (%) n=7,353	Female (%) n=8,881	Transgender (%) n=48	Self-Identity (%) n=123
Never	2.4	2.2	2.6	0.0	2.4
Within the last two weeks	29.2	33.1	26.0	16.7	30.9
Within the last month	17.1	18.0	16.4	18.8	9.8
Within the last year	29.1	27.4	30.4	25.0	30.9
Within the last 1-5 years	18.6	16.1	20.6	27.1	25.2
More than 5 years ago	3.6	3.2	4.0	12.5	0.8

This question is from the Standardized Data Set Question #67

*Others have expressed concern about your alcohol or drug use (how many times)*

	Overall (%) n=79,553	Male (%) n=28,838	Female (%) n=50,039	Transgender (%) n=230	Self-Identity (%) n=446
Never	82.7	77.7	85.6	86.1	79.4
1 time	7.2	8.3	6.5	3.0	8.7
2-3 times	6.2	7.9	5.1	6.5	7.0
4-5 times	1.1	1.4	0.9	2.6	0.7
More than 5 times	2.9	4.7	1.9	1.7	4.3

This question is from the Standardized Data Set Question #68

Others have expressed concern about your alcohol or drug use (the last time)

	Overall (%) n=10,423	Male (%) n=4,826	Female (%) n=5,492	Transgender (%) n=27	Self-Identity (%) n=78
Never	2.7	2.8	2.6	0.0	2.6
Within the last two weeks	22.6	25.2	20.6	0.0	17.9
Within the last month	14.8	14.7	14.8	25.9	11.5
Within the last year	32.0	31.4	32.6	29.6	26.9
Within the last 1-5 years	22.8	21.4	23.7	40.7	39.7
More than 5 years ago	5.1	4.6	5.7	3.7	1.3

This question is from the Standardized Data Set Question #69
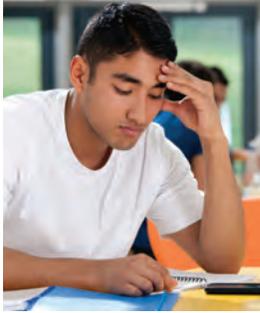
Received treatment for alcohol or drug use (how many times)

	Overall (%) n=81,323	Male (%) n=29,831	Female (%) n=51,250	Transgender (%) n=235	Self-Identity (%) n=457
Never	95.8	93.4	97.2	95.7	96.9
1 time	3.1	4.8	2.1	3.8	2.4
2-3 times	0.8	1.3	0.5	0.0	0.7
4-5 times	0.1	0.2	0.1	0.0	0.0
More than 5 times	0.2	0.4	0.1	0.4	0.0

This question is from the Standardized Data Set Question #70

Received treatment for alcohol or drug use (the last time)

	Overall (%) n=2,639	Male (%) n=1,501	Female (%) n=1,120	Transgender (%) n<10	Self-Identity (%) n=11
Never	3.1	3.3	2.9	0.0	0.0
Within the last two weeks	9.5	8.7	10.6	14.3	0.0
Within the last month	5.9	6.0	5.8	28.6	0.0
Within the last year	24.2	24.2	24.4	14.3	18.2
Within the last 1-5 years	40.8	42.5	38.2	42.9	63.6
More than 5 years ago	16.4	15.3	18.0	0.0	18.2

This question is from the Standardized Data Set Question #71

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=66,762	Male (%) n=23,768	Female (%) n=42,412	Transgender (%) n=192	Self-Identity (%) n=390
None	58.9	53.6	61.6	74.0	70.3
Once	17.2	17.3	17.2	14.6	12.6
Twice	11.3	12.8	10.6	5.7	8.2
3 to 5 times	9.5	11.7	8.4	5.2	4.9
6 to 9 times	2.0	2.9	1.6	0.0	1.5
10 or more times	1.1	1.7	0.7	0.5	2.6

This question is from the Standardized Data Set Question #19

Think back over the last two weeks. How many times have you smoked marijuana?

	Overall (%) n=79,362	Male (%) n=28,865	Female (%) n=49,819	Transgender (%) n=232	Self-Identity (%) n=446
None	80.0	74.0	83.4	82.8	75.8
Once	5.2	5.8	4.9	3.0	5.6
Twice	3.5	4.2	3.1	3.0	3.6
3 to 5 times	4.4	5.8	3.6	3.0	4.9
6 to 9 times	2.2	3.1	1.7	2.6	2.7
10 or more times	4.7	7.1	3.3	5.6	7.4

This question is from the Standardized Data Set Question #96

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

	Overall (%) n=54,514	Male (%) n=19,516	Female (%) n=34,543	Transgender (%) n=149	Self-Identity (%) n=306
Strongly disagree	10.5	9.9	10.8	22.8	20.9
Somewhat disagree	13.7	12.9	14.0	25.5	24.2
Neutral	15.6	17.1	14.7	16.1	18.6
Somewhat agree	30.6	30.1	31.0	24.2	26.1
Strongly agree	29.5	30.0	29.5	11.4	10.1

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 my social network (e.g., friends, acquaintances)."

	Overall (%) n=55,922	Male (%) n=20,176	Female (%) n=35,285	Transgender (%) n=145	Self-Identity (%) n=316
Strongly disagree	8.8	9.9	8.2	8.3	7.3
Somewhat disagree	13.1	14.2	12.4	9.7	13.9
Neutral	19.5	21.9	18.1	17.9	15.5
Somewhat agree	36.7	34.2	38.1	31.7	40.2
Strongly agree	21.9	19.7	23.1	32.4	23.1

This question is from the Standardized Data Set Question #23

Center Stories #4

West Carolina University Counseling and Psychological Services has utilized CCMH data to advocate and educate campus stakeholders and the greater community about the efficacy of counseling as well as current trends. WCU distributes publicity flyers that incorporate CCMH data to all incoming students and families as well as other members of the campus community. Additionally, the Assistant Vice Chancellor of Student Affairs utilizes CAPS/CCMH data in her presentation to parents during orientation and routinely requests updated trend data from our Director. CAPS/CCMH data was also requested for inclusion in the Student Affairs divisional annual report submitted to our Board of Trustees.

— Michelle K. Cooper, Ph.D., HSP-P, LCAS-A, Clinical Director / Licensed Psychologist, Counseling and Psychological Services, Western Carolina University

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

	Overall (%) n=83,469	Male (%) n=30,461	Female (%) n=52,287	Transgender (%) n=250	Self-Identity (%) n=471
Yes	7.5	8.2	7.0	8.8	10.6
No	92.5	91.8	93.0	91.2	89.4

This question is from the Standardized Data Set Question #60

If you selected "Yes" for the previous question, please indicate which category of disability you are registered for (check all that apply):

	Overall (%)	Male (%)	Female (%)	Transgender (%)	Self-Identity (%)
Attention Deficit/ Hyperactivity Disorders	45.5 (n=2,830)	53.3 (n=1,332)	40.2% (n=1,467)	50.0 (n=11)	40.0 (n=20)
Deaf or Hard of Hearing	2.6 (n=160)	2.2 (n=55)	2.9 (n=104)	4.5 (n<10)	0.0 (n=0)
Learning Disorders	26.5 (n=1,651)	26.5 (n=662)	26.6 (n=971)	18.2 (n<10)	28.0 (n=14)
Mobility Impairments	3.0 (n=185)	2.8 (n=69)	3.2 (n=115)	0.0 (n=0)	2.0 (n<10)
Neurological Disorders	6.0 (n=374)	5.3 (n=132)	6.5 (n=239)	0.0 (n=0)	6.0 (n<10)
Physical/Health Related Disorders	10.7 (n=665)	7.2 (n=181)	13.0 (n=475)	0.0 (n=0)	18.0 (n<10)
Psychological Disorder/Condition	20.8 (n=1,291)	17.0 (n=425)	23.1 (n=844)	27.3 (n<10)	32.0 (n=16)
Visual Impairments	2.5 (n=157)	2.6 (n=64)	2.5 (n=90)	4.5 (n<10)	4.0 (n<10)
Other	12.8 (n=794)	13.2 (n=329)	12.3 (n=450)	27.3 (n<10)	18.0 (n<10)

This question is from the Standardized Data Set Question #61

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

	Overall (%) n=46,699	Male (%) n=16,709	Female (%) n=29,528	Transgender (%) n=127	Self-Identity (%) n=235
None	30.9	32.6	30.0	29.9	27.7
Occasional participation	21.4	22.7	20.6	19.7	22.1
One regularly attended activity	19.1	19.0	19.1	25.2	23.4
Two regularly attended activities	15.4	13.6	16.4	16.5	18.7
Three or more regularly attended activities	13.2	12.1	13.9	8.7	8.1

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=76,622	Male (%) n=6,431	Female (%) n=45,577	Transgender (%) n=206	Self-Identity (%) n=408
Yes	6.9	8.4	6.1	4.4	4.4
No	93.1	91.6	93.9	95.6	95.6

This question is from the Standardized Data Set Question #50

Religious or spiritual preference

	Overall (%) n=71,978	Male (%) n=26,259	Female (%) n=45,119	Transgender (%) n=198	Self-Identity (%) n=402
Agnostic	12.6	14.9	11.2	18.2	21.9
Atheist	8.7	12.3	6.3	23.7	23.1
Buddhist	1.0	1.1	1.0	3.5	2.2
Catholic	17.4	15.8	18.5	6.1	3.0
Christian	32.4	27.8	35.4	12.1	7.2
Hindu	0.9	0.9	0.9	0.0	0.5
Jewish	2.6	2.9	2.5	2.0	0.7
Muslim	1.4	1.6	1.2	0.5	0.0
No preference	18.9	18.4	19.1	24.7	19.7
Self-Identify	4.1	4.2	3.9	9.1	21.6

This question is from the Standardized Data Set Question #97

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

	Overall (%) n=57,259	Male (%) n=20,822	Female (%) n=35,958	Transgender (%) n=165	Self-Identity (%) n=314
Very important	15.1	12.8	16.5	9.7	12.4
Important	24.1	22.6	25.0	19.4	21.3
Neutral	35.3	35.4	35.2	37.6	36.9
Unimportant	13.9	15.1	13.2	13.3	11.5
Very unimportant	11.6	14.1	10.1	20.0	17.8

This question is from the Standardized Data Set Question #36

How would you describe your financial situation right now?

	Overall (%) n=62,721	Male (%) n=22,524	Female (%) n=9,657	Transgender (%) n=181	Self-Identity (%) n=359
Always stressful	15.6	13.2	16.8	20.4	22.0
Often stressful	22.3	20.4	23.3	24.9	24.5
Sometimes stressful	35.1	35.5	34.8	35.9	32.9
Rarely stressful	19.8	22.2	18.5	15.5	14.5
Never stressful	7.3	8.8	6.6	3.3	6.1

This question is from the Standardized Data Set Question #57

How would you describe your financial situation growing up?

	Overall (%) n=43,150	Male (%) n=15,314	Female (%) n=27,465	Transgender (%) n=119	Self-Identity (%) n=252
Always stressful	10.4	8.4	11.5	16.0	14.7
Often stressful	14.9	13.4	15.8	14.3	16.7
Sometimes stressful	24.1	23.4	24.4	30.3	24.6
Rarely stressful	28.9	30.9	27.9	21.0	29.0
Never stressful	21.7	23.9	20.5	18.5	15.1

This question is from the Standardized Data Set Question #58

Are you a member of ROTC?

	Overall (%) n=43,711	Male (%) n=15,760	Female (%) n=27,581	Transgender (%) n=126	Self-Identity (%) n=244
Yes	0.8	1.2	0.5	0.8	0.0
No	99.2	98.8	99.5	99.2	100.0

This question is from the Standardized Data Set Question #51

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

	Overall (%) n=84,520	Male (%) n=30,892	Female (%) n=52,909	Transgender (%) n=250	Self-Identity (%) n=469
Yes	1.7	3.2	0.9	3.6	1.1
No	98.3	96.8	99.1	96.4	98.9

This question is from the Standardized Data Set Question #98

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

	Overall (%) n=1,269	Male (%) n=865	Female (%) n=390	Transgender (%) n<10	Self-Identity (%) n<10
Yes	30.4	33.2	24.9	11.1	20.0
No	69.6	66.8	75.1	88.9	80.0

This question is from the Standardized Data Set Question #53

Center Stories #5

I'm occasionally asked how students who use our Counseling Center compare to those at other universities. To answer that question, I draw upon data supplied by the Center for Collegiate Mental Health, which compiles information from Roosevelt and hundreds of university counseling centers across the United States. This information allows us to draw broad conclusions about collegiate mental health and provides a good overview of the issues some of our students deal with every day.

— Sue Stock, Ph.D., Licensed Clinical Psychologist and Director, Roosevelt University Counseling Center
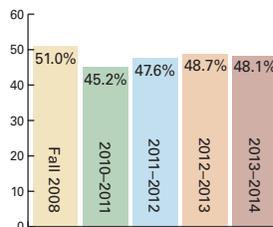
Mental Health Trends

As of this report, CCMH has generated five datasets over six years (Fall 2008, 2010-2011, 2011-2012, 2012-2013, 2013-2014) making it possible to begin examining trends among college students seeking mental health services. To examine trends across key mental health indicators, the following items were simplified to "Yes" or "No", providing a proxy for the **life-time prevalence** on each item. These items may have changed slightly over time; please refer to prior versions of the SDS for specifics.
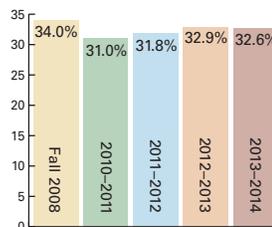
Data Sets

Year	# of Institutions	Total # of Clients
Fall 2008	66	32,329
2010-2011	97	82,611
2011-2012	120	97,012
2012-2013	132	95,109
2013-2014	140	101,027

** *Note:* The Fall 2008 data set was the first "pilot" effort by CCMH. As such, data were only pooled between September 2008 and December 2008 from a much smaller number of institutions. Please see the 2009 Annual Report for details.
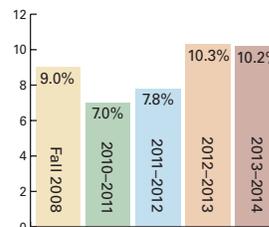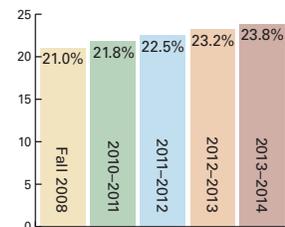
Attended counseling for mental health concerns

Fall 2008: 51.0%; 2010-2011: 45.2%; 2011-2012: 47.6%; 2012-2013: 48.7%; 2013-2014: 48.1%

Taken a medication for mental health concerns

Fall 2008: 34.0%; 2010-2011: 31.0%; 2011-2012: 31.8%; 2012-2013: 32.9%; 2013-2014: 32.6%

Been hospitalized for mental health concerns

Fall 2008: 9.0%; 2010-2011: 7.0%; 2011-2012: 7.8%; 2012-2013: 10.3%; 2013-2014: 10.2%

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

Fall 2008: 21.0%; 2010-2011: 21.8%; 2011-2012: 22.5%; 2012-2013: 23.2%; 2013-2014: 23.8%

Seriously considered attempting suicide

Fall 2008: 25.0%; 2010-2011: 23.8%; 2011-2012: 25.5%; 2012-2013: 30.3%; 2013-2014: 30.9%

Made a suicide attempt

Fall 2008: 8.0%; 2010-2011: 7.9%; 2011-2012: 8.0%; 2012-2013: 8.8%; 2013-2013: 8.9%
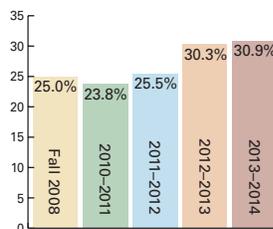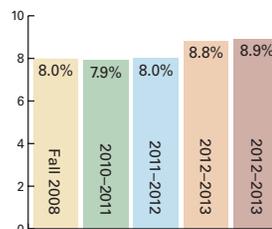
Considered seriously hurting another person

Fall 2008: 8.0%; 2010-2011: 7.8%; 2011-2012: 7.9%; 2012-2013: 11.2%; 2013-2014: 10.8%
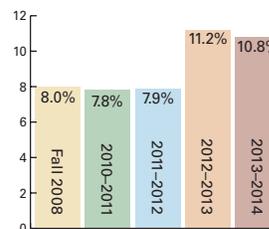
Intentionally caused serious injury to another person

Fall 2008: 5.0%; 2010-2011: 2.4%; 2011-2012: 2.2%; 2012-2013: 3.3%; 2013-2014: 3.3%
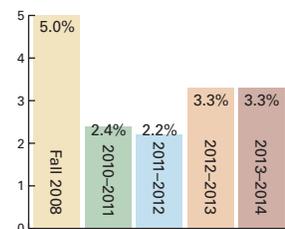
Had unwanted sexual contact(s) or experience(s)
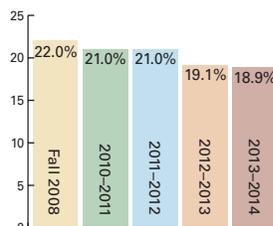
Fall 2008: 22.0%; 2010-2011: 21.0%; 2011-2012: 21.0%; 2012-2013: 19.1%; 2013-2014: 18.9%

Experienced harassing, controlling, and/or abusive behavior from another person (e.g., friend, family member, partner, authority figure, etc.)
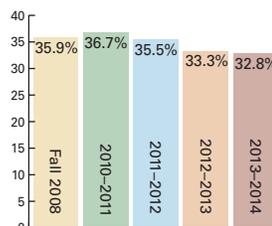
Fall 2008: 35.9%; 2010-2011: 36.7%; 2011-2012: 35.5%; 2012-2013: 33.3%; 2013-2014: 32.8%

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

Fall 2008: 31.1%; 2010-2011: 38.3%; 2011-2012: 36.9%; 2012-2013: 37.7%; 2013-2014: 38.0%

Felt the need to reduce your alcohol or drug use

Fall 2008: 26.2%; 2010-2011: 26.7%; 2011-2012: 25.9%; 2012-2013: 27.2%; 2013-2014: 26.7%

Others have expressed concern about your alcohol or drug use

Period	Value
Fall 2008	16.6%
2010-2011	16.9%
2011-2012	16.7%
2012-2013	17.7%
2013-2014	17.3%

Received treatment for alcohol or drug use

Period	Value
Fall 2008	5.0%
2010-2011	4.8%
2011-2012	4.6%
2012-2013	4.4%
2013-2014	4.2%
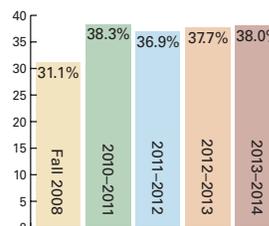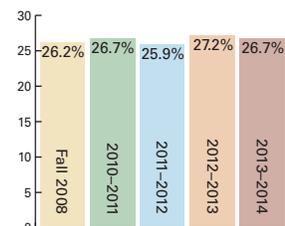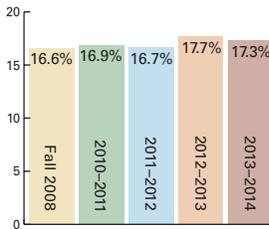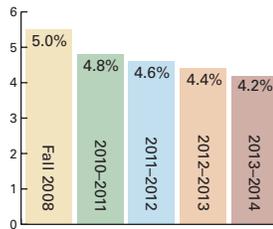
Appointment Categories

Each center contributing data to CCMH is asked to assign each of their local appointment types to a CCMH Appointment Category. These "umbrella" categories make it possible to accurately describe the types of treatment being provided across counseling centers without effecting how a counseling center codes their appointments locally.

Appointment Category	# of attended appointments	% of attended appointments	# of centers reporting
1. Brief screening or walk-in	31,365	6.0%	116
2. Initial clinical evaluation	74,753	14.4%	127
3. Individual psychotherapy/ counseling	289,560	55.7%	133
4. Specialized individual treatment	9,971	1.9%	72
5. Specialized treatment without a therapist	1,073	0.2%	13
6. Psychiatric evaluation	7,522	1.4%	78
7. Psychiatric follow-up	17,983	3.5%	71
8. Case management	12,010	2.3%	70
9. Psychological testing or assessment	2,973	0.6%	63
10. Other individual	9,889	1.9%	81
11. Other individual (client not present)	7,599	1.5%	44
12. Couples therapy	5,440	1.0%	83
13. Group – psychotherapy	41,503	8.0%	103
14. Group – workshop	2,689	0.5%	27
15. Group – clinic	2,698	0.5%	23
16. Group – other	2,152	0.4%	30
17. Group – other (client not present)	0	0.0%	0
18. Medical	271	0.1%	1

Critical Incident Form (CIF)

Added in the summer of 2012, the Critical Incident Form (CIF) enables clinicians to record the occurrence of "critical incidents" during, or just prior to, treatment. Piloting of this form began in 2012, and has continued during the 2013-2014 academic year.

In 2014, CCMH received a grant from The American Foundation for Suicide Prevention for the work being done with the Critical Incident Form. This grant was awarded to CCMH for the purpose of identifying risk factors of counseling center clients who may be at risk for attempting suicide while in treatment and describing treatment characteristics that are associated with effective suicide prevention. To date, 45 schools have participated in piloting this form. The CIF will be reviewed by the CCMH Advisory Board in 2015.

Critical Incident Form (CIF) Item	Frequency*
Suicidal ideation that required intervention or plan	953
Suicide attempt (prior to treatment)	217
Suicide attempt (during treatment)	46
Homicidal ideation that required intervention or plan	22
Psychotic symptoms	68
Psychiatric hospitalization for threat to self	223
Psychiatric hospitalization for threat to others	5
Psychiatric hospitalization for other mental health concern	59
Medical hospitalization: drugs or alcohol	104
Medical hospitalization: other	48
Withdrawal from school for psychological reasons	97
Withdrawal from school: other	38
Death of client: suicide	1
Death of client: drugs or alcohol	3
Death of client: other	0
Other	371
None	10,522

*Depending on center policy, clinicians were asked to complete the CIF after every clinical contact, or at pre-designated time points (e.g.: intake/1st clinical contact and end of treatment), or only when there was a critical incident to report.

Center Stories #6

While our center has used CCMH data from its inception, I'd like to share a broader story within the University of Wisconsin System:

In Fall 2012, counseling centers within the University of Wisconsin System (all thirteen 4-year schools, and four of the thirteen 2-year schools that have on-campus services) adopted the SDS as the foundation of their intake paperwork, allowing centers to compare their client data to both national (CCMH) and state benchmarks. In 2013, the schools also adopted the CCAPS as the instrument of choice to track symptom change over time. A system-wide committee, the Counseling Impact Assessment Committee, oversees this project, which employs a faculty researcher and graduate assistants to coordinate data sharing, analysis and reporting to each campus annually. The project is self-funded by participating campuses, many of whom are CCMH members. Participating campuses have reported the following applications of the data so far:

- Annual reporting that includes year-by-year trends and comparison to benchmarks
- Presenting to administrators, faculty, students and other constituents about client issues and outcomes
- Providing data to AVP dashboard
- Program planning and evaluation
- Comparing center data to population assessment data
- Writing grant proposals
- Securing new resources (professional staff and space upgrades)
  - most centers have added staff in the past few years, when our state system has undergone severe budget cuts
  - on our campus, showing that our clients have higher rates of several risk factors (e.g., suicidal ideation, self-injury, past treatment and hospitalizations) helped justify the addition of a case manager
- Choosing focus for staff training/professional development, based on trends in student data
- Faculty research in college student mental health

In 2014-15 we have shifted from sharing data anonymously to sharing it confidentially, which will allow us to make some pre-post comparisons to client survey responses at the end of each semester which is also part of the project data collection.

— John Achter, Ph.D., Director and Licensed Psychologist, University of Wisconsin-Stout Counseling Center

Clinician Index of Client Concerns (CLICC)

Designed by the CCMH Advisory Board, the CLICC was piloted during the 2013-2014 data year with the goal of refining for 2015-2016. The CLICC is intended to serve multiple purposes including: (a) quickly describing student's presenting concerns (locally/nationally), (b) examining the match between student's self-report and provider's evaluations, and (c) supporting a variety research efforts. The CLICC is typically completed following the first meeting with a new client. It is comprised of 43 check-box items and the clinician is asked to do the following:

- "Please indicate your assessment of the client's primary concerns (check those that apply)" and
- "Choose the top concern of those already selected"

CLICC – "Check all that apply"

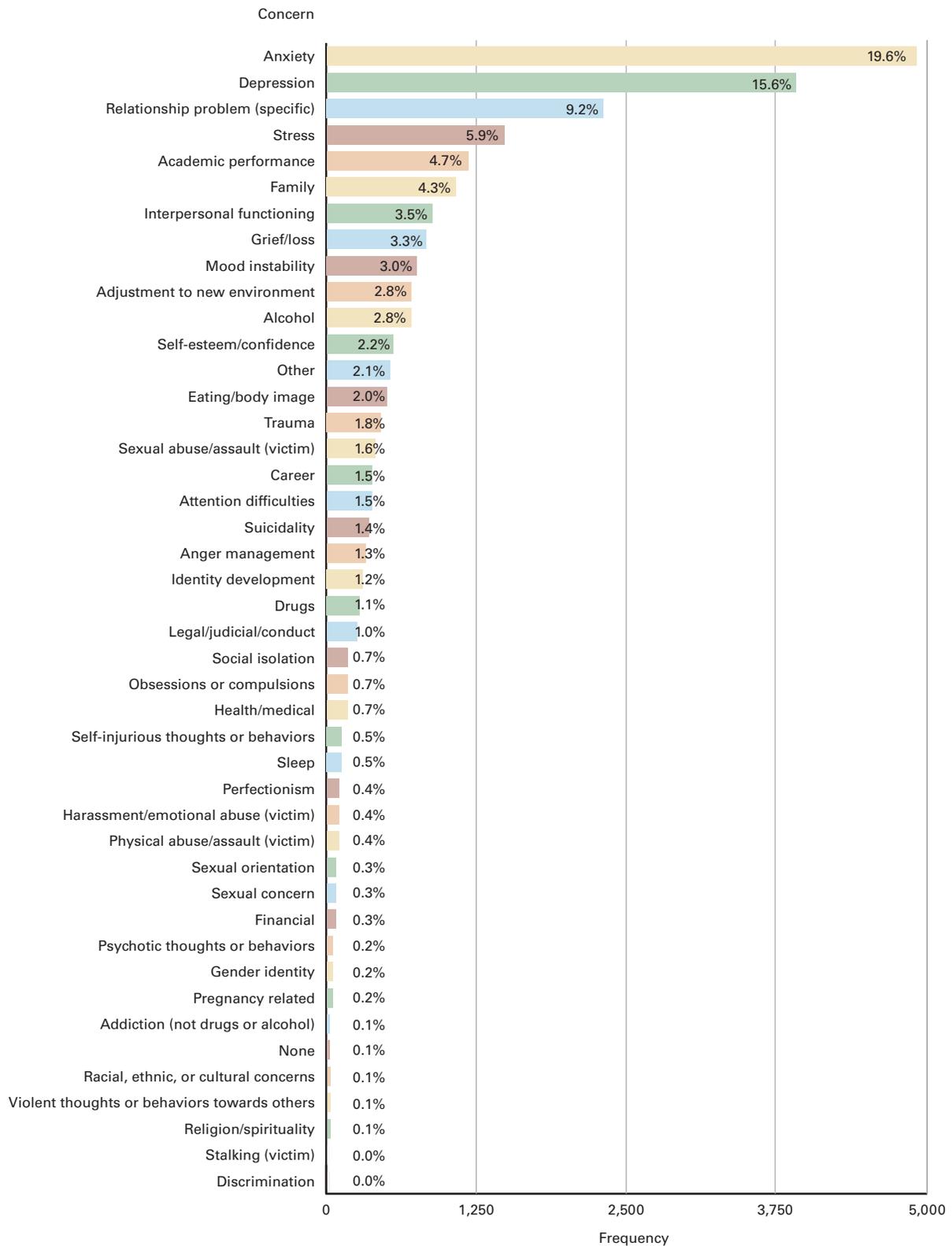For the following chart, clinicians are asked to "check all that apply" for each client such that one client may have many concurrent concerns. As a result, this chart illustrates how often each concern presents across all clients, regardless of how many concerns a student had or what their top concern was (N=25,475).

Concern

Concern	Percentage
Anxiety	55.1%
Depression	45.26%
Stress	43.18%
Family	30.32%
Academic performance	28.96%
Relationship problem (specific)	28.26%
Interpersonal functioning	21.57%
Self-esteem/confidence	19.56%
Sleep	14.67%
Social isolation	13.7%
Adjustment to new environment	12.92%
Mood instability	12.52%
Eating/body image	11.84%
Alcohol	11.48%
Grief/loss	10.9%
Career	9.74%
Trauma	9.46%
Attention difficulties	8.99%
Identity development	8.09%
Anger management	7.85%
Suicidality	7.51%
Perfectionism	6.99%
Drugs	6.52%
Sexual abuse/assault (victim)	6.36%
Health/medical	6.15%
Financial	5.97%
Self-injurious thoughts or behaviors	5.73%
Harassment/emotional abuse (victim)	4.45%
Other	4.31%
Obsessions or compulsions	4.21%
Legal/judicial/conduct	3.34%
Physical abuse/assault (victim)	3.31%
Sexual orientation	2.47%
Racial, ethnic, or cultural concerns	2.32%
Sexual concern	1.88%
Violent thoughts or behaviors towards others	1.42%
Religion/spirituality	1.36%
Discrimination	0.68%
Gender identity	0.63%
Pregnancy related	0.60%
Addiction (not drugs or alcohol)	0.56%
Psychotic thoughts or behaviors	0.56%
None	0.44%
Stalking (victim)	0.28%

Frequency

CLICC – "Top-most concern"

For this question, clinicians are asked to choose one primary concern (i.e., the top-most concern) per client. As a result, this chart illustrates how often each presenting concern is the top-most concern for students (N=25,475).

Concern

Concern	Percentage
Anxiety	19.6%
Depression	15.6%
Relationship problem (specific)	9.2%
Stress	5.9%
Academic performance	4.7%
Family	4.3%
Interpersonal functioning	3.5%
Grief/loss	3.3%
Mood instability	3.0%
Adjustment to new environment	2.8%
Alcohol	2.8%
Self-esteem/confidence	2.2%
Other	2.1%
Eating/body image	2.0%
Trauma	1.8%
Sexual abuse/assault (victim)	1.6%
Career	1.5%
Attention difficulties	1.5%
Suicidality	1.4%
Anger management	1.3%
Identity development	1.2%
Drugs	1.1%
Legal/judicial/conduct	1.0%
Social isolation	0.7%
Obsessions or compulsions	0.7%
Health/medical	0.7%
Self-injurious thoughts or behaviors	0.5%
Sleep	0.5%
Perfectionism	0.4%
Harassment/emotional abuse (victim)	0.4%
Physical abuse/assault (victim)	0.4%
Sexual orientation	0.3%
Sexual concern	0.3%
Financial	0.3%
Psychotic thoughts or behaviors	0.2%
Gender identity	0.2%
Pregnancy related	0.2%
Addiction (not drugs or alcohol)	0.1%
None	0.1%
Racial, ethnic, or cultural concerns	0.1%
Violent thoughts or behaviors towards others	0.1%
Religion/spirituality	0.1%
Stalking (victim)	0.0%
Discrimination	0.0%

Frequency

CLICC "Top-most concern" by CCAPS Subscale scores

The table below integrates the two concepts of student's self-reported distress (CCAPS-34 mean subscale scores) with counselor-reported evaluations of student's primary presenting concern ("top-most" CLICC data, N=25,475). This analysis provides a unique perspective on the interaction of these concepts, which will help to examine questions such as: Do student presenting concerns, as measured by the CCAPS, match therapist perceptions of the most prominent presenting concern? *AND* What kinds of distress are associated with which types of presenting concerns?

For each presenting concern, we have highlighted the peak CCAPS-34 subscale score in bold.

CLICC item # and description		Frequency	CCAPS-34 Subscales						
			Depression	Generalized Anxiety	Social Anxiety	Academic Distress	Eating Concerns	Hostility	Alcohol Use
1	Anxiety	4,990	1.55	**2.42**	2.04	1.95	0.95	0.81	0.60
5	Depression	3,984	2.45	2.14	2.29	**2.52**	1.15	1.11	0.75
8	Relationship problem (specific)	2,349	1.42	1.60	1.60	**1.61**	0.73	0.93	0.64
4	Stress	1,507	1.44	1.76	1.67	**1.98**	0.92	0.86	0.57
26	Academic performance	1,191	1.37	1.54	1.63	**2.63**	0.79	0.72	0.49
11	Family	1,086	1.33	1.53	**1.61**	1.60	0.88	0.84	0.59
9	Interpersonal functioning	894	1.58	1.60	**2.15**	1.60	0.87	0.95	0.60
12	Grief/loss	843	1.57	1.74	1.57	**1.96**	0.75	0.84	0.61
6	Mood instability	755	2.17	**2.33**	2.16	2.25	1.15	1.51	0.90
20	Adjustment to new environment	715	1.59	1.68	**1.96**	1.75	0.87	0.70	0.44
29	Alcohol	704	0.80	1.10	1.18	1.32	0.65	0.71	**2.08**
19	Self-esteem/confidence	555	1.64	1.55	**2.28**	1.75	1.18	0.77	0.63
44	Other	531	1.11	1.53	1.52	**1.61**	0.74	0.69	0.49
14	Eating/body image	512	1.50	1.58	1.96	1.50	**2.94**	0.57	0.69
36	Trauma	451	1.69	**2.26**	1.79	1.95	0.99	0.96	0.75
38	Sexual abuse/assault (victim)	420	1.61	**1.94**	1.70	1.76	0.96	0.80	1.02
27	Career	393	0.83	1.12	1.42	**1.53**	0.73	0.55	0.43
28	Attention difficulties	380	0.97	1.46	1.51	**2.53**	0.76	0.73	0.52
33	Suicidality	361	**2.99**	2.38	2.49	2.59	1.15	1.37	0.85
7	Anger management	327	1.37	1.61	1.67	1.47	0.83	**2.36**	0.89
18	Identity development	312	1.51	1.58	**1.86**	1.77	0.85	0.72	0.61
30	Drugs	271	1.14	1.31	1.36	**1.64**	0.60	0.81	1.23
42	Legal/judicial/conduct	262	0.77	0.91	1.05	**1.14**	0.48	0.63	0.96
10	Social isolation	190	2.02	1.59	**2.78**	1.70	0.89	0.70	0.34
2	Obsessions or compulsions	189	1.46	**2.08**	1.83	1.61	0.90	0.87	0.47
13	Health/medical	170	1.48	1.81	1.64	**1.98**	0.92	0.67	0.49
32	Self-injurious thoughts or behaviors	134	**2.54**	2.15	2.45	2.12	1.05	1.23	0.73
15	Sleep	120	1.29	**2.14**	1.65	2.11	0.76	0.69	0.66
3	Perfectionism	111	1.26	1.66	1.65	**1.78**	0.99	0.72	0.31
39	Harassment/emotional abuse (victim)	98	1.64	1.85	1.71	**1.74**	0.82	0.86	0.52
37	Physical abuse/assault (victim)	91	1.71	1.88	1.85	**1.98**	0.89	1.09	0.78
22	Sexual orientation	84	1.67	1.65	**2.15**	1.63	0.81	0.77	0.63
16	Sexual concern	80	1.01	1.16	1.47	**1.49**	0.51	0.79	0.90
41	Financial	65	1.57	1.68	1.36	**1.99**	0.98	0.70	0.48
35	Psychotic thoughts or behaviors	54	1.63	**2.22**	2.11	1.93	1.00	1.38	0.62
23	Gender identity	51	1.38	1.79	**2.02**	1.57	0.88	0.89	0.30

CLICC item # and description		Frequency	CCAPS-34 Subscales						
			Depression	Generalized Anxiety	Social Anxiety	Academic Distress	Eating Concerns	Hostility	Alcohol Use
17	Pregnancy related	43	1.65	1.63	1.40	**1.96**	0.85	0.79	0.34
31	Addiction (not drugs or alcohol)	36	1.34	1.50	**1.75**	1.72	1.03	0.96	0.77
43	None	31	0.33	0.75	**1.03**	0.60	0.52	0.35	0.58
21	Racial, ethnic, or cultural concerns	25	1.53	1.74	1.83	**2.00**	1.00	1.16	0.53
34	Violent thoughts or behaviors towards others	16	1.91	2.23	1.93	2.23	0.91	**2.72**	1.13
24	Religion/spirituality	15	1.92	1.72	**2.19**	1.95	0.91	0.67	0.30
40	Stalking (victim)	12	1.02	**1.57**	**1.57**	**1.57**	0.67	0.71	0.32
25	Discrimination	4	1.31	1.56	**1.80**	1.33	1.33	0.50	0.67

** NOTE: CCAPS subscale scores range from 0-4

Notable findings:

- On the whole, CCAPS subscale scores (student reported data) demonstrate agreement with CLICC results (counselor reported data) suggesting that student-reported distress (type and severity) tends to align with the counselor's evaluation of their primary presenting concern. This has a variety of implications for future research.

- When Anxiety is identified as the primary concern by the clinician, the Generalized Anxiety CCAPS-34 subscale is also the highest in severity.

- When Depression is identified as the primary presenting concern by the clinician, the Depression and Academic Distress subscales have nearly equivalent peak elevations. In addition, Generalized Anxiety and Social Anxiety subscales are also elevated.

- When Academic performance is identified as the primary presenting problem, the Academic Distress subscale stands out with a peak elevation in comparison to other CCAPS-34 subscales.

- When Suicidality is checked as the primary concern on the CLICC, all of the CCAPS-34 subscales, except for the Alcohol Use and Eating Concerns are above the Elevated cut point, suggesting that suicidality (as the primary concern) results in wide-spread distress.

- The Eating Concerns and Alcohol Use CCAPS-34 subscales are significantly elevated only when the presenting concerns are identified as being in similar areas, such as Eating/body image and Alcohol, respectively.

Counseling Effectiveness

A recurring question asked of counseling centers regards the effectiveness of services provided. The answers to this question can guide professional development, treatment planning, and provide data to support self-advocacy by counseling centers.

McAleavey, Youn, et al. (2013) explored this question within data gathered from college counseling centers that contribute data to CCMH. In psychotherapy research, the "gold standard" for comparison of therapy effectiveness has been considered the randomized controlled trial (RCT). The magnitude of client improvement observed in counseling centers can be compared in a similar manner. For individuals entering counseling centers with high levels of initial distress (above the CCAPS elevated cut points), the amount of positive change observed was equivalent to that documented in RCT's for Depression, Generalized Anxiety, Social Anxiety, Eating Concerns, and Hostility subscales.

While these students are not consistently returning to normal symptomatic levels (compared to a normative non-clinical sample) by the end of their treatment, the study shows that counseling is likely effective at reducing specific symptoms for several psychological disorders. A possible interpretation is that students at counseling centers are not receiving enough sessions to completely reduce symptoms. The results of this study provide evidence that counseling centers are indeed effective in reducing symptoms and that there is room to improve, arguably through the addition of treatment resources.

Client Dropout

Dropout from psychotherapy has been a problem for the last 50 years. Swift and Greenberg's (2012) recent meta-analysis shows that dropout rates remain high, finding an average rate nearly 20% across all treatment settings. Of particular note, their study finds that the "university-based clinic" had the highest rate of dropout across all settings, at 30.4%. While their definition of university-based clinic includes both training clinics and counseling centers, it would appear that dropout is an important issue for the college student demographic.

Students are seeking increasing amounts of services for increasingly diverse symptoms, often from centers with inadequate resources to treat all of those in need. As such, dropout presents a challenging problem for counseling centers: clients who drop out may reduce the effectiveness of their own treatment (due to increased rates of relapse associated with incomplete treatment), students waiting for services must wait longer, and the counseling center's overall clinical flow is less efficient.

Xiao et al. (2013) have examined dropout within CCMH using an aggregate dataset from 2010-2012, and found that the rates are *high.* Roughly 40% of clients that

have attended at least one individual psychotherapy appointment are failing to attend their last scheduled appointment. Ultimately, Xiao et al. (2013) hope to examine the the feasibility of a predictive tool that will assess client risk of dropout using intake variables. While development of an assessment tool with good sensitivity and specificity is underway, there are several individual variables that have been found to be predictive of client dropout:

Clients that endorsed financial distress were up to 1.26 times *more likely* to dropout of treatment than those who indicated no financial distress. Similarly, individuals that were prescribed psychiatric medication were 1.17 times *more likely* to dropout than those who never received psychiatric medication. Predictors of those who are less likely to dropout of treatment include graduate students (.683 times that of freshman), and individuals that have attended counseling after starting college (.869 times that of those who have never attended counseling).

While consideration of individual variables may be difficult to decipher (especially for providers with packed schedules), the statistical examination of multiple predictive variables may lead to the development of a dropout assessment tool that could have important utility for counseling centers and their staff. This linking of research and practice highlights the benefits of large-scale Practice Research Networks (PRN's) such as CCMH.
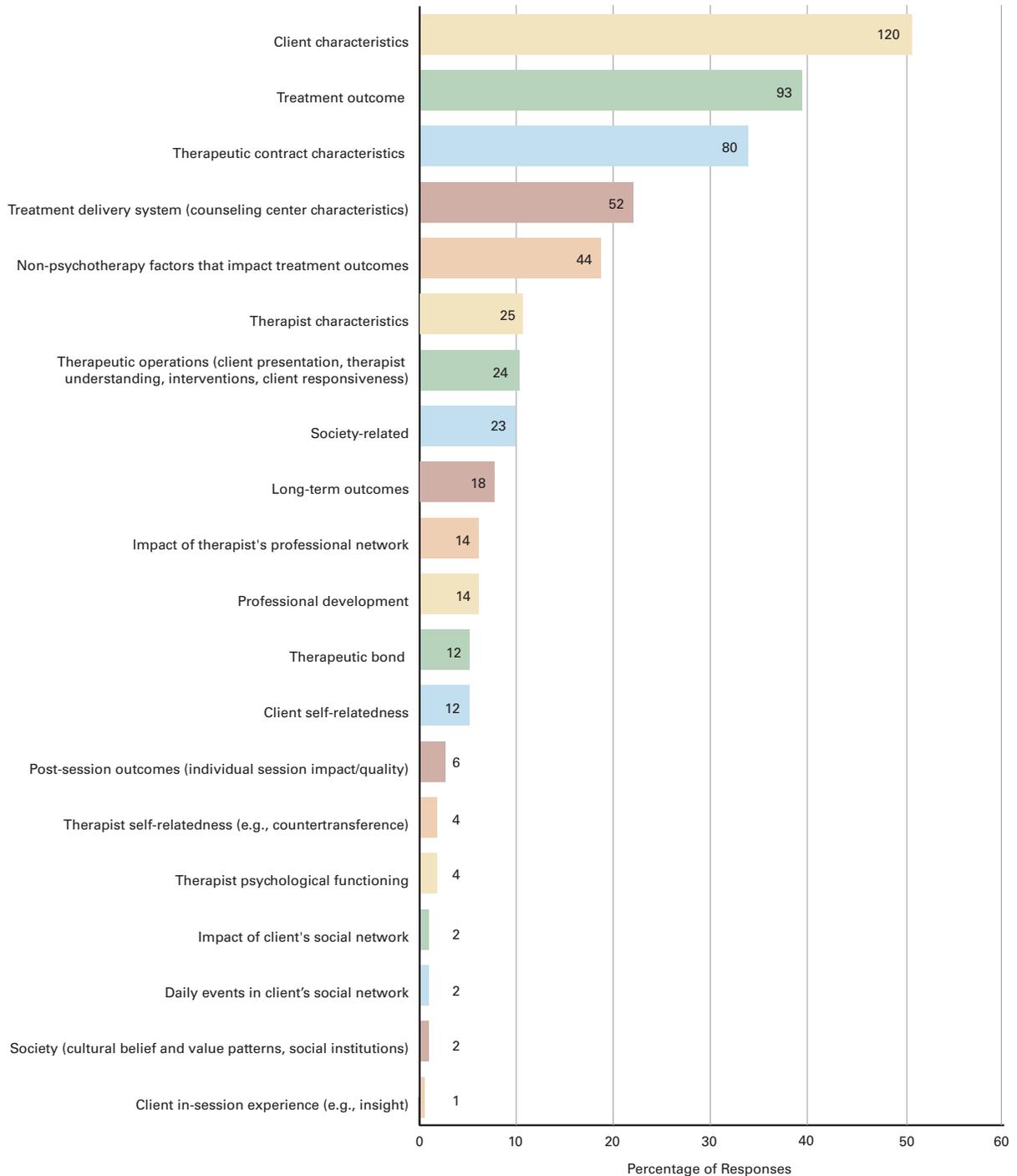
Counselor Survey Update

As a Practice Research Network, a major CCMH mission has been to conduct clinically syntonic research. With this in mind, in the summer of 2013, CCMH sent a survey to member centers asking participation by all staff at each site. The goal of the survey was to determine the major areas of research interest among counseling center staff: "We want to know what you want to know." The questions in the survey assessed the types of research that would be the most clinically valuable, important and actionable, so that the projects would generate the most enthusiasm for research among practitioners, as well as be viable and applicable in a large-scale PRN (McAleavey, Castonguay, et al., 2013).

CCMH received over 600 responses including 96 directors. Most of the responders were full-time clinical staff (58%), but there were also trainees, administrative staff and part-time staff completing the survey, which allowed for diverse needs and interests to be reflected in the answers. Responders were asked to rate the importance of different types of research projects, all answers targeting the question "what would be most useful?"

The results of the survey showed that almost all areas of research were of interest, with special focus on the process of counseling, high-risk clients, (negative) outcome predictions, effectiveness of counseling, as well as therapist characteristics that impact treatment outcome. Additionally, 70% of responders stated that they would be either "very likely" or "almost definitely" willing to participate in a project that was deemed to be clinically valuable, despite their schedules.

We also asked responders if they had any suggestions regarding additional research projects that they thought would help CCMH meet the needs of practitioners and clients. We received a total of 388 suggestions for research projects. Using the Generic Model of Psychotherapy (Orlinsky and Ronnestad, 2004), which offers a holistic summary of different types of psychotherapy issues based on the research literature, we have coded three quarters of the responses. Preliminary results are included below:

Category	Value
Client characteristics	120
Treatment outcome	93
Therapeutic contract characteristics	80
Treatment delivery system (counseling center characteristics)	52
Non-psychotherapy factors that impact treatment outcomes	44
Therapist characteristics	25
Therapeutic operations (client presentation, therapist understanding, interventions, client responsiveness)	24
Society-related	23
Long-term outcomes	18
Impact of therapist's professional network	14
Professional development	14
Therapeutic bond	12
Client self-relatedness	12
Post-session outcomes (individual session impact/quality)	6
Therapist self-relatedness (e.g., countertransference)	4
Therapist psychological functioning	4
Impact of client's social network	2
Daily events in client's social network	2
Society (cultural belief and value patterns, social institutions)	2
Client in-session experience (e.g., insight)	1

Percentage of Responses

The largest suggestion categories were client characteristics, treatment outcomes, and therapeutic contracts. The modal suggestion type was "what treatment works with this kind of client?" Other common categories included treatment delivery systems (e.g., impact of policies or practices), effects of different treatment types, and supervision.

In conclusion, there is considerable interest in research among mental health providers within the CCMH membership, as evidenced by the high response rate, strong ratings of clinical value across all research domains, and numerous research suggestions. In addition, respondents indicated that they were very likely to participate in research if a project is both clinically valuable and relevant. These results help to underscore the potential contributions practice research networks in forging linkages between practice and research.

Average Number of Attended Individual Sessions

A common question among counseling centers is, "What is the average number of counseling sessions attended by clients?" To examine this question we reviewed the appointment data for initial clinical evaluations and any individual counseling sessions as follows:

A. Total number of attended appointments (initial and individual counseling): 372,745

B. Total number of clients who attended appointments in A: 78,395

C. Average number of attended counseling sessions per client (A divided by B): 4.75

This preliminary analysis, of actual appointment attendance data across 140 institutions and approximately 370,000 appointments, indicates that clients attend slightly less than 5 sessions of individual counseling on average (including an intake, but excluding other types of appointments).

Counseling Center Resource Utilization by Clients

College counseling center resources are limited and in high demand. Often centers do not have the resources to treat all of the students in need of services, and many centers have a waitlist before students can be seen for treatment. One way to help understand and inform allocation of resources within centers is to look at utilization rates and how counseling center services are being used. Information about how resources are being allocated could also potentially be used to identify students who may be more likely to use a large amount of counseling center resources and who might benefit from long-term care, such as referrals to external providers. With this in mind, we looked at the 2013-2014 data to determine how resources are distributed among students seeking services.

The following points describe client utilization of *all appointment types/services* across all centers in 2013-2014:

- One (1) is the most common number of appointments per client/per year.

- Clients averaged 6.79 appointments with a range of 1-128 appointments.

- 20% of clients accounted for over 50% of all appointments.

- 10% of clients accounted for 36% of all appointments, averaging 20.78 appointments.

- 5% of clients accounted for 22% of all appointments, averaging 36.06 appointments.

- 1% of clients accounted for 6.6% of all appointments, averaging 38.59 appointments.

- 10 clients utilized a total of 878 appointments.

These findings demonstrate that a relatively small percentage of clients utilize a large proportion of counseling center resources when compared to the average client. Future research could examine characteristics of these clients in order to assist clinicians in the treatment planning process. On the other hand, mental health providers are well aware that clients with complex mental health histories, comorbid diagnoses, complicated medication regimens, difficult financial/insurance situations, and complicated family dynamics may simply require extensive resources. This type of information could help counseling centers, and institutions, begin to examine resource allocation (and needs) on a more nuanced level.

Comparisons by Gender, Race, and Previous Mental Health Utilization

Using the 2013-2014 CCMH data, the tables below show the mean subscale scores of the seven CCAPS-34 subscales, the Distress Index, and CCAPS items for suicidal/homicidal ideation 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 these 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 men and women is 0.10, which is considered to be small and therefore not very meaningful.

Comparisons by Gender

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	1.57	1.68	***	0.10
Generalized Anxiety	1.69	1.96	***	0.26
Social Anxiety	1.80	1.90	***	0.10
Academic Distress	1.95	1.96	ns	0.01
Eating Concerns	0.66	1.12	***	0.42
Hostility	0.94	0.87	***	0.08
Alcohol Use	0.79	0.65	***	0.15
Distress Index	1.64	1.76	***	0.15
Suicidal and Homicidal items				
I have thoughts of ending my life	0.72	0.69	***	0.03
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*

*** Due to differences in sample size, comparisons are recorded for only those who identified as "man" or "woman" on SDS Question #88

Comparisons by Race

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	1.60	1.72	***	0.11
Generalized Anxiety	1.89	1.79	***	0.10
Social Anxiety	1.87	1.85	*	0.02
Academic Distress	1.91	2.05	***	0.13
Eating Concerns	0.94	0.97	*	0.02
Hostility	0.85	1.03	***	0.22
Alcohol Use	0.75	0.59	***	0.18
Distress Index	1.70	1.76	***	0.06
Suicidal and Homicidal items				
I have thoughts of ending my life	0.67	0.79	***	0.11
I have thoughts of hurting others	0.20	0.31	***	0.16

[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< .05, ***p< .001

Comparisons by Prior Counseling

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	1.83	1.47	***	0.34
Generalized Anxiety	2.10	1.66	***	0.43
Social Anxiety	2.03	1.72	***	0.30
Academic Distress	2.08	1.85	***	0.21
Eating Concerns	1.10	0.82	***	0.24
Hostility	0.98	0.83	***	0.18
Alcohol Use	0.76	0.67	***	0.10
Distress Index	1.91	1.55	***	0.42
Suicidal and Homicidal items				
I have thoughts of ending my life	0.87	0.55	***	0.28
I have thoughts of hurting others	0.26	0.20	***	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 Prior Psychiatric Medication Use

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	1.85	1.54	***	0.29
Generalized Anxiety	2.19	1.72	***	0.47
Social Anxiety	2.07	1.78	***	0.28
Academic Distress	2.13	1.87	***	0.23
Eating Concerns	1.12	0.88	***	0.21
Hostility	0.98	0.86	***	0.14
Alcohol Use	0.78	0.68	***	0.11
Distress Index	1.95	1.61	***	0.41
Suicidal and Homicidal items				
I have thoughts of ending my life	0.91	0.61	***	0.26
I have thoughts of hurting others	0.25	0.22	***	0.04

[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 Prior Psychiatric Hospitalizations

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	1.88	1.62	***	0.25
Generalized Anxiety	2.14	1.84	***	0.29
Social Anxiety	2.01	1.86	***	0.15
Academic Distress	2.09	1.94	***	0.13
Eating Concerns	1.11	0.94	***	0.15
Hostility	1.08	0.88	***	0.23
Alcohol Use	0.85	0.68	***	0.19
Distress Index	1.95	1.70	***	0.30
Suicidal and Homicidal items				
I have thoughts of ending my life	1.10	0.66	***	0.38
I have thoughts of hurting others	0.29	0.22	***	0.10

[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

Provider Data

The Standardized Data Set includes some basic demographic information about providers at participating counseling centers. The 2013-2014 dataset represents over 2,900 unique providers. Answer totals vary by question since some counseling centers do not gather this data, or a counselor chose not to answer one or more questions.

Gender

	n	Percentage (%)
Male	286	31.8
Female	609	67.7
Transgender	2	0.2
Prefer not to answer	2	0.2

Age

	n	Age (years)
Average Age	825	42.06
Modal Age	40	33

Race/Ethnicity

	n	Percentage (%)
African-American/Black	77	8.6
American Indian or Alaskan Native	2	0.2
Asian American/Asian	67	7.5
Caucasian/White	651	72.9
Hispanic/Latino/a	53	5.9
Native Hawaiian or Pacific Islander	1	0.1
Multi-racial	21	2.4
Prefer not to answer	6	0.7
Other	15	1.7

Highest Degree (descending sort)

	n	Percentage (%)
Doctor of Philosophy	377	42.1
Master of Arts	126	14.1
Doctor of Psychology	120	13.4
Master of Science	73	8.2
Master of Social Work	71	7.9
Doctor of Medicine	31	3.5
Bachelor of Arts	27	3.0
Master of Education	27	3.0
Doctor of Education	13	1.5
Other	11	1.2
Bachelor of Science	7	0.8
Nursing (e.g. RN, RNP, PNP)	5	0.6
Education Specialist	4	0.4
Doctor of Osteopathy	3	0.3

Highest Degree-Discipline (descending sort)

	n	Percentage
Counseling Psychology	329	37.1
Clinical Psychology	296	33.4
Social Work	75	8.5
Other	67	7.6
Counselor Education	52	5.9
Psychiatry	35	3.9
Marriage and Family Therapist	10	1.1
Nursing	9	1.0
Community Psychology	5	0.6
Educational Psychology	4	0.5
Higher Education	4	0.5
Health Education	1	0.0

Are you licensed under your current degree?

Yes
n=626 71.3%

No
n=252 28.7%
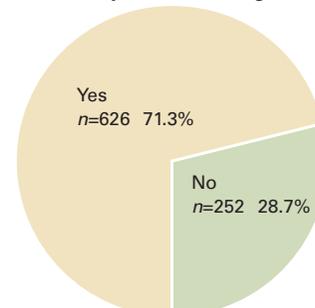
Position Type: (descending sort)

	n	Percentage (%)
Professional Staff Member	676	75.4
Pre-Doctoral Intern	83	9.3
Post-doctoral Level (non-psychiatric)	38	4.2
Master's Level Trainee	33	3.7
Doctoral Level Trainee (not an intern)	31	3.5
Other	31	3.5
Psychiatric Resident	5	0.6

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

	Analytic/ Psychodynamic (%) *n*=814	Behavioral (%) *n*=816	Cognitive (%) *n*=824	Humanistic (%) *n*=815	Systems Theory (%) *n*=803
Not at all (0)	6.1	2.3	1.1	2.5	4.1
A little (1)	14.4	11.3	2.3	3.8	16.8
Some (2)	20.5	23.3	11.4	11.9	23.5
Moderate (3)	24.2	29.9	30.5	24.0	32.1
Greatly (4)	24.2	24.5	36.3	35.2	17.6
Very greatly (5)	10.6	8.7	18.4	22.6	5.9
Mean	2.8	2.9	3.5	3.5	2.6

Figure 1. How much is your current therapeutic practice guided by each of the following theoretical framework?

33
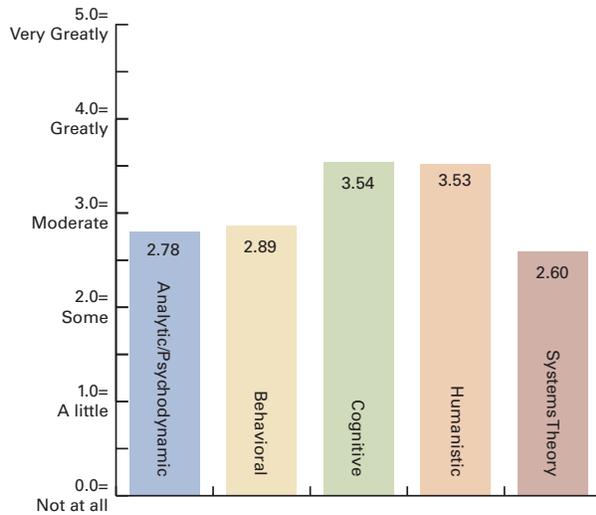
Center Information

The information below describes the 140 colleges and universities that contributed data to the 2013-2014 CCMH data set.

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

	n	Percentage (%)
Yes	42	30.4
No	96	69.6

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

	n	Percentage (%)
Yes	68	49.3
No	70	50.7

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

	n	Percentage (%)
Career Services	13	9.3
Disability Services	8	5.7
Drug & Alcohol Treatment Program	40	28.6
Employee Assistance Program	3	2.1
Learning Services	4	2.9
Health Services	18	12.9
Testing Services	24	17.1
Other	13	9.3

What psychiatric services are provided by your center?

	n	Percentage (%)
None	40	29.2
Part time, in house	63	46.0
Full time, in house	16	11.7
Part time, off campus consultant	6	4.4
Other	12	8.8

Does your center have an annual individual psychotherapy limit?

	n	Percentage (%)
Yes	51	37.2
No	86	62.8

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

	n	Percentage (%)
7	2	3.7
8	2	3.9
10	10	19.6
12	20	39.2
14	2	3.9
15	7	13.7
16	4	7.8
20	2	3.9
24	1	2.0

*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)?

	n	Percentage (%)
Intake	2	1.4
Individual Counseling	6	4.3
Group Counseling	5	3.6
Psychiatric Evaluation (initial meeting)	23	16.7
Psychiatric Follow-up (ongoing client)	23	16.7
Formal Assessment: Psychological	11	8.0
Formal Assessment: Career	12	8.7
Formal Assessment: Disability	8	5.8
Other	17	12.3

Participating Institutions

Data for the 2013-2014 CCMH data set has been contributed by 140 colleges and universities that hold membership with CCMH. Demographics for these institutions are listed below.

Campus Characteristic	n	Percentage (%)
Type of Institution		
Public	88	62.9
Private	45	32.6
Combined	5	3.6
Location of Campus		
Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)	35	26.5
Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)	34	25.8
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV)	48	36.4
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	15	11.4
Enrollment		
Under 1,500	4	2.9
1,501-2,500	13	9.4
2,501-5,000	12	8.6
5,001-7,500	12	8.6
7,501-10,000	15	10.8
10,001-15,000	21	15.1
15,001-20,000	16	11.5
20,001-25,000	16	11.5
25,001-30,000	6	4.3
30,001-35,000	11	7.9
35,001-40,000	5	3.6
40,001-50,000	6	4.3
50,001 and over	2	1.4

Campus Characteristic	n	Percentage (%)
Athletic Division		
None	9	6.6
Division I	78	57.4
Division II	22	16.2
Division III	27	19.9
Grade Scale		
0-4	136	97.8
1-5	0	0.0
0-100	1	0.7
Other	2	1.4

CCMH Member Institutions

1. American University
2. Anderson University
3. Appalachian State University
4. Arkansas State University
5. Auburn University
6. Augustana College
7. Barry University
8. Boston College
9. Bowling Green State University
10. Brigham Young University
11. Bucknell University
12. Buffalo State College
13. Cabrini College
14. California Lutheran University
15. California State Polytechnic University, Pomona
16. California State University, Chico
17. California State University, Fullerton
18. California State University, Long Beach
19. California State University, Monterey Bay
20. California State University, Sacramento
21. California State University, San Bernardino
22. California State University, San Marcos
23. Case Western Reserve University
24. Central College
25. Claremont University Consortium
26. Clayton State University
27. Cleveland State University
28. Coastal Carolina University
29. Colby College
30. Colgate University
31. College of Charleston
32. College of Saint Benedict | Saint John's University
33. College of Southern Nevada
34. College of Staten Island
35. College of William & Mary
36. Collin County Community College
37. Colorado State University
38. Columbia College Missouri
39. Columbia College Chicago
40. Columbus State University
41. Connecticut College
42. Cornell University
43. Culver-Stockton College
44. Dartmouth College
45. DePaul University
46. Dickinson College
47. Dominican University
48. Duke University
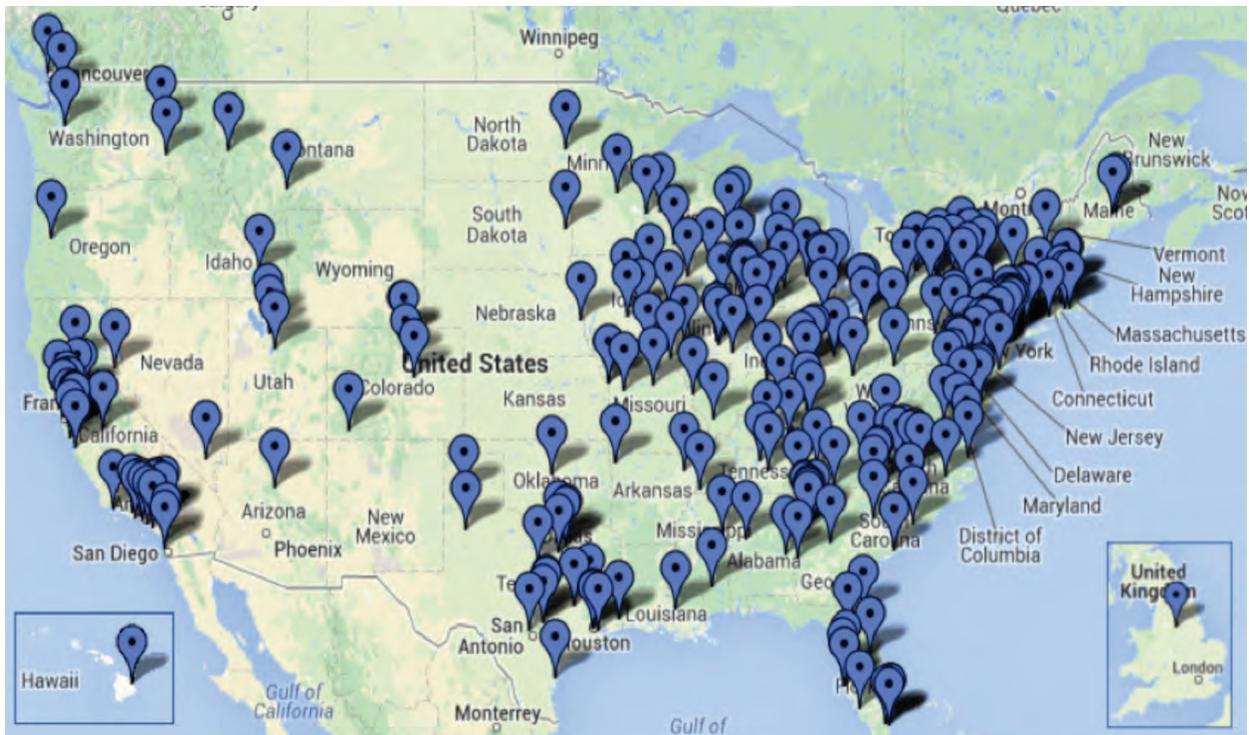
*This map lists all 283 CCMH member institutions

49. East Carolina University
50. East Carolina University—Student Health Services
51. Eastern Kentucky University
52. Eastern Michigan University
53. Eastern Washington University
54. Edgewood College
55. Elizabeth City State University
56. Elon University
57. Emerson College
58. Emory University
59. Fairfield University
60. Ferris State University
61. Florida Gulf Coast University
62. Florida International University
63. Fort Lewis College
64. Franklin & Marshall College
65. George Mason University
66. Georgia College and State University
67. Georgia Gwinnett College
68. Georgia Institute of Technology
69. Georgia State University
70. Gonzaga University
71. Grand Valley State University
72. Hamilton College
73. Heartland Community College
74. Hobart and William Smith Colleges
75. Houghton College
76. Howard University
77. Hunter College
78. Husson University

79. Idaho State University
80. Illinois Institute of Technology
81. Illinois State University
82. Illinois Wesleyan University
83. Indiana University
84. Iowa State University
85. Jewish Theology Seminary
86. John Jay College of Criminal Justice
87. Johns Hopkins University
88. Johnson & Wales University
89. Kennesaw State University
90. La Salle University
91. Lafayette College
92. Lamar University
93. Lawrence University
94. Lee University
95. Lehigh University
96. Lehman College
97. Lewis Clark State College
98. Lindsey Wilson College
99. Louisiana State University
100. Loyola Marymount University
101. Loyola University– Chicago
102. Marquette University
103. Marywood University
104. Metropolitan State University of Denver
105. Miami University, Ohio
106. Michigan State University
107. Middle Tennessee State University
108. Mississippi State University

109. Montana State University — Bozeman
110. Montclair State University
111. New College of Florida
112. North Carolina State University
113. North Dakota State University
114. Northeastern Illinois University
115. Northern Arizona University
116. Northern Illinois University
117. Northwestern University
118. Notre Dame College
119. Ohio State University
120. Ohio University
121. Old Dominion University
122. Oregon State University
123. Pace University
124. Pace University, Westchester Campuses
125. Pennsylvania State University
126. Pepperdine University
127. Polytechnic University
128. Purdue University
129. Quincy University
130. Ramapo College of New Jersey
131. Regis University
132. Rhode Island College
133. Rice University
134. Ringling College of Art and Design
135. Robert Morris University
136. Rochester Institute of Technology
137. Roger Williams University
138. Roosevelt University

139. Rutgers University – Camden Campus
140. Sacred Heart University
141. Saddleback College
142. Saint Joseph's University
143. Saint Louis University
144. Saint Mary's College of California
145. Salem State University
146. Salisbury University
147. Sam Houston State University
148. San Jose State University
149. Santa Clara University
150. Santa Rosa Junior College
151. Seton Hall University
152. Simpson College
153. Slippery Rock University
154. South Dakota State University
155. Southern Illinois University Carbondale
156. Southern Oregon University
157. Southern Polytechnic State University
158. Spalding University
159. Springfield College
160. St. Cloud State University
161. St. Edward's University
162. St. John's University
163. St. Mary's College of Maryland
164. St. Norbert College
165. Stetson University
166. Stevenson University
167. Suffolk University
168. SUNY Brockport
169. SUNY Cortland
170. SUNY Fredonia
171. SUNY Geneseo
172. SUNY Oswego
173. Susquehanna University
174. Syracuse University
175. Tarleton State University
176. Temple University
177. Texas A&M University
178. Texas A&M University – Corpus Christi
179. Texas State University
180. Texas Tech University
181. The California Maritime Academy
182. The Richard Stockton College of New Jersey
183. The University of Akron
184. The University of Maine
185. The University of Memphis
186. The University of Southern Mississippi
187. The University of Texas at Arlington
188. The University of Texas at Austin
189. The University of the South
190. Towson University
191. Truman State University
192. Tulane University
193. Union College
194. University at Buffalo
195. University of Alabama
196. University of Arkansas
197. University of British Columbia
198. University of California, Berkeley
199. University of California, Davis
200. University of California, Irvine
201. University of California, Los Angeles
202. University of California, Merced
203. University of California, Riverside
204. University of California, San Diego
205. University of California, San Francisco
206. University of California, Santa Barbara
207. University of California, Santa Cruz
208. University of Central Florida
209. University of Central Missouri
210. University of Central Oklahoma
211. University of Colorado at Boulder
212. University of Connecticut
213. University of Dayton
214. University of Delaware
215. University of Florida
216. University of Hawaii at Hilo
217. University of Houston
218. University of Houston – Clear Lake
219. University of Illinois at Chicago
220. University of Illinois at Urbana Champaign
221. University of Iowa
222. University of Kansas Medical Center
223. University of Kentucky
224. University of Maryland, Eastern Shore
225. University of Massachusetts, Dartmouth
226. University of Massachusetts, Lowell
227. University of Miami
228. University of Michigan
229. University of Missouri
230. University of Missouri, Kansas City
231. University of Montana
232. University of Nevada, Reno
233. University of North Carolina at Chapel Hill
234. University of North Carolina at Charlotte
235. University of North Carolina at Greensboro
236. University of North Carolina at Pembroke
237. University of North Florida
238. University of North Texas
239. University of Northern Iowa
240. University of Notre Dame
241. University of Oregon
242. University of Pennsylvania
243. University of San Francisco
244. University of Sheffield (UK)
245. University of South Carolina
246. University of South Florida – Tampa Campus
247. University of South Florida St. Petersburg
248. University of Tennessee Knoxville
249. University of Texas at Dallas
250. University of Texas at San Antonio
251. University of the Sciences, Philadelphia
252. University of Utah
253. University of Washington – Seattle
254. University of Washington – Tacoma
255. University of Waterloo
256. University of Wisconsin – River Falls
257. University of Wisconsin – Madison
258. University of Wisconsin -Whitewater
259. University of Wisconsin – Parkside
260. University of Wisconsin – Platteville
261. University of Wisconsin – Stout
262. University of Wyoming
263. Valparaiso University
264. Virginia Commonwealth University
265. Virginia Military Institute
266. Virginia Polytechnic Institute and State University
267. Wake Forest University
268. Washington State University
269. Wayne State University
270. Weber State University
271. West Chester University
272. West Texas A&M University
273. West Virginia University
274. Western Carolina University
275. Western Connecticut State University
276. Western Illinois University
277. Western Kentucky University
278. Western Michigan University
279. Western Washington University
280. Winthrop University
281. Wright State University
282. Xavier University
283. Yeshiva University

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