

MENTAL HEALTH TRENDS & SERVICES

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HEALTHY MINDS STUDY (2022-2023)

[HTTPS://HEALTHYMINDSNETWORK.ORG/WP-CONTENT/UPLOADS/2023/08/HMS_NATIONAL-REPORT-2022-2023_FULL.PDF](https://HEALTHYMINDSNETWORK.ORG/WP-CONTENT/UPLOADS/2023/08/HMS_NATIONAL-REPORT-2022-2023_FULL.PDF)

Depression Screen



NATIONAL COLLEGE HEALTH ASSOCIATION (SPRING 2023)

[HTTPS://WWW.ACHA.ORG/WP-CONTENT/UPLOADS/2024/06/NCHA-IIIB_FALL_2023_REFERENCE_GROUP_DATA_REPORT.PDF](https://www.acha.org/wp-content/uploads/2024/06/NCHA-IIIB_Fall_2023_Reference_Group_Data_Report.pdf)



Within the last 30 days, how would you rate the overall level of stress you have experienced?



STUDENT COUNSELING & PSYCHOLOGICAL SERVICES (SCPS)

- Personal/Mental Health Counseling
- Services include individual and group counseling, workshops, Zen Den rooms, and psychiatry
- Individual counseling is...
 - Brief: addressing specific goals with a defined end-point
 - Time-limited: providing the most help in the fewest number of sessions
 - 54.9% 1-5 sessions
 - 26.0% 6-10 sessions
 - Goal-directed: Frequency is variable & dependent on needs
- NO CHARGE for services and CONFIDENTIAL

GETTING CONNECTED

- Referrals
 - Call 334-844-5123
 - Business Hours are M-F 8:00 am until 5:00 pm
 - Come to a SCPS location:
 - 1) AU Medical Clinic Building, second floor
 - 2) Haley Center, ground floor
 - Also, College of Veterinary Medicine students can meet with an embedded counselor there
- Crisis/Emergency Services
 - Immediate access to an on-call clinician is available
 - Come into any SCPS location during business hours
 - Call 24 hours a day, 7 days a week
 - If an immediate life-threatening situation, dial 911
 - National Suicide Crisis Lifeline: call 988 or text 741-741
- When in doubt, AU Cares is a great first point of contact (334-844-1305)

SCPS WAITLIST

- Individual counseling is the ONLY service with a wait list
- At intake, all other options are discussed with students (e.g., group, on-line workshops, community referral)
- Consultations with case manager, e-mail check-ins, & assessing for changes
- Wait time varies depending on urgency of need
- In 2023-2024, 65.6% of students were assigned to a counselor within 7 days (Average: 10.43 days)
- Continual reassessment of needs and resources

SCPS STAFF INFORMATION

PROFESSIONAL STAFF

- 22 full-time professional staff members when fully staffed (4 vacant positions currently)
- Includes psychologists, social workers, and counselors
- Licensed in profession or working toward licensure under supervision

TRAINEES

- 4 full-time pre-doctoral psychology interns
- Practicum students from counseling psychology, clinical psychology, and social work

DOGTORS

- Most popular staff members
- From left: Winston, Rooster, Nessie
- Newest addition - Eve



SCPS DATA (2023-2024)

22,269 ATTENDED APPOINTMENTS; 3271 STUDENTS



SCPS CLIENT DEMOGRAPHICS (2023-2024)

GENDER/GENDER IDENTITY

- Cisgender Women: 53.9%
- Transgender Women: 0.3%
- Cisgender Men: 37.2%
- Transgender Men: 0.4%
- Non-Binary: 1.6%

RACE/ETHNICITY

- Black/African American: 6.3%
- American Indian/Alaskan Native: 0.4%
- Asian/Asian American: 6.4%
- Hispanic/Latino/a: 5.1%
- Native Hawaiian/Pacific Islander: 0.1%
- Multiracial: 3.2%
- White: 74.2%

ACADEMIC YEAR/AGE

- 1st year undergrad: 20.1%
- 2nd year undergrad: 15.1%
- 3rd year undergrad: 11.9%
- 4th year undergrad: 7.7%
- 5th+ year undergrad: 3.9%
- Graduate: 11.4%
- Professional: 4.6%

- Average Age: 23.00 years

TAKE HOME MESSAGES



SCPS is a source for referral and consultation



Help us dispel the myths about our services



Contact us with any questions/concerns