

**SUNY Potsdam
Administrative Unit
Assessment Summary Form**

Administrative Unit: College Counseling Center
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Assessment Year: 2022-2023

PURPOSE

This annual assessment summary form provides the opportunity for units to follow-up on their previous assessment work and reports and to highlight actions taken to improve processes and/or efficiencies in functioning that lead to outcomes that benefits students, staff, or the college. These could be process changes or improvements in efficiency, skill level of staff, opportunities for the college, or other aspects over which the unit has a certain amount of control.

SECTION 1: PRIOR YEAR ASSESSMENT PLAN FOLLOW-UP

A key component of the continuous improvement assessment process is following up on [prior year assessment plans and reports](#). Review your prior year plan and report and select one of the desired goals and outcomes to comment on any changes or improvements resulting from actions taken.

Prior Year Assessment Plan – Desired Goal and Outcome(s)

Copy/Paste or enter the goals and outcomes from your prior plan that you wish to highlight and summarize. Also list any relevant results data and planned actions that may have been previously listed.

Provide mental health training to the campus community to increase their awareness of relevant mental health concerns and how to address issues within this domain to provide support and guidance to fellow members of our campus community.

GOAL #1 – DESIRED OUTCOMES AND OBJECTIVES

After attending a two- hour AAA Mental Health training the campus community will be able to identify the four parts of the BEAR action plan. The campus community will be able to identify signs of common mental health disorders most often experienced by SUNY Potsdam students and be able to utilize the BEAR action plan to initiate helping conversations. This training will be offered twice per semester to the campus community.

- 1.) Upon completion of the AAA Mental Health training the campus community will be provided a quiz to reinforce and assess their retained knowledge of the covered material.**

- 2.) *70% of the campus community who attend the training will be able to identify: What BEAR stands for regarding the Mental Health Action Plan, three self-care behaviors which promote wellness, as well as what resources are available to students to address mental health related concerns.*
- 3.) *The target is to train a minimum of 50 people a year in AAA Mental Health and obtain a quiz score of 70% or better.*

Based on the outcomes, collected data/results, and planned actions, please describe what specific actions were taken and the resulting impact, if any.

AAA Mental Health was presented to 44 members of the Residence Life Staff as well as 7 community-based interns associated with the Community Health Department. Based on the outcomes of the quiz administered, 88% (45 participants) of the 51 participants were able to retain the knowledge of what BEAR stands for regarding the Mental Health Action Plan, three self-care behaviors which promote wellness, as well as what resources are available to students to address mental health related concerns. Forty-five of the 51 achieved a score of 70% or greater. Six of the participants scored a 60% or below.

Given these results, AAA Mental Health will be offered during the 2023-2024 academic year again to Residence Life Staff and the Community Health Department interns. It will additionally be offered in four WAYS classes as a pilot program during the 2023-2024 academic year as an attempt at capturing more of the student body.

For those students who failed the AAA Mental Health quiz, we will offer them the opportunity to participate in a future AAA Mental Health presentation. We have analyzed the quiz questions answered consistently wrong by all participants and we will rework those questions and provide clarification where indicated in hopes of capturing higher retention rates of that specific material.

SECTION 2: ADDITIONAL ASSESSMENT HIGHLIGHTS (optional)

Assessment activity can take place that is not directly tied to previously submitted plans and reports. Please use this space to share any assessment success stories from this past year. What did you assess and how? What were the results? What did you learn from it and do as a result?

Using various evidence-based assessments such as the Beck's Depression Inventory II and the PHQ-9 the College Counseling Center staff assessed clients for a range of depressive symptoms. It should be noted all students receiving services completed at least one or both inventories. Using this information, we were able to assist with symptom specific interventions such as Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Cognitive Processing Therapy (CPT) to restore students to a previous level of functioning. This information was also used to rule out depressive disorders and assist students with behavioral modification in the incidents where student's symptoms were related to adjustment and phase of life challenges as opposed to Major Depressive Disorder. As a result of these assessments, the College Counseling Center staff were able assist students with adopting new methods of coping and skill acquisition.

Trends were observed through staff meetings, one-on-one individual supervision, clinical supervision, informal assessment, department meetings, during emergency availability, and recorded in patient specific files.

An area of future focus is to isolate specific instances to identify trends which will be available through a new Electronic Medical Record system (Titanium) and a new Inventory (CCAPS) which is a current limitation of the current Electronic Medical Records system, Mediat, which did not afford us the ability to accurately extrapolate the scores/data on each individual student through their reporting feature. It was discovered when the report was run there were blank scores present for a majority of the students and therefore a data comparison to the anecdotal report could not be completed.

The good news is with the adoption of our new medical records system, Titanium, the CCAPS inventory will be administered which will provide further detailed statistics regarding these interventions, allowing for even greater implementation and success.