Student Counseling Center
Student Engagement Plan for 2014-2015 Academic Year

MISSION STATEMENT
The mission of the Counseling Center at PrattMWP is to help students be successful by providing a full range of educational, psychotherapeutic, and wellness services and advocacy to students in need. The Counseling Center will promote the holistic wellness of the PrattMWP student population by providing programs, facilities, and/or services which contribute to healthy emotional, physical, mental, and academic development.

VISION
The Counseling Center aspires to maintain a standard of excellence in practice for its provision of student psychological and educational services and advocacy through individual and group counseling, therapeutic groups, academic advocacy, exercise and wellness programs, advocacy, crisis management, and campus-wide participation in community events centered on wellness.

VALUES
Respect for diversity and individuality
The importance of balancing academic, personal, and social pursuits
The integrity and responsibility of individual choice
Self-knowledge and self-efficacy
Advocating for social justice and human dignity

THERAPEUTIC LEARNING & ENGAGEMENT OUTCOMES

Goal 1: Access and Diversity - Increase awareness of the availability of psychological services for all students, and increase services to and understanding of the broad spectrum of our diverse campus community.

Strategies:
- **Website**: Develop, implement, and maintain web-based information regarding counseling services
- **Facebook**: Develop, implement, and update information regarding Counseling Center activities and hours on Facebook Student Life site.
- **Brochures**: Develop and maintain brochures for student health services to include information regarding the Counseling Center. Brochures and business cards provided to all incoming first-year students. Brochures and business cards will be displayed/made available in security, student lounge, nurses’ office, dining hall, and library.

Goal 2: Staff Education and Resources - Provide ongoing educational opportunities and utilization of exceptional resources to develop and maintain quality staff to support an optimal supportive environment for both staff and students.

Strategies:
- **Staffing**: Maintain qualified, NYS licensed staff that is most experienced and qualified to provide counseling support to the students.
- **Clinical Organization**: Develop and maintain clinical files for collaborative benefit and liability reasons.
- **Professional Organizations**: Identify and participate in a nationally recognized professional organization to build resources, collaboration, and staff support. Become member of American College Counseling Association (ACCA) which is the leading authority on current events and standards on college campuses for therapeutic counseling services. Membership includes access to multiple national and electronic publications, networking opportunities, committee attendance, continuing education opportunities, discounted rates for conferences, and access to an online forum for support and collaboration.
• Professional Development: Attend conferences and workshops that help to educate, expand on skills, and provide tools to further advance the Counseling Center staff in professionalism, ethics, and quality treatment skills.

Goal 3: Individual Engagement - Provide mental health services and educational outreach opportunities that contribute to student learning and critical thinking, that benefit individual student needs.

Strategies:
• Orientation: Educate students on resources available through the Counseling Center during orientation and through admission packets.
• Mental health screenings and workshops: Provide screening days for depression, anxiety, and addiction identification, education. Promote suicide awareness and prevention through workshops, RA training, and campus-wide educational programs.
• Mental Health Counseling: Provide 1-1 counseling to students referred by self, staff, or faculty for mental health counseling.
• Addiction Counseling/Education: Provide 1-1 Counseling and/or educational session for students referred by self, staff, or faculty to meet sanction violations and/or for addiction counseling.

Goal 4: Campus-Wide Engagement - Develop and implement mental health, holistic, and educational services campus-wide through opportunities and events that contribute to student learning and critical thinking, and that benefit the student body as well as the campus and local community.

Strategies:
• LGBTQ Support Group: Develop and implement a bi-monthly LGBTQ Support Group on campus
• The Cooking Club: Further develop and implement the Cooking Club to promote wellness and nutrition.
• Girls Group: Develop and implement a 6-8 session weekly girls group for the Fall semester to promote developing relationships and building mutual trust and respect among female first-year students on campus. Both sophomores and first-year students will be allowed to attend.
• Pet Therapy: Develop and implement a pet therapy program both on and off campus to include at least 1-2 events each semester to reduce stress and increase morale on campus.
• Exercise: Encourage students to utilize the gym facilities at Utica College and City Gym as well as participate in additional exercise offerings on campus such as yoga to improve overall wellness and reduce stress.
• Community Volunteerism: Promote community awareness and volunteerism through participation in community events such as American Heart Run and Walk, America Red Cross Blood Drive, and other opportunities to get involved in community wellness.

Goal 5: Partnerships - Build strategic partnerships and collaborations with local and campus community.

Strategies:
• CHBS Collaboration: Further expand and develop the referral relationship for mental health services to PrattMWP students at Community Health and Behavioral Services in Utica, NY.
• Referral Relationships: Develop and utilize relationships with additional community agencies to provide support, resources, and referral to PrattMWP student on a variety of needs including mental health, wellness, addiction, social services, and educational needs.

Outcomes:

**Increase the number of students with:**
• Problem-solving skills
• Positive coping skills
• Self-advocacy skills
• Good learning and study habits
• Stable mental health symptoms
• Participation in holistic wellness activities

**Decrease the number of students with:**
• Untreated mental health problems
• Barriers to receiving care
• Alcohol and other drug use
• Academic issues