

Student Health Services

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Performance Objective 1 Attain accreditation for the Counseling Center.

1 Assessment and Benchmark

Benchmark: The Counseling Center at McNeese has historically never applied for, or achieved accreditation. Therefore, the benchmark would include applying for accreditation, completing a site visit, making any necessary changes/improvements, and receiving accreditation.

1.1 Data

2017-2018:

Counseling Center submitted the paper application for IACS accreditation, which was received by them on November 28, 2017. On January 29, 2018, we received written notice that we were approved for a site visit which will take place in six months or later (based on when a site visitor would be available).

1.1.1 Analysis of Data and Plan for Continuous Improvement

2017-2018:

We plan to complete the site visit, and await information regarding if we met accreditation standards or if there are necessary improvements/changes that would need to be made in order to achieve accreditation.

Performance Objective 2 Improve outreach and awareness of health and counseling services.

1 Assessment and Benchmark

Baseline: Events typically attended during the year include:

- Parent Orientations (eight)
- Preview Days (two)
- Alcohol Awareness event & speaker (spring)
- Sexual Assault Prevention event & speaker (fall)
- International Student Mixers (spring and fall)
- Finals De-Stress/Therapy Dogs (spring and fall)
- Housing/Res Life Orientation for on-campus students (fall)
- Wellness Wednesday (tabling event; second week of fall semester)

1.1 Data

2017-2018:

In addition to our regular/standard events, we completed the following by request:

| Event | Participants |
|---|---|
| Career Assessment Results Review (classrooms) | 7 classroom results reviews; 431 students (not including individual 1:1 sessions) |
| Counseling Center/Health Services 101 Presentation | 3 presentations 46 students |
| Cowboy Camp re: alcohol and sexual assault prevention (first time asked to speak at this event) | 350 students |
| Presentation: Stress Relief, Sorority | 90 students |

Additionally, tabling events held that year included:

- Sleep hygiene
- Promotion of free HIV test available and Women's Clinic next semester in Health Services
- Sexual Assault Prevention Week tables (coloring contest)

1.1.1 Analysis of Data and Plan for Continuous Improvement

2017-2018:

- We will promote new/upcoming services available in Health Services (women's clinic, STD testing) through print flyers, social media postings, and outreach tabling events.

- We will also invest in promo give-away items to use during outreach tabling events to increase awareness of the Counseling Center (journals, t-shirts, pens, etc).
- We will hire student workers to help the departments with outreach tabling events during the semester and also creation of social media posts.

Performance Objective 3 Improve services and access to medical care on campus.

1 Assessment and Benchmark

Benchmark: Providing services that have historically not been provided before, but have been requested through past survey of students, and services that are provided at other universities, including: HIV testing, STD testing, and women's clinic (gyn) services.

1.1 Data

2017-2018:

Health Services nurses received training through the Office of Public Health to be able to offer free, rapid fingerprick HIV testing to all enrolled students on campus. This service became available to students during the spring 2018 semester.

In spring 2018 we were able to negotiate an additional women's health clinic to be added to the contract with Memorial Hospital to increase services available to students (pap smear, wellness visit, breast exam, pelvic exam, etc). This will officially take place starting fall 2019.

Late spring 2018, we began discussions through the local STD taskforce (headed by Dr. Bertrand Foche, Louisiana Dept of Health) to try to coordinate for free urine STD testing for enrolled students through the state lab.

1.1.1 Analysis of Data and Plan for Continuous Improvement

2017-2018:

For the future, we will plan to evaluate usage and satisfaction rates for HIV testing and women's clinic. Additionally, we will continue to dialogue with appropriate stakeholders with hopes of coordinating free STD urine testing through the state lab.

Performance Objective 4 Increase group therapy as a modality of treatment.

1 Assessment and Benchmark

Benchmark: The Counseling Center provides clinical services primarily in individual session format. Groups would be an effective means of treatment that would also manage a higher number of students per hour, especially during times of the year where our caseload demand per clinician is high. So, baseline would be to offer groups that garner an appropriate consistent attendance.

1.1 Data

2017-2018:

- Spring 2017: three sessions of group counseling were held with the topic on Social Skills.
- Fall 2017: six sessions of group counseling were held on the topic of Social Skills.
- Spring 2018: six sessions of group counseling were held on the topic of Social Skills.

A separate on-going workshop based on communication/belonging was scheduled for several weeks during the semester; however, we don't consider that a successful group as only one participant consistently attended. Additionally, a four-week group/workshop series on men's identity issues was offered; however, there was no attendance.

1.1.1 Analysis of Data and Plan for Continuous Improvement

2017-2018:

We tend to have better chances of attendance for groups when we cull from "in-house" (clients already using the Counseling Center) for clients that would be a good fit for that specific group. Times when we take more general approaches to cull only from the general campus population is when we tend to see much lower participation. Therefore in future years, we will try to increase the topics for groups that we offer, and specifically market "in-house" and not primarily or solely rely on general campus marketing approaches.