

Mental Health on the Hill: A community conversation
November 29th, 2016

Sponsored by SGA, SHOC, the Dean of the College, Counseling Services and Health Services

This handout provides some useful information about mental health services on Colby's campus. We thank you for coming and for helping us in our continued efforts to meet the mental health needs of our Colby community.

Q: *What services are provided in the counseling office?*

A: Counseling Services offers individual and group counseling, crisis intervention, consultation for faculty/staff/students, training, and outreach/prevention programming. Our services are free and confidential.

Q: *Are counselors available 24/7 to respond to mental health crises?*

A: Yes. Students have immediate access to after-hours support from a licensed counselor in emergencies and situations in which waiting until the next day won't provide the support needed. Students simply need to call 859-4490 and press "0."

Q: *What is the average number of counseling sessions per student?*

A: The yearly average fluctuates between 5.0 and 5.7 sessions. How many times a student comes in can vary quite a bit depending on need.

Q: *What is the average wait time for an initial intake appointment?*

A: Our '15-'16 average was 6.26 days (including weekends). Fall '16 to date is 5.27 days. There is no wait time for emergencies and 1-3 days wait time depending on need for more urgent concerns.

Q: *What are the most common reasons students come to counseling?*

A: Anxiety/Stress 66%, Depression 41%, Adjustment Concerns 35%, Eating & Body Image Concerns 29%, Relationship Concerns 26%.

Q: *Who seeks counseling at Colby?*

A: The students who seek counseling in our office are as diverse as our Colby community. 28% of students seeking counseling identify as African-American, Asian-American, Hispanic/Latino/a, Native American, or Multi-Racial. 13% identify as International. 15 % identify as First Generation, 2% identify as Transgender, Gender Queer, or Gender Fluid. 18% identify as Lesbian, Gay, Bisexual, Questioning, Queer, Pansexual, or Asexual.

Q: *Are more students seeking counseling at Colby?*

A: Yes. There has been a 16% increase in number of students seen for individual counseling and a 33% increase in number of individual sessions delivered over the last 5 years. So far this year, we are up 21% and 22% respectively compared to last year. Colby Health Services has also seen a significant rise in the number of students they are treating for mental health concerns. These increases are not unique to Colby and are consistent with national trends.

Q: *Has Counseling Services taken steps to respond to these increases?*

A: Yes. Over the last 3 years we have hired three additional contract counselors, added a pre-doctoral trainee, hired an administrative coordinator where one did

not exist previously, doubled the size of our physical space, increased number of group offerings, increased outreach and prevention efforts, expanded our after-hours on-call coverage, and went paperless with an electronic medical record and scheduling system to improve efficiency. Currently, we are working on proposals to further increase staffing and our campus-wide collaborative prevention and early intervention efforts.

Q: ***What about medication?***

A: Colby Health Services has a psychiatric mental health nurse practitioner and consulting psychiatrist on staff who can provide initial consultations and ongoing medication management for students.

Q: ***Where do I go to get more information, or if I have further questions about mental health services at Colby?***

A: In addition to our Counseling Services and Health Services websites, you can stop in, call, or email us for more information. Both offices are conveniently located on the 2nd floor of Garrison Foster. You can reach Counseling Services at 859-4490, or through email at counseling@colby.edu. Health Services can be reached at 859-4460 or at healthservices@colby.edu.