

The University of Maine
Counseling Center and Peer Education Program

Division of Student Affairs

Annual Report

2009 - 2010

Douglas P. Johnson, Director

Reports to: Robert Q. Dana
Vice President and Dean of Student Affairs

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Table of Contents

Cover Page.....	1
Table of Contents.....	2
One Page Snapshot of the Year 2009-2010.....	4
Detailed Annual Report 2009-2010.....	5
Accreditations.....	5
Years of Operation.....	5
Services Provided.....	5
Staff of the Counseling Center 2009-2010.....	6
New Trainees for 2010-2011.....	7
Grant Funded Activity.....	7
Diversity Film Series.....	7
Anti-Stigma Campaign.....	8
Touchstone Project.....	8
Touchstone Web.....	8
Touchstone Resource Training.....	10
Touchstone Basic Training.....	10
Touchstone Student Training.....	10
Public Health/Prevention/Education.....	11
Campus Presentations and Workshops.....	11
Collaborations and Consultations.....	11
Community Participation.....	12
Tabling Events.....	12

Professional Development Activities of Counseling Center Staff.....12

Professional publications and presentations of Counseling Center Staff.....13

University Committees.....13

Counseling Center Committees.....14

Counseling Center Clinical Services.....14

 Urgent Care.....14

 iConsult System.....14

 Psychiatric Service.....15

 Descriptive Statistics of Client Population.....15

 Data Checklist of Concerns.....18

Peer Education program.....20

Goals for 2010/2011.....23

Counseling Center and Peer Education Program One Page Snapshot of the Year 2009-2010

- Provided 4,451 hours of individual, couples or group counseling sessions to 767 students.
- Received \$2,983.00 from the Office of Equal Opportunity to fund Diversity Initiatives.
 - Diversity Film Series
 - Anti-Stigma Campaign planned for 2010/11
- Developed and implemented the second year of the Touchstone Project, a SAMHSA Grant based on the Garrett Lee Smith Act. Amount for the second year is \$99,870.
 - Delivered 14 Touchstone Resource training workshops to students, faculty and staff resulting in 133 newly trained gatekeepers on campus.
 - Sent 2152 invitations for the AFSP web based depression screening resulting in 272 completed screenings and 57 new intakes.
 - Presented at the National Conference of Garret Lee Smith grant recipients in Orlando.
 - Presented initial program and research findings at the NASPA Conference in New Orleans.
 - Presented at the Beyond the Basics of Suicide Prevention Conference in Augusta, Maine, sponsored by the Maine Youth Suicide Prevention Program
 - Sponsored and implemented the first American Foundation for Suicide Prevention Out of Darkness Walk. Coordinated this effort with the Town of Orono.
- Prevention and Educational Programming efforts included 80 hours reaching 1715 students.
- Community Participation and Table Marketing to 4,800 students
- Initiated and collaborated in innovative outreach programming to off campus students. (Halloween for Needs and Valentines Day).
- Peer Education provided direct workshops, sponsored and co sponsored numerous campus wide initiatives and reaching thousands of students.
- Co chaired and/or participated on 7 University Wide Committees
- Sponsored 7 Counseling Center Committees
- Collaborated and participated in major community initiatives sponsored by other departments within the Division of Student Affairs.
- Sponsored, Organized and implemented the “Out of the Darkness Walk” in association with the American Foundation for Suicide Prevention to promote suicide awareness and prevention on campus and in the local community. Raised over \$10,000 and had over 250 walkers participate.
- Presented Introduction to the Counseling Center and the Touchstone Project at all New Employee Orientation Sessions

**Counseling Center and Peer Education Program
Detailed Annual Report
2009- 2010**

The Counseling Center continued the pursuit of innovation especially in regard to suicide prevention and community collaboration. With the assistance of the SAMHSA grant funded Touchstone project, the Counseling Center staff continued to extend our work into the community and collaborate in the overall mission of the Division of Student Affairs. The growth and innovation that has been afforded by the Touchstone Grant has also led to numerous opportunities for National recognition of our suicide prevention programming through invited presentations at State and National conferences.

The entire staff of the Counseling Center has displayed enthusiasm and energy for moving more fully to a Public Health model for mental health services on campus. All staff members are involved in prevention and educational programming as well as in the delivery of professional counseling services to students.

This year was also the final year of employment for Dr. Alan Butler who completed his phased retirement on May 7, 2009. Dr. Butler had a distinguished career as a Psychologist, Educator and Leader at the University of Maine for 41 years. He developed and lead the APA approved pre-doctoral internship program in Clinical/Counseling Psychology since 1979. Dr. Butler was a founding member of the American College Counseling Center Training Association, and received their award for Distinguished Career in 2008. He is widely known for his expertise, compassion, patience and wisdom. His retirement provided an opportunity for a reunion of past interns at which he was lauded by a host of former interns and colleagues. He leaves an honored legacy and will be greatly missed.

Accreditations

- International Association of Counseling Services (IACS) Self-study and Renewal Application due 2010
- American Psychological Association (APA). Accredited 2000-hour Pre-Doctoral Internship in Clinical/Counseling Psychology. Self-study and Renewal Application due 2010

Years of Operation

- 42nd year of the Counseling Center
- 32nd year of our Pre-Doctoral Internship Program.

Services Provided

- Peer Education Program
- Prevention and Educational Programs
- Training and Consultation Services for Faculty, Staff, Parents and Students
- Touchstone Suicide Prevention Services
- Individual, Couples, and Group counseling for students
- Crisis and Emergency Mental Health Services
- Psychiatric Services

Staff of the Counseling Center for 2009-2010

The Director is extremely grateful to the Vice President and Dean of Students, Robert Dana, and to the President of the University, Robert Kennedy, for continuing to support the current staffing level of the Counseling Center. Highlights of staff changes for this year are:

- Dr. April Boulier has made a very successful transition into the role of Training Director and will be guiding the Counseling Center through our 7-year process of applying for re-accreditation of the Internship program with the American Psychological Association.
- Dr. Holly Costar and Dr. Kylie Cole both passed the National and Maine State Exam for Psychologists
- Bethany Asquith, M.Ed., completed her Masters degree and passed the National Counseling Exam allowing her to be licensed as a professional counselor.
- Kristin Gillen was rehired for a second year of the Advanced Training Fellowship after performing her duties in her first year in an outstanding fashion.
- After an honorable and distinguished 40 years of service to the students of the University of Maine, Dr. Butler has stepped down from his position as Training Director and will be working a 20% appointment in 2009-2010 as part of a phased retirement. Alan designed and founded our APA approved Pre-doctoral Internship in Counseling/Clinical Psychology and has served as the Training Director since the inception of the Internship. The University of Maine Counseling Center Internship program was the 11th Counseling Center Internship formed in the USA and the design has served as a model for many Counseling Center Internship programs throughout the USA. Dr. Butler is known Nationally as an innovator and leader in the training of Psychologists.

Director

Douglas P. Johnson, Ph.D. (19 years)

Senior Staff

Bethany Asquith, M.Ed. (1.5 years) Touchstone Project Coordinator

April Boulier, Ed.D. (20 years) Training Director.

Alan Butler, Ph.D. (41 years) Psychologist

Kylie Cole, Ph.D. (4 years) Senior Clinical Staff and Coordinator of Prevention and Education.

Holly Costar, Ph.D. (3 years) Senior Clinical Staff and Assistant Training Director

Brent Elwood, Ph.D. (10 years) Psychologist and Group Program Coordinator.

Marc Mytar, Ph.D. (34 years) Psychologist and Coordinator of Practicum Program

Advanced Training Fellowship

Kristin Gillen, Ph.D. Candidate (1 year) Advanced Training Fellow

Pre-Doctoral Interns

Michael Starkey, Ph.D. candidate, University of Minnesota

Jessica Mijal, Psy.D. candidate, University of St. Thomas

Innocent Okozi, Ph.D. candidate, Seton Hall University

Administrative Staff

Wanda Cunningham (42 years) Administrative Associate

Pamela Guerrette (6 years) Administrative Assistant

Graduate Assistants

Kristin Healey, GA for Prevention
 Sadel Nesin, GA for Peer Education Program
 Daniela Veliz, GA for Touchstone Project

Practicum Students

Jon Smith, M.Ed. candidate
 Shyla Yerxa, M.S.W. candidate
 Hannah Hanlon, M.S.W. candidate

Work Study Students

Jaclyn O'Brien
 Lauren Arsenault

New Trainees for 2010/2011

New Pre-Doctoral Interns

Rachel Kerns George Fox University
 Jeffrey P. Walter University of Minnesota
 Samantha Wheeler Western Michigan University

New Graduate Assistants (GAs)

Nicole Jenkins: GA for Peer Education
 Whitney Kangas: GA for Prevention and Education
 Daniela Veliz: GA for Touchstone (funded by the SAMSHA grant)

New Practicum Students

Kristiana Hall, M.S.W. candidate, University of Maine
 Maureen O'Malley, M.S.W candidate, University of Maine

Grant Funded Activity

Diversity Film Series

\$1483 from the Office of Equal Opportunity to provide a diversity film series. Over the month of April, four films were shown in DPC. The four films and attendance were as follows:

Film	Estimated attendance
God Grew Tired of Us	40
TransAmerica	50
Smoke Signals	40
Precious	100

Anti-Stigma Project

\$1500 grant from Office of Equal Opportunity to lower stigma on Mental Illness and seeking counseling interviews of student will be the basis for creating scripts for theatrical presentations.

Touchstone Project

The Counseling Center is completing the second year of a SAMSHA funded grant under the Garrett-Lee Smith Act in the amount of 99,875 per year. This grant funds Bethany Asquith the Touchstone Coordinator, and Daniela Veliz as a Research Specialist.

The Touchstone Project staff opened an office in the Memorial Union to carry out the Touchstone Services. The Touchstone logo has become successful as a marketing tool for this program.



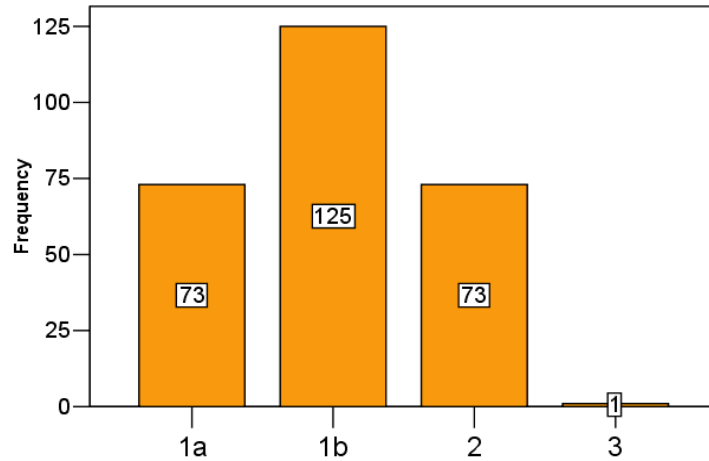
Goals of the Touchstone Project

- Develop a comprehensive campus-wide state of the art suicide prevention program
- Lower the barrier to counseling services
- Provide support/resources to faculty, staff , parents and students
- Increase the comfort and skill level of key UMaine community members

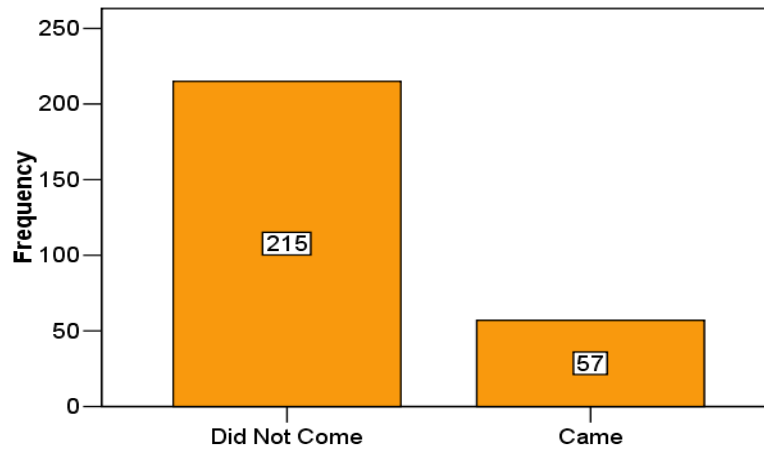
The goals for this year were accomplished through the following components:

- **Touchstone Web:**
 - 2,152 invitations were sent. This is sent to all students new to the university of Maine in 2009/2010
 - Screenings completed: 272
 - Tier 1a (highest risk) = 73
 - Tier 1b (high risk) = 125
 - Tier 2 (moderate risk) = 73
 - Tier 3 (low risk) = 1
- Of the 272 who completed the screening, 57 came in for intake sessions at the Counseling Center.
- The Touchstone Advisory Council met on 3 occasions.
- A team of 7 were provided funding to attend the NASPA Mental health Substance Abuse Conference in New Orleans. Included: Tara Loomis, Director of Residence Life; David Fiacco, Director of Community Standards, Rights and Responsibilities; Lauri Sidelko, Director of Alcohol and Drug Education Programs; Kylie Cole, Psychologist/Prevention Coordinator, Doug Johnson, Director, Counseling Center; Bethany Asquith, Touchstone Coordinator; and Todd Gabe, Assistant Professor of Resource Economics.

Tier Level Assigned by Computer



Came to the Counseling Center



- **Touchstone Resources:**

- Faculty/Staff Trainings

- Touchstone Basics (10-15 minutes) - Introduction and relationship
 - Touchstone Resource (2 hour) -Helping skills, listening, distressed students, gatekeeper
 - Touchstone Trainers (day) - Advanced helping skills and how to train others

Touchstone Resource Trainings

Name Department	# of participants	Date training
Honors College	6	6/2/2009
International Programs	6	6/18/2009
College Natural Science, Forestry and Agriculture	15	8/24/2009
college of education advising center	3	8/25/2009
College Natural Science, Forestry and Agriculture	13	9/14/2009
Open Session 1	5	9/17/2009
Kylie's Class (Higher Education)	4	9/22/2009
Open session 2	6	10/21/2009
Open session 3	18	11/13/2009
New Student Programs	8	11/16/2009
ROTC	9	12/4/2009
Financial Aid & Student Records	36	12/10/2009
Open Session 4	9	3/24/2010
Open Session 5	4	4/15/2010
Total	142	

Touchstone Basic Trainings

Department	Date	# of participants
Athletics	6/15/2009	45
Graduate School	6/17/2009	7
Deans (Retention)	10/15/2009	15
Deans APPIC	10/29/2009	25
College Success Programs	11/10/2009	14
Explorations	11/10/2009	18
Graduate School Board	11/19/2009	40
Financial Aid		39
APPIC	10/29/2009	20
Total Participant		223

Touchstone Student Trainings

Department	# of participants
Residential Life	41
Touchstone peers/Peer ed.	10
RA	12
Total	63

Public Health and Prevention Education

Campus Presentations and Workshops

- Presented at the Summer Orientation for new students. Staff members participated in the Welcome Sessions, Student sessions, and Parent Sessions and attended the student bonfires.
- “Breaking up is Hard to Do” (general student audience)
- Relationship Workshop (general student audience)
- Stress and Relaxation Workshop for the Commuter and Non-traditional Student Office, the What’s on Wednesday program (WOW).
- Stress and Relaxation Workshops to a Sorority
- Effective Listening Skills to Academic Classes as requested
- Presented several Peer Education Training Sessions.
- Gave students 100 Relaxation and Guided Imagery CDs that include relaxation, centering, and mindfulness recordings in .mp3 audio files. These are now available on CD or for Mp3 download from the Counseling Center website to all students and staff.
- Introduction to the Counseling Center and Relaxation and Stress management for peer mentors from Disability Support Services
- Ethics in Counseling Presentation to Kappa Omicron Nu
- Presented Introduction to the Counseling Center and the Touchstone Project at all New Employee Orientation Sessions

Collaborations and Consultations

- Counseling Center Staff and Interns provided training and presentations for the Resident Assistants including: recognizing signs of suicide and depression and referral skills; active listening and boundaries; “Top 5 Mental Health Concerns”; and "Behind Closed Doors" training: In-vivo role-play scenarios between Resident Assistants and "students" on a variety of topics such as roommate conflicts, self-harm, homesickness, alcohol abuse and others.
- The Counseling Center provided consultation and debriefing for Resident Directors and Resident Assistants for situations involving students with depression, anxiety, suicidal concerns, behavior problems, health problems, severe mental health problems.
- Counseling Center staff consulted with Faculty and Academic Administrators in many cases in order to determine the best response to student/client needs when academic functioning was affected by emotional or behavioral problems.
- Counseling Center staff provided consultation to the Student Ambassadors to facilitate their interpersonal skills in working with incoming students and to educate on CC services
- Provided consultation for the Rainbow Resource Room Staff during HIV testing.
- Student Leadership Conference Presentation
 - Dealing with Transitions
- Assisted with the Career Fair offered by the Career Center.
- Consulted with Student Women’s Association to organize “Take Back the Night” and participated in the rally and march
- Consulted with 2 Fraternities regarding mental health issues
- Office of Multicultural Programs
 - Monthly meeting with students
 - Facilitated Discussions

- “Lunch and Learn” sessions
- Assisted in preparation for International Food Festival and International Dance Festival
- Liaison with Greek Life
- Co-planned “No Place for Hate” Coalition with Residence Life
- Supported Orono High School staff in planning post-vention events in wake of student suicide

Community Participation

- Sponsored, Organized and implemented the “Out of the Darkness Walk” in association with the American Foundation for Suicide Prevention to promote suicide awareness and prevention on campus and in the local community. Raised over \$10,000 and had over 250 walkers participate.
- Participated in the Relay for Life. Raised \$1,055.
- Attended weekly International Coffee Hour
- Attended Summer Student Orientation Events
- Participated in Maine Hello
- Halloween at the Recreation Center
- Supported the Bodwell Volunteer Center for Service and Volunteerism by participating in the Maine Day Parade and organized projects.
- Attended the “Know Your Status Dinner”:
- Two staff ran in Healthy 5k (Kristin Gillen and Jessica Mijal)
- MLK, Jr. Breakfast Celebration
- Participated in the “defunkification” program

Tabling Events

- Open House Days for potential students
- Valentine’s Day
- Body Image Awareness Week
- Women’s Health Fair

Professional Development Activities of Counseling Center Staff

- 3 Interns defended dissertations
- Holly Costar and Kylie Cole passed state and national licensure examinations to become licensed as Psychologists
- Co-hosted with Student Veterans Office (a webinar on Veterans and Mental Health with Vets.)
- Co-hosted one-day conference on Rural Mental Health with the Psychology Deptment of Togus VA and the Clinical Psychology Program at UMaine. Presenter: David Scott Hargrove, Appalachian State University
- Second Life Workshop
- Mental Health and Eating Disorders Workshop (Bethany, April, Kristin, Doug)
- AWARE: Recognizing Prodromal Symptoms, Acadia Hospital
- Training Director’s Conference (April)
- Smoking Cessation Conference (Holly)
- Spirituality and Trauma Conference (Holly, Innocent, April)
- Class of ADHD/LD Assessment (Holly)
- Safe Zone Training
- FERPA and Cleary Act Webinar (all staff)
- Systems Centered Training (SCT)
 - SCT annual conference. (Brent)
 - SCT Monthly Theory Seminar (Doug)

SCT Monthly Consultation Seminar (Brent)

- Passed National Counselor Exam and qualified for licensure as a Licensed Professional Counselor (Bethany)

Professional Publications and Presentations of Counseling Center Staff

Johnson, D. P., Asquith, B. C., & Cole, K.G. (2010). Campus based suicide prevention: Comprehensive planning for colleges and universities. Presented at the Beyond the Basics Conference, Maine, April, 2010.

Cole, K. G., Asquith, B. C., Veliz, D. & Johnson, D. (2010). Interactive, anonymous, web-based screening: Implementation, outcomes and data from year one and implications for year two. Garrett Lee Smith Suicide Prevention Grantee Meeting, , Orlando, FL, February 12-14, 2010.

Johnson, D. P., Cole, K. G., & Asquith, B. C. (2010). Touchstone Project: Suicide prevention through social justice. Presented at the National Association of Student Affairs Professionals Mental Health Conference, New Orleans, LA, January 14-16, 2010.

Skovholt, T. M., & Starkey, M. T. (2010). The three legs of the practitioner's learning stool: Practice, research/theory, and personal life. *Journal of Contemporary Psychotherapy*, 40, (3), 125-130.

Starkey, M. T. (2010). Fenway. In Trotter-Mathison, M., Koch, J. M., Sanger, S. & Skovholt, T. M. (Eds.), *Voices from the field: Defining moments in counselor and therapist development* (pp. 40-42). New York: Routledge.

University Committees

- The Counseling Center Director co-chaired the Student Behavioral Review Committee (SBRT) with Senior Associate Dean of Students. The SBRT met weekly throughout the year and on an as needed urgent basis to review cases and provide input and recommendations to the Vice President/Dean of Students. This meeting is attended by Associate Deans of Students, Residence Life Director, Chief of Police, and Director of the Office of Community Standards, Administrative Associate Dean of Students and at the end of the year and an Associate Dean from the College of Natural Science, Forestry and Agriculture began regular attendance.
- Division-wide Programming Committee (Kylie, Holly, Bethany)
- ADEP Community Coalition
- GLBT Allies Council
- Division Wide Programming Committee
- Campus Activities and Events Review Committee
- The Rape and Sexual Assault Awareness Committee co-chaired by Kylie Cole and the Safe Campus Project Coordinator

Counseling Center Committees

- Training Committee
- Website Development Team

- Prevention Team
- Intern Selection Committee
- ADHD Committee
- Diversity Committee
- Touchstone Advisory Council

Counseling Center Clinical Services

The Counseling Center provides individual, couples, and group counseling services to students enrolled in 6 credit hours or more. These services are provided by our staff who are Licensed Psychologists, Pre-Doctoral Interns, or Practicum Students. All services offered are provided under the supervision of Licensed Psychologists.

A major innovation of this year was the implementation of a “walk in” type of system. We call these meetings iConsults. iConsults are available Monday – Thursdays, 1:00 to 3:30 pm. We have created a new category for iConsults and iConsult Intakes. iConsults typically are triage sessions lasting 20 to 30 minutes. iConsult Intakes are a full hour follow up session to gather further information. Regular Intakes are new clients who were given a specific time to come in, usually because they were not available during the iConsult times. This system has reduce the wait time for students to get their first appointment. It has lowered the barrier to services both for students and those who refer students to the Center. The increased number of students seen this year are evidence of the effectiveness of this system.

767 students received 4451 confidential counseling appointments between June 1, 2009 and May 30, 2010.

The primary focus of the majority of counseling continues to be developmental in nature. However, in many cases significant and diagnosable mental illness is present. The statistics listed in the tables below provide a general description of the client population and the problems they presented.

In all cases, our goal is to remove or resolve barriers to successful academic and life success.

Urgent Care Cases

2005/06	2006/07	2007/08	2008/09	2009/10
125	118	143	152	111

The lower number of Urgent Care Cases this year is due in part to iConsults. Many appointments that would have previously been seen during an Urgent Care time slot were seen during the iConsult time.

	2009/2010
iConsults	412
iConsult Intakes	241
Intakes	197

Psychiatric Services

Year	New Clients	Returning Clients	Follow-ups
2005/2006	77	49	398
2006/2007	74	52	400
2007/2008	76	49	398
2008/2009	78	53	398
2009/2010	83		371

Descriptive Statistics of Client Population Served

College in Which Students were Enrolled	06/07	07/08	08/09	09/10
Liberal Arts and Sciences	284	306	245	300
Ed. & Human Development	83	98	65	88
Nat. Sciences, Forestry & Agric.	136	129	150	154
Business, Public Policy & Health	92	75	59	55
Engineering	47	61	57	69
Explorations	12	1	24	28
Graduate School	118	124	93	95
Other/no entry	50	74	37	33

Referred By:	06/07	07/08	08/09	09/10
Self	332	378	327	376
Friend	84	76	65	86
Parent	63	60	57	54
Partner/Spouse				24
Faculty	40	35	38	42
Student Health	34	29	33	18
Residence Life	13	17	7	13
Dean		2	19	24
Student Affairs Staff				4
Clergy	2	1	0	0
Touchstone Web			6	33
Athletics			9	11
Outside Provider			28	15
Public Safety				2
Other/no entry	181	146	54	33
Total				744

Descriptive Statistics (Continued)

Gender	06/07	07/08	08/09	09/10
Male	253	279	215	311
Female	438	446	372	393
Transgender				4
Other/no entry	13	18	50	36

Residence	06/07	07/08	08/09	09/10
Fraternity/Sorority	3	3	21	22
Off Campus	379	421	346	378
Residence Hall	297	289	253	312
Parents/Family	12	12	0	0
Other/no entry	13	19	19	32

Class Standing	06/07	07/08	08/09	09/10
Graduate	118	146	93	95
Senior	154	145	141	158
Junior	135	154	138	166
Sophomore	133	152	124	134
First Year	127	145	116	155
Other	35	23	31	33

Ethnicity	06/07	07/08	08/09	09/10
African American	6	7	10	11
Asian	17	17	8	16
Caucasian	618	668	556	623
Latino	9	5	9	14
Native American	4	10	2	15
Arab American				3
Native Hawaiian/Pacific Islander				1
East Indian				10
Other/no entry	50	37	65	34
Prefer not to answer				10

Descriptive Statistics (Continued)

Marital Status	06/07	07/08	08/09	09/10

Single	444	417	324	412
Married	32	36	42	32
Separated	11	5	1	6
Divorced	9	4	3	4
Living Together	7	3	-	
Serious dating or committed relationship			247	263
Civil union/domestic partner			1	4

Psychosocial Stressors:	06/07	07/08	08/09	09/10*
Economic problems	27	35	51	97
Educational problems	115	132	144	215
Housing problems	13	20	24	24
Occupational problems	22	18	25	22
Problems related to interaction with the legal system/crime	12	19	12	19
Problems related to the social environment	201	179	231	262
Problems with access to health care system	9	7	8	19
Problems with primary support group	176	174	218	252
Other	13	41	24	70
				* 427 clients

Descriptive Statistics (Continued)

Diagnosis of Students	06/07	07/08	08/09	09/10
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Served by Category N =	408	438	422	500
Abuse and Neglect	5	10	17	9
ADHD	11	9	18	29
Adjustment Disorders	105	146	93	205
Anxiety Disorders	84	82	113	125
Asbergers/Autism	3	8	8	10
Bereavement	14	14	19	31
Bipolar Disorder	11	11	28	21
Depression (major)	130	125	70	125
Depression NOS	9	11	49	16
Dysthymia	33	33	26	19
Eating Disorders	27	32	19	17
Mood Disorders NOS	4	17	11	19
Panic Disorder	27	27	16	28
Phase of Life Problem	15	29	17	24
PTSD	17	17	30	30
Sleep Problems	1	3	1	3
Social Phobia	22	17	11	31
Specific Phobia	3	5	4	3
Substance Problems	43	58	43	62
Thought Disorders	4	9	4	

Data from Checklist of Concerns (completed by client)

Problem Category	Recent 08/09	Recent 09/10	Past 08/09	Past 09/10	Like to talk about 08/09	Like to talk about 09/10
Academic/Career Problems		283		87		208
Test/Performance Anxiety		180		85		96
Difficulty Learning or Paying Attention		206		79		130
Excessive Worry		321	101	102	197	253
Panic Attacks	114	126	77	86	87	100
Concern about Time Spent on Computer/Internet	37	53	26	31	18	22
Financial Stress	152	188	56	69	53	67
Credit Card Debt	38	46	17	13	7	19
Relational Problems	183	216	87	88	137	180
Loneliness	170	234	78	77	114	142
Alcohol/Drug Use Concerns	43	64	22	37	33	48
Sleep Problems	175	206	78	69	109	121
Depressed Mood/Sadness						

Loss of Pleasure	238	320	104	110	188	247
Suicidal Thoughts	48	71	59	61	42	46
Suicide Attempts	2	6	18	22	3	6
Psychiatric Hospitalizations	6	3	19	15	5	5
Physical Harm to Self (Without suicidal intent)	26	40	43	53	22	28
Frequent Anger/Aggression	76	100	44	47	54	66
Frequent Gambling	0	6	1	1	1	2
Eating Problems Binging/Purging	21	23	19	12	17	16
Eating Problems Overeating	55	57	32	20	32	29
Eating Problem Undereating	51	64	27	25	36	32
Unwanted Pregnancy/Abortion	6	8	13	14	5	9
Sexual Identity or Gender Concerns	10	23	13	18	5	11
Concern about Personal Sexual Behaviors	33	27	11	5	21	19
Sexually Transmitted Disease	10	8	8	6	4	5
Physical Harm caused By another Person	4	7	20	30	8	12
Unwanted Sexual Contact Or Sexual Assault	16	17	39	49	16	15
Stalking/Harassment	15	19	14	17	11	16
Other Trauma (combat, accident, natural disaster)	16	19	25	35	20	19
Suicide of Friend or Family Member	9	21	24	26	10	13
Death (not suicide) of Friend or Family Member	46	56	60	89	33	48
Parent or Family Member With Chronic Illness	49	51	36	37	23	24
Chronic Medical Problems	32	17	18	10	15	11
Terminal Illness	13	19	15	16	7	10
Parents' Divorce/Relationship Problems	43	51	62	79	40	42

Peer Education Program

Peer Education Program Staff:

Kylie Cole	Counseling Center Advisor
Sadel Nesin	Graduate Assistant
Robert U. Jackson	Peer Educator
Sarah MacAlister	Peer Educator
Desiree Murphy	Peer Educator
Megan Arsenault	Peer Educator
Jessi Lopes	Peer Educator
Rebecca Workman	Peer Educator
Jerusha Benn	Peer Educator
Kelly Pennington	Peer Educator
Kevin Parsons	Peer Educator
Elizabeth Knue	Peer Educator
Steven Barker	Peer Educator

Peer Education Projects and Campaigns

Halloween For Needs

For the second year in a row, Peer Educators took the lead on this project seeking to increase awareness about the Counseling Center and the services provided. They collaborated with the Bodwell Center for Service and Volunteerism to target University of Maine Students who lived off campus. Halloween bags were filled with candy and informational resources. Around Halloween, Peer Educators, Bodwell Center staff and Counseling Center staff went door to door at various locations (e.g. Orchard Trails) and handed out the bags. When students answered the door, they were told that the Counseling Center provides free and confidential services. They also were asking for food donations for the black bear exchange, which was also collected door-to-door.

Let Loose and Give Yourself a Boost

Reaching about 50 students, Peer Educators worked on a project that was focused on giving students a break near the end of the semester. They had coloring, games, popcorn, and other activities that students could come in and participate in freely during the entire time the event was running. The goal was to give students fun tasks to work on and let loose from the stresses of school and life as well as to advertise the Peer Education Program to recruit more members.

Safer Sex and Me

Reaching about 50 Students, Safer Sex and Me was designed like a fair with tables set up for different professionals from different organizations on and off campus. Cutler Health Center and Mabel Wadsworth Women's Health both showed up with information, giveaways, and the willingness to talk to students about any questions they may have. Peer Ed brought all games that were focused on this topic

for students to play as they wished. Safer Sex and Me was designed to provide sexual health information to students and make it easily accessible to students.

H1N1 Online Survey for Students, Faculty, & Staff

Previously Peer Education had a game/workshop about germs and keeping oneself safe and healthy, however with the H1N1 breakout that was happening nationwide a Peer Educator found it useful to educate the student body on this. They created an online quiz in collaboration with the Student Health Center and approximately 100 students completed it to test their knowledge of personal health and wellness and the facts of H1N1.

World AIDS Day

Reaching around 50 students, World AIDS Day 2009 was a candlelight vigil with speakers (Dr. Dana, Peer Ed, CC) about the effects of HIV/AIDS and how we can continue to educate and spread the knowledge about the epidemic. World AIDS Day was in conjunction with another project; Medication for Change.

Medication for Change

Medication for Change was a new project, reaching around 30 or so students to help students realize the pill treatment regimen of HIV/AIDS. There were multiple treatment plans assigned to students, some of which included painful side effects, waking up in the middle of the night to medicate, and having to leave every ½ hour to use the bathroom. Students were asked to participate as if this were reality and follow the regimen strictly to wear the shoes of someone who was really suffering from HIV/AIDS and to gain a better understanding of the lifestyle changes that come with it.

Peer Ed Fair

The Peer Ed Fair, reaching about 20 students was purposed to get the word out about workshops and other services Peer Ed offers UMaine students. Efforts were made to connect with ResLife to get staff to the event but the lack of staff present proved this communication did not have results. The low turn out rate and general lack of interest was proof that if repeated this needs to be approached in a different way to reach students and meet the goal of the fair.

Valentine/Anti-Valentine Week

Valentine/Anti-Valentine week was designed to reach out to student who either love or hate the holiday and to give them healthy ways to express their feelings. The project took form in a number of ways, a major part of which was in the spirit room. The spirit room was decorated half in black half in red (to symbolize love/hate) and students were allowed to post notes on either side to express their feelings. The project went very well, was week long, and reached a lot of people, as access to the spirit room was allowed all day even when Peer Educators were not tabling outside of it.

Body Image Awareness Week

This week is intended to spread the word to love you body, and does this in a number of ways including decorating the spirit room for the week, tabling, a clothing drive (to get rid of those clothes that just don't fit), and through hosting game night and karaoke in the union. The goal is to encourage students to love their body and embrace who they are.

Know Your Status Dinner

KYS reached around 120 students at the event this year, and proved to be a very successful part of pride week. The student arranged for speakers, entertainment, meal choices, decorations, ticket sales, and advertising and did it all in about 2 weeks before the dinner happened. KYS is intended to raise money (through donations) for EMAN and to continue education about HIV/AIDS awareness and place emphasis on the effects of the UMaine community and surrounding areas.

Relay for Life

Three Peer Educators created a team to participate in the American Cancer Society’s annual event held on April 16th, Relay for Life. Over \$1,000 was raised through donations and a bottle drive. In addition to making the Peer Education program and Counseling Center visible, the event helped to unify the people who participated.

Events

- 8.28 Presidents Dinner on the Mall
- 9.21 Safety Week (w/ADEP)
- 9.27 Out of the Darkness Walk (Suicide Prevention)
- 10.6 Take Back the Night
- 10.19 Open House for New Students
- 11.4 Women’s Health Fair
- 11.9 Open House for New Students
- 2.8 Host Game Night: Relationship Game (Part of VDay/Anti VDay)
- 2.19 Host Karaoke (Part of Body Image Awareness Week)
- 2.22 Host Game Night: Don’t Forget the Lyrics (Part of Body Image Awareness Week)
- 3.15 & 3.17 Defunkification (w/Touchstone)
- 3.24 Women’s Health Fair (Repeat)
- 3.25 to 4.15 Diversity Film Series (on Thursdays)
- 4.16 Relay For Life (Winners for Most Team Spirit)
- 4.20 Healthy High 5K (Volunteering)
- 4.25 Sex Carnival (w/Sex Jeopardy)
- 4.26 Presentation at STAR Meeting (Lingo/Loves of College Students)
- 4.26 The Beautiful Project
- 4.28 Maine Day (Wilde Stein Drain Clean Up, Music Building Cleanup)

Workshop Title	# of Presentations
Shots, Drugs, and Ladders	4
Let’s Talk About Sex	1
Sex Jeopardy	1
Roommate Game	6
Rest and Relaxation (stress pillows)	3
STD Land	4
Room to Room	6
TOTAL	25

Training Sessions Provided to Peer Educators

Bethany Asquith & Kylie Cole: Suicide Prevention/Touchstone Training

Gretchen Gfellar: Illustrator & Photoshop Training

Brent Elwood: MBTI

Stacy Russell: HIV/AIDS (from Downeast AIDS Network)

Danielle M. Steele: Safe Zone Training (GLBT Services)

Lauri Sidelko: Hazing Training

Carey Nason: Safe Campus Project & Rape/Sexual Assault

Bud Walkup: Substance Abuse/Misuse & Review of Shots, Drugs, & Ladders

Bettina Voight: Rape Response Services

Kylie Cole: Eating Disorders/Body Image

Goals for 2010-2011

- Develop a Counseling Center Leadership Team. Members: Doug Johnson, Brent Elwood, Kylie Cole
 - Provide oversight for services offered by the Center
 - Clarify and refine policies and procedures
 - Track clinical services
 - Generate ideas, vision, and mission for the future of the Counseling Center
 - Public health initiatives
 - Clinical services model including group programs
 - Peer Education
 - Revenue generation
 - Electronic resources
 - Integration and collaboration of services
- Complete a self study for reapplication for APA Accreditation of the Internship Program
- Complete a self study for the application for renewal of IACS Accreditation
- Develop sustainability options for continuing Touchstone Suicide Prevention Program
- Sponsor and Plan the 2nd year of “Out of the Darkness Walk” September 26, 2010
- Continue to develop ADHD Clinic to include a Structured Clinical Diagnostic Interview, Screening Tests and Psychiatric Evaluation and Services.
- Develop and implement a new Eating Disorders Policy and Protocol to include the development of an Eating Disorders Team in collaboration with the Cutler Health Center (Norumbega Health Services).
- Send another 2,000 invitations for the AFSP Touchstone Web depression screening to new students on campus.
- Train 200 more Faculty and Staff through Touchstone Basic and Touchstone Resource Trainings.
- Train 500 more students through Student Gatekeeper Training.
- The Counseling Center Administrative Staff will offer training for other University Administrative staff in “How to Manage Students in Distress”.
- Continue to expand collaborations with Multicultural Services, First and Second Year Programs and the Alcohol and Drug Education Program and LGBT services.
- Create two professional development seminars on supervision and ethics and apply for continuing education credits from the State Board of Licensure for Psychologists.

