



UCF

2017-2018 **Annual Report**

Counseling and Psychological Services

DIVISION OF STUDENT DEVELOPMENT AND ENROLLMENT SERVICES
UNIVERSITY OF CENTRAL FLORIDA • ORLANDO, FL





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MESSAGE FROM *the* CAPS DIRECTOR

Hello UCF Knights Colleagues, Partners and Community!

We are once again reflecting on the year UCF Counseling and Psychological Services (CAPS) had in supporting the mental health and wellbeing of our students. CAPS services is one component of the continuum of care we have at UCF to help our students be successful during the time at UCF. Thank you to all of our partners in their help and important collaborations. We had a busy year meeting the mental health needs of our campus.

EXECUTIVE SUMMARY

CAPS utilization continues to increase every year.

This past academic year, CAPS served 5,473 students, for a total of 26,138 appointments. This is a 4.3% increase in students served and 0.91% decrease in appointments from the prior year. Our utilization was impacted due to Hurricane Irma, where the university was closed for 5 days, and the separation from the College of Medicine that took place fall 2016. It is a 23% increase in student served and 16% increase in appointments compared to two years ago.

CAPS prides itself on serving our ethnically diverse student populations at UCF.

Of the overall clients seen last year, 23.5% were LatinX students, 12% were African-American/ Black students, 6.7% were Asian/ Asian American students, and 6.1% identified as multi-racial students. This is reflective of UCF enrollment.

Top concerns of students seeking counseling services are:

Anxiety 59%, Depression, 49%, and Stress 31%. 21% of students report Family and Relationship issues as the next presenting concerns.

CAPS Groups program continues to grow.

CAPS provided 72 groups this year. This is a 9% increase in groups offered from last year. Special workshop series were added to support our community in crisis for our Puerto Rico and Marjory Stoneman Douglas students.

CAPS expanded its web-based treatment and psycho-education options.

Therapist-assisted Online (TAO) launched a self-enrollment self-help option for students, faculty and staff. This option is for students who may not want to come to CAPS at this time, who are taking online-classes or who may not have time to come to therapy. 859 students enrolled in self-help this year.

CAPS reached 24,629 people in our outreach efforts

through our signature events and developmental programming, with 5,225 students attending CAPS programming.

Students reported that CAPS helped them stay in school.

95% of our students reported that CAPS has been very helpful and effective overall, 77% reported that it made it easier to remain enrolled at UCF, by addressing their concerns.

CAPS launched “Kognito”, a game-based simulation training program to help our community engage in important conversations through online practice with an avatar experience.

We hope that more faculty and staff try the program to increase our campus mental health literacy.

What is new this year:

CAPS has officially expanded its space with a new entrance and waiting room.

The outreach and prevention focus will be to increase Mental Health Literacy on campus and educate our campus on student wellbeing as well as intervening with students in distress because it takes all of us to guide students into taking care of themselves, and to know when to get help.

“I CAN HELP” suicide prevention training will be another suicide prevention training similar to Question Persuade Refer (QPR).

It takes a village to support our student's mental health and wellbeing needs, and we greatly appreciate our partners in this effort. We hope to continue our great collaborations together. On behalf of all of us at CAPS, we thank you for your partnership! Go Knights! Charge On!

— Karen R. Hofmann, PH.D.



UCF

Counseling and Psychological Services

UNIVERSITY OF CENTRAL FLORIDA

OUR VISION

To enhance the lives of students by reducing the impact of mental health and phase of life challenges, elevating well-being and resiliency and minimizing the interruption of their academic pursuits.

OUR MISSION

To serve as an essential mental health resource for UCF students by providing high quality, culturally competent, clinical and outreach services, and a nationally renowned training program.

OUR VALUES

1. Accessibility
2. Collaboration
3. Equity and Inclusion
4. Student Centered
5. Professional Excellence
6. Positive Work Environment
7. Mindful Innovation
8. Holistic Wellness

CAPS Strategic Goals/Initiatives

- 1 **Provide high quality, barrier-free clinical services** that minimize interruptions to student learning and aid in the development of skills needed to function optimally.
- 2 **Foster meaningful and collaborative liaison** and consultative relationships with relevant offices, colleges, and student leaders and organizations.
- 3 **Contribute to a highly inclusive campus** as a beacon for equity, inclusion, social justice in programming, service provision, recruitment, curriculum involvement, consultation, and advocacy.
- 4 **Provide excellent primary outreach** and prevention through mental health education and student development programming.
- 5 **To develop and train emerging professionals** who are ethical, versatile, clinically and culturally competent and aware and who provide highly skilled services to a wide range of clients.
- 6 **Provide a work environment infused with creativity**, professional satisfaction, positivity, growth opportunities, and strong intra-unit communication.
- 7 **Promote practitioner-scholar-identity** by developing and expanding CAPS scholarly activities that inform our clinical practices and contributes to the field of collegiate mental health.

CLINICAL SERVICES

Executive Summary

5,473 *students served*

5,473 students in total **received services** in the 2017-18 academic year

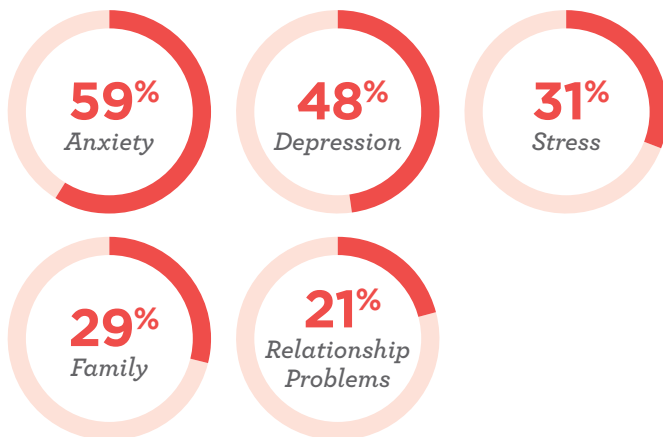
+4.3% This represents a 4.3% increase in students served compared to the previous year.

3,742
new clients

1,731
returning clients

26,138
appointments conducted

Top 5 Presenting Concerns at Intake



Therapy Assisted Online (TAO)

58 *clients*
participated in **TAO Treatment** this year

859 *clients*
participated in the **TAO Self-Help** program this year

The Outcome

After four counseling sessions, UCF CAPS average improved change for clients with elevated distress on the following CCAPS (Counseling Center Assessment of Psychological Symptoms) subscales:

99% **Hostility**
Reduction greater than 99% of counseling centers in the national sample

98% **Alcohol Use**
Reduction greater than 98% of counseling centers in the national sample

96% **Eating Concerns**
Reduction greater than 96% of counseling centers in the national sample

94% **Generalized Anxiety**
Reduction greater than 94% of counseling centers in the national sample

94% **Depression**
Reduction greater than 94% of counseling centers in the national sample

93% **Social Anxiety***
Reduction greater than 93% of counseling centers in the national sample

* STATISTICALLY SIGNIFICANT
WITH SMALL EFFECT SIZE

Client Surveys

Overall, students that sought out CAPS services reported positive outcomes on the Individual Counseling Evaluations.

92% said CAPS *helped them to feel better about themselves.*

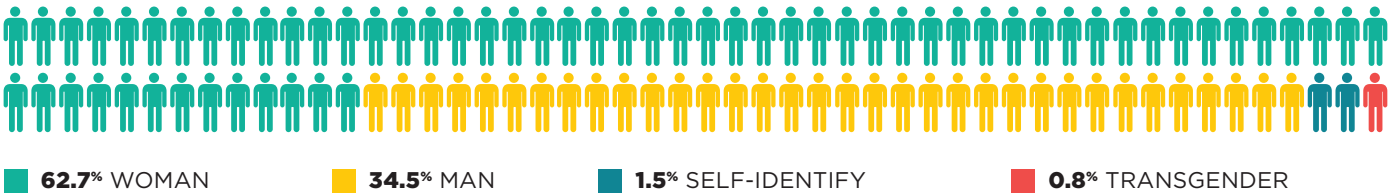
99% said CAPS *is a necessary service at UCF.*

92% said CAPS *has been very effective and helpful overall.*

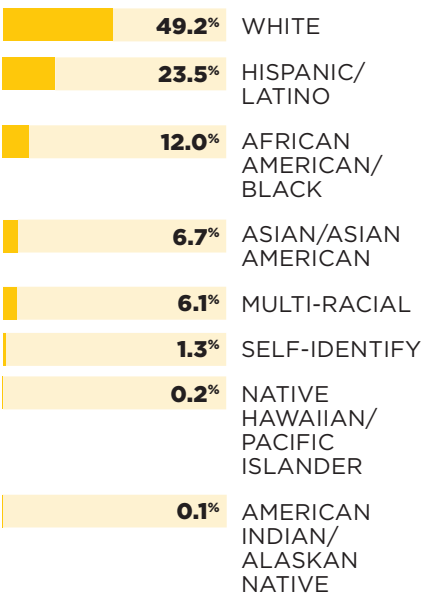
CAPS CLIENTS SERVED

DEMOGRAPHICS

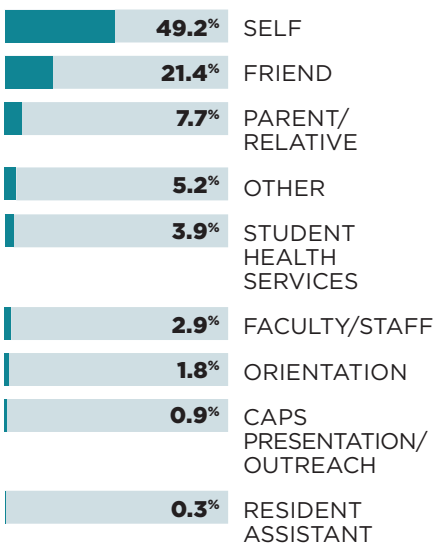
Gender Identity



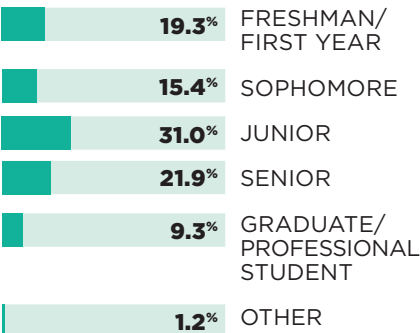
Race/Ethnicity



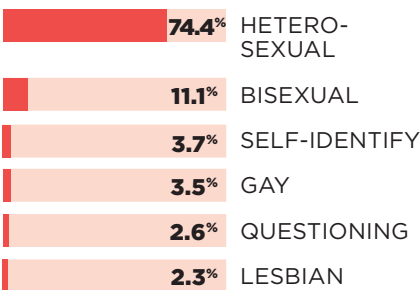
Referral Source



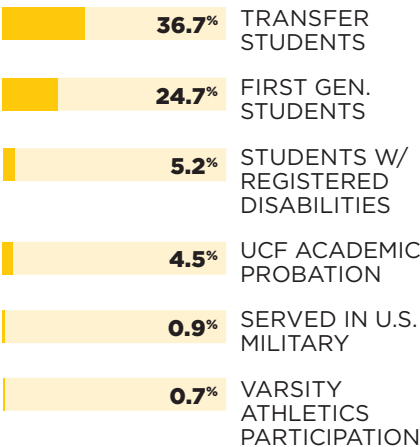
Academic Status



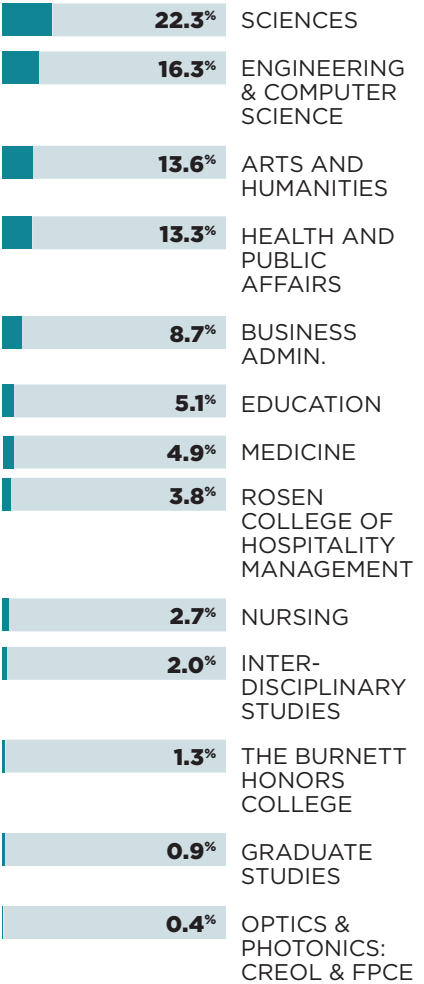
Sexual Identity



Additional Student Demographics



College Affiliations



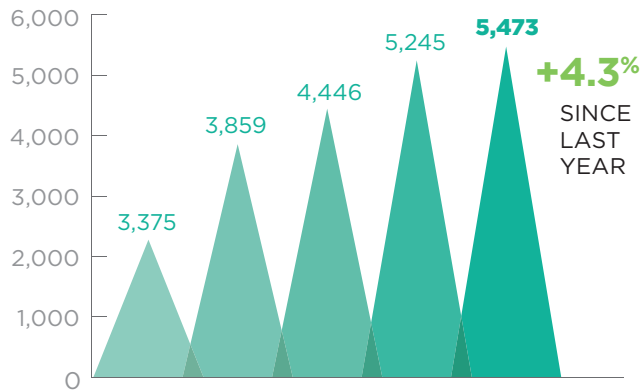
104 COUNTRIES REPRESENTED

4.2% INTERNATIONAL STUDENTS

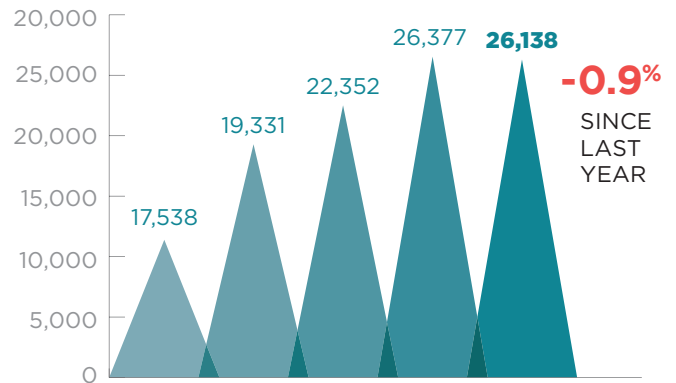
CLINICAL SERVICES SUMMARY

Trends in Clinical Service Utilization

*Number of Students Served
Per Academic Year**



*Appointments Provided
During the Academic Year**



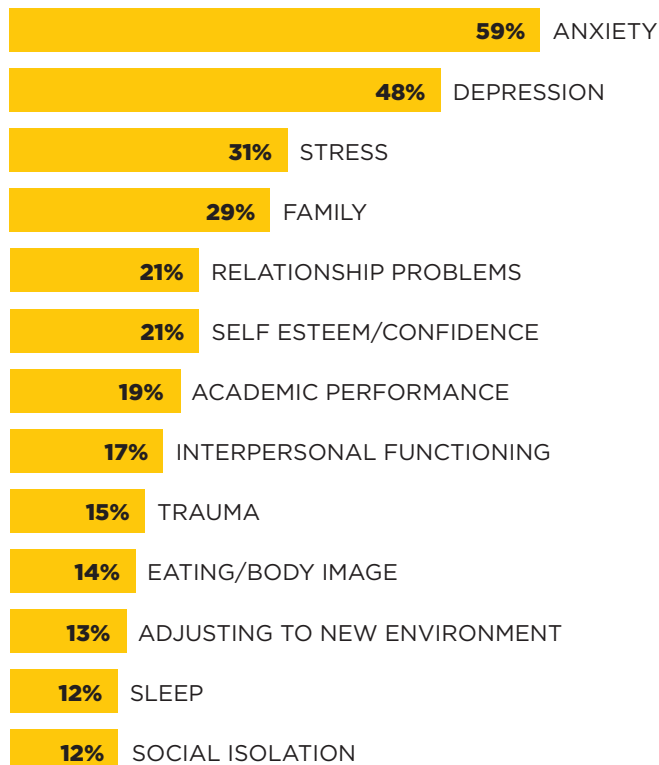
* NUMBERS ARE IMPACTED BY COLLEGE OF MEDICINE OPERATING INDEPENDENTLY FROM CAPS STARTING SPRING 2017 AND CLOSURE OF CAMPUS (1 WEEK) DUE TO HURRICANE

*Students who engage in therapy
are more likely to decrease their
risk and increase their mental
health and well-being.*

Presenting Concerns of CAPS Clients

Most Common Presenting Concerns at Intake

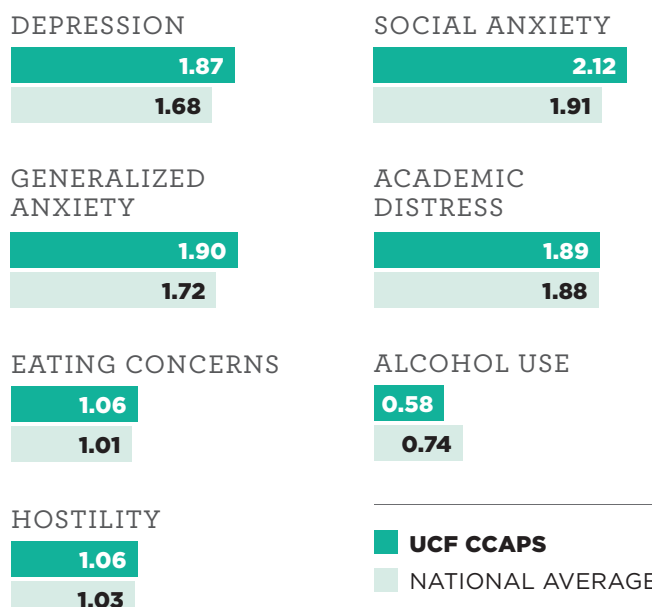
The following chart depicts the **Clinician Index of Client Concerns (CLICC)** data for intakes during the past academic year representing clients' most common presenting concerns as identified by the clinician.



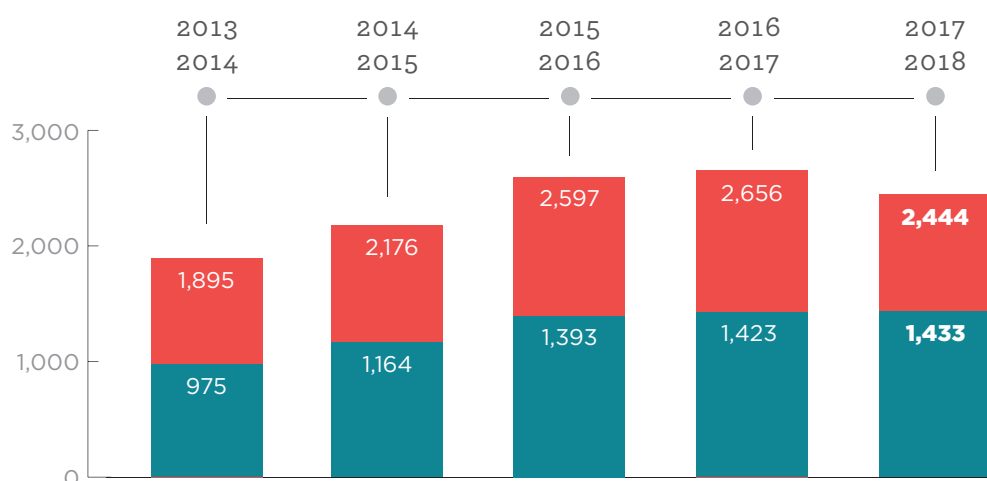
Psychological Symptom Elevations

4,177 UCF CLIENTS | 141,055 NATIONAL SAMPLE

The following data compares the average Counseling Center Assessment of Psychological Symptoms (CCAPS) scores for 4,177 UCF clients who completed an initial assessment this academic year to the national sample, composed of 141,055 participants. Based on a scale from 0–4 (4 being the most severe), these scores suggest that **UCF students are presenting with similar levels of distress in certain areas than students at other counseling centers across the nation who are also using the CCAPS.**



Crisis Services Utilization



Number of crisis appointments

-8% SINCE LAST YEAR

Number of students served in crisis

+0.7% SINCE LAST YEAR

Our crisis utilization decreased in number of appointments used but number of clients served remains similar.

Risk Assessment and Management Procedures

-15% SINCE LAST YEAR

When students present with high risk, we take steps to mitigate the risk and promote safety for the student. This involves a detailed risk assessment, safety planning, and connecting with higher levels of care.

Students Assigned to Case Managers

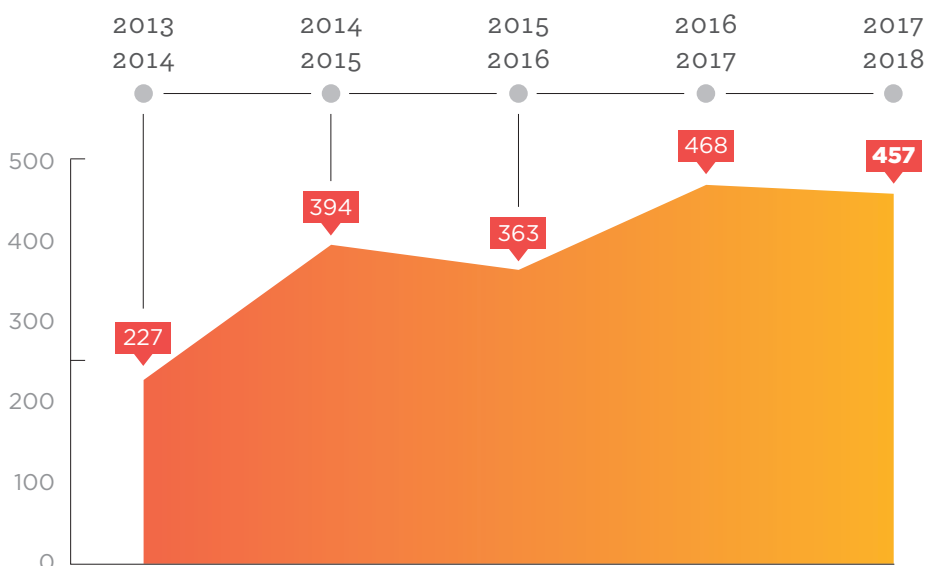
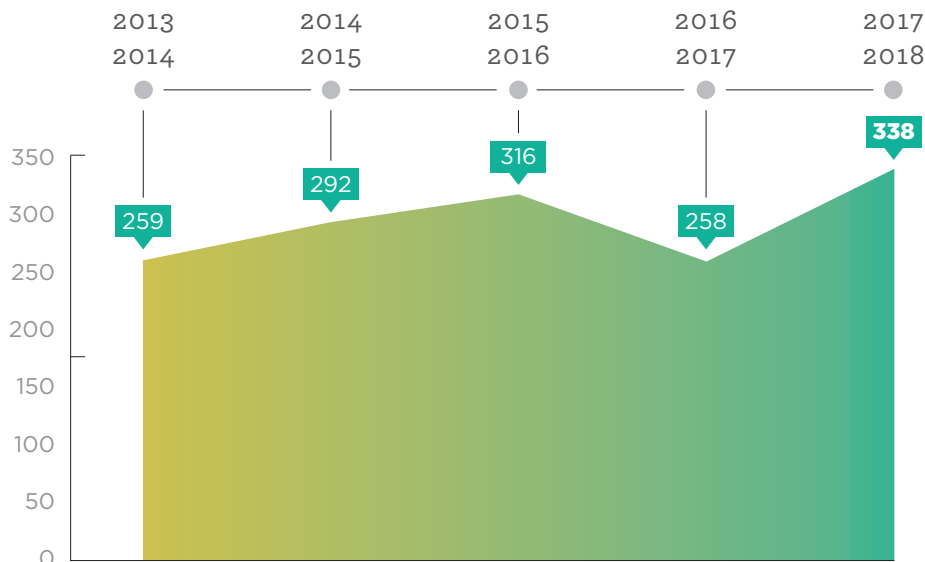
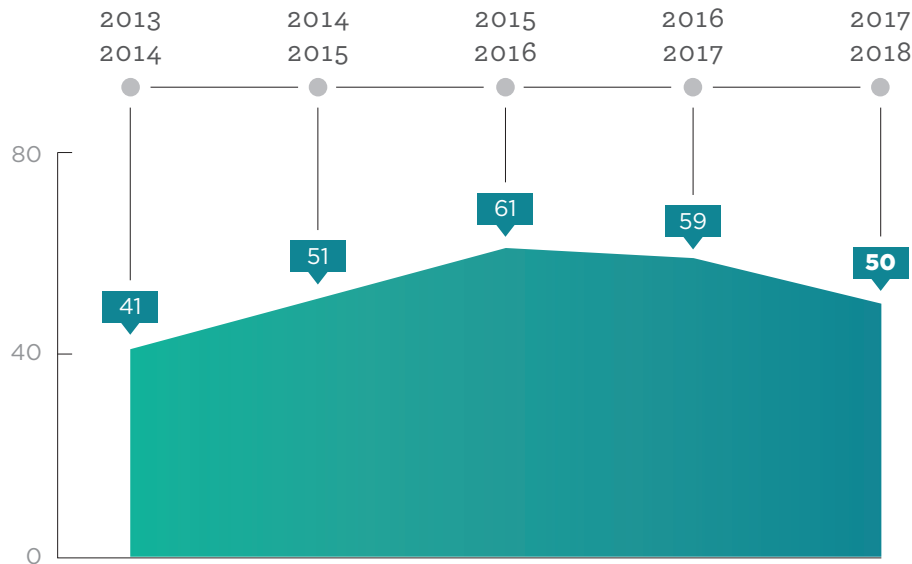
+31% SINCE LAST YEAR

CAPS provides specialized clinical case management to our highest risk students. Students assigned to Case Managers presented with a level of severity that requires frequent contact, management of risk, and complex referrals to other treatment services. **This has increased by 31% since last year.**

Number of Calls with After-Hours Crisis Line

-2.4% SINCE LAST YEAR

CAPS provides 24/7 timely access intervention to students in distress. Utilization of our crisis line has remained consistent with last year. By providing this access to services, CAPS has been able to impact students when needed.



Outcomes for UCF CAPS students Compared to National Averages

NATIONAL SAMPLE: 106 COUNSELING CENTERS | 47,948 CLIENTS

This data compares the Center's average change of client symptoms with elevated distress scores on CCAPS subscales compared to a national sample of 106 counseling centers representing 47,948 clients. "Elevated" means that student's report these symptoms as significantly impacting their daily lives. For example with the depression subscale,

UCF CAPS average change is in the 72nd percentile after two sessions and in the 94th percentile after four sessions. This means that UCF CAPS average change in elevated distress in depression is better than the change achieved by 72% of counseling centers nationally after two sessions, and better than 94% after four sessions.

Changes in Levels of Elevated Distress after Two vs. Four Sessions

SOCIAL ANXIETY



EATING CONCERNS



SUBSTANCE USE



DEPRESSION



HOSTILITY



AFTER 2
SESSIONS

AFTER 4
SESSIONS

GENERALIZED ANXIETY



ACADEMIC DISTRESS



Client Surveys

The Individual Counseling Evaluation (ICE) assesses a client's experience of CAPS services, with a focus on their perceptions of individual counseling. Any student that received one or more sessions after their initial assessment were eligible to participate. All responses were anonymous and confidential. ICE results are reported in the following percentages of clients who agreed or strongly agreed to the statements.

Surveyed Clients said:

92% CAPS helped me to feel better about myself.

98% I believe CAPS has a welcoming environment.

99% CAPS is a necessary service at UCF.

93% CAPS helped me learn how to cope better with my concerns.

97% CAPS is a place I would return if I felt it was needed.

74% CAPS helped or will help my academic performance, directly or indirectly.

99% I would refer a friend to CAPS.

77% CAPS made it easier for me to remain enrolled at UCF by addressing my problems/concerns.

95% CAPS has been very effective and helpful overall.

Client Comments

"For so long I've felt so alone and helpless, my therapist helps me realize that one day, I will be okay. That I deserve to be okay. That it's okay not to be okay, as long as I'm working to get there someday."

"Thank you very much for all. This help is VERY important for students at UCF. Many of us would never be able to pay for an excellent and professional service like this ourselves"

"I have been helped so much from my time here. Whenever I see a friend struggling I encourage them to seek help here because I now know how wonderful and helpful and warm this place is."

"Without this service, I would not be the fraction of the man I am today. This service is astounding and beneficial to the state of being of the individual."

Therapy Assisted Online (TAO) Treatment

91 CLIENTS
SINCE
2015

58 CLIENTS
THIS
YEAR

Therapist Assisted Online (TAO) is an up to eight week, interactive, online therapy program that provides assistance for anxiety and depression. TAO is based on well researched and highly effective strategies for helping students in these areas. Throughout treatment, participants will watch videos and complete exercises individually for up to two hours per week, and then meet with a therapist via videoconferencing for a 10-15 minute appointment. Since the program began in 2015, CAPS has provided treatment to 91 clients, which includes 58 students who participated this past year.

Therapy Assisted Online (TAO) Self-Help

2,049 CLIENTS
SINCE
2015

859 CLIENTS
THIS
YEAR

TAO Self Help is a web-based, interactive program that provides students with the skills and tools to help address issues related to anxiety and depression. This program teaches healthy coping skills. TAO Self-Help gives the students access to the TAO resources, including the Mindfulness Library and Mind Elevator, for their own use either without ongoing therapy or as a supplement to ongoing therapy. TAO Self-Help is not therapy on its own but provides resources that can be helpful to students. This year, 859 students were enrolled to receive Therapy Assisted Online Self-Help, which is a total of 2,049 since the self-help program began at UCF.

CLIENT FEEDBACK ON TAO

"I liked the learning experience. It was empowering and motivating to have the tools and knowledge."

TAO Treatment Client Surveys

81% of TAO treatment clients utilized the **Calming Your Worry Pathway**.

37% of TAO treatment clients utilized TAO treatment **3 or more days per week**

52% of TAO treatment clients utilized TAO Treatment **weekly**

35% of TAO treatment clients **did not receive any additional CAPS services**

Surveyed TAO Treatment Clients said:

96% TAO has **"been effective and helpful overall."**

94% TAO **"helped me learn to better cope with my concerns."**

94% TAO **"helped me address my concerns so I can be more successful at UCF."**

88% TAO **"helped my achieve my therapy goals."**

TAO Client Comments

"I like that they have different videos you can watch so if you're having a difficult time you don't have to wait until you see your counselor for help."

"The biggest benefit of using TAO is that it lets you go at your own pace and that it lets you go back and review."

GROUPS

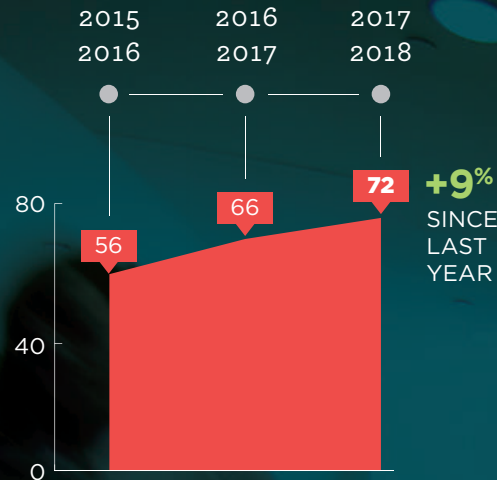
503

*clients
attended*

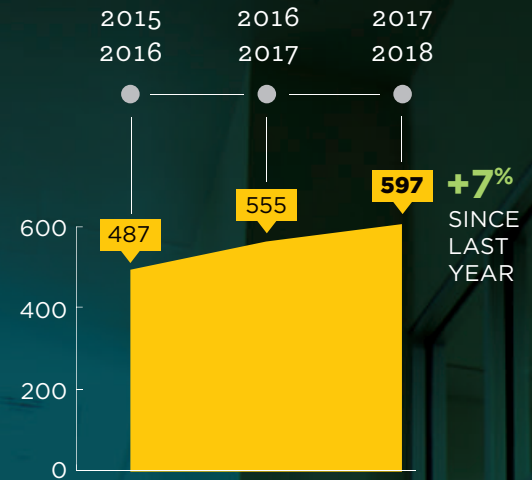
3,492

*appointments
attended*

Groups



Group Sessions



Groups (72 Total)

Anxiety Group
with TAO

Autism Connections

Black
Empowerment

Body Project

Body Wellness

Building Social
Confidence

Building Your
Toolbox for
Depression

Creative
Connections

Empowerment
through Music

Family Group

Finding Balance
in Life/DBT

GLB Support

Graduate
Connections

Grief and Loss

Health
Empowerment

Men's Group

Mindfulness
for Anxiety

Raices - Latinx
Support

Sister Circle

Strengthening
Loving
Relationships

Thriving After
Trauma

Trans and Gender
Diverse Support

Understanding Self
and Others

Women's
Empowerment

Women's Group

Group Spotlight

Black Empowerment

An empowering and supportive gender-inclusive group for Black students. This safe, confidential group allows for exploration of issues such as academics, family, relationships, self-esteem, body image, discrimination, while incorporating essential elements of interpersonal connection, ethnic identity and ally identity development.

CLIENT FEEDBACK

"Being able to give and receive advice from multiple peers really had a huge impact. Being able to grow together and see the growth was amazing and most honorable part."

"This group has helped me foster better relationships with people outside of the group and has made me more confident in my communication."

"Being part of this group has been inspiring and emotional."

"It has been a blessing to be part of this group."

Impact of Groups

99% said "I experienced the benefits of being in a therapy group."

99% said "I was able to learn something with the amount of group sessions I had."

97% said it "was very effective and helpful overall."

90% said it "made it easier for me to stay in school."

Client Group Comments

"This allowed me to have an outlet for my emotions every week. I felt comfortable and safe in the environment and I really don't think I would have found a space like this anywhere else."

"This group empowered me to become a better person and to express myself even more. It has helped me to move on and develop close relationships with people."

"The best thing that happened for me at UCF has been group therapy."

"This was one of the best experiences of my life."

"Absolutely essential to me."

"I was unsure about joining, but it was the best decision I have ever made and I can't remember ever truly feeling happy until now."

"I was able to communicate about my issues and I am grateful for everyone in listening. I truly feel supported."

"Overall this experience has continued to help me cope with my problems better than I would have on my own."

"It was an amazing experience."

CAPS Workshops

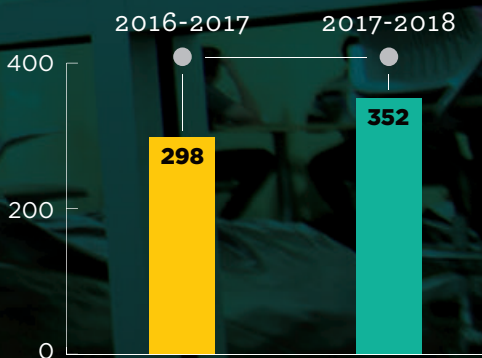
87
workshops

1 Hour sessions for any student

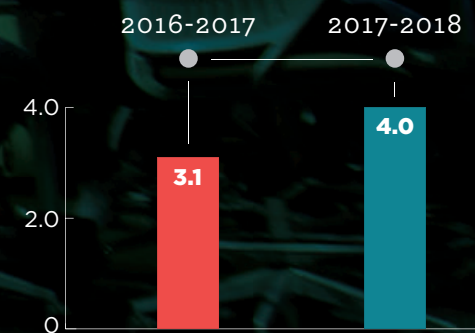
WEEKLY TOPICS:

- Mindfulness Mondays
- Take Charge Tuesdays

Workshop Attendees



Average Number of Attendees per Workshop



Workshop Spotlight

Puerto Rico Support

This free three-workshop series helped new students from Puerto Rico and other affected Caribbean islands to:

Understand common reactions to natural disasters

Averaged 5.0 students

Receive guidance on ways to cope

Better manage cultural adaptation

Workshop Spotlight

Stoneman Douglas Support

This free three-workshop series helped Stoneman Douglas alumni or any students affected by the events in Parkland to:

Understand common reactions to tragedies

Averaged 3.3 students

Find positive ways to cope

Connect with others

OUTREACH SERVICES

Overall Recap of Outreach Services at CAPS

539
appointments

24,629
*people served
(direct/indirect)*

CAPS PROGRAMMING
(Developmental Programming, Expo, Paws, Purrs, etc)

139 *appointments*

5,225 *people served*

PROGRAMMING REQUESTED BY OTHER DEPARTMENTS
(Tablings/Orientation, Crisis response, Presentations)

400 *appointments*

19,404 *people served*

INDIRECT TIME
(Time use to prep for outreach activities, meet with Liaisons, etc...)

260 *appointments*

381 *hours*





Healthy Knight Expo

FALL 2017 (N=1132 ATTENDEES) | SURVEY RESPONSES: (N=383)

Students, faculty and staff are invited to attend UCF's largest Health Expo. Counseling and Psychological Services (CAPS), Student Health Services (SHS), UCF Cares, Recreation and Wellness (RWC), Wellness and Health Promotions (WHPS), as well as several other campus departments, student organizations and community partners are on site sharing the available health and wellness resources.

The results show the event met its objectives and showed the overall effectiveness and success of the event.

Survey Results: Before/After Attending the Healthy Knights Expo

"How knowledgeable are you about UCF health-related services?"

BEFORE ATTENDING



- 13.09%** NOT KNOWLEDGEABLE (50)
- 69.37%** SLIGHTLY KNOWLEDGEABLE (265)
- 17.74%** VERY KNOWLEDGEABLE (67)

AFTER ATTENDING



- 1.05%** NOT KNOWLEDGEABLE (4)
- 20.16%** SLIGHTLY KNOWLEDGEABLE (77)
- 78.80%** VERY KNOWLEDGEABLE (301)

"How likely are you to utilize UCF's health related services?"

BEFORE ATTENDING



- 28.84%** UNLIKELY (114)
- 54.97%** LIKELY (210)
- 15.18%** VERY LIKELY (58)

AFTER ATTENDING



- 1.84%** UNLIKELY (7)
- 46.72%** LIKELY (178)
- 51.44%** VERY LIKELY (196)

"How likely you to refer a friend to one of UCF's health-related services?"

BEFORE ATTENDING



- 22.37%** UNLIKELY (85)
- 55.26%** LIKELY (210)
- 22.37%** VERY LIKELY (85)

AFTER ATTENDING



- 1.05%** UNLIKELY (4)
- 42.93%** LIKELY (164)
- 56.02%** VERY LIKELY (214)

ANIMAL ASSISTED ACTIVITIES

Paws-a-tively Events

N= 421 | DATA COLLECTED FOR FOUR EVENTS

***1100+ students participated
in 4 Paws-a-tively events***

The program is designed to increase visibility and approachability of CAPS, as well as enhance brief therapeutic interventions. The program's mission is to decrease stigma associated with mental health services and provide students an opportunity to de-stress and interact with their peers. Students were invited to take a break from the demands of the semester, and stop by CAPS to play with fun, friendly therapy dogs. It is known that the human-animal bond can relieve stress, anxiety and depression, and improve mood. In addition to CAPS' therapy dog, Bodhi, 4-6 certified therapy dogs were available through collaboration with volunteers in the local community.



SAID THEY FELT
LESS STRESSED



SAID THEY FELT
MORE ENERGIZED



SAID THEIR MOOD
WAS POSITIVELY
IMPACTED



SAID THEY WOULD BE
MORE LIKELY TO UTILIZE
CAPS SERVICES

Purrfectly Stress Free

N= 366 | DATA COLLECTED FOR FOUR EVENTS

**600+ students participated
in 4 Purrfectly Stress Free events**



STATED THEY FELT
LESS STRESSED



STATED THEY FELT
MORE ENERGIZED



STATED THEIR MOOD
WAS POSITIVELY
IMPACTED



STATED THEY
WOULD BE MORE
LIKELY TO UTILIZE
CAPS SERVICES



COME IN AND PLAY WITH A DOG!

Feeling stressed out? CAPS is having a **Paws** event today! Come on in and play with Bodhi and his furry friends.



**CAPS is having a Purrrfectly
Stress-Free event today!** Come on in
and play with some furry feline friends.



**Counseling and
Psychological Services**

UNIVERSITY OF CENTRAL FLORIDA





#UCFROCKS

CAPS kicked off the year with a fun interactive paint party in the Crepe Myrtle Garden outside of the CAPS building. We created a painted rock garden in front of CAPS for students to take and leave a painted stone for themselves and others. The stones had positive messages and images to share with the UCF Community.

Therapeutic Drumming - Drumming for ELI (English Language Institute)

CAPS continued to offer Therapeutic Drumming as an outreach activity. The intention for drumming at events on campus is to decrease stress, increase overall mood, and contribute to personal empowerment. By being part of a multiculturally inclusive experience, students often have increased comfort with mental health services and may feel more of a part of the UCF community.

Field of Memories

GOAL

Increase awareness around suicide, to create opportunities for people to talk about depression, and promote the QPR program and the QPR a thon.

The Field of Memories is a visual display of the 1,100 college age students lost each year to suicide. We ask students and those passing by to write a message of hope to those who may be struggling with depression or a memorial message to someone they may have lost.

1,100+ flags planted

IN MEMORY MALL IN FALL 2017

Question, Persuade and Refer (QPR)

EVALUATION RESULTS: N=287

QPR (Question, Persuade, Refer), is a program designed for everyone to learn what can be done to prevent suicide. The training session is a one hour presentation where participants learn the signs of suicide and three basic principles of how to help save a life. QPR is designed for students, faculty and staff and anyone at UCF. The reason we do this training is to increase the likelihood that attendees will feel more comfortable to talk about suicidal thoughts/feelings with someone who they might be concerned about.

WE TRAINED:

523 students

21 staff

10 faculty

554 TOTAL

95% of survey participants agreed that: **"As a result of this training, I feel more comfortable to talk about suicidal thoughts/feelings with someone who I am concerned about."**

National Eating Disorders Awareness (NEDA) Week

NEDA Week is an opportunity for students to come together and build a culture of self and body acceptance on this campus. The programming is to also help students become aware that if they are

struggling with eating or body concerns, there is help for them here at UCF. CAPS partners with Student Health Services as well as Recreation and Wellness Center and Wellness and Health Promotion Services.

Paws-a-tively Me (N = 100)



Blue Jeans for True Jeans (N = 30)



Kickoff in the Student Union (N = 200)



Love, Not Labels (N = 25)



2017 - 2018 ACADEMIC YEAR RECAP

23

total peer
educators

182

total volunteer
hours

31

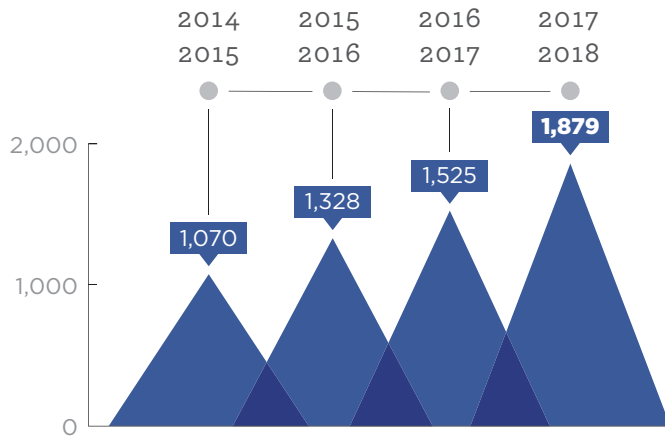
total events

Peer Educators

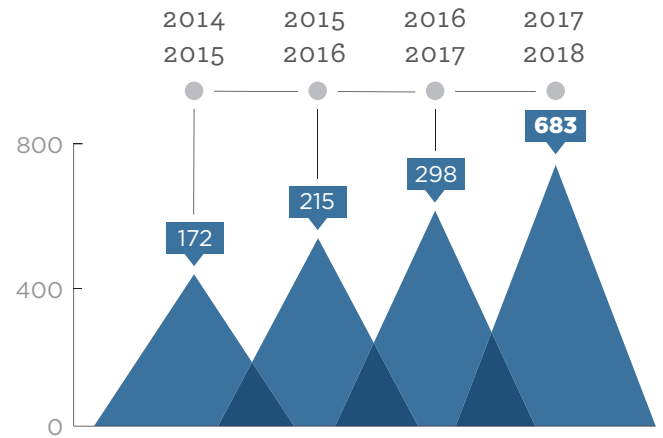
Peer Educators are student volunteers who promote CAPS services to UCF students and campus departments. They assist CAPS and the university by helping to reduce the stigma of seeking mental health services for students. They educate the campus community on mental fitness, stress reduction and other topics by giving presentations. They participate in tabling activities on campus to advertise the Peer Educator program, CAPS and attend CAPS signature events to engage students.

Social Media

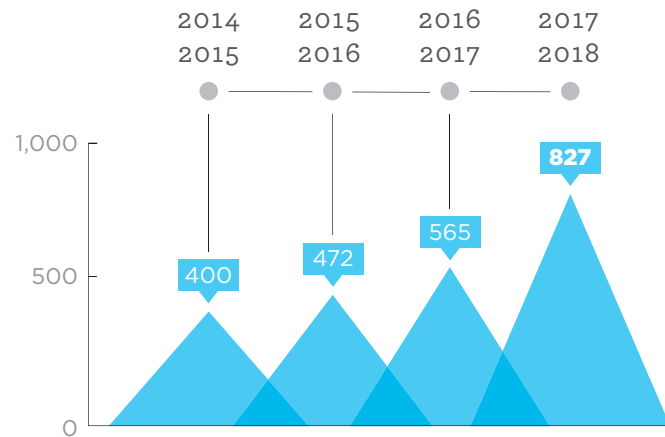
f 1,879+ likes | Joined Facebook in 2009



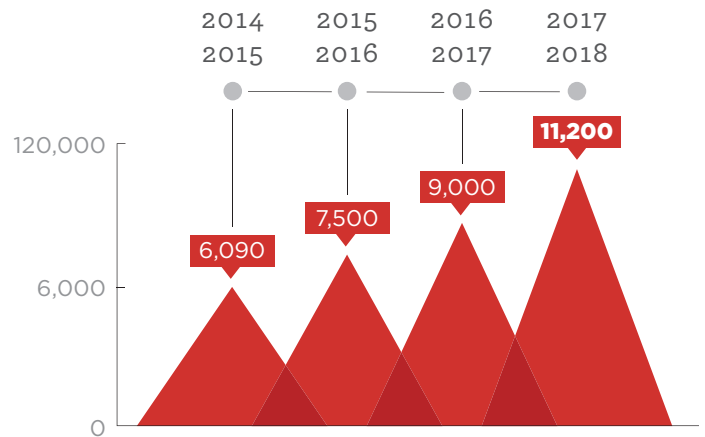
683+ followers | Joined Instagram in 2013



827+ followers | Joined Twitter in 2009



11,200+ views | Joined Youtube in 2009
27 videos available



Crisis Response

CAPS staff are trained in Psychological First Aid (PSA) annually. CAPS staff responded to several crisis situations that occurred throughout the year. We had 37 appointments, over 48 hours and served over 727 members of our community in assisting with crisis response situations.

37
appointments

48
hours

727
community members served

SAMHSA SUICIDE PREVENTION GRANT

SECOND YEAR OF AWARD

Healthy Knights 2020

The purpose of the **Healthy Knights 2020 grant/program** is to expand efforts to promote wellness and help-seeking of all students and provide specific outreach to vulnerable students such as veterans, the LGBTQ+ community, and those suffering from co-occurring disorders. The program promotes a comprehensive approach to assess the health status and needs of the campus community by expanding the current infrastructure and capacity to close the current gaps in care.

CAPS completed its second year of the grant. With funding, we were able to support an Out of the Darkness Walk, in the Greater Orlando Community and a Campus Out of the Darkness Walk. We were also able to purchase several programs like Kognito and On-Line Screening for Mental Health.

USES FOR FUNDING

Outreach to vulnerable students

Out of the Darkness Walks

Kognito & On-Line Screening for Mental Health

Programs Purchased with Grant

Kognito

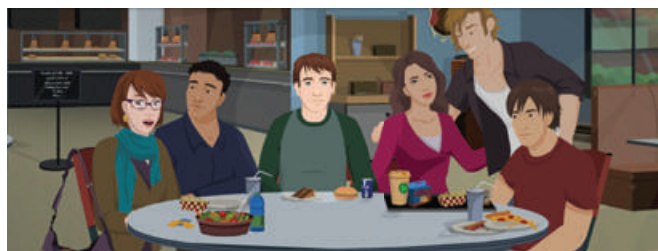
Kognito is an aviator/simulation online tool that allows users to enter a virtual environment and engage in role-play conversations with emotionally-responsive virtual humans. Through practice and receiving personalized feedback, users learn and assess their competency to lead similar conversations in real life.

KEY MODELS/TECHNIQUES

- Motivational interviewing
- Shared decision-making
- Emotional self-regulation
- Empathy
- Empathic accuracy
- Reappraisal strategy

KEY LEARNING/ASSESSMENT PRINCIPLES

- Hands-on-practice
- Contextual learning
- Personalized feedback
- Storytelling
- Case-based approach



Free online game-based training simulations

On-Line Screening for Mental Health



3,703 USES OF TOOL SINCE FALL 2016

84% USERS REPORTED THEY WILL NOW SEEK HELP

Designed to provide a safe and anonymous way students can check in on their mental health, our online self-assessments allow users to screen for mood and anxiety disorders, eating disorders, and alcohol use disorders. Since the program was purchased, the tool has been used 3,703 times. Of those who took the screenings, 84% reported that as a result of taking the screening, they will now seek help.

TRAINING PROGRAM

UCF CAPS provided supervision and training to two Post-Doctoral Fellows, three Doctoral Interns and five Master's trainees. The training program focused on the development of clinical skills, outreach

and consultation skills, supervision, and/or program development and evaluation. In addition, each doctoral intern and Post-Doctoral Fellow presented a professional development workshop.

2 POST-DOCTORAL
FELLOWS

3 DOCTORAL
INTERNS

5 MASTER'S
TRAINEES

Trainees

STEPHANIE ARREDONDO

Rollins College Mental Health
Counseling

GRADUATED

NATALIE COWELL

University of Central Florida
Social Work

STUDENT

MELISSA SMITH

University of Central Florida
Clinical Psychology

GRADUATED AND AT UCF CAPS

HANNA JALANBO

University of Central Florida
Social Work

GRADUATED

SARAH CLODE

Rollins College Mental Health
Counseling

GRADUATED



TRAINEES (Pictured from left to right)

Stephanie Arredondo, Natalie Cowell, Stephanie Preston (Training Coordinator), Melissa Smith, Hanna Jalanbo, and Sarah Clode



INTERNS (Pictured from left to right)

Vitoria Prado Piovesan Suplicy, Jennifer Farrell, Karly Branch

Interns

**VITORIA PRADO
PIOVESAN SUPPLY**

Georgia School of Professional
Psychology, Argosy Atlanta

Professional Development
Presentation:

*“The Lived Experiences of
Latino Immigrant Therapists:
A Phenomenological Study”*

**GRADUATED AND IS A POST
DOC FELLOW AT UCF CAPS**

KARLY BRANCH

Florida Institute of Technology

Professional Development
Presentation:

*“Mindfulness & Self-
Compassion: Clinical
Interventions in the
Treatment of Psychological
Trauma”*

**GRADUATED AND IS A POST
DOC FELLOW AT UCF CAPS**

JENNIFER FARRELL

University of North Texas

Professional Development
Presentation:

*“Clinical Survivors of
Client Suicide”*

**GRADUATED AND IS A POST
DOC FELLOW AT UCF CAPS**

Post-Docs

DR. BRYANNA CAMPBELL

Psy.D. from Florida School of Professional
Psychology, Argosy Tampa

Professional Development Presentation:

*“Impostor Feelings in Black and African
American Students: Clinical Implications for
College Counseling”*

DR. LAUREN MAZUR

Psy.D. from Florida Institute of Technology

Professional Development Presentation:

*“ACT With Confidence: Review and Application
of Acceptance and Commitment Therapy”*



POST-DOCS (Pictured from left to right)

Dr. Bryanna Campbell, Dr. Lauren Mazur

STAFF



Conference Presentations & Journal Articles



JOCELYN BUHAIN, PH.D
and Dr. Stephen Chen, Dr. James Dolan,
Dr. Chetan Joshi, Dr. Cynthia
Whitehead-Laboo, Dr. Maureen Windle

PRESENTATION:

*What I Wish I Knew When I Started as the
Clinical Director*

CONFERENCE:

May 2018 | Association for the Coordination of
Counseling Center Clinical Services (ACCCCS)
Annual Conference | New Orleans, LA



TERESA M. MICHAELSON, PH.D, LMHC
and Dr. Megan Marks, Dr. Erica Weathers,
Dr. Denisha Champion

PRESENTATION:

*Collaborating for a Community of Care: Lessons
Learned from Well-being Partnerships*

CONFERENCE:

June 2018 | 11th Annual National Conference for the
Association for University and College Counseling
Center Outreach (AUCCCO) | Eugene, OR



KAREN HOFMANN, PH.D
and Denise Lucero-Miller (Texas
Women's College)

PRESENTATION:

*"I've Never Felt So Old": Unique
Challenges of Managing a Multigenerational Staff*

CONFERENCE:

October 2017 | Association of University and
College Counseling Center Directors Conference
Denver, CO

KAREN HOFMANN, PH.D

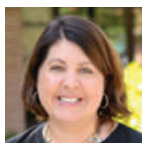
and Dr. Andrew King (University of North Florida)

PRESENTATION:

*Making the Covert Overt: Showing the Effects of
Counseling on Student Retention and Academic
Progress*

CONFERENCE:

October 2017 | Association of University and
College Counseling Center Directors Conference
Denver, CO



LIZ STEVENSON, LCSW & VANESSA STEIN, LCS

PRESENTATION:

Care Management in

College Settings, A New and Effective Approach

CONFERENCE:

April 2018 | Florida APSE | Making Wellness a Priority: Healthy Minds and Healthy Futures
Kissimmee, FL



**BENETTA WHOLUBA, PH.D | KARLY BRANCH, MS
JENNIFER FARRELL, MS**

PRESENTATION:

Addressing Diversity Within Supervision

CONFERENCE:

January 2018 | UCF 10th Annual Counseling Conference



**ROBERT DWYER, MA | JOCELYN BUHAIN, PH.D
VANESSA STEIN, LCSW | JENNIFER CROFTS, PSY.D
TAMARA WALDEN, PH.D**

PRESENTATION:

Supporting Diverse Student Populations through Group Therapy: Challenges and Successes

CONFERENCE:

June 2018 | UCF SDES Institute



CHRISTINE DASSOW, MED, EDS

PRESENTATION:

Drumming Circle at CAPS

CONFERENCE:

June 2018 | UCF SDES Institute



CHRIST NAULT, MA & TERESA MICHELSON-CHMELIR, PH.D, LMHC

PRESENTATION:

TAO Services at CAPS

CONFERENCE:

June 2018 | UCF SDES Institute



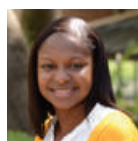
LARRY MARKS, PH.D

PRESENTATION:

Motivating Students to Achieve their Goals through Positive Psychology

CONFERENCE:

June 2018 | UCF SDES Institute



MELISSA COMEAU, LMHC

PRESENTATION:

Conversations that change Lives: Recognizing and Responding to Students In Distress

CONFERENCE:

June 2018 | UCF SDES Institute

WEBINAR PRESENTATION:

"Treating Depression in College Students"

Presented to 150 therapists across the country

STAFF ACCOMPLISHMENTS

6 NATIONAL CONFERENCE PRESENTATIONS

7 CLINICAL STAFF OBTAINED LICENSURE

4 UCF SDES AWARDS RECEIVED

Conference Poster Sessions & Journal Articles

Poster Session



TERESA M. MICHAELSON, PH.D, LMHC

PRESENTATION:

Surveying the Landscape: An Annual Review of the AUCCCO Annual Report 2017-2018 (3rd year)

CONFERENCE:

June 2018 | 11th Annual National Conference for the Association for University and College Counseling Center Outreach (AUCCCO) | Eugene, OR

JOURNAL ARTICLE:

Outreach as Intervention: The Evolution of Outreach and Preventive Programming on College Campuses

Golightly, T., Thorne, K., Iglesias, A., Huebner, E., Michaelson-Chmelir, T., Yang, J., & Greco, K. (2017) Psychological Services, 14(4), 451-460

Other Conference Proceedings



JENNIFER CROFTS, PH.D

CO-CREATED CONFERENCE:

September 2017 | Breaking Silences: Sex and Disability Conference
Dayton, OH

Conference was recognized nationally on the news



MELISSA COMEAU, LMHC

WEBINAR PRESENTATION:

"Treating Depression in College Students"

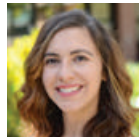
National Depression Screening Day Webinar

Licensure



TAMARA WALDEN, PH.D

Obtained licensure as a psychologist
Florida Board of Psychology
July 2017



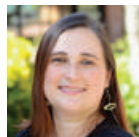
SAMANTHA SCIARRILLO, PH.D

Obtained licensure as a psychologist
Florida Board of Psychology
February 2018



LAURIE KEMPER, PH.D

Obtained licensure as a psychologist
Florida Board of Psychology
June 2017



JENNIFER CROFTS, PH.D

Obtained licensure as a psychologist
Florida Board of Psychology
July 2018



JANICE DELGADO, PH.D

Obtained licensure as a psychologist
Florida Board of Psychology
February 2018



DANIEL GARNER-QUINTERO, LMHC

Obtained licensure as a
Mental Health Counselor
Florida Board of Clinical Social Work,
Marriage & Family Therapy and Mental
Health Counseling
December 2017



ARTURO CINTRON, PH.D

Obtained licensure as a psychologist
Florida Board of Psychology
April 2018

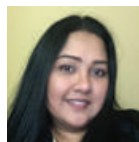


SDES Staff Awards



TERESA M. MICHAELSON, PH.D., LMHC

The Experienced SDES
Professional Award



KAVITA SAWH, MS

ABC- Above, Beyond, and
Consistent Award



ROBERT DWYER, MA

Pride in Customer Service



Yael Rivera, BS

Overall Operational Excellence
Award for a full-time OPS



UCF

Counseling and Psychological Services

UNIVERSITY OF CENTRAL FLORIDA

FOR MORE INFORMATION:



WWW.CAPS.SDES.UCF.EDU



407.823.2811

UNIVERSITY OF CENTRAL FLORIDA

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