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Director
Counseling & Psychiatric Services (CAPS)
MICHIGAN STATE UNIVERSITY
CAPS Overview

• CAPS = Counseling Center + Psychiatric Clinic
• Department within Student Health and Wellness
  • Along with SHS, SAP, HP, SP
• Primary Mental Health Resource for Enrolled Students
• Goal: To connect students to the most appropriate care required through a spectrum of resources
  • 24/7/365 Resources
  • Campus Resources
  • Community Resources
• 2 Accrediting Bodies: IACS, APA
• Locations
  • Olin (3rd Floor)
  • Union (3rd Floor)
  • Embedded: North Hubbard & Wilson
CAPS Staffing Overview

• 28 Total “Counselors”
  • “Counselor” = Counselor, Psychologist, Clinical Social Worker
  • Ratio of 1 “counselor” per ~1,800 students
  • 24 Currently Hired; 4 Active Searches
• Psychiatrists & Psychiatric Nurses
• Clinical Coordinators/Care Management
• Trainees
CAPS Services

- Screening (Same-Day Service)
- Crisis Stabilization, Hospitalization, Post-Hospitalization
- Counseling (Individual, couples, group)
- ICSU
- Consultation
- Psychiatry
- Care Management & Referral Services
- Suicide Prevention
- Critical Incident Response
- Training Programs
- Outreach, Multicultural Initiatives, Student Engagement
- BTAT, BIT, Medical Withdrawal & Return

Also – Mental Health Services offered by
  - Primary Care – Guess %?
  - Health Promotion (eating and body image issues; substance use)
CAPS Updates
CAPS Updates (Select Sampling since June 1)

- Staffing Expansion
- Location Expansion
- Service Expansion
  - 24/7/365 Virtual Counseling Services – “My SSP”
  - Groups
    - Embedded Counselors
- Clinical & Cultural Integration
- Student Mental Health Coalition
- Re-designing clinical system
  - Tailored Screening
  - Continuity of Follow-up Care
  - Community Referral Coordination
## Fall 2018 Counseling Data Snapshot

| 8/20/18 – 12/31/18 | Fall 2016 | Fall 2017 | Fall 2018 | 1-Year Change Fall ‘17 to ‘18%
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Unique Clients</td>
<td>1457</td>
<td>1476</td>
<td>1786</td>
<td>+21.0%</td>
</tr>
<tr>
<td>Utilization Rate of Student Body (Enrollment)</td>
<td>2.89% (50,344)</td>
<td>2.95% (50,019)</td>
<td>3.55% (50,351)</td>
<td>+20.3%</td>
</tr>
<tr>
<td>Total Screening Appointments</td>
<td>1394</td>
<td>1378</td>
<td>1985</td>
<td>+44.0%</td>
</tr>
<tr>
<td>Individual Counseling Appointments</td>
<td>1884</td>
<td>1741</td>
<td>2625</td>
<td>+50.8%</td>
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<tr>
<td>Group Counseling Attendance (total group sessions X # of members attended in each)</td>
<td>218</td>
<td>333</td>
<td>658</td>
<td>+97.6%</td>
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Fall 2018 Counseling Data Snapshot

- Academic Status Utilization:
  - Undergraduate: 87.4%
    - Freshman: 23.1%
    - Sophomore: 23.5%
    - Junior: 19.8%
    - Senior: 21.0%
  - Graduate/Professional Degree Student: 11.8%
  - Other/Did Not Report: 0.8%
## Fall 2018 Data Snapshot
### Top 20 Presenting Concerns
*(Client Self-Report During Counseling Screening)*

<table>
<thead>
<tr>
<th>#</th>
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<th>8/20/18 – 12/31/18</th>
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<tbody>
<tr>
<td>1</td>
<td>47.6</td>
<td>Stress</td>
</tr>
<tr>
<td>2</td>
<td>46.6</td>
<td>Anxiety</td>
</tr>
<tr>
<td>3</td>
<td>43.5</td>
<td>Depression/Sadness</td>
</tr>
</tbody>
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Fall 2018 Counseling Data Snapshot

- A few words about:
  - Presence of suicidality during non-urgent screening appointments
  - Hospitalizations
  - MY SSP Utilization Trends