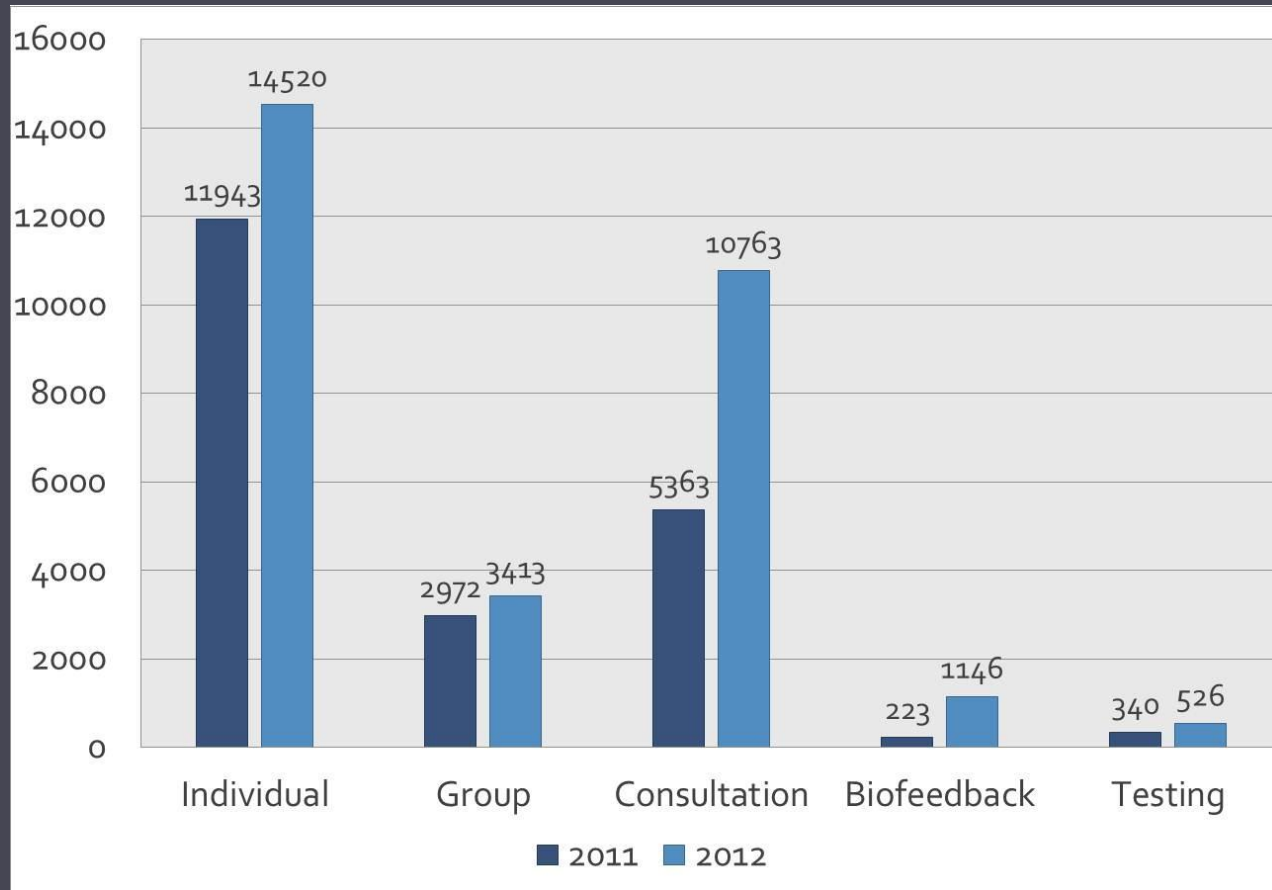


UF | **COUNSELING & WELLNESS CENTER**
Division of Student Affairs

Where are we? What are our Challenges? Where do we plan to go?

Where are we?

Increased use of services



Where are we?

▶ Total contacts for 2011-2012

41,001 Total appointments of all types at the CWC this year.

36,465 Outreach and consultation contacts across UF campus

131,417 Visits to our web resources

11,169 Visitors used the CWC Provider database

2693 Facebook likes



Where are we?

Higher rates of use than comparable universities.

	Comparable Schools Mean	Comparable Schools Median	UF CWC
Number of Students Served by the University of Florida Counseling and Wellness Center in the Past Year	3382	3021	5186
Total Number of Counseling Sessions Provided	12,880	12,359	14,520
Percent of enrolled students seen at the Counseling and Wellness Center in this fiscal year.	7.6%	_____	10%
Average Number of Sessions per Client	4.66	_____	5.3
Number of Psychotherapy Groups	23	_____	52
Number of Group Counseling Hours Provided	2340	2254	4349



Where are we?

Outcomes compare well with clinical trial results



National Benchmarks for Improved and Recovered Clients

Problem	Percent treated clients who improved and/or recovered
Depression	51%
Anxiety	52%
Panic	63%

Counseling and Wellness Client Outcomes

Problem	Percent treated clients who improved and/or recovered
Global Mental Health	65 %
Anxiety	66%
Depression	63%
Suicidal	70%
Alcohol/Drugs	68%
Symptoms	64%

Most controlled trials consist of 12-20 treatment sessions, while CWC clients average around 6 treatment sessions.

Where are we?

Crisis and Emergency Response

1064 Emergency consultation appointments
512 reviews of concerning incoming student
on-line forms
467 after hours consultations
685 trained in QPR
103 trained in working with troubled and
disruptive students
23 interventions involving crisis response
team



Where are we?

Problems students brought to the CWC this year.

Problem	Number of students
Anxiety disorders (Anxiety, OCD, PTSD, Phobias)	2249
Depression	1351
Attention	638
Substance abuse	520
Abuse/assault in history	442
Adjustment/identity	397
Suicidal thought and/or intent	305
Eating disorders	292
Relationship	268
Phase of life	171
Bipolar disorders	162
Academics	154
Bereavement	96
Psychotic disorders	71

What are our Challenges?

- Need to increase our capacity
- Diminishing resources in the surrounding community
- Serve distance learners



Where do we plan to go from here?

- ▶ Stepped care
- ▶ Online resources
- ▶ Therapist assisted online treatment
- ▶ More group and individual therapy

