

Wayne State University
Proceedings of the Student Affairs Committee
January 27, 2016

Present: Kristen Carney, Vicki Dallas Jeffrey Grynawski, Ellen Holmes, Barbara Jones, Jim Martin, Vicky Pardo, John Porcerelli, Brad Roth, Aashna Sahi, Naida Simon, Ricardo Villarosa

Absent with Notice: Avril Genene Holt, Michele Ronnick, Gail Stanford, David Strauss, Aashna Sahi

Guests: Jeffrey Keuntzel

The meeting was called to order at 1:32 pm. The agenda was adopted and the Minutes of December 16 were adopted as written.

Today's presenter was Director of Counseling and Psychological Services (CAPS) Jeffrey Keuntzel. The CAPS office is currently located on the fifth floor the Student Center Building (SCB). When fifth floor renovations begin in mid-March, the office will move to the Thompson House. The office should return to the SCB by the start of fall semester 2016. CAPS is International Association of Counseling Services (IACS) accredited, and its roles and functions include counseling, crisis intervention, outreach, consultation, referral, research, program evaluation, professional development and training. The staff consists of a director, associate director, training director (half-time), secretary, office clerk, 10 full-time counselors, case manager, psychiatrist (half-time), 3 counselors (half-time) and several graduate students trainees. All of the counselors are state-licensed masters and doctoral level psychologists, counselors and social workers. CAPS individual, group and couples counseling services are free to registered Wayne State students. In the past twelve months services were provided to 1,127 clients (students) and included 7,760 individual appointments and 751 group appointments; 881 triages; 534 intake evaluations; 56 crisis intervention sessions; 72 psychiatric evaluations; 433 medication reviews; and 202 case management sessions. CAPS recently added specialized assessment for eating disorders and substance abuse. Counselors help determine whether or not a student should be referred out for more intrusive treatment (e.g., medical supervision). Approximately once a month a student is taken from a CAPS session to Detroit Receiving Hospital for further evaluation and treatment.

IACS expectations are that caseload size for a counseling center the size of WSU should be approximately 7% of the student body. CAP's caseload size is 4%, up from 2%. The recommended ratio of counselors to students is 1000 – 1500:1 and we are at 1900:1. The number of students seeking mental health treatment is growing rapidly, outpacing enrollment growth. The reason for the growth is unknown.

Process for accessing treatment: Students come to CAPS and do not need an appointment. A counselor conducts a triage consultation (roughly 45 minutes). Within four hours of the triage consultation a Clinical Review Team determines the disposition which includes one of four options—(1) assignment to a counselor for intake, (2) assignment to the case manager, (3) assignment to group counseling, or (4) an appointment arranged with a psychiatrist or a referral to other community resources. If the reason for treatment not urgent, a student may be placed on a waiting list or provided with other referrals such as the College of Education Counseling and Training Center (no waiting list), the Psychology Clinic (there is a sliding scale fee and a 6 month waiting list) or to the Psychiatry residency program through University Physicians Group. Usually a student can immediately begin group counseling through CAPS.

CAPS uses Protocall for after-hours crisis telephone services, 313-577-9982. Protocall is staffed by a licensed counselor and is currently underused. The treatment model CAPS uses is short-to-medium term (16 sessions). The average number of individual sessions is seven.

CAPS has begun an outreach program called "Let's Talk." Weekly visits are to the Law School, College of Nursing and Applebaum College of Pharmacy and Allied Health Professions; monthly visits are to the Oakland Center and Macomb Extension Center. The program consists of classroom presentations on such topics as test-taking anxiety, stress management, emotional self-care (during mid-terms and finals), grief and loss issues, anger management and mindfulness and meditation. It also provides workshops concerning academic and life stressors. Outreach requests require completion of an outreach request form, which can be downloaded from the CAPS website at <http://www.caps.wayne.edu/faculty/index.php>. The CAPS phone number is 313-577-3397 and the email address is caps@wayne.edu.

CAPS participates in Student-Parent and Faculty Orientations as well as resident advisor training. CAPS staff are members of the SUIT team (Threat Assessment and Intervention Team), University Crisis Management Team and the Medical Withdrawal Committee.

A key role of faculty and staff is to identify those students who are in need of crisis intervention or counseling assistance. Some of the warning signs of deterioration is a student's ability to cope include change in behavior or academic functioning, poor memory, concentration and/or attention; diminishing classroom attendance; change in personal hygiene or appearance; changes in mood (e.g., increased apathy, irritability or anger; suicidal, homicidal or unusual statements or behaviors; increased isolating behaviors); and signs of drug or alcohol abuse. CAPS advice to faculty is to reach out, express your concern(s), listen, be patient, try not to be judge/blame seek consultation and follow up.

Ways faculty and staff can assist students who are of concern: (1) If the student appears to be in crisis, i.e., at at-risk for imminent harm to self or others, call the WSU Police. (2) If the student is not in crisis but is showing warning signs, submit a Care Report which goes to the Dean of Students Office and SUIT. A Resource Guide is available from the Dean of Students Office. Call DOSO at 313-577-1010 for a copy.

Jeff's contact information: Address: 552 Student Center Building; Email: jkuentzel@wayne.edu and phone 313-577-3398.

Old Business: After speaking with Grounds, Naida reported that a substantial sized oak tree is between \$500 and \$800 plus planting fees. The cost of a plaque ranges from \$90 to \$500 depending on the material and lettering.

New Business: None.

The meeting was adjourned at 2:50 pm.

Next meeting: Wednesday, February 17, 2016, at 1:30 pm in 3339 FAB.