DATA GALA
Counseling and Psychological Services

Learning Goal

- Problem Solving
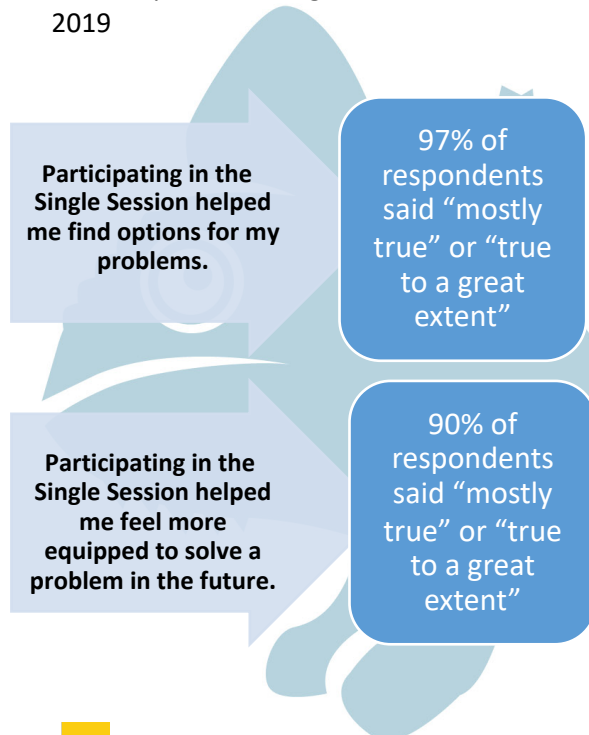- Wellbeing
- Sense of Belonging

Introduction

- ❖ CPS collects student feedback on various services provided including individual, group, psychiatry, coping clinic and single sessions. We are presenting data related to Individual Therapy and Single Sessions.
- ❖ A single session is 45 minutes long and includes a review of the presenting problem, how the problem is currently affecting the student and then an action plan is developed. "My Action Plan" is student-driven; they think of three actions they can take in the next two weeks that effectively addresses their presenting concern.
- ❖ Individual therapy is offered biweekly, on a short term model.

Method

- ❖ Single Session: A four-question evaluation is completed by the student at the end of

Findings

- ❖ CPS completed 40 Single Sessions in Fall 2019

Participating in the Single Session helped me find options for my problems.

97% of respondents said "mostly true" or "true to a great extent"

Participating in the Single Session helped me feel more equipped to solve a problem in the future.

90% of respondents said "mostly true" or "true to a great extent"

Next Steps

- ❖ Modify data collection process to reflect telehealth services
- ❖ Analyze CCAPS data, present aggregate data to staff and DOSA

- ❖ Data was collected when students arrived for their appointments and was collected over a period of 3 weeks (Nov 4- Nov 23, 2019)
- ❖ During this time, 662 students took the survey. 478 students were engaged in Individual Therapy.

	Academic Performance	Ability to stay in school	Emotional Wellbeing	Physical Wellbeing	Relationship with others	Confidence or self-esteem
Were the concerns that brought you to counseling negatively affecting your (N=490):	54%	28%	80%	45%	68%	73%
Has counseling positively affected your (N=478):	50%	47%	68%	49%	60%	57%

Note: Percentage is the number of respondents who agree to strongly agree with the question. Respondents include students who have had 1+ individual sessions. Sample size ranged between questions due to variability of how many sessions attended. Total number used was the upper range number.

Sense of Belonging Questions	Agree to Strongly Agree
CPS services have helped me feel safe to be who I am (N=402)	99.25%
I feel CPS supports my success at Ohio University (N=419)	99.28%
Overall, I am satisfied with my experience at CPS (N=419)	96.90%