

# **Counselor-in-Residence (CR) Program**

## **ANNUAL REPORT**

**2008-2009**

**Counseling and Psychological Services**

**and**

**Department of Residence Life**

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## Program Overview

**Mission Statement:** The Counselor-in-Residence (CR) program supports the overall mission of Vision Ohio with effective interventions to support academic success, social responsibility, and developmental progress of students attending Ohio University. More specifically, the mission of the CR program is to take a proactive and preventative approach towards addressing mental health concerns within the residential and greater campus community. It is the aim of the CR program to provide resources to the residential campus community by assisting in the timely referral of students to appropriate mental health services on campus, and by assisting students and the Residence Life staff in the prevention and effective recovery from socio-emotional and psychological distress that interferes with academic and social functioning.

**Background:** The Counselor-in-Residence (CR) program was initiated in August 2005 as a collaborative initiative of Counseling and Psychological Services (CPS) and the Department of Residence Life to increase the availability of mental health services at Ohio University. This program placed professionally supervised psychology doctoral students into the residence halls to provide counseling, consultation, and outreach programming to students and Residence Life Staff. The program initially began with one counselor during the 2005-2006 academic year. In order to expand services on campus, another counselor was added to the staff during the 2006-2007 academic year. Two CRs were also available during the 2007-2008 academic year. In 2008-2009, a third CR was employed in order to place one CR on each green on campus to increase visibility on campus as well as further expand and support current services offered.

As a result of placing the CR office within the residence hall, as well as situating the CRs living-space within the on-campus community, the CR was in a unique position to provide easily accessed mental health services to students and Residence Life staff. The CR was also in a unique position to maintain a close connection to the campus community, and as a result, address student concerns and mental-health issues and crisis situations in a timely and effective manner.

**Job Description:** The CRs are counselors in training at CPS who also reside within an on-campus residence hall. The CRs work as mental-health specialists is a team effort, and they are supervised directly by the the department of Residence Life and the staff of CPS. The CRs are available to provide the following services to students and Residence Life staff:

- Brief consultation/counseling of student concerns
- Assist in referral to CPS or other university mental health resources
- Consultation with Residence Life staff or students regarding mental-health related concerns within the residential community
- “House-call” visits to follow-up with students following referral from members of the Division of Student Affairs, CPS, the Department of Residence Life, professors, or parents
- Provide mental-health based programming to students and Residence Life staff
- Assist CPS staff with follow-up services after crises within the residence community
- Facilitate referrals to emergency mental health services when necessary (CPS and/or OUPD)

## Program Implementation

An essential part of the CR position is to document the types of services provided, and the frequency of program usage. The purpose of such documentation was not only to ensure quality of program administration, but also to develop guidelines for the future development and continued revision of the CR program.

For numerical representations of services provided over the 2008-2009 academic year, please see Tables 1 through 9 in the section entitled “Summary of Counseling, Consultation and Crisis Services,” and Table 10 for the summary of concerns presented to the CRs.

**Counseling.** Brief counseling was provided with the expectation that, if necessary, the CRs would assist the student in referral to CPS or other on-campus mental health clinics for long-term mental health support. In cases where students met with the CR more than two times, the students were unwilling at the time to seek counseling services elsewhere within the University, and as such, the CRs continued treatment in order to provide some standard of care for these students, who were potentially at risk for leaving the university and/or experiencing significant distress.

During the 2008-2009 year, the CRs were available during CR office hours, held from 5:00 p.m. to 10:00 p.m. on Sunday, Monday, Tuesday, Wednesday, and Thursday evenings. In Fall and Winter Quarter, three out of five office days were held in 122 Jefferson Hall, while the other two office days were held in 419 Baker Center. In Spring Quarter, all office hours were held in 122 Jefferson Hall. During this time, students were encouraged to “drop-in” to the CR office if they had immediate concerns, were unable to schedule a session at the counseling center, or if they wanted to discuss counseling services in more detail.

Over the course of the 2008-2009 academic year, the CRs facilitated 99 in-person (115 hours) counseling, consult and crisis sessions. This is a 15% increase from the 2007-2008 academic year (100 hours), and a 4% decrease from the 2006-2007 academic year (120 hours), and a 130% increase from 2005-2006 academic year (50 hours).

22 Resident Advisors (25.6%), 10 senior Residence Life staff (11.6%), and 54 students (62.8%) at the University attended these 99 sessions. These rates are similar to statistics from previous academic years [41.2% staff and 58.8% students (year 1); 39.2% staff and 60.8% students (year 2); 22.1% staff and 77.3% students (year 3)].

**Consultation.** The CRs were available to consult with Residence Life staff regarding their concerns about behavior within the community, specific student-related issues, or personal concerns, and followed up with staff regarding their concerns. Consultations occurred during CR office hours or after CR office hours (via the crisis phone), and in three forms, namely in-person consultation, phone consultation and e-mail consultation.

Types of Email Contact:

- 1) *Referrals.* Both Residence Life senior staff members as well as Resident Advisors often inform the CRs about students who they have referred to the program. Students living in the resident halls may contact the CRs with concerns about a student in non-emergency situations.
- 2) *Programming Correspondence.* The CRs are available to consult regarding program planning and program facilitation.
- 3) *Consultation.* The CRs may be asked to consult with Residence Life staff members via email, regarding how to address a student or staff concern, or regarding situations that arise in the residence community. Students may also contact the CRs with questions about how to approach a friend. Although these contacts may be more appropriately, at times, addressed through phone contact or an in-person meeting, the CRs may respond via email to the concern, forward psycho-educational materials, resources, or referral information. However, Residence Life staff and students were informed not to use emails if the message contains personal health information or during emergency situations.

**Crisis.** The CRs were also available for crisis situations, during and after CR office hours, to intervene as needed. These included crisis interventions, “housecalls”, meetings at the CR office, and mediational/Residence Life staff-related requests. House-calls were utilized when a staff member or other professional was concerned about a student or students. In such instances, the CRs called or came to the apartment of the individual to discuss the concern, offer support to the student(s) and/or residential life staff, and assist in referral to counseling services. The goal of this service was to take a proactive and preventative approach to addressing student concerns within the residence halls, and to intervene with potential crisis situations before they escalated into more serious mental-health related situations.

## Summary of Counseling, Consultation, and Crisis Services

Overall, students presented for counseling, consultation and crisis services with a wide variety of concerns (see Table 10). The most common presenting concerns were anxiety and/or depression (10.7%), concern for student/roommate (10.7%), relationship/interpersonal concerns (9.1%), and roommate issue/conflict (9.1%).

Table 1: Summary of overall number of **contacts** for *in-person* counseling, consultation, and crisis services

<b>Type of Contact</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>	<b>Total</b>
Office hours counseling	23	10	20	53
Office hours consult	3	5	7	15
Office hours crisis	0	2	2	4
After office hours consult	5	3	2	10
After office hours crisis	3	8	6	17

Table 2: Summary of overall number of **contacts** for *phone* consultation services

<b>Type of Contact</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>	<b>Total</b>
Office hours consult	3	2	1	6
After office hours consult	4	2	3	9

Table 3: Summary of overall number of **contacts** for *e-mail* consultation services

<b>Type of Contact</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>	<b>Total</b>
Office hours consult	1	1	0	2
After office hours consult	1	0	4	5

Table 4: Summary of number of **contacts** for *in-person* counseling, consultation, and crisis services across greens

<b>Type of Contact</b>	<b>East</b>	<b>West</b>	<b>South</b>	<b>Off-campus</b>	<b>N/A</b>
Office hours counseling	27	11	10	3	1
Office hours consult	13	1	1	0	0
Office hours crisis	1	2	0	0	1
After office hours consult	1	4	3	2	2
After office hours crisis	7	6	3	1	0

Table 5: Summary of number of **contacts** for *phone* consultation services across greens

<b>Type of Contact</b>	<b>East</b>	<b>West</b>	<b>South</b>	<b>Off-campus</b>	<b>N/A</b>
Office hours consult	3	2	0	0	2
After office hours consult	6	6	0	0	0

Table 6: Summary of number of **contacts** for *e-mail* consultation services across greens

<b>Type of Contact</b>	<b>East</b>	<b>West</b>	<b>South</b>	<b>Off-campus</b>	<b>N/A</b>
Office hours consult	2	1	0	0	0
After office hours consult	3	1	2	0	0

Table 7: Summary of number of **individuals** who utilized *in-person* counseling, consultation, and crisis services based on contact person category

<b>Type of Contact</b>	<b>Resident Coordinator/ Resident Director</b>	<b>Resident Advisor</b>	<b>Student</b>	<b>Parent</b>
Office hours counseling	2	19	25	0
Office hours consult	5	1	12	0
Office hours crisis	1	0	3	0
After office hours consult	9	0	1	0
After office hours crisis	3	2	13	0

Table 8: Summary of number of **individuals** who utilized *phone* consultation services based on contact person category

<b>Type of Contact</b>	<b>Resident Coordinator</b>	<b>Resident Advisor</b>	<b>Student</b>	<b>Parent</b>
Office hours consult	1	2	2	0
After office hours consult	4	0	0	0

Table 9: Summary of number of **individuals** who utilized *e-mail* consultation services based on contact person category

<b>Type of Contact</b>	<b>Resident Coordinator</b>	<b>Resident Advisor</b>	<b>Student</b>	<b>Parent</b>
Office hours consult	1	2	1	0
After office hours consult	0	2	3	0

Table 10: Summary of presenting problems, based on number of contacts for counseling, consultation, and crisis services (In-person, phone, and e-mail)

<b>Concerns</b>	<b>Contact</b>	<b>Percentage</b>
Academic concerns	10	8.3%
Anxiety and/or depression	13	10.7%
Bystander/group support to trauma	3	2.5%
Concern about incident	5	4.1%
Concern for student/roommate	13	10.7%
Concerns re: judiciary process	2	1.7%
Concerns re: sexual activity	2	1.7%
Cutting	4	3.3%
Eating problems	4	3.3%
Medical concerns	2	1.7%
Parental separation/divorce	7	5.8%
Psychosis	1	0.8%
Referral/Resource information	3	2.5%
Relationship/interpersonal concerns	11	9.1%
Roommate issue/conflict	11	9.1%
Sexual assault	3	2.5%
Staff conflict	2	1.7%
Stress	6	5.0%
Substance use	5	4.1%
Suicidal ideation	7	5.8%
Test anxiety	7	5.8%

**Outreach Programming.** The CRs were available to assist Residence Life staff in the development and facilitation of psycho-educational programming within the residential community. The programming efforts of the CRs also included outreach activities aimed to increase awareness of the services available at CPS and the CR Program. (Note: A summary of all outreach programs for the 2008-2009 academic year is listed in Appendix A, Appendix B and Appendix C).

Types of Programming:

- 1) *Staff Meetings.* Each term, the Counselor-in-Residence attended staff meetings as requested by senior Residence Life staff members. During these meetings, the CRs discussed the services available, addressed concerns of the staff, or discussed education or training issues.
- 2) *Residence Hall Programming.* The CRs provided “after-hours” outreach programming to students living within the residential community. Topics were typically requested by members of the Department of Residence Life in order to address specific concerns within their community.
- 3) *Training and Continuing Education.* The CRs provided training and educational opportunities to the Residence Life staff, which included in-service presentations to the Resident Advisor staff, or presentations at other departmental meetings.
- 4) *Counselor-in-Residence Program Support Activities.* Given that the CR program is a relatively new program for the University, the CRs were asked to participate in outreach activities that advertised or documented the use of the CR program (i.e., interviews).
- 5) *OU Mental Health (MH) Programming.* The CRs provided education and training, as well as programming aimed at reducing mental health stigma during various OU-wide campus events, such as Sexual Assault Awareness Week and Eating Disorders Awareness Week. In addition, the CRs gave invited educational and skills training class presentations to the broader academic OU community.
- 6) *SOS-CR Programs.* As part of their mentoring of a peer group for mental health advocacy, Students Overcoming Stigma, the CRs led and supervised weekly Relaxation Programs in a centralized location open to the entire OU community.

Table 11. *Summary of Outreach Programming by Type*

	Fall	Winter	Spring	Total
Staff Meetings	8	4	4	16
Residence Hall Programs	16	15	10	41
Continuing Education	2	1	1	4
CR Program Support	1	0	2	3
SOS-CR Program	2	9	7	18
OU MH Programming	2	3	3	8
<b>Total</b>	<b>31</b>	<b>32</b>	<b>27</b>	<b>90</b>

## Supervision

The supervision of the CR program was provided by the associate director of the Department of Residence Life, Barbara Harrison, and a CPS licensed staff member, Dr. Paul Castelino. Specifically, the CRs met once-per week, and as needed, via phone-consultation with Dr. Paul Castelino, and bi-monthly with Barbara Harrison. See Table 12 for a summary of supervisory contacts.

Table 12: Summary of supervisory contacts

<b>Supervisor</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>	<b>Total</b>
Counseling Services	11	8	15	34
Residence Life	5	2	4	11

## Discussion of Year-end Survey and Goals

Previous year-end feedback surveys from Residence Life staff regarding various goals and objectives of the CR Program (i.e., approachability, accessibility, competence and the counseling process) have indicated that the program is viewed positively and is well-received by Residence Life staff. As the current year brought about changes to the CR office location and hours of service provision, the year-end feedback revisited questions pertaining to awareness of Residence Life staff regarding the various services provided by the CR program and means to access the program, re-surveying the types of services utilized, and providing an opportunity for staff to provide suggestions for future program revisions. Please see Appendix D for a copy of the feedback form.

Of the 45 respondents surveyed, a majority indicated knowledge of: 1) the CR program (44 respondents, 98%), 2) the services provided by the CR program (42 respondents, 93%), and 3) means to contact a CR (40 respondents, 89%). Further, more than half of the respondents utilized the program's various services (26 respondents, 58%). Most feedback was positive with statements such as "Overall, I think the program is being conducted well for students who come into CR office hours and use their counseling services," "The CRs are awesome!" "The CRs are doing an outstanding job and I really appreciate all that they do," and "The CRs provide a valuable service to students on this campus – wouldn't alter it at all." Suggestions that were provided include requests for: 1) programming later in the evenings, 2) more dynamic and engaging programming styles and formats; 3) providing RAs information regarding multimedia needs for programs, and 4) asking CRs to visit staff meetings. A concern noted was to ensure that all senior staffers, OUPD, and the crisis line have relevant CR contact information, particularly for crisis situations.

Below are continued goals of the program and a brief discussion of those goals, given program accomplishments in the current year.

*Visibility.* The CRs conducted 90 outreach programs throughout the year, suggesting a high visibility in the residential community. The CRs provided information for 2 interviews published in local newspapers, and also provided a total of 11 programs classified as "program support" and "OU mental health programming" — in which the CRs spoke or gave a presentation at a

location outside of a residence hall. The CRs also supervised a student group in running a total of 18 weekly relaxation programs at a central campus venue, open to the entire OU community.

*Decreasing Barriers to Counseling Services.* This goal continues to be achieved as multiple students have reported difficulty scheduling appointments at CPS (due to an extended wait list) and reported feeling less intimidated with utilizing the CR office hours. Meetings with CRs often addressed student concerns about CPS and increased the likelihood that students would eventually be open to seeking counseling at CPS.

*Collaboration with Residence Life staff.* The CRs attended 16 staff meetings, and were able to meet a majority of the Residence Life staff. Maintaining a high level of collaboration with the Residence Life staff is a primary objective of the CR program in order to assist the staff in addressing mental health concerns. Establishing and maintaining effective working relationships continues to be an important objective for future program administration. The CRs tested a new programming model, whereby they provided green-wide programming, hosted at a centralized venue for each green. This model had mixed success and confirmed the importance of individual relationships with Residence Life staff to facilitate effective programs.

*Approachability.* Feedback from Residence Life staff suggested that the CRs were well received by staff members and students. For example, one Residential staff member shared that she appreciated the availability of the CRs and their readiness to assist even outside of office hours.

*Prevention of student distress through effective referral to counseling services.* Throughout the year, the CRs met with over 62 individual students, many of those who sought care at either CPS or the OU Psychology and Social Work Clinic. The CRs also followed up with individual students after seeing them to inquire about their welfare and offer continuing services or additional referrals, where needed. It should be noted, however, that the CR program was also utilized as a location for students to seek counseling when they were placed on the waiting list for counseling at CPS. A few students also attended brief counseling at the CR program office, while waiting for their initial appointments with their counselor at CPS. Thus, not only is the CR program serving to refer students to counseling services, it also appears that the CR program is helping with the “overflow” of students at the counseling center, and also providing students with a support network outside of their regular counseling sessions. The ability of the CR program to assist students who are on waiting lists to see a counselor is a noteworthy component of our program, given the prevalence of long waitlists at OU’s college counseling center.

*Publication of the CR program.* The CRs were involved with publicizing the Ohio University CR Program through a range of activities, including presentations at the annual meeting of the Ohio Psychological Association, the National Counseling Outreach Conference “Inspired” at Ann Arbor, Michigan, and the Ohio University Creative Research and Activity Fair. Notably, the Students Overcoming Stigma peer advisor group under the supervision of the CR program was awarded a \$300 donation as an appreciation of their contribution to the Ohio Psychological Association. The Students Overcoming Stigma group also held a benefit concert for The Gathering Place, increasing awareness of mental health services and providing The Gathering Place a check of approximately \$150. Appendix E and F give a more detailed list of publications and advertisements of the CR program.

### **Program Expansion – 2009-2010 Academic Year**

In light of a recent review and recommendations for the CR program contributed by the new CPS director and the Department of Residential Housing, the CRs generated a proposal for expansion and revision of the CR program, with an increased focus on mental health service provision, visibility and CR advertisement and marketing, and Residential Life staff support. The program has received approval to retain its third CR position, with the stipulation that placing a CR for each residential Green is essential for timely and effective service provision and staff support, as well as for forging and maintaining much-needed collaborative relationships with each Green's Residential Life staff. The details of this proposal are as follows.

### **Proposal for the 2009-2010 year with 3 CRs**

#### **Retained Services:**

- Provide “after hours” counseling coverage 3 days per week (M, T, W), for 5 hours per night\*  
*\*Note: Due to low office attendance on Sundays and Thursdays, we will utilize those hours to provide additional services to RAs and attend individual residence hall staff meetings (see New Services below).*
- Provide crisis intervention services from 5pm-8am on weekdays, and from 5pm Friday-8am Monday morning.
- Provide psychoeducational programming to ResLife staff and the greater campus community. The CRs will effectively advertise and present on multiple mental health related topics (e.g., sexual assault, depression, anxiety, stress management, substance abuse, body image, etc.) to a variety of student groups and organizations.
- Continue our supervision of Students Overcoming Stigma, a peer-based mental health organization. This organization is effective in reducing mental health stigma on campus, providing referral information, and educating undergraduates on mental health topics.
- The CRs will receive weekly supervision from licensed mental health professionals at CPS, and bi-monthly supervision from a supervisor affiliated with residential life.

#### **New Services:**

- Provide weekly relaxation/stress management sessions for RAs.
- With support and supervision from CPS, we would like to help facilitate an open Professional Issues group, dealing with RA-job related concerns and frustrations. Of note, due to the considerable supervision, training, and time in running a group, the start date of this program would be TBA.
- Attend staff meetings and be available for frequent consultation with staff. This would include both senior staff meetings and an increased effort to attend separate residence hall meetings to stay in contact with paraprofessional staff.

**Appendix A**  
**Summary of Programming: Fall Quarter**

#	Date	Attendance	Type	Program Name
1	8/22/08	7	Staff Meeting	West Green Intro to CR Program
2	8/25/08	13	Staff Meeting	South Green Intro to CR Program
3	8/25/08	About 10	Staff Meeting	East Green Intro to CR Program
4	8/27/08	150	Continuing Education	Intro to Behind Closed Doors
5	8/28/08	325	CR Program Support	ResLife Resource Fair
6	8/30/08	325	Staff Meeting	Intro to CR Program
7	8/30/08	325	Continuing Education	Behind Closed Doors
8	9/2/08	7	Residence Hall Program	Working with International Students
9	9/17/08	16	Residence Hall Program	CR Program and Mental Health Resources
10	9/23/08	6	Residence Hall Program	Relaxation Program
11	9/25/08	80	Staff Meeting	Division of Student Affairs
12	10/2/08	8	Residence Hall Program	Stress Management Workshop
13	10/6/08	7	Staff Meeting	Communication Skills
14	10/7/08	11	Staff Meeting	West Green Staff Meeting
15	10/14/08	11	Staff Meeting	South Green Staff Meeting
16	10/17/08	8	Residence Hall Program	Relaxation Program
17	10/21/08	3	Residence Hall Program	Relaxation Program
18	10/21/08	1	SOS-CR Program	Relaxation Program
19	10/23/08	5	Residence Hall Program	Relationship Workshop
20	11/3/08	35	OU MH Program	Sexual Assault Awareness

21	11/4/08	2	SOS-CR Program	Relaxation Program
22	11/10/08	20	OU MH Program	Coping, Stress, and Emotions
23	11/10/08	15	Residence Hall Program	Relaxation Program
24	11/11/08	5	Residence Hall Program	Relaxation Program
25	11/13/08	5	Residence Hall Program	Relaxation Program
26	11/13/08	12	Residence Hall Program	Relaxation Program
27	11/13/08	6	Residence Hall Program	Roommate Conflict and Stress Management Workshop
28	11/16/08	5	Residence Hall Program	Relaxation Program
29	11/16/08	100	Residence Hall Program	Bromley Breakfast: Intro to CR Program and Mingling with Students
30	11/16/08	About 5	Residence Hall Program	Relaxation Program
31	11/17/08	6	Residence Hall Program	Relaxation Program

## Appendix B

### Summary of Programming: Winter Quarter

	Date	Attendance	Type	Program Name
1	12/18/08	10	Staff Meeting	Res Life Dept Meeting
2	1/11/09	75	Continuing Education	Res Life Rejuvenation
3	1/21/09	0	Residence Hall Program (Green-wide)	Cultural Relationships
4	1/14/09	1	CR-SOS Program	Relaxation Program
5	1/21/09	1	CR-SOS Program	Relaxation Program
6	1/22/09	6	Residence Hall Program	Test Anxiety
7	1/26/09	40	Residence Hall Program (Green-wide - West)	Relationships
8	1/28/09	1	CR-SOS Program	Relaxation Program
9	2/4/09	0	Residence Hall Program (Green-wide)	Cultural Relationships
10	2/4/09	9	CR-SOS Program	Relaxation Program
11	2/10/09	40	Residence Hall Program (Green-wide)	Cultural Relationships
12	2/11/09	2	CR-SOS Program	Relaxation Program
13	2/12/09	4	Residence Hall Program	Relaxation Program
14	2/14/09	5	Residence Hall Program	Relationship/Self-care
15	2/17/09	11	Staff Meeting	South Green Staff Meeting
16	2/17/09	12	Staff Meeting	West Green Staff Meeting
17	2/17/09	8	Residence Hall Program (Green-wide - South)	Winter Blues
18	2/18/09	150	OU MH Program	Sexual Assault Prevention
19	2/18/09	5	SOS-CR Program	Relaxation Program
20	2/19/09	5	Residence Hall Program	Relaxation Program

21	2/23/09	3	Residence Hall Program (Green-wide - East)	Winter Blues
22	2/25/09	3	SOS-CR Program	Relaxation Program
23	2/25/09		OU MH Program	Sexual Assault Psychoeducation
24	2/25/09	1	Residence Hall Program (Green-wide – South)	Relationships Program
25	3/2/09	5	Residence Hall Program	Body Image Program
26	3/3/09	30	Residence Hall Program	Mental Health Awareness
27	3/3/09	13	Staff Meeting (East)	East Green Staff Meeting
28	3/4/09	About 4	Residence Hall Program	Happiness Program
29	3/4/09	10	SOS-CR Program	Relaxation Program
30	3/11/09	4	SOS-CR Program	Relaxation Program
31	3/13/09	5	OU MH Program – Division Meeting	Relaxation Program
32	3/16/09	4	Residence Hall Program	Relaxation Program

## Appendix C

### Summary of Programming: Spring Quarter

	Date	Attendance	Type	Program Name
1	4/14/09	11	Staff Meeting	South Green Staff Meeting
2	4/14/09	12	Staff Meeting	West Green Staff Meeting
3	4/14/09	10	Staff Meeting	East Green Meeting
4	4/22/09	20	OU MH Program	SA week: Name Burning
5	4/23/09	4	SOS-CR Program	Relaxation Program
6	4/23/09	10	OU MH Program	SA week: Safety and Sexual Assault Prevention Presentation
7	4/27/09	5	Residence Hall Program (Green-wide)	Body Image
8	4/29/09	0	Residence Hall Program (Green-wide)	Body Image
9	4/29/09	4	OU MH Program	Support related to student tragedy
10	4/30/09	5	SOS-CR Program	Relaxation Program
11	5/4/09	5	Residence Hall Program	Multicultural Program
12	5/4/09	12	Continuing Education	Interpersonal Communication
13	5/4/09	10	Residence Hall Program	Relaxation Program
14	5/7/09	6	SOS-CR Program	Relaxation Program
15	5/11/09	2	Residence Hall Program (Green-wide)	Body Image
16	5/11/09	0	Residence Hall Program (Green-wide)	Substance Use
17	5/12/09	4	CR Program Support	CPS Director: CR program planning
18	5/12/09	16	Residence Hall Program (Green-wide)	Substance Use
19	5/14/09	4	SOS-CR Program	Relaxation Program
20	5/19/09	0	Residence Hall Program (Green-wide)	Re-Entry Program

21	5/20/09	12	Residence Hall Program (Green-wide)	Re-Entry Program0
22	5/21/09	4	SOS-CR Program	Relaxation Program
23	5/28/09	4	SOS-CR Program	Relaxation Program
24	6/2/09	4	CR Program Support	CPS Director: CR program planning
25	6/3/09	4	Residence Hall Program	Relaxation/Stress Management
26	6/4/09	4	SOS-CR Program	Relaxation Program
27	6/11/09	~70	Staff Meeting	Farewell Brunch

## Appendix D

### Counselors-in-Residence Brief Evaluation

Dear Residence Life staff, please take this one minute survey on CRs. Thank you.

- 1) Have you ever heard of the Counselor-in-Residence (CR) program?
  - a. No
  - b. Yes
- 2) Are you aware of the kinds of services provided by the CRs?
  - a. No
  - b. Yes
- 3) Do you know how to get in contact with a CR?
  - a. No
  - b. Yes
- 4) Have you utilized the Counselor-in-Residence (CR) service during the 2008-2009 school year?
  - a. No
  - b. Yes
- 5) (If answered yes to #4) For what purpose **did** you make use of the CRs, either for fellow staff, students, or yourself? (choose all that apply)
  - a. After-hours counseling
  - b. Crisis calls
  - c. Programming
  - d. Consultation
  - e. Other (please list)\_\_\_\_\_
- 6) For what purpose **would** you envision making use of the CRs, either for fellow staff, students, or yourself? (choose all that apply)
  - a. After-hours counseling
  - b. Crisis calls
  - c. Programming
  - d. Consultation
  - e. Other (please list)\_\_\_\_\_
- 7) Please provide any suggestions to the CRs in regards to how they could be more helpful to residence life:

## Appendix E

### The Ohio University Counselor-in-Residence Program: Scholarly Publications and Presentations

- Demireva, P., **Zimak, E.**, Ng, M., & Castelino, P. (June 2009). Reaching out for Prevention – Psychoeducational Programming with College Students. To be presented at the annual National Outreach Conference for Counseling Centers.
- Nebbia, J., Majewski, M., Wilber, K., Szlag, C., Zimak, E., Demireva, P., Ng, M., & Castelino, P. (2009). *Eating Disorders on College Campuses: Promoting Awareness and Debunking Myths*. Poster presented at Ohio University's Annual Student Research and Creative Expo, May 2009, Athens, OH.
- Orchowski, L. M., Ng, H. M., Castelino, P. (2009). *The Ohio University Counselor-in-Residence Program: A 3-year analysis of program efficiency*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, November 2008, Orlando, FL.
- Segula, J., Nebbia, J., Wilber, K., Szlag, C., Ng, M., Orchardski, L., & Castelino, P. (2008). *Social Justice in the Community: Ethics of Outreach and Advocacy – Students Overcoming Stigma: An Undergraduate Mental Health Peer Advocate Organization*. Symposium presented at Ohio Psychological Association Annual Convention, October 2008, Columbus, OH.
- Gorman, C., Tyson, C., Majewski, M., Zimak, E., Ng, M., Demireva, P. (2008). *Student Mental Health Advocates: Promoting positive coping skills on campus*. Poster presented at the Ohio Psychological Association Annual Convention, October 2008, Columbus, OH.
- Orchowski, L., Ng, M., & Castelino, P. (2008). *The Ohio University Counselor-in-Residence Program: Year-3 program evaluation*. Poster presented at Ohio University's Annual Student Research and Creative Activity Expo, May 2008, Athens, OH.
- Saling, A., Nebbia, J., Majewski M., Butts, S., Orchardski, L., Ng, M., & Castelino, P. (2008). *Students Overcoming Stigma: Year-1 program evaluation and future goals*. Poster presented at Ohio University's Annual Student Research and Creative Activity Expo, May 2008, Athens, OH.
- Segula, J., Tyson, C., Orbon, S., Skrobot, S., & Judson, S., Orchardski, L., Ng, M., & Castelino, P. (2008). *Barriers to psychological care among undergraduate students: The role of undergraduate mental health advocacy*. Poster presented at Ohio University's Annual Student Research and Creative Activity Expo, May 2008, Athens, OH.
- Orchowski, L.M., Castelino, P., Ng, M. & Cosio, D. (2007, November). *The Ohio University counselor-in-residence program: An innovative approach to psychological care*. Paper submitted to the National Association of Student Personnel Administrators Region IV East Regional Conference, Indianapolis, IA.
- Saling, A., Segula, J., Orchardski, L. M., Ng, H. M., & Castelino, P. (2008). Students Overcoming Stigma at Ohio University: Engaging undergraduates in mental health advocacy. *The Ohio Psychologist Update*, p. 2.

- Orchowski, L.M., Castelino, P., & Ng, M. (2007, October). *Developing, implementing and evaluating counselor-in-residence programs*. Workshop to be presented at the Annual Conference of the Ohio Psychological Association, Columbus, OH.
- Orchowski, L.M., Cosio, D., Castelino, P., & Heaton, J.A. (2007, August). *A New Trend in College Student Psychological Care: Counselor-in-Residence Programs*. Poster to be presented at the Annual Conference of the American Psychological Association, San Francisco, CA.
- Orchowski L.M. & Cosio, D. (2007, May). *Development and Implementation of the Ohio University Counselor-in-Residence Program*. Poster presented at the Ohio University Annual Student Research and Creative Activity Fair, Athens Ohio.
- Kinne, M., Anderson, D., Cosio, D.C Henke, B, & Orchowski, L.M. (2007, April). *Initiatives in Psychological Care: Developing, Implementing and Evaluating Counselor-in-Residence Programs*. Workshop to be presented at the joint meeting of ACPA and NASPA, Orlando FL.  
\*Workshop attendants eligible for CE credits through the American Psychological Association.
- Castelino, P., Orchowski, L.M., Cosio, D., & Hathaway, S.L. (2007, March). *Innovative ways of reaching out to university students in residence halls*. Poster presented at the Annual Great Lakes Regional Conference in Counseling Psychology, Akron, OH.
- Orchowski, L.M., Cosio, D., Heaton, J.A. & Castelino, P. (2006, October). *The Ohio University Counselor-in-Residence Program: A Report of Program Utilization—Year One*. Poster presented at the annual meeting of the Ohio Psychological Association, Columbus Ohio.
- Heaton, J.A., Orchowski, L.M., Cosio, D., Castelino, P., & Peirce, J. (2006, October). *The Ohio University Counselor-in-Residence Program: A Report of Program Utilization—Year One*. Poster presented at the annual meeting of the Association for University And College Counseling Center Directors, Vail, Colorado.
- Heaton, J.A., Vickio, C., & Tanouye, A. (2006, October). *Counselors in Residence: What works, what doesn't*. Paper presented at the annual meeting of the Association for University And College Counseling Center Directors, Vail, Colorado.
- Orchowski, L.M. (2006, January). Collaborative Initiatives in College Student Mental Health: The Ohio University Counselor-in-Residence Program. *The Ohio Psychologist Update*, p. 3.
- Orchowski, L.M. (2005, October). *The Ohio University Counselor in Residence Program: A Collaborative Initiative in Psychological Care*. Poster presented at the annual meeting of the Ohio Psychological Association, Columbus Ohio.

## Appendix F

### Listing of Local Advertisements in Media

- Furkin, B. (2007, March). Quarter life crisis: Seniors anticipate impending futures. *The Post, Athens Ohio*. <http://thepost.baker.ohiou.edu/articles/2007/03/30/features/18524.html>
- Speakeasy Magazine (February, 2007). Caffeine: Friend or foe? Speakeasy Magazine. [SpeakeasyMag.com](http://SpeakeasyMag.com).
- The Department of Residence Life (December, 2006). Counselor-in-Residence program expands in second year. *Residence Life News Letter*, 1 (1), p. 3.
- Monroe, A. (2006, November). Counselors advise against resorting to all-nighters at final exam time. *The Athens News*, November 6, 2006, p. 25.
- Mochizuiki, K. (2006, November). Students battling the finals frontier. *The Post*, November 13, 2006, p. 3. <http://thepost.baker.ohiou.edu/articles/2006/11/13/news/15958.html>
- Coleman, C. (2006, April). Clinic provides therapy options: Graduate students handle services, offer unlimited sessions. *The Post, Athens Ohio*. <http://thepost.baker.ohiou.edu/articles/2006/04/12/news/12495.htm>
- Becker, C. (2005, December). Counselor-in-Residence provides after-hours services for students, staff". *Residence Life News Letter*, Fall 2005-2006.
- Furklin, B. (2005, October). Residence counselor alleviates shortage of psychological resources at OU. *The Post, Athens Ohio*. <http://thepost.baker.ohiou.edu/articles/2005/10/14/features/9993.html>