

Counseling Services

UCDAVIS

**STUDENT HEALTH AND
COUNSELING SERVICES**

Danen Adelson, PsyD
SHCS Psychologist

Sensitivity

- We may know friends or family who are coping with difficult issues
- People in this room may be experiencing some form of mental health concern now or in the past
- Be gentle and respectful with questions, comments, and humor

Mental Health and College life

- A 2011 survey of almost 28,000 college students found that in the past year:
 - 60.5% reported feeling very sad
 - 45.2% reported feeling hopeless
 - 30.3% reported feeling so depressed they couldn't function
 - 6.6% had seriously contemplated suicide
 - 1.1% made a suicide attempt
- 2nd leading cause of death among college students
- Est. 1088 suicides occur on college campuses each year

Emphasis on:

Prevention

Early Intervention



Prevention Efforts

- Outreaches
- Presentations
- Guest Lectures
- [“Each Aggie Matters”](#) campaign
- Education
- Relatability
- Destigmatization
- Open Dialogues



Prevention Efforts

- Creation of Public Service Announcements (PSAs)

[Warning Signs](#)

[Video](#)

[Stigma](#)

[Video](#)



**Stressed?
Sad? Hurting?
Need help?**

**UC Davis
Just in Case**

[Just in Case](#) app to download

Early Intervention Strategies

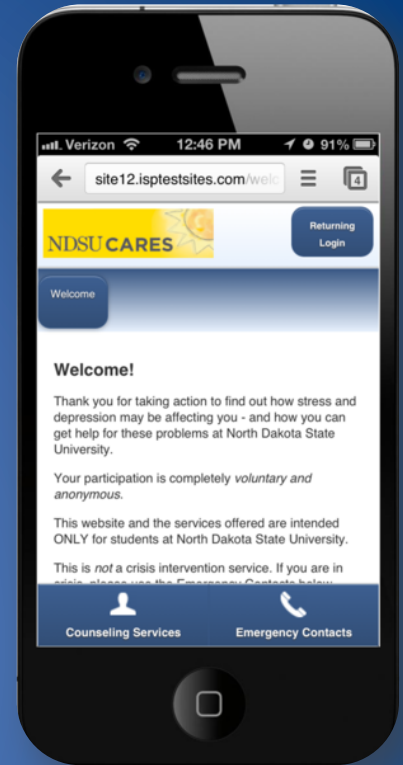


Interactive Screening Program (ISP)

Developed by the *American Foundation for Suicide Prevention*, the Interactive Screening Program is an innovative, evidence-based way to reach people most at risk and connect them with the support, information, and help they need.

What is ISP?

- Anonymous
- Personal
- Engaging
- Effective
- Reaches students who otherwise may not seek help on their own



How it works

- A prepared email invitation is sent to listserves and students
- Included is a link to a secure website



To: [Student's Email Address]

From: [Dean of College]

Subject: Confidential Stress and Depression Screening

We are writing to let you know about a unique online service offered to students at UC Davis from Counseling Services (CS) on campus. Our goal is to enhance student wellness by helping students identify – and do something about – stress, anxiety, depression and other problems that can interfere with academic, social and personal functioning.

Clicking the link at the bottom of this message will take you to a secure website where you have the option of completing a brief online questionnaire, which you'll submit using a self-assigned User ID. This will be the only way your responses are identified, and thus, the process is entirely confidential.

An experienced CS counselor will then review your questionnaire and will send a personal response to you over the secure website, which will include any recommendations for follow-up. You will then have an opportunity to exchange online messages with the counselor through the anonymous dialogue feature using only your User ID, or to set up a face-to-face meeting to talk to the counselor in more detail.

Completing the online questionnaire and making use of this service is completely voluntary. Your access to Counseling Services will not be affected in any way if you choose not to make use of this service. (Also, if you've completed the questionnaire in a past quarter, it's fine to do it again if you think it would be useful).

We urge all students to take advantage of this safe and easy way to find out if stress, anxiety or depression may be affecting you. The good news is that treatments for these challenges are highly effective and are available right here on the UC Davis campus, or off-campus, if you prefer.

If you have any questions about this service, please contact SHCS counselors Dr. Elena Herrera or Dr. Danen Adelson at (530) 752-0871.

We hope all of you will take a few minutes right away to go to the secure website, log in and complete the *Stress & Depression Questionnaire*:

wecare@ucdavis.org

Appointments with Counseling Services



Changes in Access to SHCS Counseling Services

Beginning September 1, 2014, appointment services will be restructured in order to reduce counseling service appointment wait times.

- North Hall will now only be seeing students with scheduled appointments
- Contact the Appointment Desk at (530) 752-2349 to schedule a visit
- Advice Nurse is available 24/7
- SHCS Urgent Care is available on a drop-in basis at the Student Health and Wellness Center

Assisting a student with presenting concerns:

Please call the appointment desk. If you feel the need to walk the student in, please bring the individual to Urgent Care at the Student Health and Wellness Center.

SHCS Counseling Services was previously known as Counseling and Psychological Services (CAPS).

UC DAVIS
STUDENT HEALTH AND
COUNSELING SERVICES

Student Health and Counseling Services (SHCS)



- To set up appointments or talk with advice nurse: **(530) 752-2349**
- Website: **shcs.ucdavis.edu**
- Two Locations
 - **North Hall** (Scheduled Appts)
 - **Student Health and Wellness Center** (Urgent Care and/or Drop In services)
- Counseling Services
 - Scheduled Appointments (**North Hall**)
 - Individual & Group Counseling
 - Crisis Assessment & Intervention (**Student Health and Wellness Center**)
- Advice Nurse is available 24/7
- Free, Confidential, Accessible

Consultations also available with:

- **Community Advising Network (CAN)**
 - Mental health providers hosted in various departments across campus
- **College Counselors**
 - Mental health providers hosted in hosted in College of Engineering, Letters and Sciences, Agricultural and Environmental Science, and Biological Sciences

Free, Confidential, Accessible

CAN Counselors



- ✧ African American and African Studies
- ✧ Asian American Studies
- ✧ Chicana/o Studies
- ✧ Cross Cultural Center
- ✧ Educational Opportunity Program
- ✧ LGBTQIA Resource Center
- ✧ Native American Studies
- ✧ Student Recruitment and Retention Center
- ✧ Transfer Reentry Veterans Center
- ✧ Women's Resources and Research Center

College Counselors



✧ College of Engineering

✧ College of Letters and Sciences

✧ College of Agricultural and Environmental Science

✧ College of Biological Sciences

Referrals

- Non-Emergencies
 - Consult with Supervisor and possibly colleagues
 - Consult with Appropriate Campus entity
- Distressing Student (Bullying, threat-making, disrupts classroom, etc.)
 - Contact **Student Judicial Affairs (SJA)** to Consult
 - » (530) 752-1128 or <http://sja.ucdavis.edu>
- Distressed Students (Signs of internal struggle)
 - Contact **SHCS** to Consult
 - » (530) 752-2349 or <http://shcs.ucdavis.edu>
 - Walk student over to SHWC (Urgent Care)

**Consultation with both SJA and SHCS may be best when responding to a student of concern.
This ensures comprehensive care for the student.*

Releases of Information (ROIs)

Required if you want to speak with counselor to gather info about a student.

Not required if you want to follow up with student.

It's okay to let the person know you care about what happens to him or her

Your CARING can be HEALING!

- Due to all services provided at Counseling Services requiring confidentiality and discretion, the student *needs* to sign an ROI in order to give us permission to speak to anyone about services they might or might not have received.
- We are bound by law to keep the individual's anonymity except in very unique situations.
- We cannot even inform you if the student followed up with an appointment unless the student signs this form.

Questions or Comments?

UC DAVIS

**STUDENT HEALTH AND
COUNSELING SERVICES**



WELLNESS • RECOVERY • RESILIENCE