

Oregon

TECH

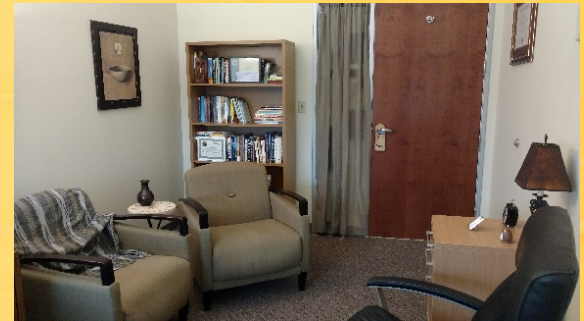
Integrated Student Health Center

**Academic Quality & Student
Success Committee**

**Gaylyn Maurer, MA, LPC
Director**

Overview

- Locations:
 - In front of the Village Apartments (KF)
 - 2nd Floor, Room 236 (Portland Metro, PM)
- Hours: Monday through Friday
 - 8am to 5pm (KF)
 - 8:30am to 6pm, varies (PM)
- Student Health Fee: Mandatory fee allows students taking 6 or more on-campus credits to be seen with no co-pay, no cost
- Students with < 6 credits can “opt in”
- Do not bill insurance
- PM Health Fee funds the counselor on that campus



Medical Clinic (KF Only)

Operates similar to a primary care physician's office

Staffing:

- Advanced Practice Nurse (Full-Time)
- Registered Nurse (Full-Time)
- Physician (MD, .2 FTE)
- Psychiatric Advanced Practice Nurse (.2 FTE)

Medical staff are able to:

- Diagnose & treat (prescribe medication)
- Conduct procedures (nebulizer, ear irrigation, wart removal)
- Issue orders for lab work & imaging
- Manage chronic health conditions
- Provide immunizations, draw blood on site
- Conduct women's annual exams, contraception
- Pregnancy tests, STI testing
- Provide medication management
- Refer to specialists
- Psychiatric services are available (diagnosis & med management)

Health Promotion (Both)

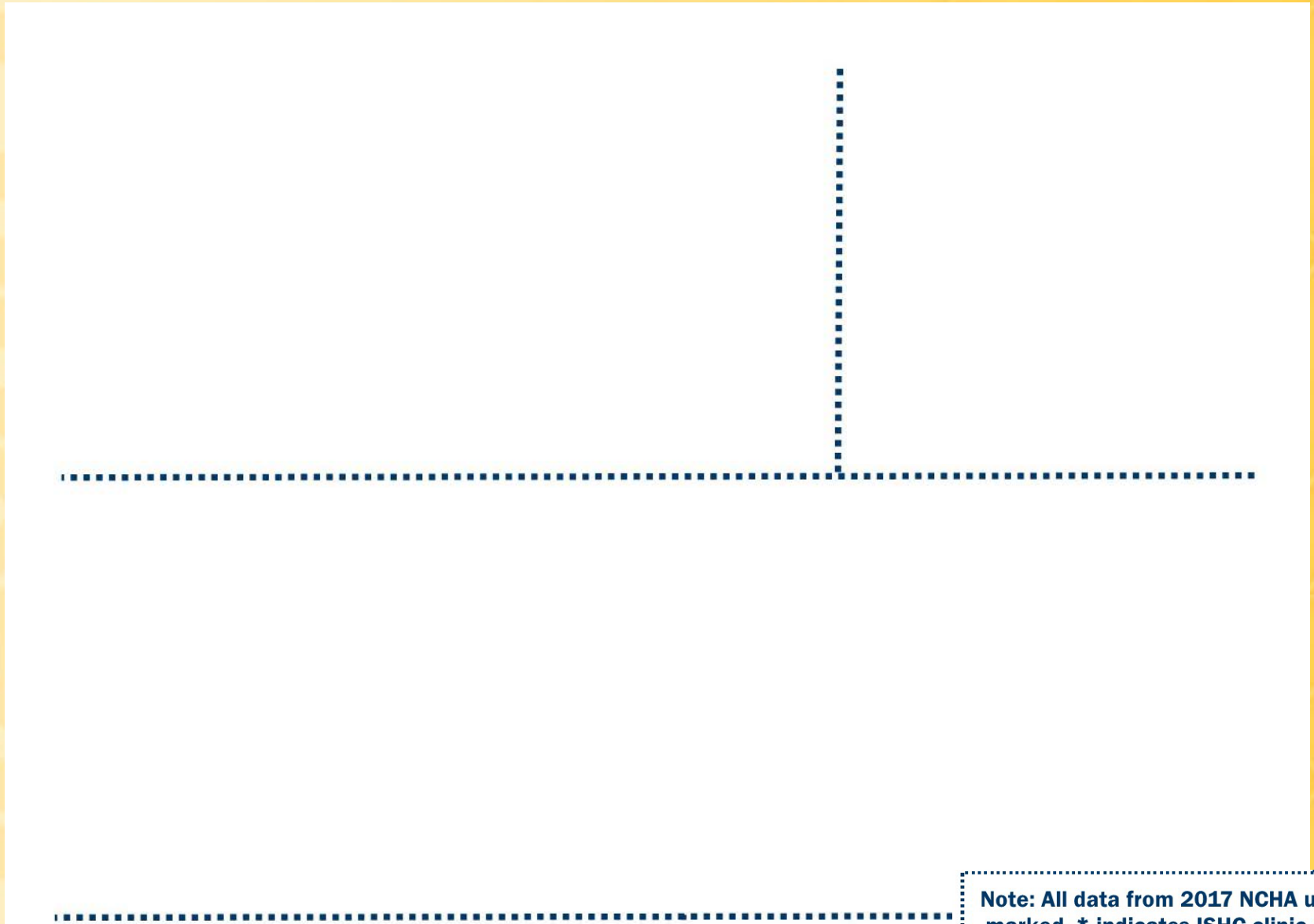
- Klamath Falls Campus:
 - Health Educator encourages students to “Choose Well” across all aspects
 - Promotional Choose Well tent provides information and give-aways
 - Other services:
 - Personal Training
 - Body fat monitoring
 - Nutrition Education
 - Tobacco Cessation
 - Healthy Active Challenge
- Portland Metro Campus:
 - Full-time Counselor spearheads health promotion
 - KF Health Educator travels once per term



Mental Health (Both)

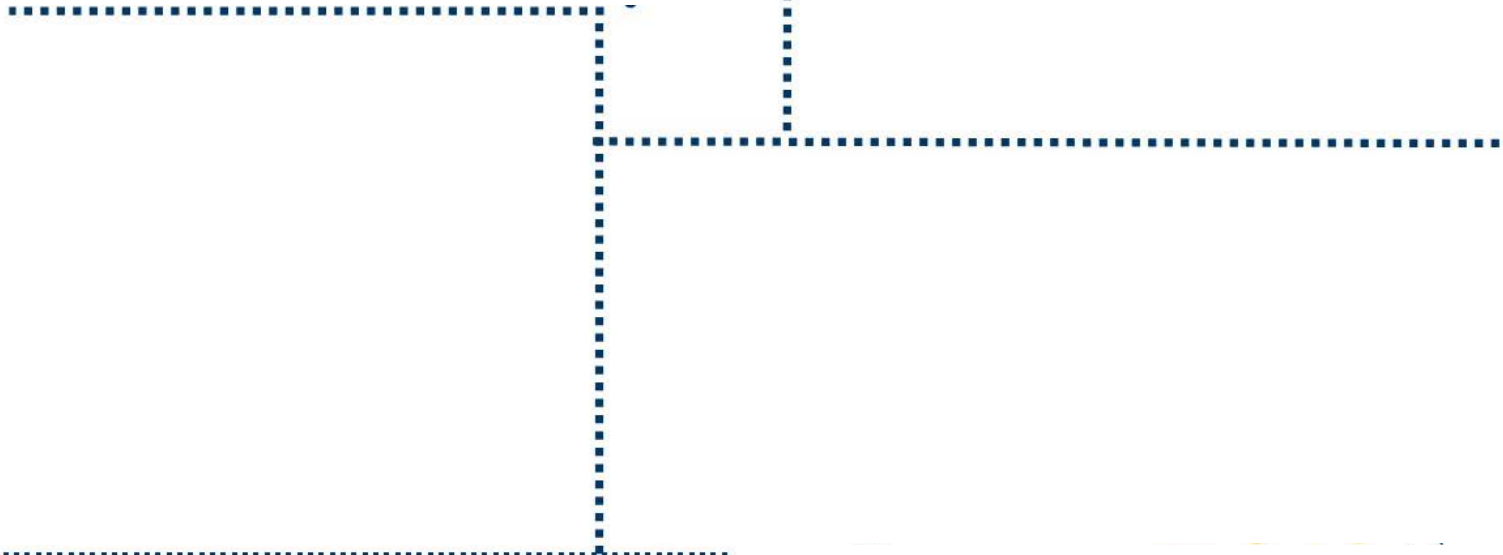
- Staffing:
 - 2 Full-Time & 2 Part-Time Counselors in KF
 - 1 Full-Time Counselor in PM
- Assessment, Diagnosis, and Treatment of mental health disorders
- Sessions are confidential - No maximum
- Crisis Management services
- Mental health screening events each month
- ADHD and LD testing available for fee (KF Only)

Need for Services



Note: All data from 2017 NCHA unless marked. * indicates ISHC clinic data.

Need for Services



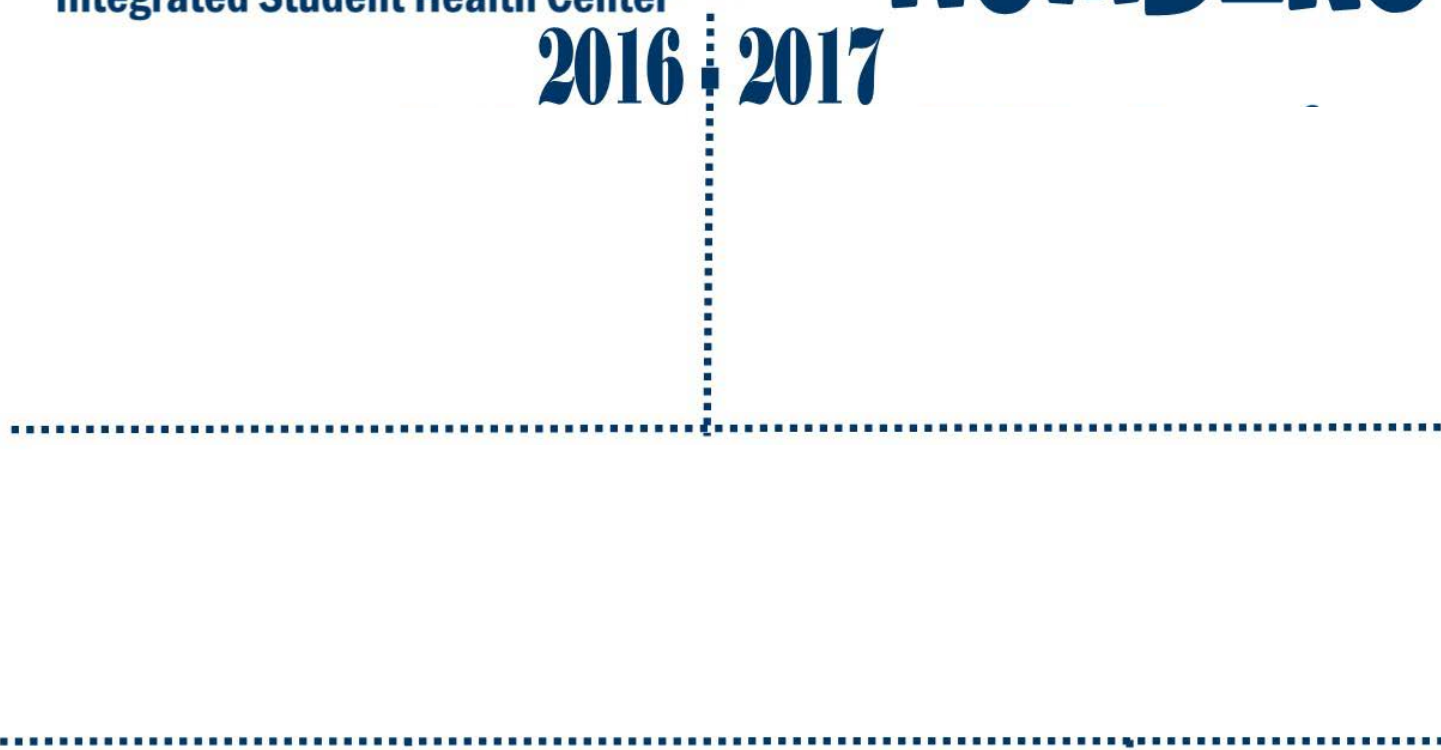
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Oregon TECH

Integrated Student Health Center

2016 | **2017**

BY THE NUMBERS



Are We Having an Impact? Retention Data

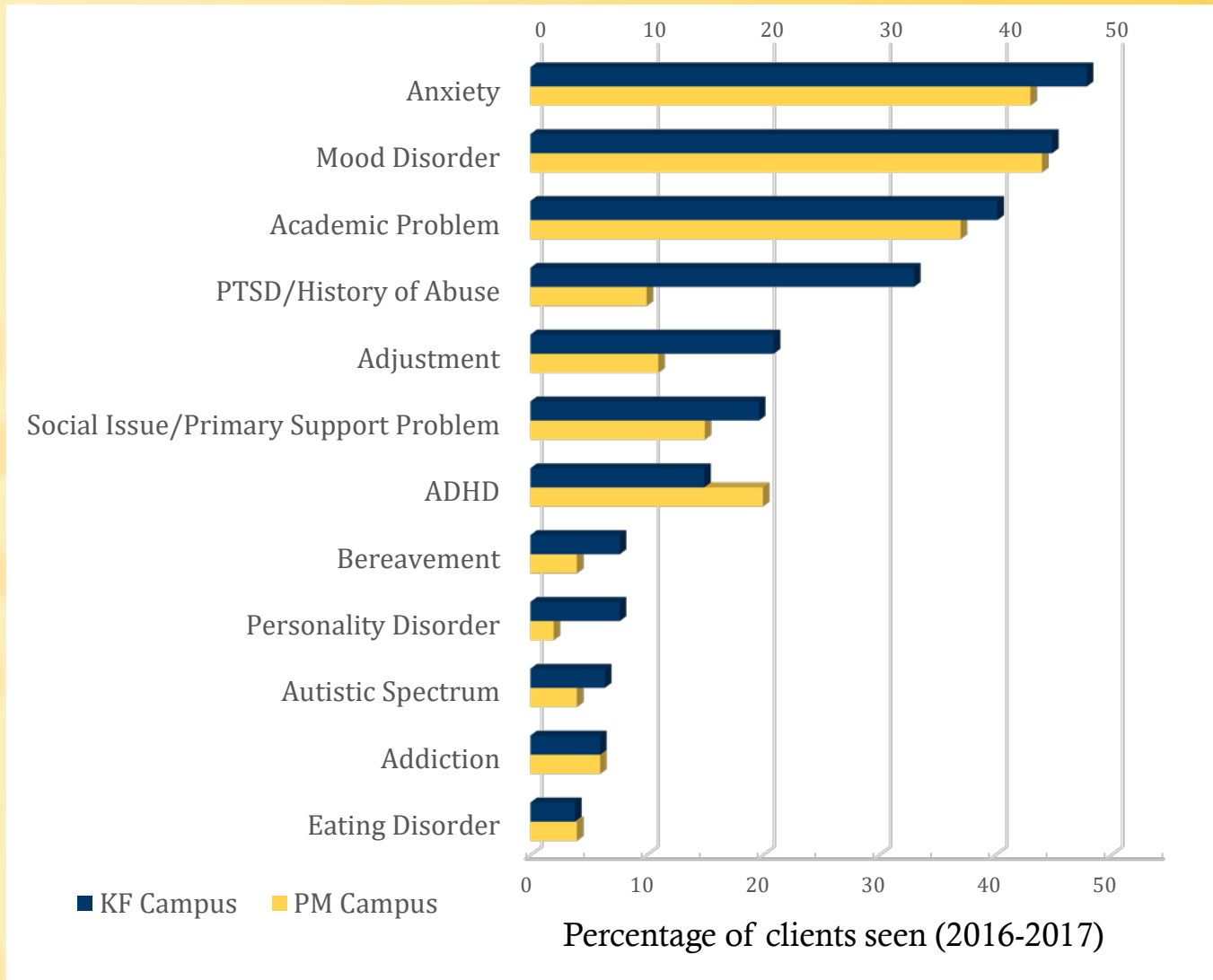
- First-time Freshman retention from Fall 2016 to Fall 2017 for Oregon Tech = 80%
- First-time Freshmen retention rate for 2016-2017 students who:
 - Received any ISHC service = 84%
 - Received ISHC Medical service = 86%
 - Received ISHC Counseling service = 78%

*(Klamath Falls Campus, Registered, Undergraduate Students)



SPOTLIGHT ON Counseling

What Are Students Reporting?



Highest-Risk Trends

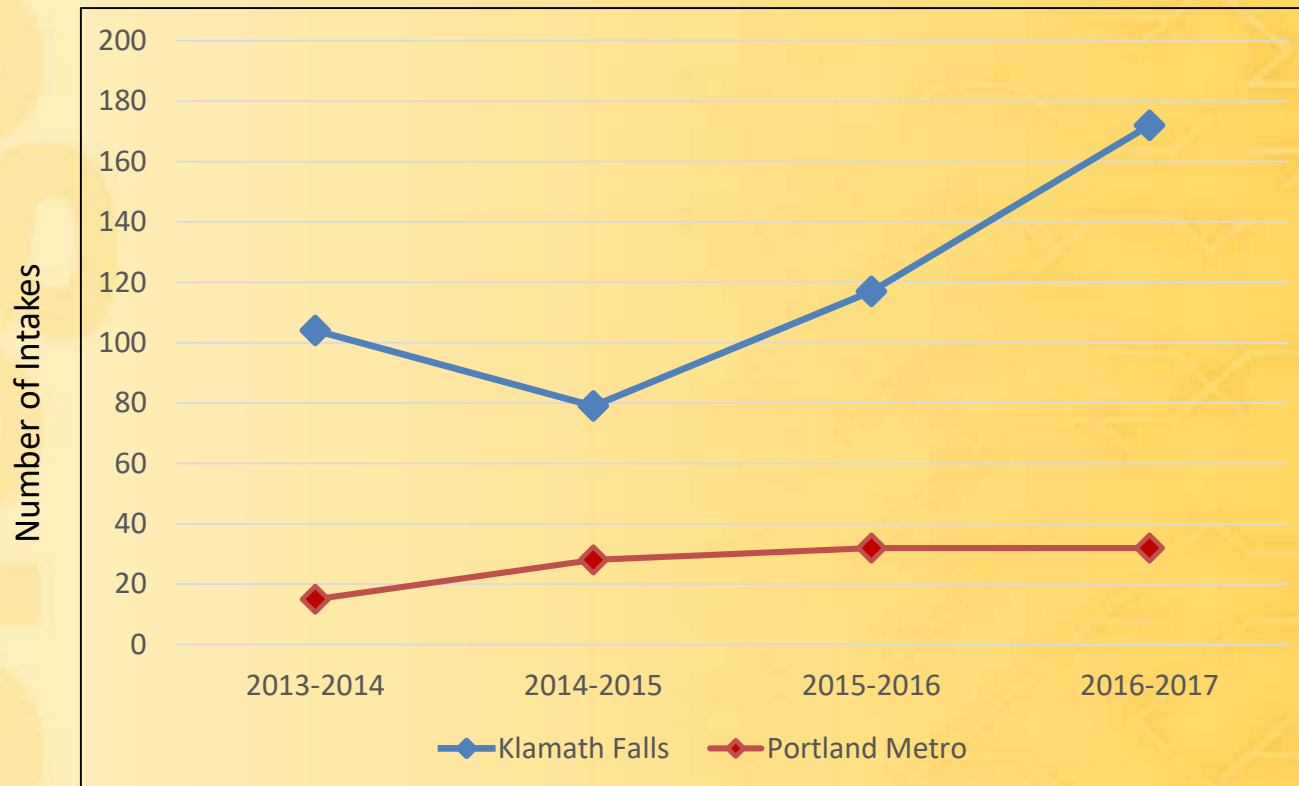
	Klamath Falls Campus	Portland Metro Campus
Any Suicidal Ideation		
2014-2015	22% (36 students)	14% (5 students)
2015-2016	23% (39 students)	17% (9 students)
2016-2017	27% (60 students)	25% (14 students)

Across the past 2 academic years, Counseling has supported:

- 8 student survivors of recent sexual assault
- 2 students who recently experienced sexual coercion
- 7 students who experienced recent domestic violence or relationship abuse
- 7 students who were victims of stalking

Mental Health Intake Trends

- Higher rates of students with fully-developed mental health issues coming to college campuses (NAMI, 2012)
- National trend is to increase counseling staff on campuses to meet the increased need (AUCCCD, 2016)

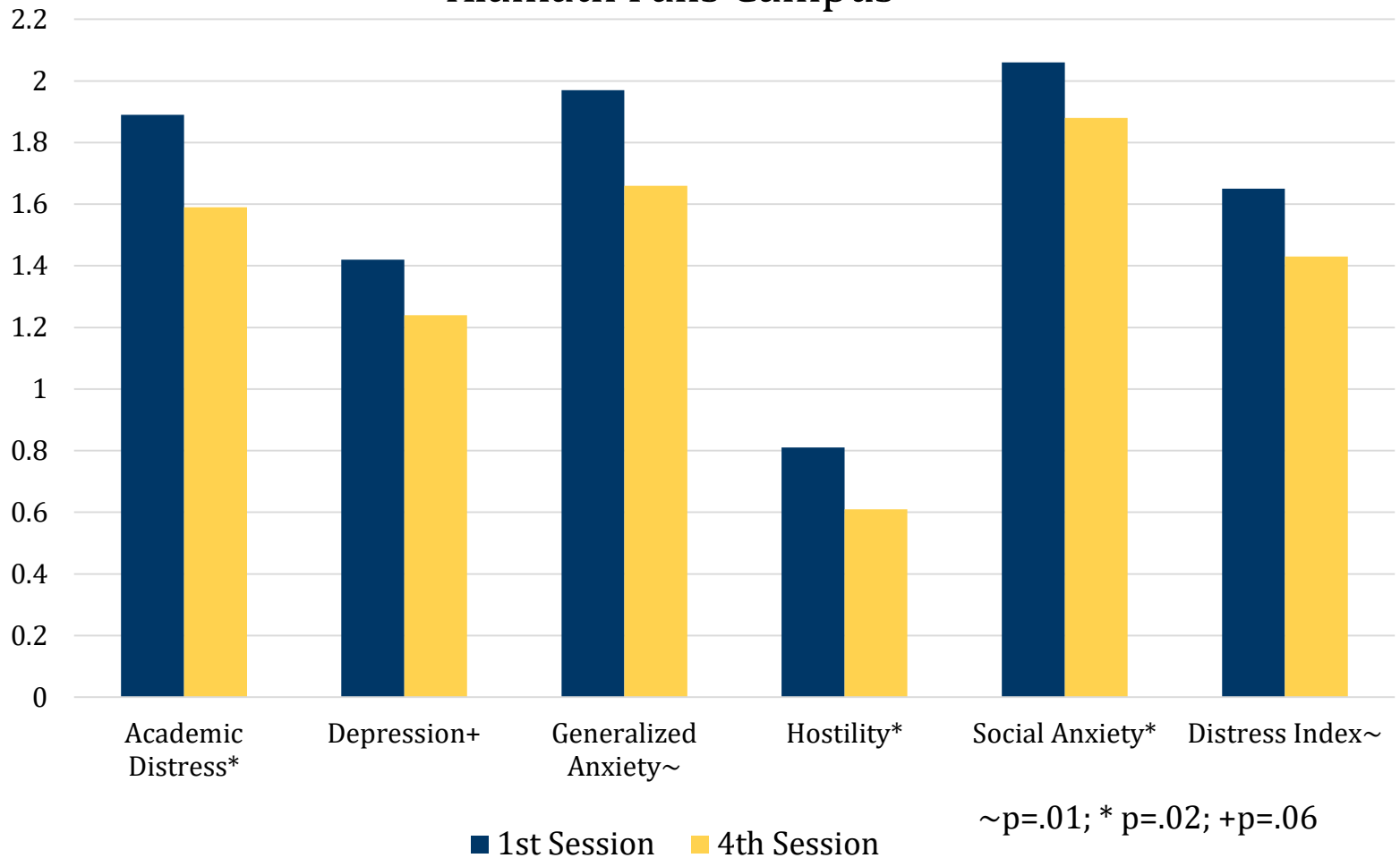


Staffing Changes Over Time

	<u>Full Time Equivalents</u>
• Klamath Falls Campus	
– Originally located in Counseling & Testing	2 FTE
– Fall 2008: Transitioned to ISHC	
• 1 Master’s-level Counselor	2 FTE
• 1 Psychologist	
– Fall 2009:	
• Added 2 nd Master’s-level counselor	3 FTE
– Fall 2015:	
• Personnel changes lead to only Director as Counselor	.5 FTE
• Hire Master’s-level Counselor in March	1.5 FTE
– Fall 2016:	
• Hired 2 nd Master’s-level Counselor	
• Contracted with School Psychologist for LD Testing	2.5 FTE
• Created additional Master’s-level Counselor position (stayed vacant)	
– Fall 2017:	
• Filled vacant position; Psychologist Intern becomes Licensed	
• One Counselor dropped to part-time; Director as Counselor still	3.2 FTE
• Portland Metro Campus	-----
– Hired part-time counselor 2/2013	.5 FTE
– Increased to Full-time 3/2015	1 FTE

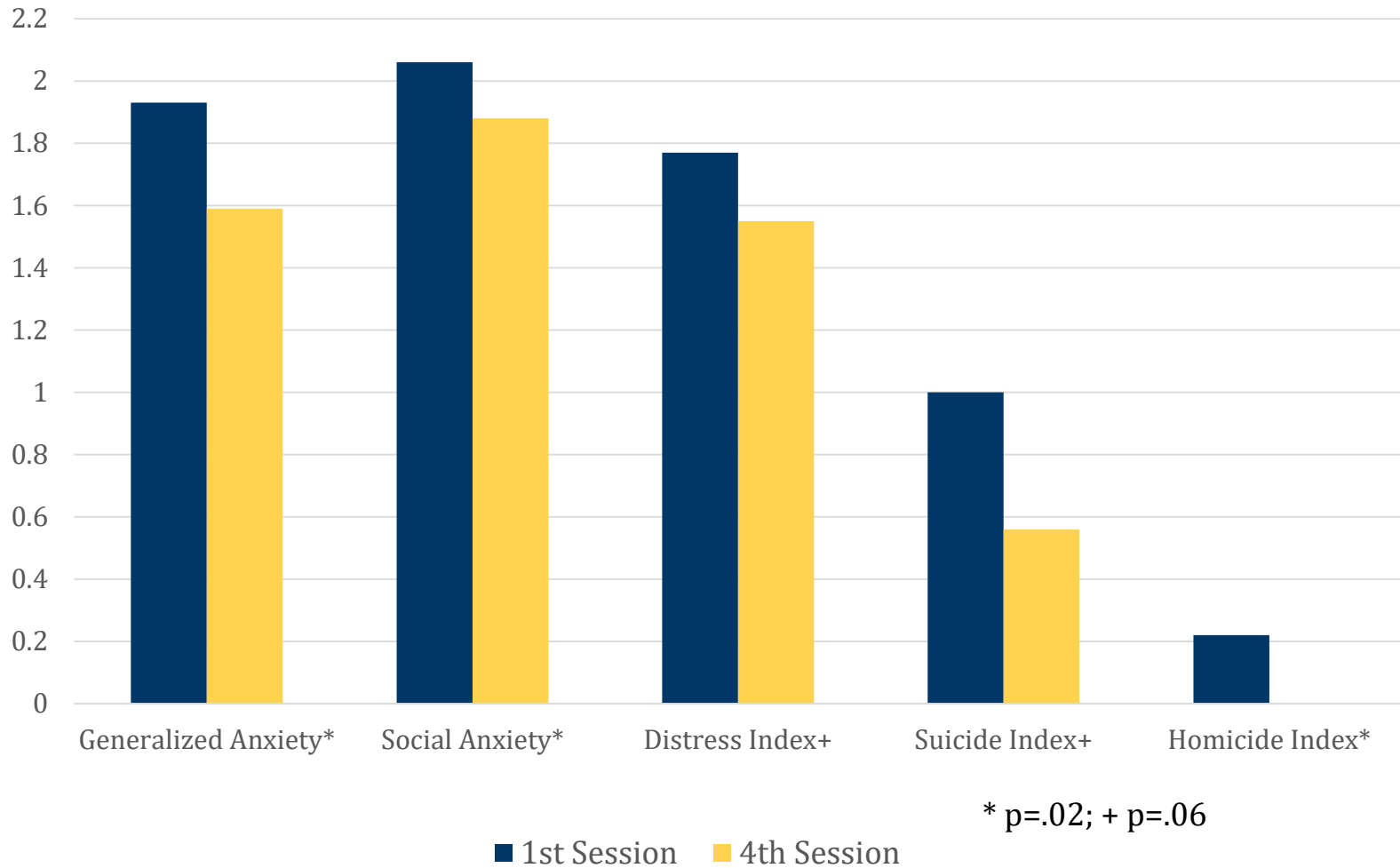
Are We Having an Impact? CCAPS Results

Significant Improvement Over Time (Subscale Means):
Klamath Falls Campus



Are We Having an Impact? CCAPS Results

Significant Improvement Over Time (Subscale Means):
Portland Metro Campus



Are We Having an Impact? Discharge Surveys

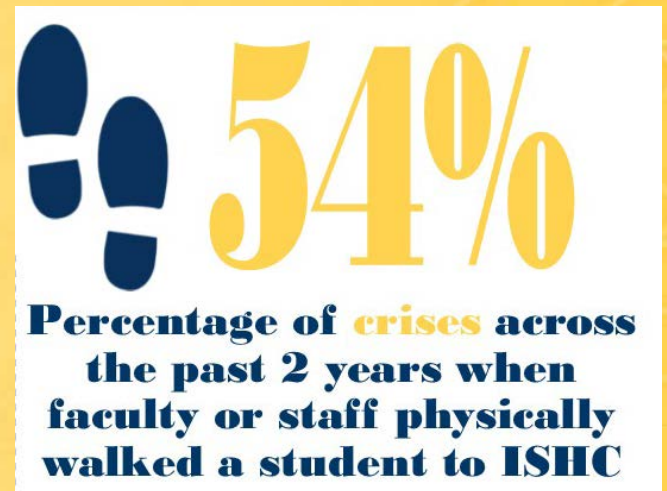
- 53 completed across both campuses (2016-2017)
- 92% reported statistically significant reductions in distress regarding their primary issue from intake to termination [$t(52)=13.45, p=.001$]
- 80% reported that they were *Quite a Bit* to *Very Much* confident that they will be able to handle their primary issue in the future as the result of counseling
- 100% rated their counselor an A (on an A to F grading scale)

Obstacles to Mental Health in KF

- Lack of competent mental health providers in the community; many are unlicensed
- Long wait times (3 months for an intake, 6 months for psychiatrist, frequently cancelled appointments)
- Poor options for stabilizing suicidal clients (no local psychiatric facility)
- Community providers do not have expertise in working with the college population (nor are they familiar with Oregon Tech internal resources)
- Students are unfamiliar with their insurance and who would be a covered provider, if they have insurance at all
- Research indicates that 61% of students report that on-campus individual counseling is “critical to [their] success in college” (NAMI, 2012)

Unique Benefits to Campus

- Provide required documentation for students
 - Medical Withdrawal Requests
 - Disability Services Accommodation Assessments
 - Emotional Support Animal (ESA)
 - ADHD/LD Testing
- Only campus location Exempt from reporting Title IX issues
- Provide immediate support to campus partners:
 - Dean of Students/Vice President of Student Affairs
 - Faculty
 - Residential Life & Housing
 - Student Success Center (DS, TRiO)
 - The Rock
 - Campus Safety



Questions?



Thank you for your time!