

Governors State University

Student Affairs and Enrollment Management: Reaching Vision 2020

Focus Area: Student Wellbeing

Leader(s): Erica Wade

Implementation Year: 2018 - 2019 Results and Findings

Goal 3: Advance mental and physical health related outcomes and services by promoting healthy behaviors, educating students, and providing current knowledge information regarding specific wellness topics.

Objective 1:	Evaluate on-going health center care to promote wellness
Action Items	Collect and analyze data from health center patient survey
Responsible Person and/or Unit (Data collection, analysis reporting)	Erica Wade, Director Counseling & Wellness, Dawn Lantz, Cassandra Brooks, Eva Brumfield and Jacqui Alvarez (Advocate Health Care)
Milestones (Identify Timelines)	Data is collected and analyzed throughout each academic semester; at least 70% of evaluations are completed by clients seen. Students will receive a paper or electronic client satisfaction survey at the conclusion of their appointment.
Achieved Outcomes and Results	Based on our findings, students indicated overall satisfaction with the following services (84%), quality of service (86%), knowledge of staff regarding health needs (84%), and friendliness of staff (86%).
Analysis of Results (Where outcomes met? Exceeded? Progress towards goal. Implications for AY20 Objectives.)	Students indicated that a need for more staff and flexible times to meet their health needs. The current client satisfaction survey needs to include additional questions regarding students' knowledge and awareness regarding health.

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Objective 2:	Develop and implement evaluation procedure to assess effectiveness of Health & Student Counseling center outreach activities
Action Items	Distribute an evaluation form to students after each outreach presentation/workshop
Responsible Person and/or Unit (Data collection, analysis reporting)	Kristina Wilkerson, Assistant Director, Katherine Helm-Lewis, Clinical Psychologist/Training Supervisor, counseling interns, Cassandra Brooks (Advocate Health Care), and staff
Milestones (Identify Timelines)	At least two outreach programs are conducted per semester, number and variety of programs offered throughout the academic year; number and results of evaluations from each outreach session/program
Achieved Outcomes and Results	We did informative (psychoeducation; 50), preventative (screenings and trainings; 24), and consultative (staff and faculty consultations; 26) services. Findings from outreach programming indicate that 86% of the participants completed an alcohol screening and 22% received substance use treatment referrals. Trends indicated that majority of participants are drinking hard liquor (i.e., tequila and vodka) and using larger serving sizes when drinking hard liquor (i.e., 3 ounces vs 1.5 ounces). Based on the findings from the depression screening survey students reported a history of the following: 20% depression, 13% generalized anxiety, 5% bipolar, and 4% PTSD. Additionally, 16% accepted referrals to mental health resources.
Analysis of Results (Where outcomes met? Exceeded? Progress towards goal. Implications for AY20 Objectives.)	<p>Based on national averages over the past two years, we are not off trend with the treatment of anxiety and depression. Specifically, national trends indicate that anxiety is the primary request for treatment and depression is secondary among college students. In addition, we will continue outreach programming surrounding treatment options and resources about depression, anxiety, bipolar and PTSD diagnoses.</p> <p>Future efforts will explore findings from the Wellbeing Assessment Survey (provided during the spring semester) and the Healthy Relationship Quiz to inform additional programming to address relational concerns in counseling. In addition, programming will focus on providing substance use psychoeducation and prevention efforts for residential students.</p>

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Focus Area: Student Wellbeing

Leader(s): Robin Sweeney

Implementation Year: 2018 - 2019 Results and Findings

Goal 3: Advance mental and physical health related outcomes and services by promoting healthy behaviors, educating students, and providing current knowledge information regarding specific wellness topics.

Objective 1:	Promote student wellbeing behaviors and services through student outreach involving collaboration with other GSU key stakeholders
Action Items	<ul style="list-style-type: none">• Create and implement Disabilities Awareness month event and/or workshops.• Implement Student Success Workshops.• Collaborate with other departments and/or divisions to promote healthy behaviors, preventions, and/or awareness.
Responsible Person and/or Unit (Data collection, analysis reporting)	Robin Sweeney, Director of Student Disability Services
Milestones (Identify Timelines)	Outreach for student awareness and collaboration with other departments to start in Fall 2018.
Achieved Outcomes and Results	
Analysis of Results (Where outcomes met? Exceeded? Progress towards goal. Implications for AY20 Objectives.)	

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Implementation Year: 2018 - 2019 Results and Findings

Goal 3: Advance mental and physical health related outcomes and services by promoting healthy behaviors, educating students, and providing current knowledge information regarding specific wellness topics.

Objective 1:	Assist with implementation of Disabilities Services Advisory Board to address student well-being.
Action Items	<ul style="list-style-type: none">• Work in collaboration with faculty senate to create and define the Disabilities Services Advisory Board.• Assist with planning to implement committee and an agenda.
Responsible Person and/or Unit (Data collection, analysis reporting)	Robin Sweeney, Director of Student Disability Services
Milestones (Identify Timelines)	Planning will begin in Fall 2018.
Achieved Outcomes and Results	
Analysis of Results (Where outcomes met? Exceeded? Progress towards goal. Implications for AY17 Objectives.)	