Usage Statistics for Fall Semester 2011
(September – mid-December 2011)

The following is information about usage rates of the Counseling Center services by students at UCDC during the Fall 2011 semester.

Nine students have been seen individually this semester. Of these, there were five female students and four male students.

*Schools represented:*

- University of Michigan 1
- Berkeley 2
- University of Pennsylvania 1
- Davis 1
- San Diego 2
- Riverside 1
- Irvine 1

*How referred:*

- Faculty or staff member: 1
- Walk-in 4
- Called to schedule 5

- Emergency situation 0
- Mandated 1
**Students’ Presenting Issues:** Many students presented more than one issue

- One student seen weekly in order to provide consistent monitoring
- Acute fish-out-of-water related anxiety and breakdown (several students): gender identity confusion; displaced from home; not connecting with suitemates; unhappy in city, unhappy at internship
- Client experiencing panic attacks which proved to be paralyzing to work on research project
- Alcohol use in the center/hospitalization
- Attention Deficit Disorder (ADD)
- Strain on relationships with significant others due to distance (several)
- Eating disorder
- Doubts of ability to succeed, acute related anxiety

**Ethnicity and other identity:**

- African American: 1
- Asian/Pacific Islander: 5
- European American: 2
- Latino (excluding Mexican American): 1
- Mexican American: 0
- Gay/Lesbian: 1

**Number of Sessions**

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<thead>
<tr>
<th>Student Number</th>
<th>Seen at UCDC</th>
<th>Seen at Parkhurst Associates</th>
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<td><strong>Total:</strong></td>
<td><strong>28</strong></td>
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Analysis of Usage Rate

Nine students were seen for individual counseling by Parkhurst Associate staff for a total of 30 sessions. This number of students constitutes about 3% of the student body of approximately 273. This is 18 students less than is typically expected. According to The Association for University and College Counseling Center Directors 2009 Annual Survey, “on average, counseling centers provided clinical services to 10% of their campus student populations.”

Only one student returned the anonymous survey, which is provided to all students who utilize counseling services. This student rated convenience and helpfulness of the service as a 5 (0-5 scale, 0 worst and 5 best). However, the student felt that the location wasn’t private due to its proximity to classrooms and the computer lab.
Usage Statistics for Winter/Spring Semester 2012
(January to April 16th, 2012)

The following is information about usage rates of the Counseling Center services by students at UCDC during the Winter/Spring semester.

To date, 17 students have been seen individually or in groups this semester. Of these, there were 13 female students and four male students.

Schools represented:

- University of Michigan: 3
- Santa Cruz: 2
- Berkeley: 6
- San Diego: 1
- UCLA: 3
- Santa Barbara: 2

How referred:

- After orientation: 1
- Faculty or staff member: 1
- Walk-in: 11
- Scheduled: 6
- Emergency situation: 1
- Mandated: 0
**Students' Presenting Issues:** Many students presented more than one issue

- Trichotillomania (pulling hair out)
- Anxiety and depression related to being away from home; not connecting with suitemates; unhappy in city, unhappy at internship
- Two suitemates came to get support around talking to a suitemate about their concerns
- Client not engaging in semester classes and internship and exhibiting behaviors that could be classified as self-injurious
- Dealing with a parent’s alcoholism
- Strain on relationships with significant others due to distance (several)
- Ending of relationships (several)
- Acute anxiety brought on by enclosed spaces, especially when riding the metro
- Doubts of ability to succeed, acute related anxiety (several)
- Counseling for past-abuse and military service related Post Traumatic Stress Disorder (PTSD)
- Stress and time management
- Trauma and sadness around past abortion
- Difficulty Sleeping

**Ethnicity and other identity:**

- African American: 0
- Asian/Pacific Islander: 4
- European American: 7
- Latino (excluding Mexican American): 4
- Mexican American: 1
- Persian: 1

- Bisexual: 1
Number of Sessions

<table>
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<tr>
<th>Student Number</th>
<th>Seen at UCDC</th>
<th>Seen at Parkhurst Associates</th>
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Analysis of Usage Rate

Seventeen students have been seen thus far by the Counseling Center Staff (January 1st to April 16th) for a total of 44 sessions. Students who sought services constitute about 7% of the student body of approximately 258. At this rate we are on target to hit average use rates that can be expected on college campuses. According to The Association for University and College Counseling Center Directors 2009 Annual Survey, “on average, counseling centers provided clinical services to 10% of their campus student populations.”

To date, no student surveys have been returned.