

Session Title: College Counseling Research and Practice: Toward Evidence-based Answers to Some Critical Questions

Instructional Level: Foundation

Topic(s):

- Counseling Techniques

Presenter Identified NBCC Content Area: Assessment (this includes approaches to assessment and evaluation in counseling)

Presenters:

Alan "Woody" Schwitzer - Old Dominion University

Abstract: Bishop (2016) recently reinforced the notion that 2- and 4-year college and university counseling center work is a specialized mental health practice. Earlier, Rudd (2004) reported that counseling centers were essentially community mental health centers – but in the unique context of a specialized campus community. In turn, evidence is needed to guide effective college practice. This program presents some recent findings about our work. First, the National College Counseling Knowledge Base (Schwitzer et al, 2016) is introduced so that participants leave with access to a brand-new research resource. Second, recent findings from an ongoing college counseling research program will be discussed – including (1) support for the outcomes of university counseling on academic success, (2) support for the role of medication on 4-year academic success, and (3) findings that client severity seems to have become more complex, but not necessarily more severe, over time. Third, recent studies to inform 2-year college counseling will be discussed – including a profile of dislocated workers, and a model for practice supporting community college distance learners with severe disorders. The goal is to present some highlights of a representative research program, engage colleagues in discussion, and sharpen the focus on evidence and practice!

Learning Objectives:

- Participants will gain an understanding of the national College Counseling & Psychological Services Knowledge-Base, which comprises for the college counseling field a comprehensive database of college counseling research publications in the college cou
- Using one ongoing college counseling research program as an illustration, participants will learn about and discuss their reactions to new outcome studies suggesting effects of college counseling and health center medication on college student academic
- Using one ongoing college counseling research program as an illustration, participants will learn about and discuss their reactions to recent community college counseling research that has resulted in tentative models of 2-year dislocated worker studen
- Ideally participants will gain new directions for pursuing their own, or at least more easily accessing and utilizing, current research to support the college counseling specialization of mental health practice.

Session Title: (Out)reaching today's LGBTQ+ college students

Instructional Level: Intermediate

Topic(s):

- Outreach and Prevention
- Diversity/Inclusivity

Presenter Identified NBCC Content Area: Social and Cultural Foundations

Presenters:

Valerie Faure - University of Delaware

Jeremy Cohen - University of Delaware

Mark Mason - University of Delaware

Abstract: LGBTQ+ college students are often an underserved population and, while resilient, may be at higher risk for mental health concerns due to minority stress. College counseling centers have made great strides in offering individual and group counseling that acknowledge and affirm the unique experiences of LGBTQ+ students. Although traditional efforts can be effective and send an important message of inclusion, many LGBTQ+ students still face barriers in accessing mental health services. This presentation will review the development, implementation, and maintenance of Lavender Chats, a flexible and open outreach/group approach to meet the needs of today's LGBTQ+ students attending a four-year, public U.S. university. Presenters will address strengths of this approach, challenges, next steps, and applicability at other colleges and universities through didactic lecture, a case study presentation, and group discussion. The presentation will also highlight the importance of understanding our own intersecting identities in order to best facilitate such services.

Learning Objectives:

- Describe the challenges faced by college counseling centers in providing services to meet the needs of a new generation of LGBTQ+ college students.
- Explain the benefits of a flexible outreach/group approach for working with LGBTQ+ college students.
- Describe the potential challenges of this approach and generate possible solutions.
- Assess ways to partner with stakeholders and apply this approach at different institutions.
- Demonstrate self-awareness regarding intersecting identities and how these identities may affect facilitation of outreach/group services with LGBTQ+ college students.

Session Title: Creating and Sustaining a Thriving Internship Experience

Instructional Level: Intermediate

Topic(s):

- Supervision/Clinical Training

Presenter Identified NBCC Content Area: Counseling Professional Identity and Practice Issues

Presenters:

Mark Eades - The University of North Carolina at Greensboro

Susan Blake - The University of North Carolina at Greensboro

Abstract: Finding a professionally rewarding internship can be highly influential in a developing counselor's career; where a counselor is able to incorporate experience, skills, competencies, and site supervision to move from novice to budding professional (Roberts & Morotti, 2001). The training program of a college counseling center can aid in trainee development by screening potential trainees thoroughly (Steadman & Schoenfeld, 2011), by becoming well versed in supervision methods (Cornish & Riva, 2005), and by being experts in working with time-limited counseling theories and discussing their application with trainees (Bishop, 2006). In addition to the methods listed above, college counseling centers are also well poised to engage interns in outreach opportunities, group counseling, consultation with faculty and staff, risk assessment procedures, and exposure to future job opportunities. This presentation will highlight the vital components of a college counseling internship program and will go into detail about how each part is accomplished through a typical academic year. Issues such as the intern selection process, supervisor selection and training, assessment procedures, intern inclusion vs. exclusion in senior staff events, coordination with local graduate programs, valuing diversity, addressing issues with trainee development, and sticking to a cohesive vision will all be discussed.

Learning Objectives:

- Participants will be able to identify the key components of a successful training program in a college counseling center
- Participants will learn about specific issues within a college counseling training program and how to proactively address these issues.
- Participants will learn to implement and improve their training program through the use of formal and informal assessments.

Session Title: Establishing a System of Care to Address High Risk Drinking on Campus

Instructional Level: Intermediate

Topic(s):

- Outreach and Prevention
- Administration/Leadership

Presenter Identified NBCC Content Area: Counseling Professional Identity and Practice Issues

Presenters:

Jenny Wagstaff - Campbell University

Abstract: As campuses continue to implement the recommended strategies provided by the NIAAA (2002, 2007) there is an increased need to determine the best way to utilize the BASICS intervention to effectively reach students. This presentation will provide attendees with a summary of qualitative research findings that focused on BASICS: A Qualitative Study of Mental Health Practitioners' Experiences on the College Campus conducted in 2015. Emphasis will be placed on the mandated student which emerged as a primary theme. Implications for working with this sub-population will be discussed and recommendations will be provided which includes establishing a System of Care on campus to effectively work with the mandated student. In keeping with the theme of Connected the System of Care model that will be explained includes screening, referral to services, multi-level brief motivational interventions, individual and group counseling, referral to treatment, and support for students in recovery. A case study will be presented on managing high-risk students within the System of Care model who potentially need services beyond the BASICS intervention. These "stories from the trenches" from mental health professionals provide insight into the strengths and limitations of BASICS from a practitioner's perspective and highlights the need for campus-wide collaboration.

Learning Objectives:

- Identify best practices and research-based approaches to address high-risk drinking on campus.
- Examine both challenges and strategies for success when working with the mandated student population.
- Describe and discuss the advantages of and potential roadblocks to a System of Care approach.

Session Title: Health Behavior Change and Emerging Adult Development: Considerations for Connecting with University Students

Instructional Level: Foundation

Topic(s):

- Supervision/Clinical Training
- Counseling Techniques

Presenter Identified NBCC Content Area: Human Growth and Development

Presenters:

Justin Jacques - The George Washington University

Abstract: Increasingly emerging adult clients entering university counseling centers may be facing the need to make significant health behavior changes. Sometimes these health changes may be life saving. A salient example is the overweight and obesity epidemic in the U.S. Per a (2014) CDC report the percentage of adults 20 years and over that are overweight is 70.7 percent. A foundational issue related to these chronic and persuasive health behavioral issues is that change at this stage of development becomes more difficult. However, specific strategies and interventions have been identified in the literature that may be especially helpful with health behavior change (Baum et al., 2012). An example intervention would be the use of social media, which has been found to have considerable potential as a tool for health promotion and education (Korda & Itani, 2013). When an intervention that promotes positive health behavior change include a solid understanding of the individuals, the social milieu, and environmental contexts, and their influence on their health behaviors, the chances are good that they will be effective (Glanz & Rimer, 2008). The presenter will foster a collaborative conversation with attendees to further their knowledge of health behavior change when connecting with their students.

Learning Objectives:

- Utilize an overview of current conceptual and empirical literature that addresses health behavior and health behavior change as it relates to emerging adult development.
- Formulate a conceptual framework for clinicians that fosters critical thinking in regards to working with university students who present with the need for health behavior change, while infusing an emerging adult development perspective.
- Foster collaborative new ideas, tools, and creative practices as it relates to health behaviors and health behavior change in clinical counseling practice.
- Critique current unhelpful myths and practices as it relates to health behaviors and health behavior change.

Session Title: Introduction to CAS Standards for Counseling Services: Uses for the College Counseling Centers

Instructional Level: Foundation

Topic(s):

- Administration/Leadership

Presenter Identified NBCC Content Area: Research and Program Evaluation (this includes research methods, statistical analysis, etc. and may be the content area for the above session)

Presenters:

Perry Francis - Council for the Advancements in Higher Education

M.J. Raleigh - Highpoint University

Abstract: The Council for the Advancement for Standards in Higher Education has well developed specialty standards for college counseling centers that can be used in numerous ways including advocating for support for the center, self assessment, program evaluation, outcome research, and staff development. This presentation will provide the participants with the necessary information to begin the process of planning a CAS self-study including tailoring it to meet the diverse needs of the profession.

Learning Objectives:

- To increase the knowledge of CAS standards and guidelines, particularly as related to Counseling Services, and to develop familiarity with their uses.
- To develop awareness of CAS and of the functional area standards
- To develop understanding of the standards and guidelines for Counseling Services and of their uses for self-study and assessment of counseling services
- To develop comfort with using learning and development outcomes in counseling practice

Session Title: Small Office, Big Impact: Reimagining Outreach on Small College Campuses

Instructional Level: Foundation

Topic(s):

- Outreach and Prevention

Presenter Identified NBCC Content Area: Wellness and Prevention

Presenters:

Emily Holmes - Greensboro College

Abstract: Research has shown the importance of campus outreach by college counseling centers; however, many small college counseling centers face a number of challenges when it comes to providing outreach, awareness, and prevention programming. Some of these challenges include having fewer staff, smaller budgets, and limited time and resources available to plan and execute programs while balancing counseling and other responsibilities. But just because small colleges don't have the same resources as large universities doesn't mean that they cannot implement meaningful programs for the students on their campuses. Topics such as wellness, mental health, suicide prevention, substance use, and sexual and dating violence can be addressed effectively on small campuses with a little creative thinking and a willingness to connect and collaborate with potentially untapped resources both on campus and in the community. By embracing their smallness and reimagining outreach, small college counseling centers can have a big impact. This session will explore the challenges and benefits of working at a small college and provide five key elements for creating quality outreach programs on small campuses.

Learning Objectives:

- Discuss the importance of counseling center outreach, especially on small campuses
- List the benefits and challenges of working on a small campus
- Identify key stakeholders both on and off campus with whom to connect and collaborate
- Describe key elements for creating meaningful campus outreach at small colleges

Session Title: Teaching Our High Achieving Women to be BRAVE: Creating a Group for Self Esteem, Perfectionism and Body Issues

Instructional Level: Intermediate

Topic(s):

- Counseling Techniques

Presenter Identified NBCC Content Area: Group Dynamics and Counseling

Presenters:

Megan Tajlili - North Carolina State University

Abstract: Students are entering college campuses with unprecedented levels of stress, stemming from financial strain, parental expectations, and comparisons to peers. High achieving female college students struggle specifically with concerns related to self-esteem, body image, and perfectionism. This presentation focuses on the creation of a group counseling experience, entitled BRAVE, for undergraduate or graduate women to provide support to one another. In this group, participants learn to normalize the issues female college students face and to unravel some of the negative thought patterns surrounding perfectionism. The presentation will explore high achieving female college students' common concerns and how the problems they encounter can lead to negative behaviors. The presenter will offer example interventions used with success in the BRAVE group. Then, participants will break into small groups in which they can come up with their own interventions targeting problematic behaviors. Finally, applications of prevention and bystander education will be discussed.

Learning Objectives:

- Participants will be able to explain typical psychological concerns of high achieving female students and note when behaviors or thought patterns become detrimental.
- Participants will create sample session plans to assist high achieving female students, including treatment goals for procrastination, body image, self esteem, and countering negative thoughts.
- Participants will discuss trends in the behaviors of millennial high achieving female students, as well as preventative interventions with this population.

Session Title: Community College Roundtable

Instructional Level:

Topic(s):

Presenter Identified NBCC Content Area:

Presenters:

Kathy Douthat - Pellissippi State Community College

Abstract: The role of the community college counselor continues to change as student needs are being assessed and redefined on college campuses nationwide. Counselors who work in this setting often encounter a different set of concerns than their colleagues at four year institutions. Multiple duties can include teaching and academic advising, providing services to students of varying age levels and abilities who may be experiencing economic and employment concerns as well as physical and mental challenges. Community and technical colleges serve many students that are first generation and academically unprepared. National data indicates that more students are arriving on community college campuses experiencing mental health concerns that clearly impact their retention and completion rates. As community and two year colleges continue to take a closer look at providing more comprehensive student support services, it is critical for professional counselors to be part of the dialog.

Learning Objectives:

- Consider current national trends in community college counseling
- Examine data from the 2016 Hope Lab survey of community colleges
- Take part in active discussion of current challenges faced by colleagues working in the community college setting and ways to promote counseling services