

# CCC Counseling Services

**Dr. Elizabeth Przymus, Ph.D.**

Dean of Student Success

**Chelsa Thompson, LIMHP, LMHP, CPC**

Director of Counseling and Prevention Education  
Services

# College Student Mental Health

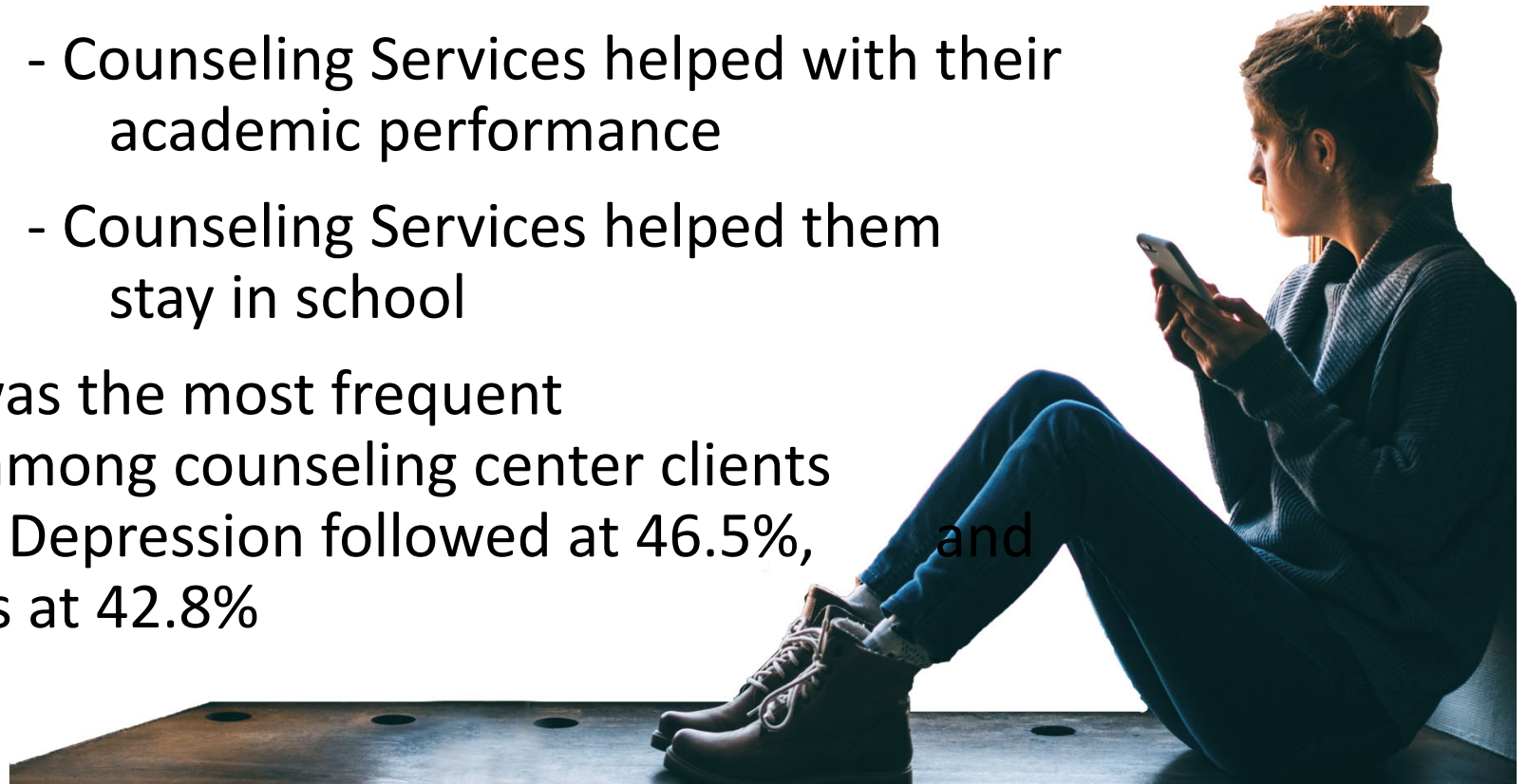
## ❖ Association for University and College Counseling Center Directors data

- Survey data collected annually from counseling center directors at two-year and four-year colleges in the U.S.

67.9% - Counseling Services helped with their academic performance

58.4% - Counseling Services helped them stay in school

Anxiety was the most frequent concern among counseling center clients at 59.2%. Depression followed at 46.5%, and stress at 42.8%





## **Counseling Services for students at CCC**

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2014 – Began offering counseling sessions at CCC, using an external provider, offering individualized sessions only

2019 – Hired Chelsa Thompson and developed framework for CCC Counseling Services Department

2020 – Hired 2<sup>nd</sup> Counselor to cover Hastings and Grand Island locations

August 2020 – Launched CCC Counseling Services operations

# CCC Counseling Services Staff

## **Director/Counselor:**

Chelsa Thompson, LIMHP, LMHP, CPC  
Columbus Campus and all Center locations

## **Counselors:**

Alyson Wolfe, PLMHP, PLADC  
Hastings and Grand Island Campus

To Be Hired- Counselor and Prevention Education Coordinator  
Grand Island Campus and Center support

## **Scheduling Support:**

Elizabeth Wess

[counselingservices@cccneb.edu](mailto:counselingservices@cccneb.edu)



# CENTRAL COMMUNITY COLLEGE- COMPREHENSIVE COUNSELING SERVICES MODEL

Counseling Services

Consultation and Collaborative Services

Prevention Education

Outreach/Training

## Counseling Services:

Individual and group counseling; crisis intervention

## Consultation and Collaborative Services:

Provide consultation to students, staff and faculty. Serve on crisis management committees and collaborate with community agencies to ensure we are assisting students to access the services they need.

## Prevention Education:

Offer activities such as skill and resiliency building workshops, prevention programming, mental health screenings, and building supportive connection to mental wellness.

## Outreach/Training:

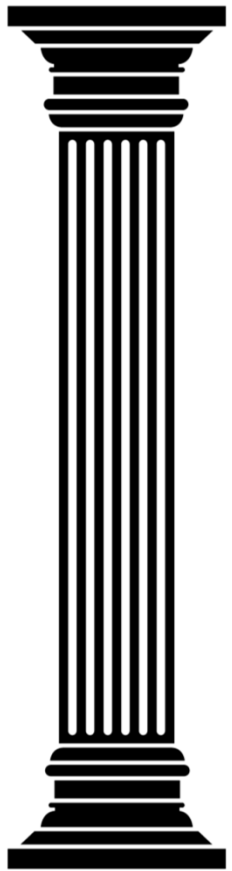
Providing tools to students, faculty and staff on how to help an individual struggling with mental health. This pillar helps to create an environment in which the stigma about seeking help is reduced and warning signs are being recognized sooner and students are referred for help.

*These four pillars will be the heart of the model for our counseling services. This practice model will provide flexibility and responsiveness in real time. As student needs fluctuate year to year, we will re-evaluate our pillars and make adjustments to respond effectively to the changing needs of our students.*





# Prevention Education

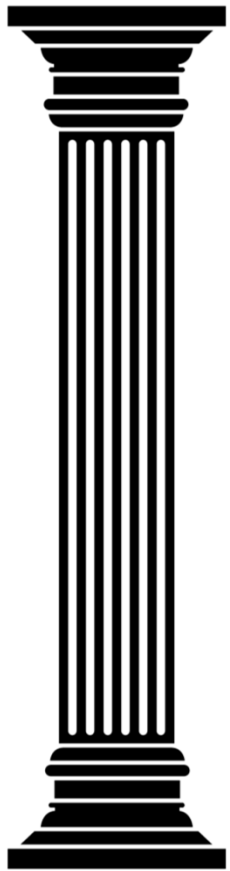


## **Student Presentations and activities done this year:**

- Mental health overview
- Covid-19 and Mental Health
- Love your Selfie- Self-care tips
- Substance use awareness bean bag toss
- Alcohol and drug simulation activity
- Relationship/Consent Jeopardy

*Prevention Education programs meet regulatory and compliance requirements for Jeanne Clery Act and the Drug Free Schools and Communities Act.*

# Consultation and Collaboration



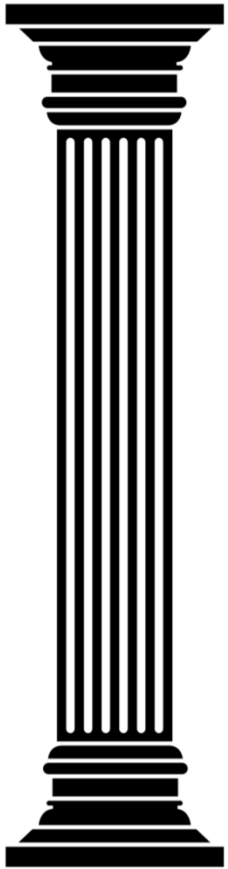
## **Consultation:**

- Explaining the counseling process
- Providing guidance in mental health related situations

## **Collaboration:**

- Providing a team approach with other institutional departments
- Connecting students to community resources they need

# Outreach and Training

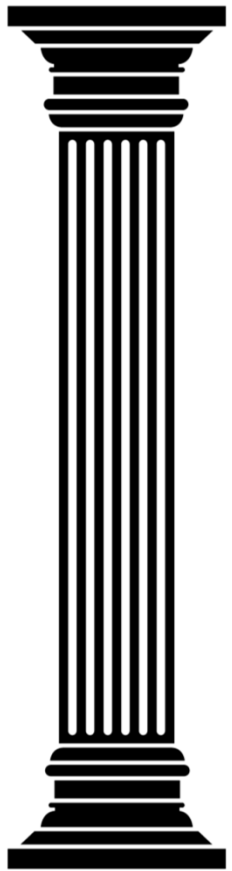


- Development of materials/guides for employees
- Resident Assistant Training
- Athletic Training
- Covid-19 and Mental Health support for employees





# Counseling Services



## Group Counseling

- Hope Away From Home
- Inside Out- Depression/Anxiety
- DBT Skills
- Be You- Love Yourself
- Single Parent Support Group
- LGBTQ+ Support Group

## Crisis Intervention

- Suicidal ideation
- Extreme emotional distress
- Death of a family member

## 2020-2021 Counseling Data

### Individual Counseling

Fall 2020- 333 sessions

Spring 2021- 305 sessions

2020-2021- **638 sessions**

### **Most prevalent diagnoses:**

1. Depression
2. Anxiety
3. Adjustment/Stress

# How the pandemic is impacting college students' mental health

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- **Recent feature aired by PBS** - 80% of college students surveyed, reported that COVID has had a negative impact on their mental health, spiritual health and their career aspirations.
- COVID isolation has exacerbated mental health symptoms



# Ongoing Research

**Dr. Erica Sirrine, Ph.D., LCSW, FT**  
Southeastern University

Pandemic losses reported by college students:



EDUCATIONAL DELIVERY



PACKING UP AND GOING  
HOME TO UNSAFE HOME  
ENVIRONMENT



SPORTS



FRIENDSHIPS/SOCIAL  
CONNECTIONS

# Mission of CCC Counseling Services

Quality services specific to students' needs

A focus on eliminating barriers

Primary goals are to help retain them and keep them focused on academic completion and success



Questions?