ASSESSING THE EFFECTIVENESS OF A COUNSELING CENTER ORIENTATION PROGRAM

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OVERVIEW

- Historical look through the years
- Goals/objectives of our current program
- Closer look at the program content
- Data/assessment findings
HISTORY OF UALBANY COUNSELING AND PSYCHOLOGICAL SERVICES SUMMER ORIENTATION

1999-2000: Discussing Our Choices
2001-2003: M.E. Players Drunk Driving
2004-2014: (Mis)perception Is Everything
2014: “Making Your Way @ UA” Video
2015- Present: Healthy Danes
TRANSFORMING THE STUDENT EXPERIENCE

- Smaller, more intimate groups
- Increase student engagement and interaction
- Provide meaningful “edutainment”
GOALS OF HEALTHY DANES

- Promoting student awareness of CAPS and use of its services
- Providing information about
  - Stress management
  - Alcohol and other drugs
THE HEALTHY DANES PROGRAM

- Introduction and Health Survey
- Find it on CAPS
- Games
- Wrap-up and Video
ASSESSING THE EFFECTIVENESS OF HEALTHY DANES

- **Our goals**
  - Promoting student awareness of CAPS and use of its services
  - Providing information about
    - Stress management
    - Alcohol and other drugs

- **Assessment approach**
  - CAPS clinical usage data
  - Annual UAlbany Health Survey
CAPS CLIENTS BY CLASS YEAR

Healthy Danes Participants

<table>
<thead>
<tr>
<th>Year</th>
<th>First Year</th>
<th>Sophomore</th>
<th>Junior</th>
<th>Senior</th>
<th>Graduate</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013-2014</td>
<td>16.0%</td>
<td>14.1%</td>
<td>24.0%</td>
<td>24.2%</td>
<td></td>
</tr>
<tr>
<td>2014-2015</td>
<td></td>
<td>17.2%</td>
<td>20.8%</td>
<td>21.7%</td>
<td>21.5%</td>
</tr>
<tr>
<td>2015-2016</td>
<td></td>
<td></td>
<td></td>
<td>23.0%</td>
<td>20.7%</td>
</tr>
<tr>
<td>Summer/Fall 2016</td>
<td></td>
<td></td>
<td></td>
<td>21.1%</td>
<td>22.5%</td>
</tr>
</tbody>
</table>
First Year Student Clients at Counseling and Psychological Services

Number of First Year Clients

- 2013-2014: 182
- 2014-2015: 218
- 2015-2016: 332

52% increase in First Year Student clients between 2014-2015 and 2015-2016

82% increase in First Year Student clients since 2013-2014
FIRST YEAR STUDENT ALCOHOL USE OVER 30 DAY INTERVAL

Percent of students

Number of Days per Month

Abstains
1 to 5
6 to 9
10+

2014
2015
2016

UAlbany Student Survey
CHANGE IN FIRST YEAR STUDENT ALCOHOL USE
SUMMER ORIENTATION TO SPRING SEMESTER

UAlbany Student Survey
First Year Marijuana Use over 30 Day Interval

UAlbany Spring Survey
CHANGE IN FIRST YEAR STUDENT MARIJUANA USE SUMMER ORIENTATION TO SPRING SEMESTER

UAlbany Spring Survey
LIMITATIONS & NEXT STEPS

- Limitations
  - Larger context of change on campus
  - Many programs and many presenters
  - Semi-standardized program
  - Assessment of a universal intervention

- Next Steps
  - Fidelity checks
  - More targeted assessment
    - Pre-post assessment
    - Qualitative assessment
    - Survey items specific to goals of program
  - Program updates based on data