

## UNIT REPORT

**FY24 Assessment Plan**

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**Counseling and Psychological Services Mission Statement****Description:**

CAPS promotes the well-being of the diverse campus community by balancing high quality mental health services and clinical training with accessibility to foster student success through self-discovery, learning, and interpersonal engagement.

**Date last revised:****Counseling and Psychological Services Vision Statement****Description:**

CAPS embraces the belief that students' mental health is a vital component of their academic, professional, and personal success. CAPS will expand awareness of and access to mental health services in order to positively impact the emotional well-being of the campus community, enhance help-seeking behaviors, and effectively assist students to become engaged global citizens.

**Date last revised:****1 Goal: Enhance the Effectiveness of the CAPS Team****Description:**

Equip staff with the necessary skills, knowledge, awareness, support, and resources to effectively serve the current needs of the UH community.

## RELATED ITEMS -----

## RELATED ITEM LEVEL 1

**2 Assessment: Assess Efficacy of Case Management Services**

**2 Goal: Enhance the Student Experience at CAPS.**

**Description:** To continually improve upon quality, efficiency and access of all of our services to better serve our UH community.

## RELATED ITEMS -----

## RELATED ITEM LEVEL 1

**1 Assessment: Measure Efficacy of Individual Counseling Services Utilizing the CCAPS**

## RELATED ITEM LEVEL 1

**2 Assessment: Assess Efficacy of Case Management Services**

## RELATED ITEM LEVEL 1

**4 Assessment: Benchmark embedded counselor programs in comparable Top 50 Public Universities.**

**3 Goal: Collaborate within DSA and the UH Community****Description:**

Identify and empower campus partners to advocate for CAPS and engage in advancing the mental and emotional well-being of the UH community.

## RELATED ITEMS -----

## RELATED ITEM LEVEL 1

**3 Assessment: Assess broadening participation in the JED Campus Initiative.**

## RELATED ITEM LEVEL 1

**4 Assessment: Benchmark embedded counselor programs in comparable Top 50 Public Universities.**

**1 Assessment: Measure Efficacy of Individual Counseling Services Utilizing the CCAPS**

**Program/Service Being Assessed:** Individual Counseling

**Assessment Method:** Quantitative

**Description of Assessment Activity:**

Individual counseling clinicians will administer the CCAPS-34 at every individual counseling session to assess symptomology. In summer 2024, analyses will be run to determine efficacy of services and identify areas of additional training for clinicians.

**Frequency / Timeline of Assessment Activity:**

The CCAPS will be administered through the entire FY. Analyses will be conducted in Summer 2024.

**Connection to Goals/Mission:**

This assessment activity supports the goal of improving the quality of services at CAPS. Efficacious individual psychotherapy supports our students in managing their mental health and performing well academically.

## **2 Assessment: Assess Efficacy of Case Management Services**

**Program/Service Being Assessed:** Case Management

**Assessment Method:** Both (quantitative and qualitative)

**Description of Assessment Activity:**

CAPS will use Titanium Scheduling software to track the number of students referred for case management services, and will gather data about whether or not students get connected to another provider (or choose not to). Whenever case manager initially reaches out to a student who was referred for this service they will document outreach attempt through a case management appointment; when they follow up with student to ensure student has gotten connected with provider they will complete a data form indicating either that: student has gotten connected or student has decided not to. If student has decided not to move forward with referral case manager will specify reason why in a "text box" (qualitative).

This data will provide our baseline for referral services and how many students get connected to off-campus services. Future years will compare annually connection rates.

**Frequency / Timeline of Assessment Activity:**

The assessment activity will be ongoing as part of routine data gathering and will be analyzed by end of Fall semester and end of Spring semester.

**Connection to Goals/Mission:**

The assessment activity will help us determine demand for and usefulness of offering case management services at CAPS and is related to Goal 2: Enhance the Effectiveness of the CAPS team because it will help us determine the extent to which adding a case manager to the CAPS team will serve a real need in the student population.

## **3 Assessment: Assess broadening participation in the JED Campus Initiative.**

**Program/Service Being Assessed:** JED Campus Initiative

**Assessment Method:** Quantitative

**Description of Assessment Activity:**

Data will be collected on the number of unique individuals both signed up for and actively attending Jed workgroup meetings. Data will be assessed to determine distribution across the university departments to better understand who is participating and who may need additional engagement to increase participation of underrepresented departments.

**Frequency / Timeline of Assessment Activity:**

Participation will be assessed in summer 2024 comparing against data from summer 2023.

**Connection to Goals/Mission:**

This supports the CAPS Goal of Collaboration within DSA and the UH Community by broadening active participation in the JED Campus Initiative aimed at suicide prevention and improving student mental health.

## **4 Assessment: Benchmark embedded counselor programs in comparable Top 50 Public Universities.**

**Program/Service Being Assessed:** Embedded counselor

**Assessment Method:** Quantitative

**Description of Assessment Activity:**

This assessment will benchmark embedded counselor programs in comparable Top 50 Universities. Universities specifically targeted will be those who are large, in an urban setting, and have a strong commuter population. Preference will be given to those who are also in the AAU. Data collected to be compared will include financial model, number of embedded counselors, location of embedded counselors, and time split with embedded department and the counseling center. Data will be utilized to further inform action steps taken within our department and the HWB Team to ensure we are building our embedded model comparable to other universities.

**Frequency / Timeline of Assessment Activity:**

Comparison data will be collected in early summer 2024 after establishing additional embedded counselor roles per the President's initiative.

**Connection to Goals/Mission:**

This connects to the CAPS goal of collaboration with our departments within and outside of DSA to support student success as it implements clinicians embedded in a college and able to specialize in the clinical care of that student population.