



UNIVERSITY COUNSELING SERVICE

THE UNIVERSITY
OF IOWA Division of
Student Life

319.335.7294

counseling.uiowa.edu

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Question 1

FALSE

Mood and Anxiety Problems account for over 50% of presenting concerns. Relationship problems are the primary reason why students come to UCS, with anxiety being the leading reason.



Question 2

FALSE

Asking someone who is already thinking about suicide whether they are suicidal is not a good idea as it may increase the likelihood of the more seriously considering suicide. Asking decreases the likelihood. Asking is one of the best preventive measures.



Question 3

FALSE

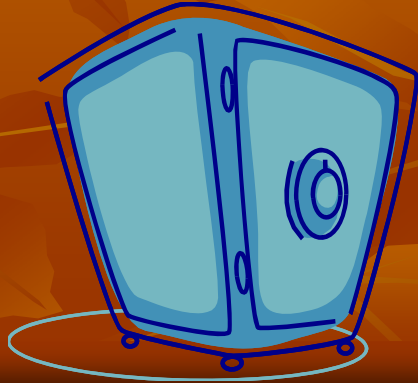
In 2017-2018, UCS saw 1,410 students for direct clinical services. UCS saw almost 2,700 students.



Question 4

FALSE

Consideration is needed before coming to UCS as your mental health record is part of your academic records.



Question 5

FALSE

The number two drug of abuse on campus is prescription medications.

Third are prescription medications



Question 6

FALSE

National studies found that medication for the treatment of moderate to severe depression is as effective as counseling, if not more so.

Counseling alone shows longer lasting effects and less relapse than medication alone.



Question 7

TRUE

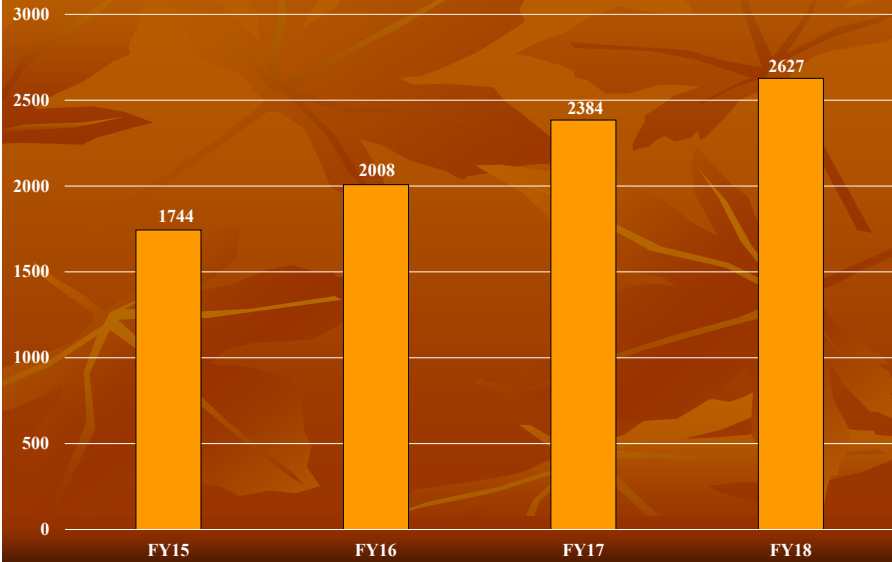
Students with diagnoses of mental illness are not prone to violence.
1 in 4 who abuse alcohol.



Danger!

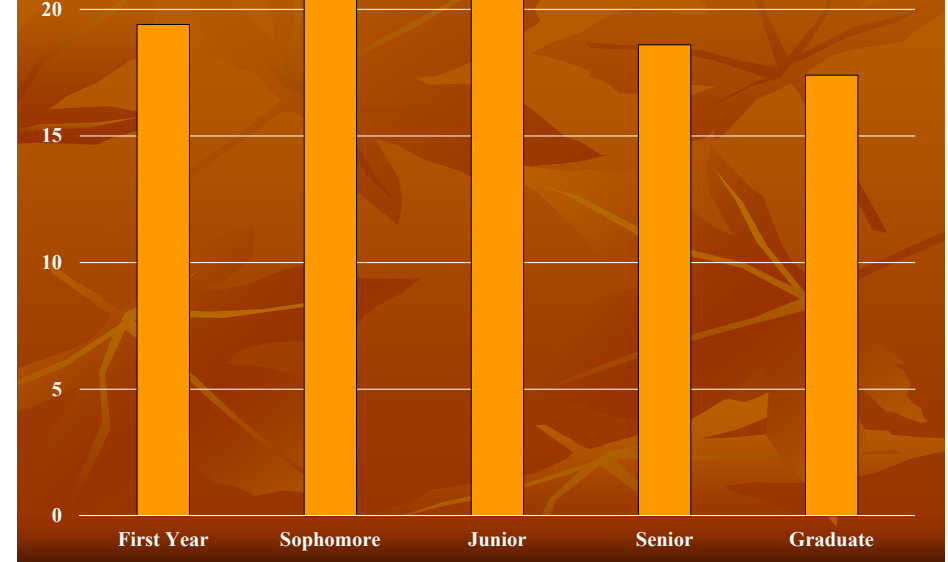
How Many Does the UCS See?

Total Number of Students Seen



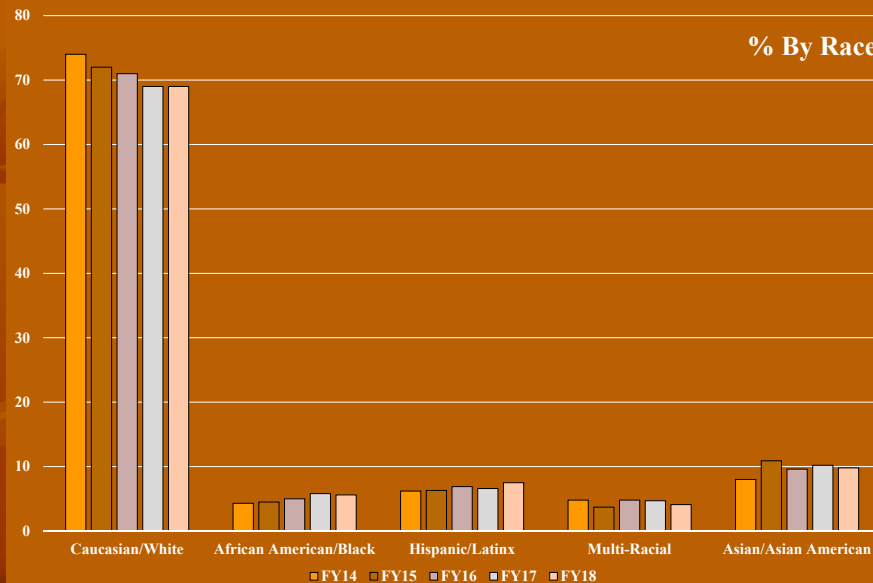
How Many Does the UCS See?

% By Class



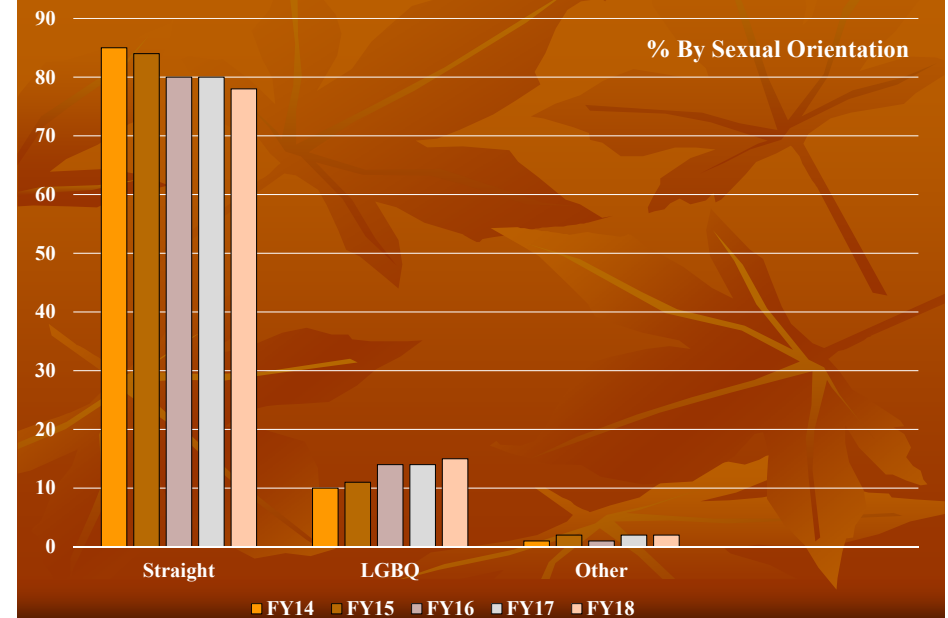
Our Peeps By Cultural Identity(ies)

% By Race



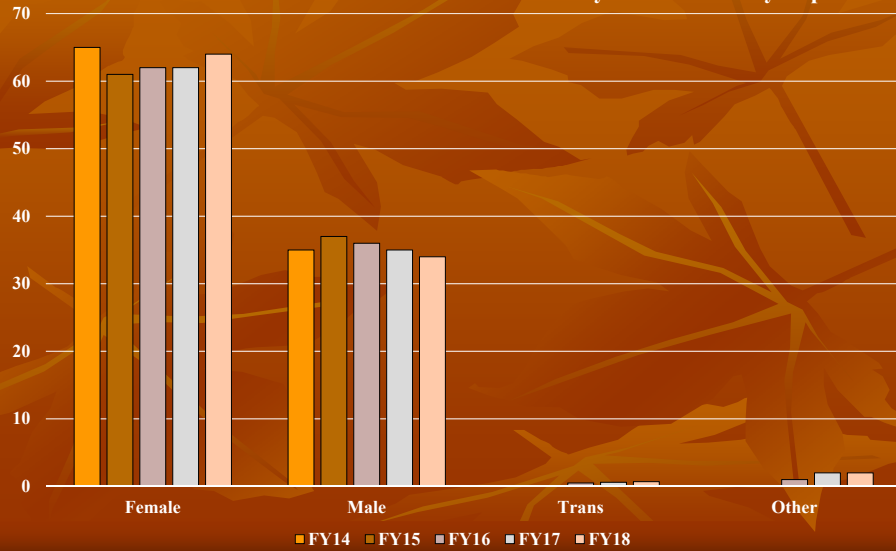
Our Peeps By Cultural Identity(ies)

% By Sexual Orientation

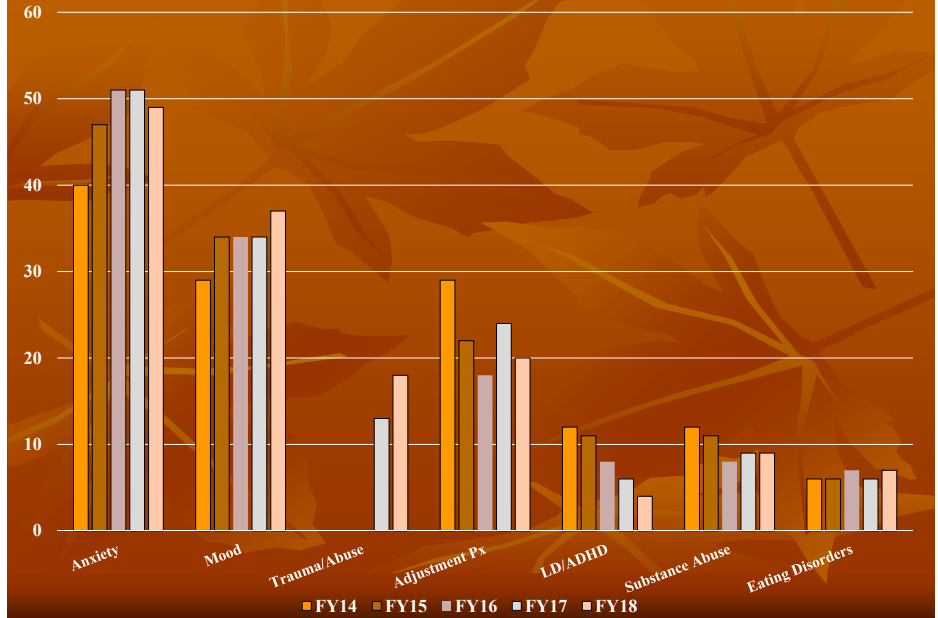


Our Peeps By Cultural Identit(ies)

% By Gender Identity/Expression

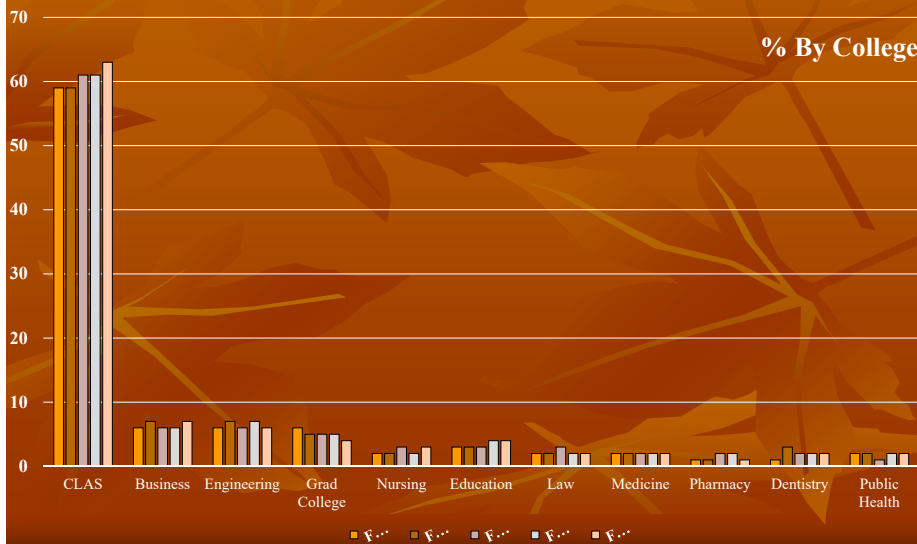


What Does UCS See?



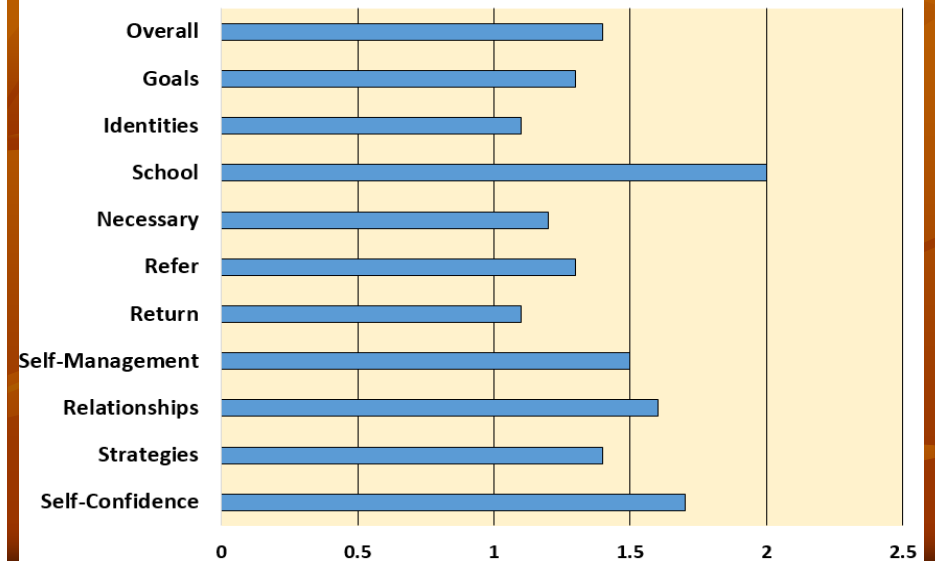
From the Colleges!

% By College



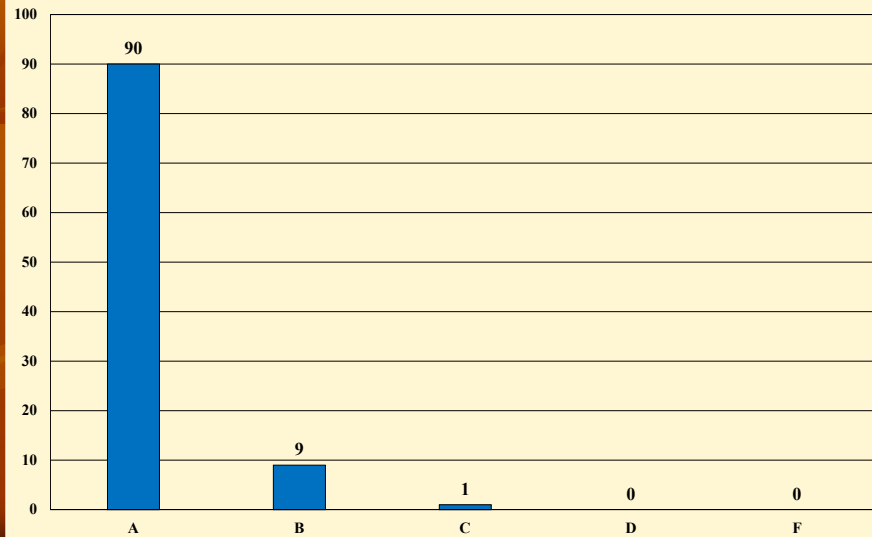
Overall Benefits '17-'18

Satisfaction with UCS Services

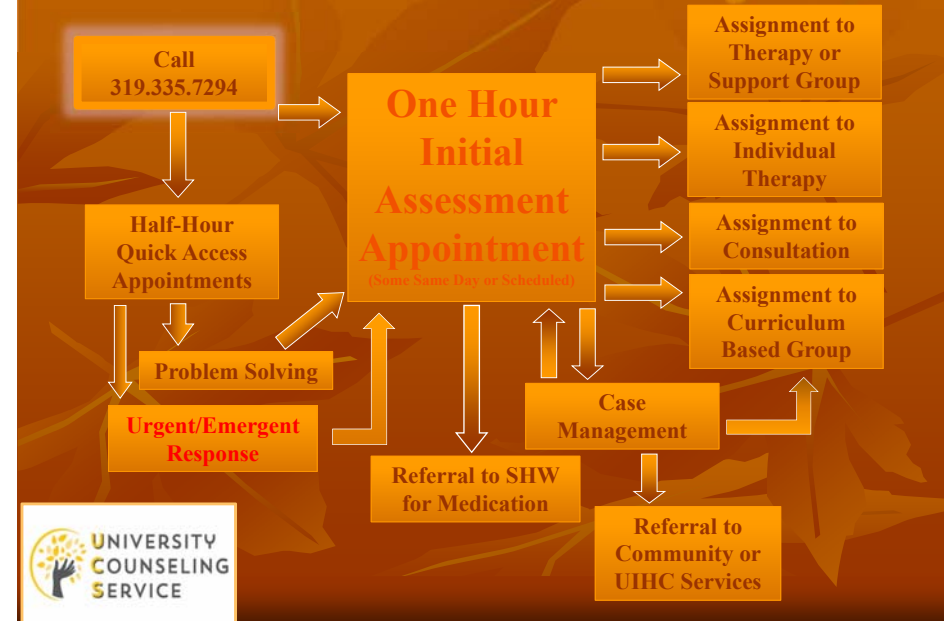


...And the Dean's List...again...

% Overall Satisfaction With All UCS Services



UCS Services: *Levels of Care*



Students in Distress Workshop



Students in Distress



In Distress 101

- Consult
- If You Think You Should, Then Do
- Do Too Much Rather Than Too Little
- Stay Engaged (Recognize, Question, Refer)
- Nervous? Who Isn't!
- Practice Makes Comfort (Act in Confidence)
- First Responder & Refer
- Activate the Network & Go It Together
 - University Counseling Services
 - Dean of Students Office
 - Student Care and Assistance
 - Threat Assessment and Care Team

Responding to Distress

- Show You Care
 - Take All Talk SERIOUSLY
 - Forget About Saying "The Right Thing" Big Whatevs!
- Be Genuine
 - Share Concern, Fear, and Worry
 - Share Desire For Person to Be Okay
- Ask Directly About Suicide
 - Ask Directly, No Fussin', and Ya Don't Need to Be Fixin' Nuthin'
- Use Your Resources
 - Acknowledge There Are People & Help: Educate About Resources
 - Make the Referral
 - Walk Over, Give A Name, Look at Websites, Make the Call
 - Follow Through Afterwards

Campus Resources!

- University Counseling Services
- Threat Assessment & Care Team
- Office of the Dean of Students: Care & Assistance
- Student Disability Services
- Residence Hall Professional Staff & RAs
- Academic Advisors
- Campus Clergy
- Office of the Ombudsperson
- RVAP/WRAC

Students in Distress Workshop



Students in Distress Workshop



AND THESE IMPORTANT REMINDERS:

- 76% of students report feeling *significantly* helped by counseling.
- 60% of students report *knowing* counseling helped them stay and perform better in school.



Active Minds at Iowa



UNIVERSITY OF IOWA'S ANNUAL
MENTAL HEALTH FAIR

UMatter@UIowa



Free: Interactive Booths, Food, Prizes, T-shirts, & Music
A Mental Health Fair



Hubbard Park

Rain Location: IMU-Main Lounge



Wednesday, October 17th, 2018

10AM - 4PM



freshcheckday.com/uiowa
[#freshcheckdayuiowa](https://twitter.com/freshcheckdayuiowa)



Sponsored by Student Health & Wellness, Division of Student Life, Iowa Marquette Union, Student and Services, University of Iowa Student Government, Association of Residential Health, Graduate and Professional Student Government, University Counseling.
Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact University Counseling Services at 319.335.7284.

Three *Friendly* Reminders
You Can We Have
Call Us Your Back
We Can Come
To You

