The Del Mar College Counseling Center promotes mental health, emotional resilience, and wellness throughout the 11,000 student multi-campus community, providing a safe, confidential place for student voices to be heard while honoring their unique strengths and challenges.

Staffing
Drawing upon the Standards for University and College Counseling Services size of staff guidelines published by the International Association of Counseling Services, Inc., the Center is staffed by:

- Three (3) full-time Licensed Professional Counselors (LPC)
  - One (1) LPC-Supervisor (Lead Counselor)
  - Two (2) LPC-Interns
- One (1) part-time LPC-Supervisor
- One (1) full-time Administrative Assistant

Services
- Free and confidential short-term counseling for individuals, couples and groups
- Outreach – to include Mental Health Awareness and Prevention Programs
- Crisis Intervention
- Mandated Educational Programs for student conduct violations
- Consultation for Faculty/Staff regarding students of concern

Short-term Individual, Couples, and Group Counseling
The Counseling Center offers goal-oriented, solution-focused Brief Collaborative Therapy where student clients establish measurable goals compatible with time-limited treatment and work with the counselor to reach these goals. Students are typically able to reach these goals in 6-8 sessions.

Counselors administer an intake diagnostic assessment and the Counseling Center Assessment of Psychological Symptoms (CCAPS) to assist students with identifying counseling goals.
Individual clients must be enrolled in the current semester. For couples counseling, at least one partner must be enrolled in the current semester. All group participants must be enrolled in the current semester.

BACKGROUND: Dr. Bonnie Rudolph authored *Brief Collaborative Therapy – A Practical Guide for Practitioners.* This model is a practical model for time-limited therapy that brings together theoretical advances and empirical findings on effective brief therapy.

**Outreach – to include Mental Health Awareness and Prevention Programs**

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<tr>
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<td>Faculty/Staff</td>
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<td>3,119</td>
</tr>
<tr>
<td>Total</td>
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</tr>
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Mental Health Awareness and Suicide Prevention
In accordance with State Senate Bill 1624, the Counseling Center provides live presentations, during new student orientation, on available mental health services and suicide prevention including early warning signs and appropriate interventions for a person who may be considering suicide.

“Let’s Talk” – Outreach Programming
"Let's Talk" provides students easy access to informal confidential consultations with counselors during walk-in hours at non-counseling center sites across campus. Adapted with permission from Cornell University.

“Be Well” – Prevention Program
Through a four part workshop series, students journey through a workbook exploring physical, emotional, social, and occupational wellness learning practical strategies for self-care. Lunch is provided. Developed in-house in response to faculty workshop requests.
Guided Imagery and Relaxation Training – Prevention Program
Counselors conduct individual and group relaxation training with the use of guided imagery and/or guided meditation to assist students with reducing symptoms of anxiety. Academic departments (i.e., Nurse Education, Allied Health, and Public Safety) have integrated this service into program orientations and classroom activities.

“Zen Zone” – Prevention Program
Provides private relaxation space for students to practice meditation, breathing exercises or take a mental health break. The Zen Zone features a zero gravity massage chair, low lighting, tranquil sounds, tea, and water. NOTE: Veterans are primary users.

Crisis Intervention
Crisis intervention is a service offered to students who are in serious or immediate emotional distress. Counseling staff are available to handle emergencies such as suicide attempts, suicidal ideation, reports of rape or attempted rape, physical assaults, and other types of crises. Students who present at the Counseling Center in crisis are assessed for risk of harm to themselves or others. If the student endorses suicidal or homicidal ideation, verbalizes a plan, and has both means and intent, counselors will enlist Campus Security for a mental health transport and/or police intervention. Parental consent is NOT required for crisis intervention.

Students Under age 18
Consistent with Texas Family Code 32.004, the Counseling Center does not provide regular services to students who are under age 18. Parental consent is required prior to engaging in a counseling relationship with a minor. However, crisis intervention is provided as needed.

Mandated Educational Programming (MEP)
MEP offers a clear way for Del Mar College to address concerning student behavior through a fixed number of educational meetings in the areas of suicide, aggression, and relationship violence as sanctioned by the Student Conduct Office. These programs are offered in short- (2-3 meetings), medium- (5-6 meetings) and long-term (10 meetings) formats to meet the different levels of severities encountered by student conduct during their initial evaluation meeting. The MEP was adopted and adapted—with permission—from Dr. Brian Van Brunt, current Executive Director and Past President of the National Behavior Intervention Team Association (NaBITA).

Consultation for Faculty/Staff
Counselors provide consultation to faculty or staff who are concerned about a student and need assistance with next steps. Consultations are confidential and do not become part of the student record. Counselors can share approaches for assisting and referring a student of concern as well as how other campus resources may be helpful.
RECOMMENDATIONS FOR HOUSE SELECT COMMITTEE - MENTAL HEALTH

✓ Licensed Mental Health Providers with clinical training – LPC, LPC-Intern, LCSW etc.

✓ Counseling Center independence from other services including career counseling, academic advising, disability services, etc., to distinguish mental health records from academic records. Texas LPC board rules prohibit dual relationships between counselors and clients.

✓ Campus Wellness Committee charged with enhancing campus wellness

✓ Online self-help resources and self-assessments available for students enrolled in distance education and/or academic programs where students are unable to utilize service during regular business hours

✓ Campus-wide Suicide Prevention Training
  • Staffing ratios prescribed in the *Standards for University and College Counseling Services* size of staff guidelines published by the International Association of Counseling Services (1:1,000-1,500 students)
  • Campus Committee on Student Mental Health charged with reducing mental health stigma, encourage help-seeking behaviors, assist campus community with identifying early warning signs, and make the connection with mental and behavioral health to academic success
  • Mental Health withdrawal policy
  • Parental consent for counseling services obtained during dual credit student orientation (for minors).
  • Memorandum of Understanding with community Mental Health Providers to accept new clients/patients that are outsourced from the College Counseling Center
  • Grant funding to improve mental and behavioral health on college campus

Rito Silva, Ph.D.
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361.698.2250 office
ritosilva@delmar.edu
DMC Counseling Center offers free, confidential services to individuals, couples, and groups. Call 361-698-1586 or walk-in to schedule your appointment.

**EAST CAMPUS** – Harvin Student Center, RM 233A
**WEST CAMPUS** – Emerging Technology, RM 108
www.delmar.edu/counsel

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You are not alone.

This past year, DMC students presented for over *1000 counseling appointments* and reported the following major concerns:

- **Stress**: 76%
- **Anxiety**: 71%
- **Family Problems**: 65%
- **Depression**: 59%
- **Loneliness**: 42%
- **Self Esteem/Self Confidence**: 40%

DMC Counseling Center offers *free, confidential services* to individuals, couples, and groups.

Call **361-698-1586** or walk-in to schedule your appointment.
Del Mar College Counseling Center

• Personal counseling for students
• Wellness outreach & prevention
• Crisis intervention & MEPs

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#MetooDMC
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Personal Counseling for Students

• **Staffing**
  – 3 F/T + 1 P/T LPCs
  – 1 Admin Assistant

• **Brief Collaborative Therapy**
  – Free and confidential
  – Individual, couples, and groups
  – Goal-oriented, solution-focused

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Comparison -- AY15 & AY16

Counseling Center Appointments

Change: +429%

Legend:
- AY15
- AY16
Outreach

- “Let’s Talk”
- “Be Well”
- “Zen Zone”
  - Veteran utilization
- Guided Imagery
- Classroom Presentations
- New Student Orientation
  - State Senate Bill 1624

Counseling Center Outreach -- Comparative --
AY15 & AY16

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+817%
Crisis Intervention + MEP

- **Crisis Intervention**
  - Adults
    - Risk Assessment
    - Stabilization
    - Recommendation and/or referral
  - Minors/Dual Credit
    - Crisis intervention only – It’s the law.
    - Referral to community agencies and/or high school counselor
  - Faculty and staff
    - Action plan for helping students of concern

- **Mandated Education Programming (MEP)**
  - Student Conduct Office sanctioned
  - Short-, medium-, or long-term formats (2 to 10 sessions)