

Outreach Programs

The Moravian College Counseling Center provides outreach to students, faculty and staff in a variety of ways.

Stress Busters: These events offer students, faculty and staff an opportunity to unwind, de-stress and have fun during final exams. We hosted four stress busters last year:

- Fall final exams: Rock painting and cookie decorating
- Spring final exams: Pysanky egg making and a fishing expedition

Presentations: The Counseling Center develops events for various audiences. In 2015–16, we delivered nearly a dozen presentations across campus. Here's a sampling:

- “Freaked Out Freshman” for incoming students
- “Counseling, Health Center and Chaplain” for First Year Seminar students, in collaboration with Residence Life
- “College Athletes: Striking a Balance” for the Wednesday Night Sports Performance Series, in collaboration with the Department of Athletics and Recreation
- “How to Identify and Refer Students in Distress,” presented to four academic departments
- “Communication, Teamwork and Conflict Resolution,” created in cooperation with the Office of Global Inclusion for the LINC course Intro to College Life
- Programs and capabilities presented at events held by Greek Life, Intercultural Advancement and Global Inclusion and the Department of Athletics and Recreation throughout the academic year

Community Events: The Counseling Center creates opportunities to engage with both students and the Moravian College community at large. A national NAMI study (2012) found that 73 percent of college students experience a mental health crisis while in college, yet only 50 percent seek help from a counseling center. By showcasing the staff in a variety of venues, we hope to remove the barriers that stop students from seeking help. Here are our 2015–16 efforts:

- 20 radio shows, “We’re Listening,” in collaboration with 12 faculty/staff members, the president of Moravian College and two outside community members
- Participation in co-leading the Active Minds and Meditation Circle
- Meditation dinner with Buddhist monk Claude Anshin Thomas and the Moravian community
- Hosting a table at the Health Fair in collaboration with the Health Center, which donated 250 stress balls for the event
- Collaborated with the Moravian Activities Council (MAC) and the United Student Government (USG) for the Spring Fling event with a jewelry-making table open to the Moravian community
- A weekly counseling table at the HUB throughout the year with informational brochures and posters, hosted by MCCC interns
- A new Facebook counseling page and Twitter account



“As students, we wear an invisible armor to fight the battles of every day. Whether those battles be with homework, exams, stress or ourselves, we all fight battles. The Moravian College Counseling Center is a place for us to be relieved of the weight of the armor we wear.”
—Caitlyn Heil, '16 Graduate

Professional Development and Collaboration

Over the past academic year, MCCC staff attended more than a dozen seminars, workshops and collaborative events:

- Collaborated as a member on the new Student Affairs Assessment Committee
- Participated in the LVAIC “Surviving to Thriving” workshop hosted at Cedar Crest College
- Participated in the Student Affairs Assessment Symposium at Lehigh University
- Served on the Student Help and Referral (SHARE) team
- Member of the NCAA Grant Writing Proposal team for NCAA Choices, in collaboration with the Department of Athletics and Recreation, Student Affairs and the Office of Foundation Relations
- Participated in the “It’s On Us” Sexual Assault Prevention Program with the secretary of the Pennsylvania Department of Education
- Attended several professional development workshops, including:
 - a.) Working with the Community in the Wake of Violent Events, FEMA
 - b.) Working with Problem Gamblers
 - c.) Secrets, Cybersex, Infidelity, Addiction, Trauma—and Forgiveness
 - d.) Evidence-Based Alcohol Intervention: Address Harmful Student Behaviors
 - e.) Question, Persuade, Refer (QPR) Suicide Prevention Training Course
 - f.) Mindfulness-Based Cognitive Therapy
 - g.) Pharmacology and Counseling

In addition, the MCCC provided training for residence hall staff members in the fall and spring semesters.



Moravian College Counseling Center

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MORAVIAN COLLEGE COUNSELING CENTER ANNUAL REPORT

2015/2016 Academic Year





Mission Statement

The Moravian College Counseling Center (MCCC) supports the educational mission of the College by providing professional and ethical counseling for the psychological, emotional, social, educational and developmental needs of students.

The Counseling Center seeks to fulfill its mission by:

- Sustaining a standard of excellence in the provision of culturally competent counseling, crisis intervention, advocacy and outreach services
- Helping students acquire the skills necessary to become responsible and effective decision makers and problem solvers
- Assisting students in navigating through and understanding our diverse society through a more global lens
- Educating our college community and students about emerging issues relevant to our students' mental health through our psychoeducational content, outreach and training programs
- Collaborating with Student Affairs, Academic Affairs, Athletics and the rest of the Moravian College community

In an Emergency

911 or go to the nearest emergency room
Suicide Prevention Lifeline: (800) 273-TALK (8255)
Northampton County Mental Health Emergency Services: (610) 829-4801



Services Offered

The Counseling Center provides individual, group and couples counseling. We also offer outreach presentations and consultations to faculty and staff.

Common Areas of Concern for Students Seeking Counseling are:

- Abuse/victimization
- Depression
- Drug or alcohol use/abuse
- Eating disorders
- General anxiety
- Grief and/or loss
- Homesickness
- Identity development
- LGBTQA
- Performance anxiety
- Relationship issues
- Roommate conflicts
- Self-exploration
- Sexual/gender harassment
- Stress management

To Make an Appointment

Students may call (610) 861-1510 or e-mail counselingcenter@moravian.edu. Walk-in appointments are also available. The Counseling Center is open during the academic year from 8:00 a.m. to 4:30 p.m. Monday through Friday and during the summer months from 8:00 a.m. to 4:00 p.m. Monday through Friday.

Location

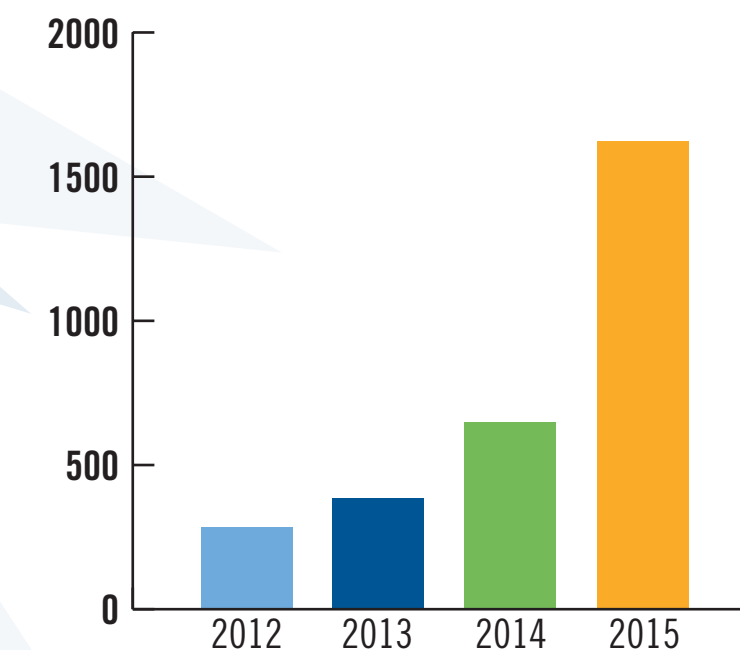
The Counseling Center is conveniently located at 1307 Main Street, next to the Office of Student Affairs.

After Hours

A counselor is on call 24/7 during the academic school year and can be reached after hours by calling Campus Safety at (610) 861-1421.

Growth of the Counseling Center

The percentage of enrolled students who seek services from the Moravian College Counseling Center doubled over the past year and has quadrupled since 2012. The chart to the right highlights the increased number of counseling sessions from 2012 to 2015.



	2015	2014	2013	2012
New students to MCCC	192	75	34	29
Returning students to MCCC	81	47	24	26
Number of counseling sessions	1,705	609	337	237
Number of mandatory client intakes	44	16	3	3
Percentage of enrolled students seen at MCCC	15%	8%	4%	4%
Number of psychiatric appointments	157	116	103	60



"The Counseling Center has provided me with the outlet for my feelings that I don't feel comfortable sharing with anyone else. It's given me hope when I'm at my lowest, and celebrated with me when I'm succeeding. Also, Freud (aka Fuzzbutt) always puts a smile on my face no matter how I feel that day." — Samantha '18