

2016/2017 Academic Year

Counseling Center **ANNUAL REPORT**



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 . We hosted several stress buster events this year including:

- Fall Semester: pumpkin painting and snow globes
- Spring Semester: Psysanky egg making, stress balls and wind chimes

Presentations, Collaborations & Community Events: The MCCC develops programming and events for various audiences. In 2016-17 we delivered many outreach programs across campus and the Moravian Community at large including:

- "Freaked Out Freshman" for incoming students
- "What to Say and Not to Say When Someone Discloses Sexual Assault" at It's On Us Day
- Residential Assistant Training during the Fall and Spring Semesters on a variety of topics
- Special Topic Presentations in various classrooms in collaboration with Faculty
- Stress and Self Care for an AST Member Development Event
- Adulting Workshop provided over four weeks
- Variety of Freshman, Sophomore and Senior Nursing Student presentations with the Nursing Department
- "Myth vs. Fact - Transitioning into College" at Bethlehem Catholic and Liberty High School
- Monthly Mental Health Events: Self Defense Demo, Gratitude Jars, Aromatherapy Diffusers, Self Esteem Video, Harriet Brown - Eating Disorders, Self Harm Ribbons, Denim Day with Title IX and TCTA
- Take Back the Night, It's On Us, Friday Forums, Healthy Hounds Blog Monthly Post Contribution
- Participation in Active Minds and Meditation Circle
- Programming in collaboration with RA's



Counseling Center

"The Counseling Center has helped me create a positive environment in my own psyche for me to thrive. With this, I can function with a clear mind allowing me to succeed more fluidly in my academic workplace." M. Jones '20

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 Counseling for Students Include :

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 and Stress Management

	2016	2015	2014	2013	2012
Number of Students Seen at MCCC	289	275	206	114	143
Number of Attended Sessions	1839	1493	1135	670	886
Number of Mandated Sessions	69	67	18	16	18
Crisis Appointments	17	4	7	4	8
Percentage of Enrolled Students Seen at MCCC	14.4%	15.6%	13%	7.5%	9.6%
Psychiatric Appointments	0	157	116	103	60



Fall 2016 Survey

96% of students surveyed reported their counselor helped them establish goals.

98% of students reported they felt free to discuss issues with counselor.

96% of students reported that their counselor helped them gain a better understanding of their concerns/issues.

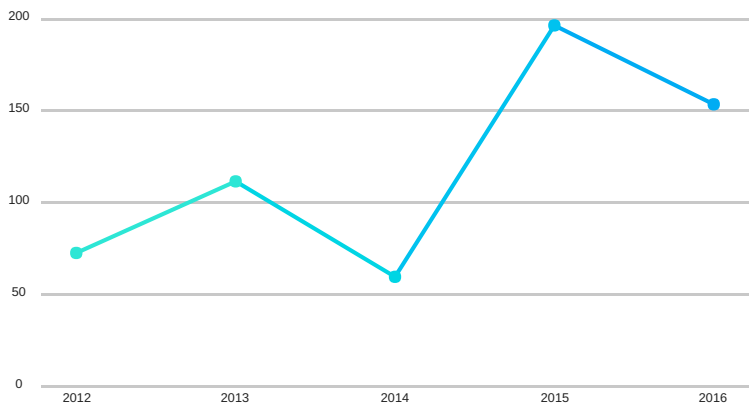
Moravian College COUNSELING CENTER

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

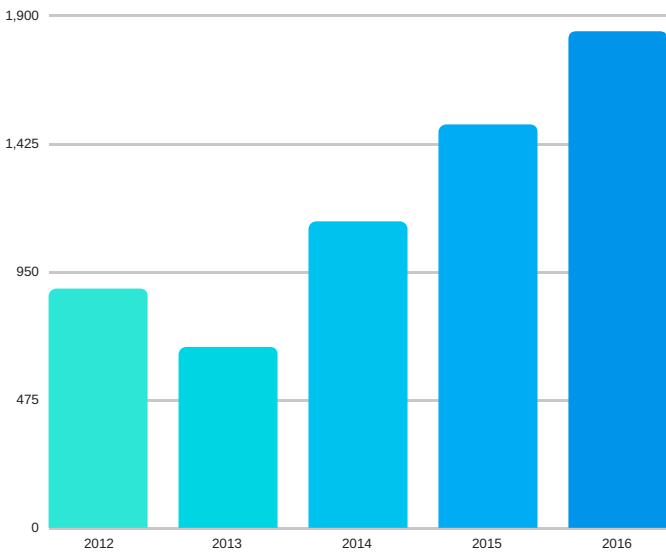
The Counseling Center seeks to fulfill its mission by:

- 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.

Counseling Center Growth:



Outreach Programming



Counseling Sessions