

Cottey College
Mental Health Standards
Established by the International Association of Counseling Services
Revised Statutes of Missouri 173.2530
August, 2022

I. Relationship of the Counseling Center to the College community

The Cottey College counseling offices are located in the Student Wellness Center on campus. The counseling offices are in the same building of health services but operate independently of each other. The director of health and counseling services reports to the vice president for student life. The director and counselors adhere to state and licensure ethical guidelines for best practice. Counselors lead training for students and staff for mental health and wellness initiatives and resources. Counselors are liaisons and advocates for students. They maintain a professional relationship with faculty and staff as well as community members. Counselors serve on College committees and maintain professional and ethical boundaries. They are also active in the community to support external relations and build community resources. Counseling Services is committed to the values of respect, integrity, excellence, service, commitment, and collaboration.

II. Counseling and Clinical Services

Cottey College Counseling Services is committed to fostering the growth and development of Cottey students. By providing mental health services in a safe, supportive, and confidential environment, the counseling staff strives to help students acquire the skills, attitudes, and insights that will enable them to meet the challenges of life in an academic community. The counseling staff encourages personal, campus, and community responsibility and promotes the wellness of the whole student: emotional, social, spiritual, intellectual, physical, environmental, and occupational. The counselors provide students with an opportunity to explore their concerns and problems with a clinical therapist in a confidential setting. The counselors are available to all students during the academic calendar year. The college years are times of accelerated growth, significant challenges, and considerable stress. Students come to counseling with problems including interpersonal conflicts, anxiety, depression, homesickness, family problems, and more. Programming is also provided, including but not limited to, suicide awareness and prevention, eating disorders awareness, alcohol, and drug issues, tobacco cessation, stress management, wellness, sexual assault prevention, domestic violence, diversity, equity and inclusion, and student-athlete mental health. Counseling services staff is committed to the values of respect, integrity, excellence, service, commitment, and collaboration. Additional information can be found at the following link [Counseling Services](#). The College complies with the required elements of the Drug-Free Schools and Communities Act of 1989 as articulated in the Education Department General Administrative Regulations Part 86. The biennial review

report provides a comprehensive assessment of Cottey College's drug and alcohol program.

Group counseling is available as the need dictates. Counselors are licensed and trained to meet the needs of all students including cross-cultural competencies. Counselors adhere to their professional discipline's ethical principles and practice as well as to state and federal laws. Annual evaluations of counseling programs and personnel are conducted. Off-campus referrals are made for psychiatric resources and psychological testing as needed/requested. A crisis intervention protocol is established on campus with a mental health counselor available 24 hours a day, seven days a week (24/7). Hall staff and peer listeners are trained by the counselors for additional crisis intervention and the referral process in the halls. The counseling office works with the community to establish health and wellness initiatives on- and off-campus. Both active and passive wellness programming is provided to students. Counselors provide annual in-services to faculty and staff regarding mental health issues for students. Referral resources are provided to students. The current list is made available to students online. The table below reflects the statistics for the academic year 2021-2022. Student enrollment was 303. Student satisfaction surveys are completed each semester and are available upon request.

Counseling Period	1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter
# of weeks	4	12	8	8
# of Clients	64	105	74	78
# of Sessions	190	647	381	436

III. Ethical Standards

State and professional standards are prioritized for best practice. The director has access to professional and College legal resources when necessary. Training is thorough and supervision is provided for interns. Student confidentiality is always a priority. Appropriate releases and informed consents are reviewed with and signed by the student for services and a parent/guardian for students under the age of 18. Clinical paper files for each student are maintained in a secure, locked area. Records are maintained for a minimum of seven years. Counselors receive training on updated technology for clinical utilization including tele-counseling. Privacy and confidentiality of all records are maintained in the secure counseling offices.

IV. Counseling Services Personnel

The director and counseling staff meet all educational and professional qualifications and competencies as set forth by the International Association of Counseling Services (IACS) standards. Counselors have master's degrees and are licensed in the state of Missouri. Support staff and student workers do not require direct student involvement.

V. Resources and Infrastructure

Counselors are required to maintain professional development and continuing education for licensure and college training. Resources are made available through the College. Counselors and staff participate in continuing education as recommended and professionally mandated. Staffing full-time equivalents (FTEs) are superior and supported by the administration. Cottey College currently has two licensed clinicians for approximately 300 students for a 1-150 student ratio. Physical facilities are more than adequate and meet IACS standards. Counselors maintain professional/liability insurance personally and through the College.

Respectively submitted by Jeanna Simpson, Licensed Clinical Social Worker
Director of Health and Counseling Services