



MENTAL HEALTH STANDARDS

Established by the International Association of Counseling Services
Revised Statutes of Missouri 173.2530
September, 2025

I. RELATIONSHIP OF THE COUNSELING CENTER TO THE COLLEGE COMMUNITY

The Cottey College counseling offices are in the Student Wellness Center on campus. The counseling office is in the same building as health services, but operates independently of each other. The director of health and counseling services reports to the vice president for student life and enrollment. The director is the in-person counselor on campus, and an online counseling platform, UWill, is contracted for 24/7 access to licensed clinicians for all students. The director and UWill counselors adhere to state and licensure ethical guidelines for best practice. The director leads training for students and staff for mental health and wellness initiatives and resources. The director is a liaison and advocates for students. A professional relationship is maintained with faculty and staff as well as community members. The director serves on College committees and maintains professional and ethical boundaries. The director is active in the community to support external relations and build community resources. Counseling services staff are committed to the values of respect, integrity, excellence, service, commitment, and collaboration.

II. COUNSELING AND CLINICAL SERVICES

Cottey College counseling services staff is committed to fostering growth and the 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 director provides students with an opportunity to explore their concerns and problems with a clinical therapist in a confidential setting. The director and UWill telecounselors are available to all students during the academic calendar year through in-person and the online

platform. 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, 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 Prevention Program.

Group counseling may be made available as the need dictates. The director and UWill tele-counselors are licensed and trained to meet the needs of all students, including cross-cultural competencies. The director and tele-counselors adhere to 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). They provide crisis counseling and typical counseling appointments. Hall staff and peer listeners are trained by the director of health and counseling for additional crisis intervention and the referral process on campus.

The director works with the community to establish health and wellness initiatives on- and off-campus. Both active and passive wellness programming is provided to students. The director provides annual in-services to faculty and staff regarding mental health issues for students. Students are given referrals upon request. The current list is made available to students online. The table below reflects the statistics for the academic year 2024-2025. Student enrollment was 261. Student satisfaction surveys are completed each semester and are available upon request.

Counseling by Semester	Fall	Spring
# of Clients	74	28
# of Sessions	273	205

III. ETHICAL STANDARDS

State and professional standards are prioritized for best practice. The director has access to professional and College legal resources when necessary. 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. The director receives training in 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 tele-counselors meet all educational and professional qualifications and competencies as set forth by the International Association of Counseling Services (IACS) standards. The director has master's degree and is licensed in the state of Missouri. Support staff and student workers do not require licensure.

V. RESOURCES AND INFRASTRUCTURE

The director and tele-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) is superior and supported by the administration. Cotter College currently has one licensed clinician for approximately 260 students in addition to the tele-counselors available through UWill. Physical facilities are more than adequate and meet IACS standards. The director and tele-counselors maintain professional/liability insurance personally and through the College.

Respectively submitted by Blaklee Johnson, Licensed Clinical Social Worker
Director of Health and Counseling Services

