



Missouri State University Counseling Center

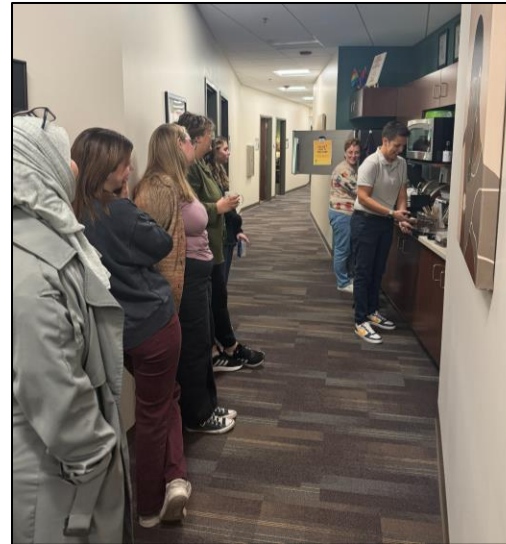
Division of Student Affairs



Where you can find us...

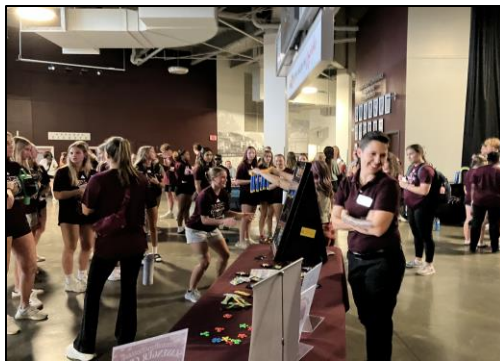
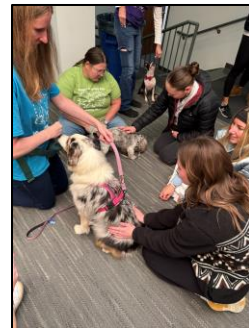


Magers Health and Wellness Center, Suite 304



...in Magers

...around campus



@missouristatecounselin
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Counseling Center Staff



Administrative Staff

Robert Adkison
Administrative Assistant II

Parttime Clinical Staff

Richard Cordell, BSW, MSW
Case Manager

Graduate Assistants/Trainees

Counseling

Brandon Decker

Amber Escobar

Garett Jacobs

Khalil Pineda

Kathryn Plautz

Psychology/PsyD

Olivia Filimonczuk

Social Work

Jensen Domingo

Olivia Melder

Ezri Smith

*Other Team Members:
parttime student and nonstudent staff, work study students,
Mental Health Ambassadors*

Clinical Senior Staff

Allicia Baum, PsyD
Director, Licensed Psychologist

Tammy Dixon, LPC
Assistant Director/Training Director

Julie Brauch, LPC
Mental Health Clinician

Chiara Citterio, LPC
Mental Health Clinician

Laura Foster, MS, PLPC, NCC
*Mental Health Clinician -
Victim Services and Advocacy Specialist*

Katie Harrison, LPC
Mental Health Clinician

Shai Kopas, PLPC
Mental Health Clinician

Brandon Mork, PLPC
Mental Health Clinician

Holly Reynolds, MS, LMFT
Mental Health Clinician

Sara Wolf, MS, LCSW
Mental Health Clinician

MSU Counseling Center - Clinical Services

2024-25 Data

Around 1000 individual students counseled

Nearly 5000 counseling sessions provided

4000 students/faculty/staff at CC Outreach events - 382 Hours of Outreach Provided

Examples of topics covered: stress management, managing depression, suicide prevention, managing social anxiety, mindfulness, building meaningful relationships, healthy boundaries

Common reasons students seek services at the CC:

anxiety, depression, loneliness, difficulty adjusting, relationship issues, academic stress, eating concerns, substance use, suicidal ideation, perfectionism

Counseling Services for MSU Students

Utilizing a stepped-care model (including triage, screening and case management), we can meet the demand for services in a more timely and personalized manner.

Eligibility

All students enrolled in at least 1 credit hour are eligible to access Counseling Center services at no cost; but, not all access looks the same. *There are other stipulations as well.*

Services

- Confidential
- Personalized
- Follow the stepped-care model

Resources Available to Students

- Referral assistance campus and community resources, as needed
- Free access to Welltrack Boost and Togetherall
- Peer support - Mental Health Ambassadors; Togetherall
- Outreach: workshops, activities, partnerships, topic-specific presentations
- Case Management and Consultation services
- Group therapy, psychoeducational groups, support groups
- Individual therapy, couples therapy (virtual or in-person)
- Coverage/walk-in triage times during regular business hours
- 24/7 Crisis Access through Protocall+

Resources Available to Faculty/Staff

- Outreach: all size groups, many topics (personalized as needed), trainings
- Consultation
- 24/7 Crisis Access through Protocall+ on behalf of a student of concern
- Referral assistance



Counseling Center Services

MEETING NEEDS AND INCREASING AUTONOMY FOR STUDENTS



GUIDED SELF-HELP

Welltrack Boost

Togetherall

Relaxation Station



GROUPS/ WORKSHOPS

YCHAF

Mindcraft

Friendship & Connection



CASE MANAGEMENT

Resources

Check-in

Consultation



COUNSELING/ THERAPY

Individual

Group

Specialized



Informational/Interactional Self-Help

WELLTRACK BOOST & TOGETHERALL

WellTrack – app

- **Zen Room:** Practice guided and self-relaxation in our customized relaxation room.
- **Mood Check:** Track your mood and understand how the things you do throughout the day affect the way you feel.
- **Activity Scheduler:** While using WellTrack, you are encouraged to schedule pleasurable, social and achievement activities. We make it easy to do this!
- **Fun and Achievement Tracker:** After you've completed scheduled activities, use this tool to understand how certain activities can boost or decrease your feelings of happiness, fun, and achievement.
- **Calendar:** View your scheduled activities and remote client video sessions (if using WellTrack with a provider/clinician)
- **Cognitive Distortions Quiz:** In the WellTrack self-help therapy courses, you are introduced to seven different types of unhelpful thinking styles. Use this quiz to help you understand each one.
- **Thought Diary:** Use this tool to help you identify real-life situations where you were using unhelpful thinking styles, and learn how to adapt your thinking in these types of situations.

Togetherall – online

- Peer to peer mental health support

AVAILABLE NOW WITH A VALID
MISSOURI STATE STUDENT EMAIL!



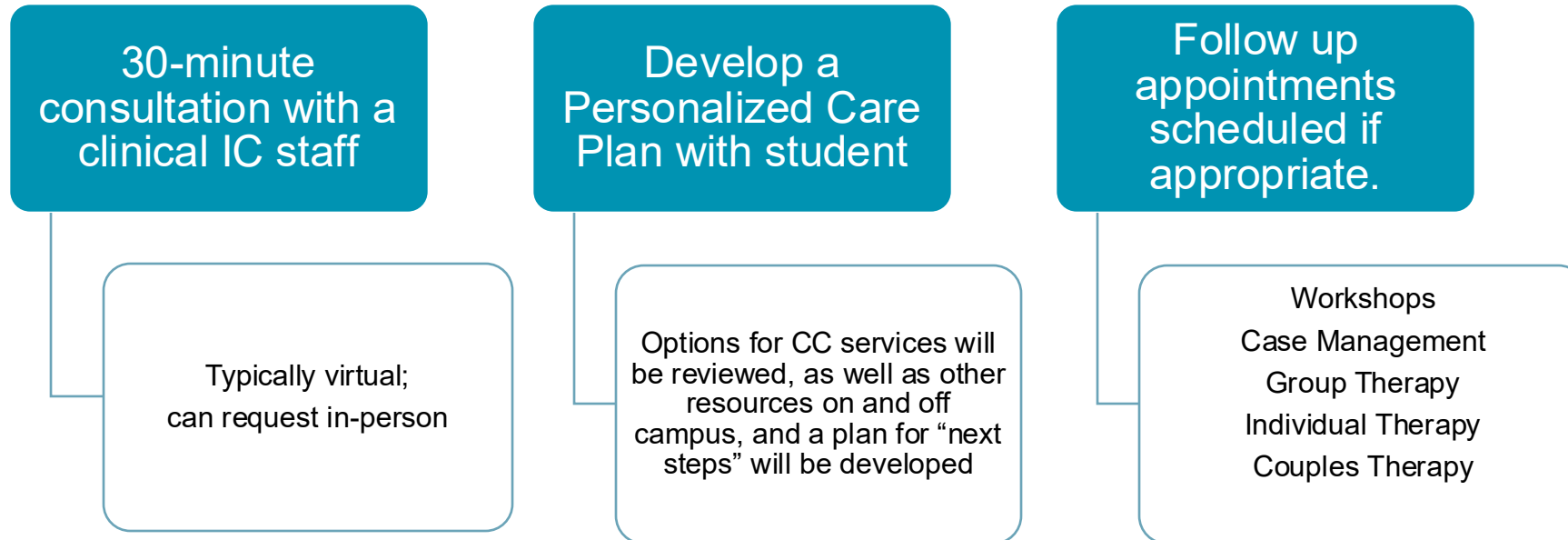
 welltrack boost



 togetherall

Getting Started

Initial consultation



*ICs scheduled out three weeks at a time and changes daily.
Availability can be checked in person, online or by calling the CC.*

Individual/Couples Therapy

SOLUTION FOCUSED BRIEF THERAPY

- General Information
 - Included in student fees; must be enrolled in at least 1 credit hour
 - Virtual and in-person available
 - Course of treatment will be discussed between provider and student (e.g., frequency, duration, number)
 - Most clients are seen on an EOW basis, averaging 3-5 sessions
 - Availability starts over each semester; rescheduling is the responsibility of the client
 - Students can also be seen during the summer semester if they reside within the state of MO
 - Can assist with referrals to community agencies and MAGERS for higher level needs
- End of Semester
 - We go to a model of “extended consultation” for the final month of the semester
 - Typically do not see new clients starting finals week (except crisis)

Walk-in Services

UNPLANNED VISITS

Walk-in appointment request

- If requesting same-day appointment, student will complete a self-screener and be triaged through a case manager or other clinical staff member to determine next steps.
- Based on the self-screener results, the student will be assisted with scheduling an appointment, screened by a clinical staff member to gain additional information to guide next steps, or, when appropriate, provided a crisis appointment.
- The goal of crisis appointments is to assist with regulation and/stabilization, assess safety and make a follow-up plan for services.
- The Relaxation Station is often available without an appointment.

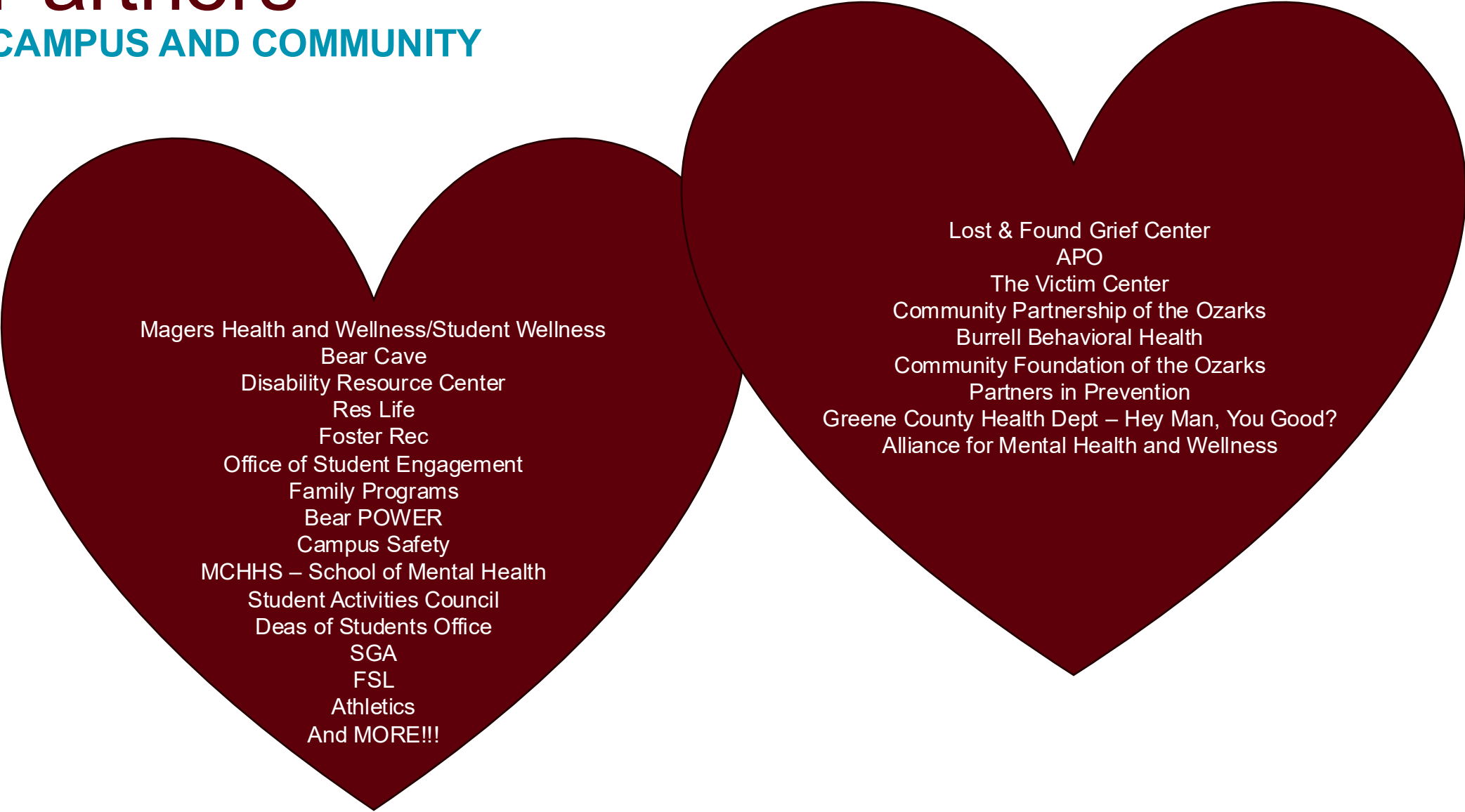
After hours

- Available 24/7 through Protocall (call the CC number and press "0")
- CC follows up with Protocall reports the following day



Partners

CAMPUS AND COMMUNITY



Magers Health and Wellness/Student Wellness
Bear Cave
Disability Resource Center
Res Life
Foster Rec
Office of Student Engagement
Family Programs
Bear POWER
Campus Safety
MCHHS – School of Mental Health
Student Activities Council
Deas of Students Office
SGA
FSL
Athletics
And MORE!!!

Lost & Found Grief Center
APO
The Victim Center
Community Partnership of the Ozarks
Burrell Behavioral Health
Community Foundation of the Ozarks
Partners in Prevention
Greene County Health Dept – Hey Man, You Good?
Alliance for Mental Health and Wellness

What students say about us

"The individual counseling she provided helped me get through the semester in one piece, and I am better off because of therapy with her."

"I've also received much support and care from the employees of the Counseling Center"

"Last year I went through a very difficult period. [My counselor's] support, resources and safe space provided me the tools to overcome the challenges I was facing, and she helped me in ways that will benefit me throughout my life."

"I was concerned because of my age, but my counselor was so kind and truly helped me feel connected and validated."

"I appreciate that there are multiple outlets for me to improve my mental health."

"Thank you guys for doing what you do! This campus is better because of it!"



"[my counselor]...at the Counseling Center was part of my support system for many semesters, and I couldn't have succeeded without her."

"My counselor...greatly supported me throughout my time here at MSU."

Questions?

MSU Counseling Center

Magers Health and Wellness, Suite 304

417-836-5116

CounselingCenter@MissouriState.edu