Review of Current Literature on High Impact Counseling Models and Practices

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Resource #1


The purpose of this survey is to gather benchmark data about common practices for personal/mental health counseling in community/2 Year colleges as well as establishing a baseline of the percentage of counselors also offering career counseling. 198 Community/2 Year Colleges from 43 different states from 2012-2013 were represented in this survey.
Key Takeaways

• 72% of colleges have trained counselors providing career counseling.

• 78% of respondents hold Master’s Degrees.

• 51% hold licensure as an LMHC/LPC or equivalent and 18% hold no license.

• 28% are National Certified Counselors.

• 62% offer suicide prevention programming or resources.

• 78% report having a Threat Assessment Team on campus.

• 98% have regular duties/roles in addition to personal counseling.
  • Committee work (80%), Career counseling (62%), Academic advising (57%)
  • Psychoeducational Programming (64%)
Key Takeaways

• The top 4 student presenting problems are: Depression, Anxiety disorders, Stress, Relational issues

• Counselors often “wear too many hats” and suffer from role overload.

• Referring students to off-campus services tends to be problematic due to college policies, student health insurance, and lack of community resources. There is also a perceived increase in students lacking access to social services.

• Many Counseling Centers are providing a variety of services to students and have limited time for Personal Counseling.

• Counselors often “wear too many hats” and suffer from role overload.

Research #2


The purpose of this issue of Policy and Practice offers counselors and student affairs professionals strategies to effectively support the mental health needs of today’s students. This brief overviews relevant federal legislation and liability concerns, highlights trends in counseling center practices, and offers recommendations for campus mental health policies and practices.

Key Takeaways-

Effective college and university approaches should be grounded in a common set of guiding principles.
Guiding Principles

Clearly Define the Scope of Services

• Transparent communication of what type of counseling services are available to students. Determining an appropriate scope of care requires consideration of many factors, including the campus context and values, and the needs of students.

Provide No-Wrong-Door Access to Care

• A counseling centers should be designed in a way that leads students, regardless of entry point, to appropriate services and care (Mowbray et al., 2006).

• Ensuring that areas of campus that primarily support students are receiving effective and ongoing training for how to identify, support, and assist students in accessing appropriate mental health supports and resources.
Guiding Principles Cont.

Leveraging Student Voices

• Students should be integrated into as much of the decision making processes related to mental health support services as possible.

• Some institutions directly involve students in counseling center strategic planning as well as outreach strategy design.

• Student-led mental health clubs, committees, and advisory boards can facilitate peer-to-peer and student-to-staff communication.

Research #3


The purpose of this article is to highlight current research on the effectiveness of utilizing student voices and peer led activities to promote an inclusive mental health culture on campus and encourage more students to seek services on campus.

During the 2016-2017 academic year, asked 1,100 California university and community college students about their familiarity with Active Minds as well as their attitudes about mental health and experiences with psychological difficulties, either their own or those of others.
Key Takeaways

• “Starting a conversation about mental health on a student-to-student level could change our approach to mental health, change the landscape and climate,” Malmon said. “Now we have the data to prove it.”

• Researchers found that student peer organizations can play an important role in shifting the campus culture towards mental health and in supporting students getting to the mental health services they need.

• Student led mental health activities and organizations increased awareness of mental-health issues for students. Additionally, they found an increase in students seeking mental health services.
Additional Resources

Active Minds - nonprofit organization dedicated to supporting mental health awareness
https://www.activeminds.org/
https://www.activeminds.org/programs/active-minds-california/

Campus Mental Health Action Planning Guide

College Counseling Literature and Annotated Bibliography

College Student Mental Health Survey-2019
https://www.higheredtoday.org/2019/08/12/college-student-mental-health-well-survey-college-presidents/

College Counseling from a Distance
http://www.collegecounseling.org/resources/Resources/HEMHA%20Distance%20Counseling_FINAL.pdf
Additional Resources Cont.

Cultural Competency Tools and Recommendations for College Counselors

Inconsistent Mental Healthcare at Community Colleges

Kognito—providing virtual tools for professional development training in mental health for K-12 and higher ed professionals
https://kognito.com/about

Suicide Prevention Best Practices
http://www.sprc.org/faqs-best-practices-registry#:~:text=The%20Best%20Practices%20Registry%20%28BPR%29%20was%20several%20years%20ago%2C%20but%20content%20had%20been%20reviewed%20according%20to%20specific%20standards.