

Wellness Center Annual Report

2022-2023

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# Mission Statement

***With a spirit of inclusivity, the UW-Green Bay Wellness Center is committed to promoting holistic health to optimize students’ success through mind and body wellness while working collaboratively with the campus community in the creation of a sustainable healthy campus environment.***

# Student Outcomes (spring 2023)

## Impact Summary of Counseling on Student/Clients

UW Green Bay has been participating for 11 years with the other UW Counseling Centers in the University of Wisconsin (UW) System Counseling Impact Assessment Project, overseen by a system-wide committee of the same name. The project seeks to track a core set of common data elements across UW-System counseling centers, for the purposes of providing benchmarking data for each campus and to allow for system-level analyses of counseling utilization and impact. Incremental progress has been made each year in establishing a systematic and sustainable assessment process that both serves day-to-day clinical needs of counseling center professionals and helps them evaluate and improve upon their work. By moving thoughtfully and systematically, we hope to continue to strengthen the ways in which we assess our work, for the betterment of the clients we serve.

## METHODS

All counseling client are invited to participate each semester. The project gathers and summarizes data on an annual basis across 12 institutions within the University of Wisconsin System. The project has now gathered eleven years of client feedback on the impact of services received through the Learning Outcomes and Satisfaction Survey (LOS) and nine years of client demographics through the Client Information Form (CIF). The UW Green Bay Counseling team has selected these 5 outcome measures from the Counseling Impact Study as key indicators of the impact of our counseling services has on student success and retention. The indicator, “Counseling helped me stay in school” has been further broken down for our clients who indicated they were struggling with academics as well as those who indicated they were not struggling with academics.

Full reports available upon request.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Item*Scale: 1 = Strongly Disagree to 5 = Strongly Agree* | **2022-2023 Campus Mean** **(n)** | **2022-2023 System Mean** **(n)** | **2021-2022 Campus Mean** **(n)** | **2021-2022 System Mean** **(n)** | **2020-2021 Campus Mean** **(n)** | **2020-2021 System Mean** **(n)** |
| **I made improvements on specific issues for which I sought counseling** | 4.26(87) | 4.13(1271) | 4.15(79) | 4.17(1453) | 4.09(55) | 4.12(1191) |
| **I am better prepared to work through future concerns and achieve my goals** | 4.20(87) | 4.02(1257) | 4.09(76) | 4.01(1437) | 3.85(55) | 3.99(1187) |
| **I increased my ability to think clearly and critically about my problems** | 4.02(84) | 4.02(1255) | 4.16(74) | 4.03(1429) | 3.8(55) | 4.03(43) |
| **Counseling helped me stay in school** | **struggling with academics** | 3.71(24) | 3.63(412) | 3.46(26) | 3.76(473) | 3.82(43) | 3.82(43) |
| **not struggling with academics** | 3.45(56) | 3.23(736) | 3.30(37) | 3.22(765) | 3.12(696) | 3.12(696) |
| Total Average | 3.58(80) | 3.43(1148) | 3.37(64) | 3.43(1247) | 3.39(1119) | 3.39(1119) |

The counseling team will continue to use the data from the full study and these metrics to improve services and outcomes with the goal of meeting or exceeding the UW System means for each measure.

## Culture of Evidence Rubric

See appendix A- page 19

# Data Reporting (Programs/Services) Year over Year Comparisons

## Fall 2018-2022

During fall 2022, Wellness Center Services returned to largely in person services for students as the incidence of COVID cases continued to decrease. The demand for urgent (typically same day) counseling appointments increased by 57% from fall 2021 and the number of Psychiatry visits increased by 19.4%.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Main Campus Data**8/15-12/31each year | **Fall 2022** | **Fall 2021** | **Fall 2020** | **Fall 2019** | **Fall 2018** |
| **Total Counseling Sessions** | 1183 | 1141 | 852 | 1152 | 889 |
| **Counseling Triage** | 206 | 131 | 62 | 203 | 163 |
| **AODA (alcohol/drug)** | 1 | 6 | 11 | 7 | 20 |
| **Crisis Center Transports** | 4 | 3 | 1 | 2 | 2 |
| **Group Skills Visits** | 28 | 24 | 37 | 145 | **NA** |
| **Support Group Visits** | 1 | 10 | 31 | 20 | **NA** |
| **Advanced Practice Provider Visits** | 639 | 587 | 315 | 436 | 435 |
| **Nurse Visits** | 714 | 1356 | 1001 | 1129 | 1104 |
| **Phone call/Virtual Visits** | 144 | 213 | 102 | 76 | 9 |
| **COVID Tests** | 61 | 788 | 681 | NA | NA |
| **EMS transports** | 0 | 0 | 0 | 1 | 0 |
| **Psychiatrist/Behavioral Care** | 43 | 36 | 19 | 18 | 23 |
| **Sexual Assault Coordinator Visits** | 23 (20 unique) | 22 (12 unique) | 8 | 4 | 10 |

The demand for counseling, medical, and psychiatric services continued to increase throughout the fall semester. The volume of counseling triage Sessions increased by 57%, while overall counseling sessions increased by 3.6% as students continued to present with post pandemic and other stressors. Additionally, the number of visits to the psychiatrist increased by 19.4%. Provider visits increased by 8.8%. The demand for COVID related care and testing continued to decrease throughout the fall semester.

## Spring 2019-2023

The demand for counseling services and provider visits also increased during the spring semester. As the pandemic continued to improve the need for covid testing by nursing was largely replaced by providing self -testing kits at no cost to students and staff in the Wellness Center.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Main Campus Data**1/1-5/15each year | **Spring 2023** | **Spring 2022** | **Spring 2021** | **Spring 2020** | **Spring 2019** |
| **Total Counseling Sessions** | 1253 | 1109 | 967 | 698 | 984 |
|  **Counseling Triage** | 141 | 116 | 99 | 97 | 131 |
|  **AODA (alcohol/drug)** | 2 | 6 | 5 | 10 | 7 |
| **Crisis Center Transports** | 4 | 1 | 1  | 0 | 0 |
| **Group Skills Visits** | 5 | 23 | 24 |  |  |
| **Support Group Visits** | NA | 0 | 0 |  |  |
| **Advanced Practice Provider Visits** | 494 | 479 | 277 | 273 | 348 |
| **Nurse Visits** | 373 | 634 | 548 | 360 | 800 |
| **Phone call/Virtual Visits** | 119 | 108 | 136 | 46 | 19 |
| **COVID Tests** | 67 | 604 | 346 | **NA** | **NA** |
| **EMS transports** | 2 | 0 | 1 | 0 | 0 |
| **Psychiatrist/Behavioral Care** | 40 | 49 | 39 | 15 | 33 |
| **Sexual Assault Coordinator Visits** | 33 (12 unique) | 25 (13 unique) | 4 | 2 | 4 |

By the end of spring semester, the number of total student visits for counseling increased by 11%, Urgent counseling appointments increased by 21.5 % and medical provider visits increased 3.1%from the number of visits provided the prior spring for those services. A 5th counselor was added to the Wellness Center Team. The Counseling schedule was modified in February 2023 to include assigning a counselor to a full day of triage each work day (instead of 2 hours/day) and 4 triage appointments were held each day for urgent and walk in needs (instead of 2 appointments/day. Utilization data for Medical Visits on Saturdays continued to decrease and a decision was made to discontinue Saturday hours and to move the respective provider and nurse hours back into the work week starting August 2023.

## Summer 2019-2023

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Main Campus Data**5/16-8/15each year | **Summer 2023** | **Summer 2022** | **Summer 2021** | **Summer 2020** | **Summer 2019** |
| **Total Counseling Sessions** | 190 YTD (7/18) | 189 YTD (7/21) | 118 YTD (7/27) | 125 | 204 |
|  **Counseling Triage** | 18 YTD (7/18) | 18 YTD (7/21) | 17 YTD (7/27) | 22 | 13 |
|  **AODA (alcohol/drug)** | 3 YTD (7/18) | 0 | 2 YTD (7/27) | 0 | 1 |
| **Crisis Center Transports** | 2 | 0 | 0  | 2 | 0 |
| **Group Skills Visits** | **NA** | **NA** | **NA** | **NA** | **NA** |
| **Support Group Visits** | **NA** | **NA** | **NA** | **NA** | **NA** |
| **Advanced Practice Provider Visits** | **NA** | **NA** | **NA** | 10 thru 6/30 | 60 |
| **Nurse Visits** | **NA** | **NA** | **NA** | 6 thru 6/30 | 112 |
| **Phone call/Virtual Visits** | **NA** | **NA** | **NA** |  |  |
| **COVID Tests** | NA | NA | 10 as of 6/28 | 8 thru 6/30 | 13 |
| **EMS Transports** | NA | NA | 1 | 0 | 0 |
| **Psychiatrist/Behavioral Care** | 15 | 11 | 11 | 1 | 6 |
| **Sexual Assault Coordinator Visits** | 4 (3 unique) | 7 (3 unique) | 2 | 1 | 0 |

##

## Total Counseling and Medical Visits by Campus for 2020-2023

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Counseling****2022-2023** | **Counseling****2021-2022** | **Counseling****2020-2021**  | **Medical****2022-2023** | **Medical****2021-2022** | **Medical****2020-2021** | **Medical Service Location**  |
| **Green Bay** | 2720 | 2190 | 2029 |  | 3471 + 1392 COVID Tests. | 2437 | Wellness Center Green Bay |
| **Marinette** | 34 + 3 phone consults | 50 | 5 |  | 0 | 0 | Prevea Clinic in Marinette |
| **Sheboygan** | 170 inc. Telephone Intake Scheduling | 54 | 47 |  | 2 | 0 | Prevea Urgent Care in Sheboygan  |
| **Manitowoc** | 27 inc. Telephone Intake Scheduling.  | 23 | 58 |  | 0 | 0 | Prevea Urgent Care in Manitowoc |

# Current Org Chart-



# Signature Events (departmental major events)

**The Healthy Choices Task Force** was facilitated by the Health Educator in the Wellness Center with support of the Executive Director of University Wellness and Student Counseling. Programming focuses on getting important facts out to students while incorporating harm reduction strategies about healthy relationships, mental health, wellness, drugs and alcohol awareness and more. The Healthy Choices Task Force added additional programming at all 4 campuses for 2022-2023. The Take Back the Night and Goat Flow events captured the highest student attendance for the Task Force this year. Goal for 2023-2024 year is to do additional programming at the Marinette, Manitowoc and Sheboygan campus locations. SGA and SUFAC have allocated additional budgeted funds to support our health promotion efforts.

**Healthy Choices Task Force Summary 2022-2023**

| Date / Time | **Program** | **Site** | **Details:** | **Number of****Participants** |  |
| --- | --- | --- | --- | --- | --- |
| 9/7/22 | **RedZone Booth** | University Union | **Professional Advisors: Caitlin Henriksen**Table and board displaying information surrounding the RedZone and sexual assault. Advertising Take Back the Night. |  |  |
| 9/14/22 | **RedZone Booth** | University Union | **Professional Advisors: Caitlin Henriksen**Table and board displaying information surrounding the RedZone and sexual assault. Advertising Take Back the Night. |  |  |
| 9/21/22 | **RedZone Booth** | University Union | **Professional Advisors: Caitlin Henriksen**Table and board displaying information surrounding the RedZone and sexual assault. Advertising Take Back the Night. |  |  |
| 10/5/22 | **RedZone Booth** | University Union | **Professional Advisors: Caitlin Henriksen**Table and board displaying information surrounding the RedZone and sexual assault. Advertising Take Back the Night. |  |  |
| 10/6/22 | **Take Back the Night - Sheboygan** | Peace Park Sheboygan | **Professional Advisors: Caitlin Henriksen**Partnered with Safe Harbor of Sheboygan County to host Take Back the Night. Information regarding campus resources. | 6 |  |
| 10/12/21 | **Take Back the Night** | Kress Events Center | **Professional Advisors: Caitlin Henriksen, Amy Henniges**Hosted Take Back the Night event. Resource fair with campus and local resources followed by program with keynote speaker, and finished with walk through Kress Center. | 200 |  |
| 10/19/22 | **Social Media and Sex Trafficking** | 1965 Room | **Professional Advisors: Caitlin Henriksen, Amy Henniges**Host presentation with Jolanda Sallman and Brittany Maas on sex trafficking. | 0 |  |
| 10/25/22 | **Healthy Relationships series** | Ed Thompson Hall | **Professional Advisors: Caitlin Henriksen, Mike Reilly**Hosted discussion on healthy relationships with Housing.  | 2 |  |
| 10/26/22 | **Difficult Conversations**  | University Union | **Professional Advisors: Erin Van Daalwyk**Hosted presentation and workshop on having difficult conversations. | 8 |  |
| 10/27/22 | **Carving out Bad Relationships** | Sheboygan Campus | **Professional Advisors: Caitlin Henriksen**Partnered with Safe Harbor to host pumpkin carving and relationship trivia. | 20 |  |
| 11/9/22 | **Carson Molle – Suicide Prevention Speaker** | Kress Events Center | **Professional Advisors: Amy Henniges**Partnered with athletics to host Carson Molle presentation and resource fair. |  |  |
| 12/13/2212/15/22 | **Finals Survival Kits** | University Union | **Professional Advisors: Miriam Brabham**Partnered with MSU to provide students with finals self-care kits.  | 100 |  |
| 1/25/23 | **Welcome Back Kits** | Manitowoc and Sheboygan Campus | **Professional Advisors: Caitlin Henriksen**Provided students with self-care kits for semester. | 75 |  |
| 1/26/23 | **Welcome Back Kits** | Marinette Campus | **Professional Advisors: Caitlin Henriksen**Provided students with self-care kits for semester. | 25 |  |
| February | **Love U Month** | All Campuses | **Professional Advisors: Caitlin Henriksen, Amy Henniges** Hosted various activities across campuses for Love U Month. |  |  |
| 2/2/23 | **Anonymous Valentines** | Marinette Campus | **Professional Advisors: Caitlin Henriksen, Mike Reilly**Provide materials for students to send anonymous valentines. |  |  |
| 2/8/23 | **Anonymous Valentines** | Manitowoc and Sheboygan Campuses | **Professional Advisors: Caitlin Henriksen, Mike Reilly**Provide materials for students to send anonymous valentines. |  |  |
| 2/8/23 | **Healthy Relationships series** | Ed Thompson Hall | **Professional Advisors: Caitlin Henriksen, Mike Reilly**Hosted discussion on healthy relationships with Housing.  | 20 |  |
| 2/10/23 – 2/14/23 | **Anonymous Valentines** | University Union and Housing | **Professional Advisors: Caitlin Henriksen, Mike Reilly**Provide materials for students to send anonymous valentines. |  |  |
| 2/13/23 | **Valentines Carnival** | Phoenix Rooms | **Professional Advisors: Caitlin Henriksen, Amy Henniges**Had booth at GTP’s Carnival with giveaways and resources. | 300 |  |
| 2/20/23 | **Sex in the Dark** | Rose Hall Auditorium | **Professional Advisors: Caitlin Henriksen, Amy Henniges**Host Sex in the Dark event. Students ask anonymous questions of panel of experts. T-shirts given out. | 80 |  |
| 2/28/23 | **Luminary Snowshoe Hike** | Arboretum | **Professional Advisors: Ethan Harvey**Co-sponsored snowshoe hike through arboretum. | 20 |  |
| 3/7/23 | **Fentanyl Awareness Event** | Christie Theatre | **Professional Advisors: Amy Henniges**Hosted Vivent Health for showing of Dead on Arrival and presentation on fentanyl. |  |  |
| 3/8/23 | **Mocktail Bar** | University Union | **Professional Advisors: Mike Reilly, Bailey Briner**Hosted a Mocktail Bar with education on safe drinking habits. | 80 students |  |
| 3/9/23 | **Healthy Relationships series** | Ed Thompson Hall | **Professional Advisors: Caitlin Henriksen, Mike Reilly**Hosted discussion on healthy relationships with Housing.  | 2 |  |
| April | **What Were You Wearing Exhibits** | All Campuses | **Professional Advisors: Caitlin Henriksen, Amy Henniges**Hosted What Were You Wearing exhibits to dispel myths about sexual assault for Sexual Assault Awareness Month. |  |  |
| 4/3/23 | **Sexual Assault Awareness Month Community Resource Fair** | Alumni Room | **Professional Advisors: Caitlin Henriksen, Amy Henniges**Hosted Community Resource Fair for 20+ Campus and Community Resources to share information to kick of Sexual Assault Awareness Month. | 20 |  |
| 4/4/23 | **Fentanyl Awareness Event** | Manitowoc Campus | **Professional Advisors: Amy Henniges**Hosted Vivent Health for showing of Dead on Arrival and presentation on fentanyl. | 15 |  |
| 4/25/23 | **Fentanyl Awareness Event** | Sheboygan Campus | **Professional Advisors: Amy Henniges**Hosted Vivent Health for showing of Dead on Arrival and presentation on fentanyl. | 20 |  |
| 4/25/23 | **Speaking Peace** | University Union | **Professional Advisors: Erin Van Daalwyk**Hosted presentation and workshop on having difficult conversations. |  |  |
| 4/26/23 | **Fentanyl Awareness Event** | Marinette Campus | **Professional Advisors: Amy Henniges**Hosted Vivent Health for showing of Dead on Arrival and presentation on fentanyl. | 11 |  |
| 4/26/23 | **Denim Day** | University Union Display Case | **Professional Advisors: Caitlin Henriksen, Amy Henniges**Created Denim Day Display. |  |  |
| 4/26/23 | **Nexflix and… Consent?** | Sheboygan Campus | **Professional Advisors: Caitlin Henriksen**Partnered with Safe Harbor for panel event on consent and pop culture. | 5 |  |
| 5/1/23 | **Goat Flow** | Manitowoc Campus | **Professional Advisors: Caitlin Henriksen, Amy Henniges, Alex Wandersee**Hosted Goat Flow with LaClare Farms for students to stretch with baby goats. | 32 |  |
| 5/2/23 | **Goat Flow** | Sheboygan Campus | **Professional Advisors: Caitlin Henriksen, Amy Henniges, Alex Wandersee**Hosted Goat Flow with LaClare Farms for students to stretch with baby goats. | 27 |  |
| 5/3/23 | **Goat Flow** | Marinette Campus | **Professional Advisors: Caitlin Henriksen, Amy Henniges, Alex Wandersee**Hosted Goat Flow with LaClare Farms for students to stretch with baby goats. | 33 |  |
| 5/4/23 | **Goat Flow** | Phoenix Park | **Professional Advisors: Caitlin Henriksen, Amy Henniges, Alex Wandersee**Hosted Goat Flow with LaClare Farms for students to stretch with baby goats. | 246 |  |
| 5/4/23 | **Self-Care Bingo** | University Union | **Professional Advisors: Erin Van Daalwyk**Sponsored prize for First Gen Phoenix’s Self-Care Bingo |  |  |
| 5/9/23 | **Late Night Breakfast** | University Union | **Professional Advisors: Frankie Rabas**Supplied recipe cards for Overnight Oats at Late Night Breakfast. | 50 |  |

# Selected Departmental Accomplishments

1. **Additional Full Time Counselor Position Added**

A new counselor, Emily Buske started orientation July 2022 which would have been an additional 5th Counselor position. However, Theresa Weise (.75 FTE) resigned in May 2022, and a fifth Counselor, Fue Lee, did not start until January 2023. Subsequently, John Cheslock resigned in May, 2023. Therefore this past academic year only experiences the impact of a 5th Counselor for 4 months.

1. **The Wellness Center was awarded separate Strategic Initiative Funding from the Chancellor’s office to Implement both the Kognito Simulation Training and the Bringing in the Bystander Training**.
	1. **Kognito At Risk Mental Health Training** implementation began in 4/22. Experiential learning simulations for students, faculty and staff are utilized to build knowledge and skills around mental health and suicide prevention. The At-Risk module prepares the learner to lead real life conversations that build resilience, a strong campus culture and strengthens relations. To date 275 faculty/staff and 625 students have completed the training. Beginning Fall 2023, participation in this training will become a class assignment for all students in FYS classes.
	2. **Kognito Cultivating Inclusive Communities** implementation began in April 2022. This Experiential learning simulation is geared for faculty and staff and prepares the learner to effectively engage across differences with integrity and empathy, effectively fostering an inclusive campus community that embraces diversity. To date, 19 faculty/staff have completed the training.
	3. **Bringing in the Bystander Training** was also implemented 4/22. This interactive, research- based curriculum utilizes a community of responsibility approach to teach bystanders how to safely intervene before, during and after an incident of sexual abuse, relationship violence and stalking. Through in-depth discussion of issues and role-playing, participants come to understand how they play a part in proactively preventing sexual and relationship violence, how they can help survivors get the help and support they need, and how they contribute to the creation of a campus climate that reflects a commitment to safety for all. To date, 795 participants have been trained including 750 students and 45 faculty/staff/community members. All new students involved in GB Orientation on all 4 campuses were offered the training in Fall 2022 as well as student ambassadors, Residential Managers and more. Beginning Fall 2023, participation in this training will become a class assignment for all students in FYS classes.
2. **Coordinated Sexual Violence Prevention Training**

All new students across the UW System are being required to take as part of the university’s compliance with federal requirements to educate students about sexual harassment and relationship violence and local campus resources. 63% of Adult Learners, 85% Graduate students and 67% of Undergrad students invited this academic year completed the course to date.



1. **Provided Clinical Internship for MSW and Counseling Intern Pre-practicum student**

Two Counselors and the Consulting Psychologist mentored a UW Green Bay MSW student the Wellness Center from September 2022-May 2023, and a UW Milwaukee Counseling Intern in her pre practicum from January 2023-May 2023. The MSW Counseling Intern provided 87 sessions with students and the Counseling Pre-practicum Intern provided 14 sessions. Both interns assisted with virtual pathways sessions. Plan to mentor one MSW Intern and a Counseling Intern in 2023-2024.

# Other (unique to department)

1. **The UW Green Bay Wellness Center completed its third year in partnership with Prevea Health .** The University provided counseling and health promotion services while Prevea provided medical services and covid testing on campus starting 7/1/20. Both the University and Prevea staff demonstrated continued to demonstrate strong collaboration in providing services to students. With the addition of Prevea, students gained access to medical services 6 days per week during the academic year with hours extended to 5:30 pm two days per week, and Saturday mornings added 8-12 during the academic year. In person medical services closed for the summer from mid-May to mid-August each year while 24/7 Nurse triage by phone and virtual appointments remained available to students. Given the low utilization of medical services on Saturday morning, Saturday hours will not be offered starting in August 2023.
2. **Website Update.** The Wellness Center website was updated with a new look in 2023, allowing users to more easily locate Counseling, Medical and Wellbeing Resources.
3. **UW System Provided additional mental health and support with** [**Mantra teletherapy**](https://www.uwgb.edu/wellness-center/counseling/mantra-health/)**, access to a 24/7 Crisis Line and** [**YOU at College**](https://www.uwgb.edu/wellness-center/wellbeing-resources/you-at-college/) **self-help tools.** UW Green Bay students were invited to be one of the first 3 campuses in the UW System to utilize the additional tools of Mantra Teletherapy and/or Telepsychiatry services, a 27/7 Mental Health Crisis Line, and YOU at college self- help tools.
4. **Cofrin Foundation Funding was awarded to provide additional mental health and wellbeing tools.** Thanks to a generous gift from the Cofrin Family Foundation, students will soon have access to additional mental health tools and resources including; a Relaxation Room with a massage chair and hydrotherapy table, paid interns to assist with counseling and programs, bi monthly massage therapy appointment options and more.
5. **Increased Athletic Collaboration.** Lissa Balison continued to provide counseling consultation to Athletics and was onsite a minimum of 1.5 hours per week. The Athletics Integrated Healthcare Advisory Team (IHT) was developed this year to provide support and assistance for student-athletes who may be experiencing physical or mental health issues by advising on resources and referrals to address these issues. To date, approximately 5 cases have been reviewed. Plans are also underway to pilot increasing counselor access in Athletics to 16 hours per week utilizing Horizon league funding, with the goal of having a fulltime designated counselor by fall 2025.

# 2022-2023 Student Outcomes

Data results for both UW Green Bay with comparative data to UW System for 2022-2023 were prepared by the UW Stout Research department for all participating campuses. Full report will be made available upon request.

Results from 2022-2023 revealed that UW- Green Bay met and or exceeded the UW System Counseling mean in 4 of the 5 Outcome Measures:

* I am better prepared to work through future concerns and achieve my goals
* Counseling helped me stay in school- not struggling with academics
* I made improvements on specific issues for which I sought counseling
* Counseling helped me stay in school- struggling with academics

Additionally, UW- Green Bay exactly matched the UW System mean in 1 of the 5 Outcome Measures:

* I increased my ability to think clearly and critically about my problems

**Strategies to Sustain**

* Planning additional marketing and a Wellness Center open house for fall to increase awareness of all of our services.
* Planning to further increase health promotion and mental health outreach on all 4 campus locations.
* Increase designated Counseling support to Athletics 16/hrs per week using the Horizon Grant funding.
* Fully launch the additional Kognito Training Modules including:
	+ Cultivating Inclusive Communities
* Fully implement adding FYS Class Assignments for completing both the Kognito At-Risk Mental Health training and Bringing in the Bystander training on all 4 campuses starting Fall 2023
* Continue exploring options for Medical Services Outcomes to be added to future reports.
* Seek SUFAC support to add a 6th counselor in Fall 2023 to meet the additional mental health needs of students, including the addition of Rising Phoenix students who will become eligible for services in Fall 2023.
* Secure the additional mental health and wellbeing resources funded by the Cofrin Family.
* Offer expanded Support Groups and Skill Building Workshops, including Grief Group.
* Fully implement Kognito At Risk Mental Health Training and Bringing in the Bystander Training into all FYS courses.
* Expand Take Back the Night event by inviting college students from NWTC, St. Norbert College and Belling College to participate.

