



Winter Newsletter 2007

Michigan College Counseling Association

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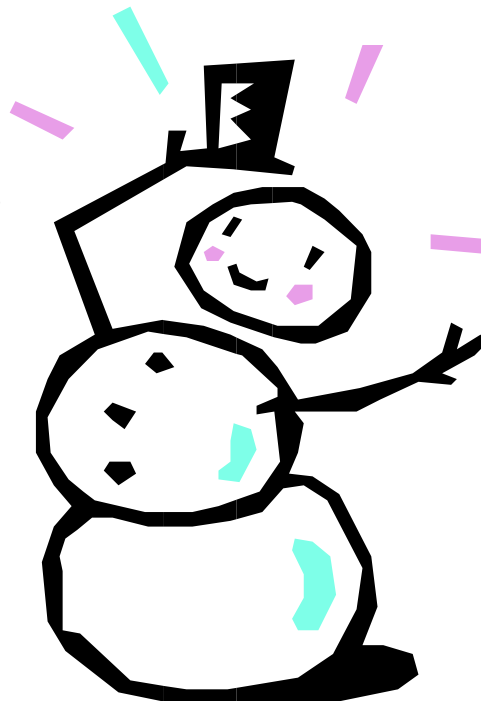
Message From Your President

Greetings to all of you who care enough about your counseling profession to be a part of the supporting organization, MCCA. Those of us on the Executive Committee are pleased with and encouraged by the number of you who approached us during the MCA fall conference in Grand Rapids to let us know you are loyal fans of our organization. My hope is that the enthusiasm will carry over into the spring and we will see you at our spring conference in Lansing on May 22, 2007.

It came to our attention this fall that counselors in some community college settings are again feeling stressed at the prospect of losing their counseling positions, and that these jobs may be taken over by person's less qualified to meet all of the student's needs. Please know

that we, as the leadership component of MCCA, are well aware that this has happened in the past and could easily happen again. While we can make sure our lobbyist, Noah

Smith, is aware of this concern, there is little we can do legislatively to keep it from happening. An intervention will be most effective if it comes from each of you.



Don't Lose Your Heads Over This Prospect

I'm sure you've heard the old saying, "The best defense is a good offense." My charge to you is for you to organize the counseling cohort on your campus and to gather supportive data specific to your college or university, and document, document, document. What are the student issues you deal with on a daily basis? How many times do you intervene with a faculty member on behalf of the student? How often do you help a student find resources that will allow him/her to stay in school? Those are only a few of the areas you will want to investigate. Then, relate that data to retention and dollars.....money does talk. Finally, don't sit on

We Must Make Ourselves Heard!

the information! Get out and advocate for yourselves and your profession. Put together a power point presentation and take it on the road.....show off your "stuff" to the Board of Directors, the Vice-Presidents, the Deans, and whoever else will listen.

What you will probably find is your impact on student retention is huge, and persons in higher power don't fully understand the significance of your role on campus.

I've gathered some informa-

tion that might be helpful in mounting an offense and included it in this newsletter. While the information is not specific to your campus, it may give you some ideas for directions to pursue. Now it is your responsibility to take some positive action to pro-

Important Dates for 2007

- *March 21–25 ACA Annual Convention in Detroit*
- *May 22, 2007 MCCA Spring Conference in Lansing*
- *November 9–11 MCA Fall Conference in Grand Rapids*

Special points of interest:

- *Tips to advocate for your counseling center.*
- *Depression on College Campuses*
- *Students Mental Health in decline.*
- *Family support systems missing.*

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Make a difference on your campus!

protect your jobs and the future of college counseling. Let's make this a proactive approach and not a reactive one. Also, I encourage any of you who have already moved in this direction to share with others....that strength in numbers thing, you know.

In December I retired. I plan however, to stay involved with the college counseling scene in some manner....it's my life. I hope I have made a difference in the lives of the students I've had contact with, and I know they have certainly had an impact on my life. Be proud of what you do. Shout it to the rooftops. Participate in

your MCCA organization. Make a difference in how counselors are perceived on your campus. That is my charge to you, and I offer my best wishes to all of you for future success.

Donna Austin, 2006-07 MCCA President

The following information is just a limited sampling of resources that are available to you. If you conduct an internet search, you



Together we can do it.

will find a wealth of information you can use to support your cause.

We wish you success in advocating for your positions on your campuses.

Counseling Talking Points

Listed below is information you might want to use when advocating for the need for counselors on your campuses.

The overall suicide rate among adolescents has tripled in the past 30 years.

One in 12 US college students make a suicide plan.

Suicide is the leading cause of death among 15 - 24 year olds.

One third to one fourth of students who graduate from college have thought of killing themselves.

The majority of young adults diagnosed with depression do not receive appropriate or even any treatment at all.

One in 12 US college students make a suicide plan.

Suicide rates peak among young adults age 20-24.

More teens and young adults die from

suicide than all other medical illnesses combined.

Source: Potomac State College – West Virginia University. (n.d.). Retrieved December 1, 2006, from <http://www.potomacstatecollege.edu/student-life/suicide%20prevention>

The most common issues seen today are mood disorders followed by general developmental issues___ relationships, intimacy, identity, independence, family issues, plans for the future. Next come anxiety disorders___social phobias, obsessive-compulsive disorder, post-traumatic stress disorder, and general anxiety disorder. Also seen, are many students with eating or substance abuse disorders. Many students deal with multiple issues.

Common mental health problems include depression, stress/anxiety disorders, alcohol and drug use, sleep difficulties, eating disorder problems, learning disabilities, ADD/ADHD, grief and loss issues.

Depression on college campuses is wide-spread and increasing sharply.

Ten percent of all students surveyed in the spring 2000 National College Health Assessment had been diagnosed with depression.

From 1999-2000, liquor arrests increased 4 percent, drug arrests increased 10 percent, and murders increased 45 percent on college campuses.

A 1999 study showed that 30 percent of freshman felt overwhelmed by what they had to do....increased stress from pressures to get into the best colleges and perform well.

Counselors at college counseling centers report a 35 percent increase in student psychiatric hospitalization in the past 5 years.

More individuals with mental health problems are able to attend college now because of the increase and improvement in diagnosis and treatment.

Source: Archart-Treichel, J. (2002). Mental illness on rise on college campuses [Electronic version]. *Psychiatric News*, 6, 6-8. Retrieved December 1, 2006, from <http://pn/psychiatryonline.org/cgi/content/full/37/6/6>

Depression Rates Rising on College Campus's

In 2004, the American College Health Association reported that 40 percent of college males and 50 percent of college females said they had been so depressed they couldn't function. Every year, 1,100 college students take their own lives.

Significant college debt and uncertainty in the job arena are adding to student stress.

Source: Genova, J. (2006). The fragile generation; managing new complexities [Electronic version]. *The Greentree Gazette*, 16-20. Retrieved December 1, 2006, from www.greentreegazette.com

The most commonly prescribed medication on college campuses is Prozac.

Eight-six percent of Counseling Center Directors say they have seen an increase in students with severe psychological problems.

The director of the Johns Hopkins University Counseling Center has seen an 18 percent increase in individual counseling sessions over the previous year.

Two-thirds of students receiving counseling reported feeling better.

The nationwide increase in the diagnosis of depression and the diminished stigma surrounding mental health treatment has contributed to this increase.

About 20 percent of the students have a serious disorder or are coping with a very traumatic experience.

The onset of many mood disorders occurs during late adolescence and early adulthood.

In 2004-05, 32 percent of the students at Johns Hopkins sought psychiatric care. Two-thirds of students receiving counseling reported feeling better.

Source: Birch, K. (2005). College-level coping [Electronic Version]. *Johns Hopkins University, Arts & Sciences magazine*, 1-8.

Survey indicates increase in serious psychological problems among college students.

According to a survey by the National Alliance for the Mentally Ill (NAMI) and Abbott Laboratories:

- One in three students has experienced prolonged periods of depression.
- One in four students reported having suicidal thoughts.
- One in seven students reported having engaged in abnormally reckless behavior.
- One in seven students reported difficulty functioning at school due to mental illness.

Fifty percent of students rate their mental health below average or poor.

Thirty percent of students report they or one of their friends have had trouble functioning in school

because of mental health issues.

Studies show that up to 50 percent of people with untreated bi-polar disorder, which tends to develop in late teens, attempt suicide at least once.

Source: Mental illness prolific among college students. PNNOnline. (n.d.) Retrieved November 21, 2006, from <http://www.pnnonline.org/article>



Counseling Centers Can Provide Support Systems Necessary For Student Success

An annual survey of counseling centers indicates more than 80 percent of campuses have experienced an increase in serious psychological problems among students.

Family support systems are not in place for many students.

New drugs enable more psychologically stressed students to attend college.

Many students turn to tobacco and alcohol to soothe an emotional distress. Smoking tobacco causes stress, and alcohol is a depressant.

Source: Brody, J. (2003). Personal health; hello to college joys: keep stress off campus. [Electronic Version]. *The New York Times*, November 21, 2006, Retrieved November 21, 2006, from <http://query.nytimes.com/>



Michigan College Counseling Association

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Spring Drive In Conference

“College Culture: Sharing & Learning Together”

This drive in conference is designed to bring people together to develop ideas on education and share thoughts on effective counseling strategies. Effective leaders in counseling need to establish and maintain a shared vision of the importance of counseling to the college students. This involves the ability to identify and convey the connections between education, employment, and community concerns facing an institution's constituents.



May 22, 2007

Lansing Community College's West Campus

Lansing, MI

8:30 a.m.-3:00 p.m.

MCCA Conference Chairperson

Shirley Mack 20466 Fleetwood, Harper Woods, MI 48225

Registration deadline: May 1, 2007

REGISTRATION FORM

Registration Deadline: May 1, 2007

(add \$10 after this deadline)

Member \$50 Non-Member \$60 Student \$30 (Please circle one)

Registration must accompany check or money order payable to "MCCA" by May 1, 2007 deadline

Name: _____ Institution: _____

Address: _____

Phone/Email: _____

Please list any special accommodations/diet: _____

FOR PROFESSORS SPONSORING GRADUATE STUDENTS:

Professor's signature: _____

Student

#1 (name): _____ Phone/email: _____

Address: _____

Student #2 (name): _____ Phone/email: _____

Address: _____