



Texas Southern University  
Assessment Plan 2010-2013

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## **Unit Assessment Plan**

Support Unit

Counseling Center (Dean of Students)

## Introduction

### **Texas Southern University's Mission**

Texas Southern University is a comprehensive metropolitan university. Building on its legacy as a historically black institution, the university provides academic and research programs that address critical urban issues and prepare an ethnically diverse student population to become a force for positive change in a global society.

*In order to achieve this mission, Texas Southern University provides:*

- quality instruction in a culture of innovative teaching and learning
- basic and applied research and scholarship that is responsive to community issues
- opportunities for public service that benefit the community and the world.

### **Texas Southern University's Vision**

Texas Southern University will become one of the nation's pre-eminent comprehensive metropolitan universities. We will be recognized by the excellence of our programs, the quality of our instruction, our innovative research, and our desire to be a contributing partner to our community, state, nation, and world.

#### ***Accreditation Standards***

Accreditation by Southern Association of Colleges and Schools Commission on Colleges (SACS) Commission on Colleges signifies that the institution: (1) has a mission appropriate to higher education, (2) has resources, programs, and services sufficient to accomplish and sustain that mission, and (3) maintains clearly specified educational objectives that are consistent with its mission and appropriate to the degrees it offers, and that indicate whether it is successful in achieving its stated objectives.

*Source: The Principles of Accreditation: Foundations for Quality Enhancement, 5<sup>th</sup> edition*

**Goal 1 Assessment Plan 2010-11 to 2012-13**

**1 Goal Description**

1. To increase the usage of the University Counseling Center by TSU students

**2 SLO Student Learning Outcomes/Objectives**

1.1 Partner with campus organizations to help disseminate information relative to mental health wellness

1.2 Partner with community organizations to help disseminate information relative to mental health wellness

1.3 Increase the number of students accessing mental health services by providing information designed to remove the stigma associated with mental health issues.

**3 Metric**

1.1 Number of campus organizations that are involved

1.2 Number of community organizations that are involved

1.3 # of destigmatization events/efforts

Percentage increase in # of appointments of students accessing services

**4 Target 2010-11**

1.1 Increase campus organizations to 1 at the end of the academic year

1.2 Increase community organization to 1 at the end of the academic year

1.3 Increase the number of mental health events to 1

The number of appointments of students accessing services will be greater than 500

**5 Findings 2010-11**

1.1 Partnered with:  
Department of Psychology in hosting the National Depression Screening Day Program

1.2 Partnered with Texas Alcoholic Beverage Commission

1.3 Completed the The National Depression Screening event on Oct 4, 2010

There were 600 completed appointments from 8/20/2010 -07/31/2011

**6 Action Plan 2010-11**

1.1 2010-2011  
Contact and visit with 3 campus organizations to form an alliance and partnership

1.2 2010-2011  
Contact and visit with 1 organization to form an alliance and partnership

1.3 2010-2011  
Plan 4 events to be held next year

**7 Target 2011-12**

- 1.1 Increase campus organizations to 4 at the end of the academic year
- 1.2 Increase community organizations to 2 at the end of the academic year
- 1.3 Increase the number of mental health events to 4

Increase the number of students accessing services by 5%

**8 Findings 2011-12**

- 1.1 Established partnership with: (1) Student Psychological Association, (2) Student Government Association, (3) Miss TSU and her court
- 1.2 Established a link with the Parris Foundation working with Crimes Victim Compensation
- 1.3 Held National Depression Screening Day on Oct 6, 2011

Conducted Stress Management Lecture with Freshmen Seminar classes

**9 Action Plan 2011-12**

- 1.1 2011-2012  
Contact and visit with 2 additional campus organizations and maintain relationships with previous organizations to establish partnerships with 6 organizations
- 1.2 2011-2012  
Contact and visit with 2 additional community organizations maintain relationships with previous organizations to establish partnerships with 4 organizations
- 1.3 2011-2012  
Plan 6 events to be held the following year

**10 Target 2012-13**

- 1.1 Increase campus organizations by 6 at the end of the academic year.
- 1.2 Increase community organizations by 2 at the end of the academic year.
- 1.3 Increase the number of mental health events by 6 by the end of the academic year.

**11 Findings 2012-13**

- 1.1 Partnerships established with:
  - a) Student Psychological Association
  - b) Student Government Association
  - c) Miss TSU and her court
  - d) Social Work Department
  - e) Psychology Department
  - f) Pharmacy Department
  - g) Counseling Department
  - h) Alpha Kappa Alpha Sorority
  - i) TSU Veterans
  - j) Urban Academic Village
  - k) Wesley Foundation
  - L) TSU PD
  - M) Housing Department
  - N) Student Health Center

- 1.2 Partnerships established with:
  - a) Parris Foundation

- b) National Alliance on Mental Illness(NAMI)
- c) D.A.R.S.
- d) A.D.D.Association
- e) T.A.B.C
- f) SAMHSA
- g) Westover Consultants

1.3 Events conducted:

- a) National Depression Screening Day - October 11, 2012
- b) Disability Awareness Day - October 28, 2012 and Feb 28, 2013
- c) Seek to Understand Workshop - 10/14/2012
- d) Sexual Assault Workshop - 11/5/2012
- e) Time Management Workshop - 11/13/2012
- f) Love Yourself Workshop - 11/20/2012
- g) Domestic Violence Workshop - 11/27/2012
- h) University Counseling Center Open House - 1/24/2013
- i) Communication Workshop - 1/29/2013
- j) Alcohol Awareness Campaign - 2/25/2013 thru 2/28/2013
- k) Conflict Resolution Workshop - 2/26/2013
- l) Clothesline Project - 4/2/2013 thru 4/4/2013
- m) Workshop Series with the UAV on Roommate Connections, Stress Management and Anger Management - from January 2013 thur April 2013

**12 Action Plan 2012-13**

2012-2013

- 1.1 Increase the # of campus organization partnerships by 2
- 1.2 Increase the # of community partnerships by 2
- 1.3 Increase the # of campus events by 1 each semester

**13 Additional Reference Documents**

- 1.1 List of psychology students who signed up for the NDSD event
- 1.2 Booklets and brochures donated by TABC and MOU with Parris Foundation
- 1.3 Completed screening forms from the NDSD event and Announcements and Screening forms collected and Generated reports from the UCC reporting number of students utilizing the services as compared to previous year. Flyers and brochures distributed at the various functions  
Copies of campus wide announcements

**Goal 2 Assessment Plan 2010-11 to 2012-13**

**1 Goal Description**

- 2. To expand screening and referral services for students at risk of behavioral health disorders

**2 SLO Student Learning Outcomes/Objectives**

- 2.1 Conduct behavioral health screening and referrals in order to identify students at risk of behavioral health disorders
- 2.2 Provide behavioral health awareness programs in order to educate students about risk of behavioral health disorders

**3 Metric**

- 2.1 Number of screenings and mini-screenings provided
- 2.2 Number of events/programs provided

**4 Target 2010-11**

- 2.1 Provide campus wide screening once per year

2.2 Provide 1 lecture on Behavioral Health Issues

## **5 Findings 2010-11**

2.1 One screenings was held:

National Depression Screening Day was held on October 4, 2010.

2.2 Nationally known speaker and author, Ms Terri Williams lectured during the NDS

## **6 Action Plan 2010-11**

2.1 2010-11

Plan for National Depression Screening Day, and Alcohol Screening Day. Administer Audit Screenings in classroom settings and seminars

2.2 2010-2011

Plan on introducing one speaker program for fall and spring semester

## **7 Target 2011-12**

2.1 Provide campus wide screening twice per year, and provide mini-screenings twice per year

2.2 Provide 2 lectures on Behavioral Health Issues

## **8 Findings 2011-12**

2.1 -100 Audit questionnaires were completed during fall orientation week.

-80 Audit questionnaires were completed during National Night Out on October 4, 2011.

-21 Depression screening forms were completed during NDS on October 6, 2011

-80 Audit questionnaires were completed on Oct 22, 2011 during Homecoming Week.

2.2 National Depression Screening Day was held on October 6, 2011- Dr. Rahn Bailey was the guest speaker

Lecture on Stress Management was presented to Freshmen Seminar/UAV à Nov 1, 2011

## **9 Action Plan 2011-12**

2.1 2011-2012

Plan for NDS, National Alcohol Screening Day , Eating Disorder Screening Day, and administer Audit Surveys at scheduled events such as fall/spring orientations, homecoming week, springfest, etc.

2.2 2011-2012

Plan on introducing two speaker programs per semester

## **10 Target 2012-13**

2.1 Provide campus wide screening four times per year and provide mini-screening 4 times per year.

2.2 Provide 4 lectures/seminars on Behavioral Health Issues

## **11 Findings 2012-13**

2.1 The Depression Screening and the Check Yourself Screening were conducted during the National Depression Screening Day, the two Disability Awareness Day events and during the Wellness Fair. The Check Yourself Screening was conducted throughout the year at various functions totaling more than 6 but less than 10 distinct dates.

2.2 a)The UCC presented Ms. Jinneh T. Dyson, the President of NAMI Metropolitan Houston on October 11, 2012

b)The Office of Disability presented panel guest speakers in Oct 2012 and Feb 2013.

c)Seminar series on Roommate Connections, Stress Management and Anger Management were presented in the months of Jan, Feb, March and April 2013.

## **12 Action Plan 2012-13**

2012-2013

a)Continue to conduct screenings throughout the academic year - depression screenings, anxiety screenings, eating disorder

screenings, alcohol and substance abuse screenings, ADHD screenings and Mood Disorder screenings.  
b)Address suicide prevention through awareness campaigns

**13 Additional Reference Documents**

1.1 List of psychology students who signed up for the NDSD event

1.2 Booklets and brochures donated by TABC and MOU with Parris Foundation

1.3 Completed screening forms from the NDSD event and Announcements and Screening forms collected and Generated reports from the UCC reporting number of students utilizing the services as compared to previous year.

2.1 Screening forms and questionnaires collected

2.2 Screening forms and questionnaires collected and Speaker letter of invitation and acceptance

Speaker letter of invitation and acceptance