Annual Report 2023

University of South Alabama Counseling Program

School Counseling Program and Mental Health Counseling Program

CACREP Vital Statistics Data December 2023

2022-2023 Academic Year	School Counseling (SC)	Clinical Mental Health Counseling (CMHC)
Number of gradates	12	13
Completion Rate	100%	97%
NCE Pass Rate	92%	93%
Job Placement Rate	92%	100%
Number of Students	25	35

Applications and Admissions for Fall 2023

Category Fall 2023	CMHC	SC	Total
Applications (in progress/completed	80	12	92 **
Completed Applications	44*	11*	
Interviewed	35* (54.5% accepted if interviewed)	11*	

Additional Information: Applications and Admissions for Fall 2023

- *1 applicant switched from CMHC to SC during the interview process (better fit)
- **There were another 18 who began applications but either withdrew or failed to submit materials
- To keep within CACREP faculty/student ratios we will only be able to admit 12-14 for CMHC next year (Fall 2024) and 10 for SC next year (Fall 2024) unless we secure another faculty line. This will be a reduction of 10 ²12 students for CMHC for fall 2024 and a reduction of 2 for SC.
- SC was only able to accept 10 this past year (Fall 2023) due to practicum/internship supervision requirements. Dr. Upton is currently the only faculty member who can supervise SC students in practicum and internship.

Advisory Board Members 2022 ² present

- Luke Andrianopoulos, MS
  Alumnus
- Chandra Brown, MS
  Executive Director
  Lifelines Counseling Inc.
  Mobile, AL
- Sheree Bodiford, PhD, Lic. Psychologist
  Alabama Psychiatry
  Montgomery, AL
- Cindy Gipson, PhD, LPC
  Associate director of Crisis Services
  AltaPointe Health Systems
  Mobile, AL
- Jennifer Gregory, LPC
  Assistant Director for Access to Care
  AltaPointe Health Systems
  Mobile, AL
- Josh Moore, MS
  Therapist
  Veterans Recovery Resources
  Mobile, AL
- Margie

2022-2023 Internship Sites

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Advisory Board Suggestions for Improvement and Changes Made as a Result

- Dispositions Evaluation: Utilize disposition evaluation format in LiveText as the format is easier to understand
  - Originally set to implement immediately, however, we are likely moving to a new evaluation and data collection system beginning Fall 2024.
    - The disposition evaluation format will be included in the new system
- Specific suggestions for classes:
  - Crises & Trauma: Increase examples, case studies, and application assignments and opportunities. Alumnus who teaches this class at another university will review the syllabus and provide suggestions
    - Feedback from various individuals including students were solicited and will be incorporated
    - School Counseling Advisory Board were pleased that the Crises and Trauma course is now required

Advisory Board Suggestions for Improvement and Changes Made as a Result

- Increase feedback from site supervisors during practicum/internship with regard to evaluations.
  - Beginning summer 2024, increase contact with site supervisors by incorporating

Student and Alumni Suggestions to Improve Program

- Move Motivational Interviewing from Summer to Fall or Spring
  - Set to implement Spring 2025
- Some students enter the program with a background in psychology and feel they have a good basic understanding of research, foundational theories, and concepts
  - Implement the following by Fall 2025
  - Pre-screen students, onboarding after admission acceptance to prepare
  - Pre-program advisement meeting for all students
    - If incoming student scores low on content areas, send Theories/Resource Packet and set specific goals for the student to complete before the fall semester begins.
    - Encourage students to purchase the Theories Student Workbook before the semester begins
    - Theories and Resource Packet - send to all incoming students. Faculty suggested including theories study guides be placed in this packet for students to review prior to the first fall semester in the program.

Student and Alumni Suggestions to Improve Program

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Student and Alumni Suggestions to Improve

Student and Alumni Suggestions to Improve Program

- Multicultural Course :
- Text: Consider changing text-faculty are reviewing texts and may change text
- Instruction - faculty provided with the following feedback:
  - Increase instructor presentation of materials
    - Mini-lecture by the instructor before students present on the topic
    - Shorten presentation to allow for instructor facilitation of discussion
    - Increase guest speakers & panel discussions with counselors from diverse backgrounds
  - Immersion experience
    - Increase support and structure
    - Faculty led a discussion with students about creating structured immersion experiences
      - maybe in Louisiana/Mobile
        - Students were supportive of this and also recognized there would be costs associated

Advisory Board Meeting January 2024

Data presented includes 2022-2023 academic year and Fall 2024 (limited data)

University of South Alabama Counseling Programeling

CACREP Curriculum

- 3 General components
  - Common core curriculum
  - Specialized standards
  - Professional practice experiences

- Infusion approach

Program Evaluation Methods

- Key Performance Indicators
  - Describe core knowledge and clinical competencies across the CMHC curriculum
  - Artifacts embedded in each class
- Counselor Education Comprehensive Exam
  - Standardized multiple choice knowledge test with national norms
- Professional Dispositions
  - Student self-ratings
  - Student ratings of faculty
  - Faculty ratings of students
- Surveys
  - Current Counseling Student Survey (every summer)
  - Exit Survey (general survey & internship-specific survey)
  - Alumni Survey (every other year)

Student Demographics

- Diverse
  - In age, race, ethnicity, sexual orientation, disability, religion,
    - 53% of the 2019 Cohort were from diverse backgrounds (Graduated in 2021)
    - 40% of the 2020 Cohort were from diverse backgrounds (Graduated in 2022)
    - 52.9% of the 2021 Cohort are from Diverse Backgrounds (Graduating in 2023)
    - 57.9% of the 2022 Cohort are from Diverse Backgrounds (Graduating in 2024)
    - 50% of the 2023 Cohort are from Diverse Backgrounds (Graduating in 2025)

Changes Made in 2021-2022

- Moved Multicultural Class to Spring Semester: Positive Feedback from students
- Moved Research Class to Summer: Need to re-evaluate structure and assignments based on student feedback
- Increased Are333 0.533 rN(re)-4* 96.216 ncy (ass)3.001 (Posi)- n BT /TT(.003 (ased)-11.999 (Are

Changes: Theories/Helping Relationships (suggestions from advisory board, students, and faculty)

- Increased guest speaker demonstrations of counseling using an applied theory
- Require students to incorporate theory into 3rd and 4th simulated counseling sessions**will implement in Spring 2024
- Add video rooms & Simulation Lab to practice counseling skills (1 room completed another slated for completion in February 2024)
- Increase use of small groups to discuss development of personal theory & personal theory paper. Implemented Fall 2024 (will gradually incorporate into more activities)
- Add didactic theory to practice into practicum class** will implement Summer 2024
  - Case studies conceptualized using a theory
  - Case studies used to for reflection, discussion, and to describe techniques

Suggested Changes: Research

- Add mini video lectures with discussion (currently developing additional mini video lectures)
- Change to a blended course (in progress, hopefully approved by summer 2024)
- Add 4-5 face to face sessions (if blended designation approved)
- Substitute a 1-2 page research proposal outline (initiated Summer 2023; positive feedback)
  - Move research proposal completion to internship (initiated Fall 2023)

Disposition Evaluations

- Add anchoring examples to the Counseling Program Student Disposition Evaluation (in progress)
- Student Self-Evaluations of Dispositions
  - Increase time spent instructing students on dispositions and utilizing the Counseling Program Student Disposition Evaluation (additional time is spent orienting students to counselor dispositions)
- Site Supervisor Evaluations of Student Dispositions
  - Include instructions on completing the Counseling Program Student Disposition Evaluation during site supervisor training (in place for upcoming supervisor training in the Spring)

CECE SCORES SPRING 2023

Compared to National Mean and by Domain

Descriptive Stats CECE

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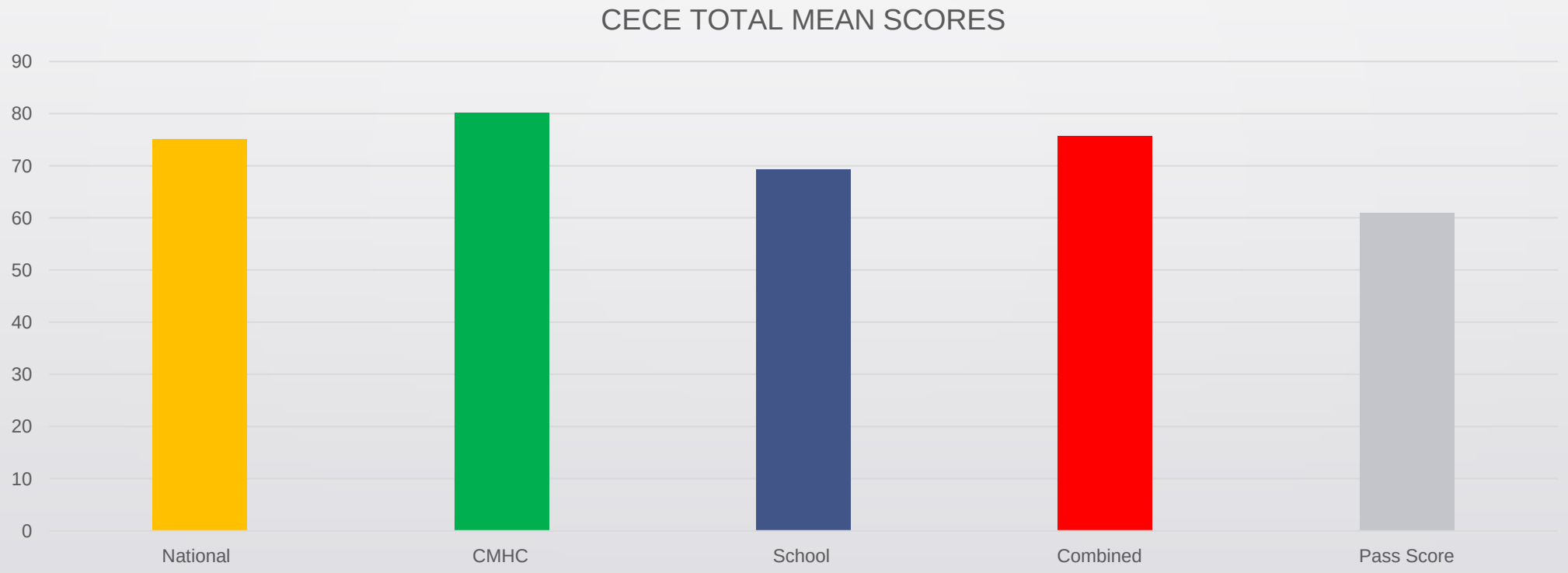
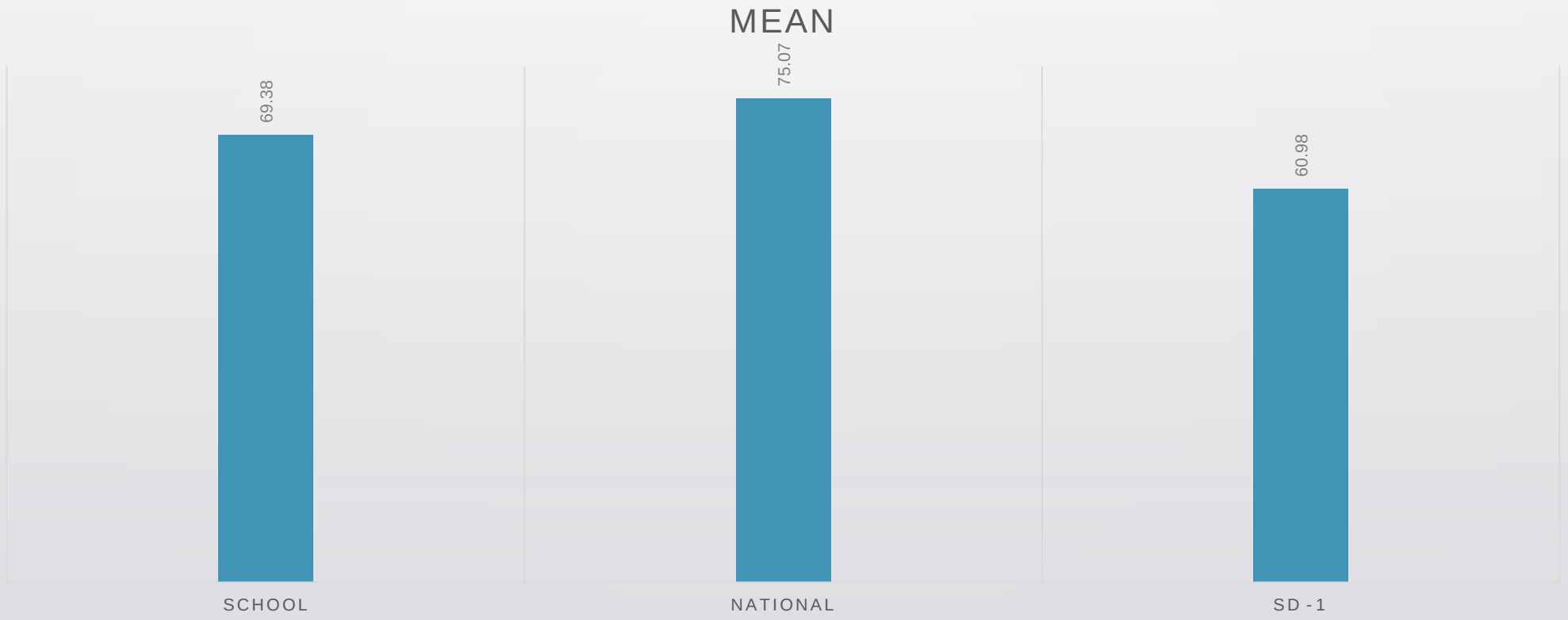
CECE COUNSELING PROGRAM SCORES COMPARED TO NATIONAL MEAN

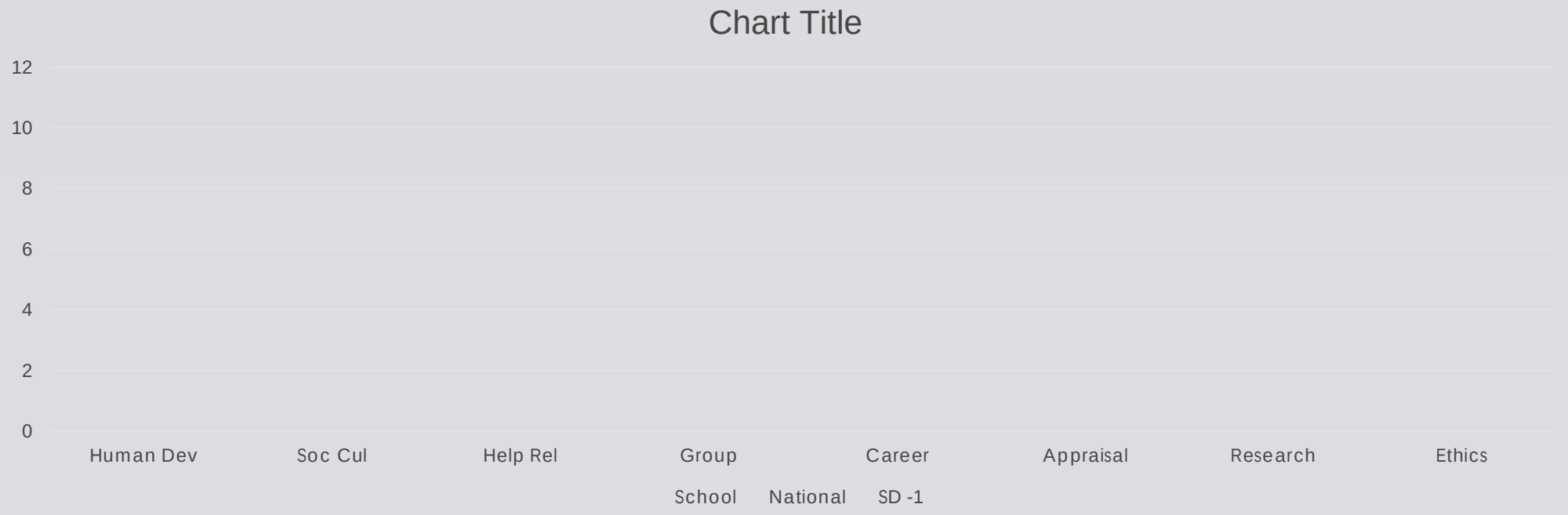


CECE COUNSELING PROGRAM SCORES COMPARED TO NATIONAL MEAN BY DOMAIN

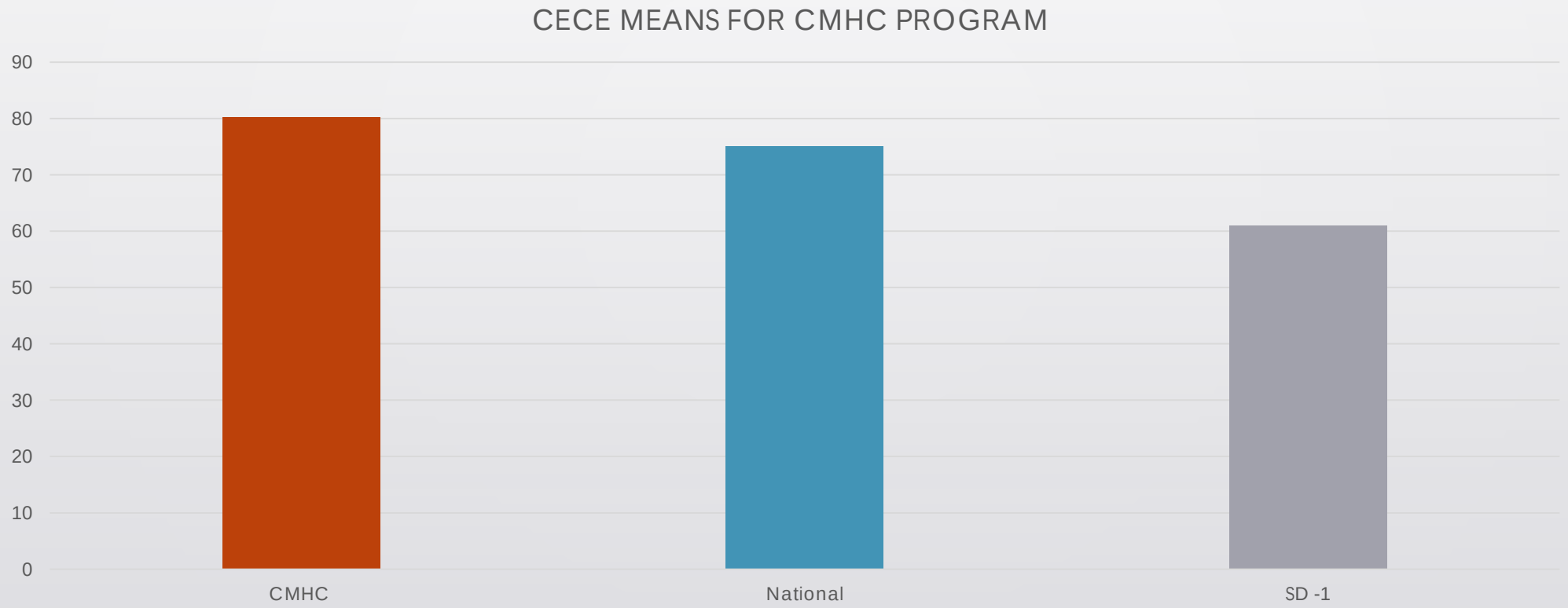
CECE Scores School Counseling Program



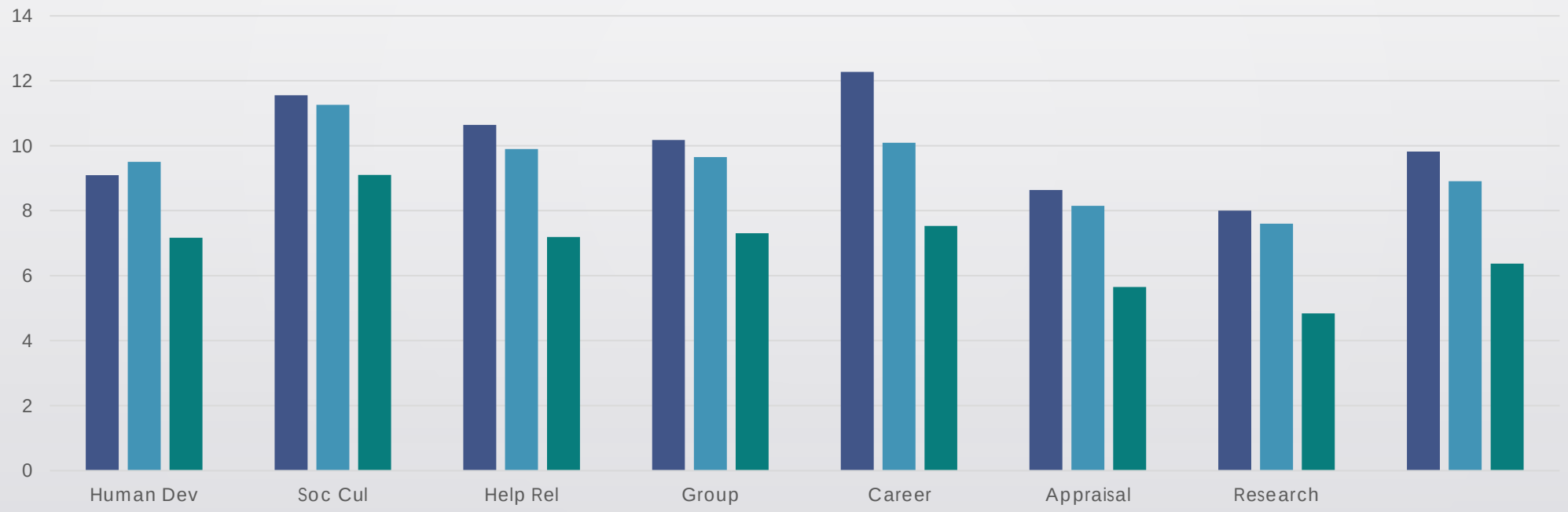
CECE SCORES BY DOMAIN
SCHOOL COUNSELING PROGRAM



CECE MEANS CLINICAL MENTAL HEALTH COUNSELING PROGRAM



CECE COUNSELING PROGRAM SCORES COMPARED TO NATIONAL MEAN BY DOMAIN



Key Performance Indicators Program Data

- Summarized on a scale
- 0 = Below 80%: Did not meet criterion
- 1 = 80-80.99%: Met Criterion
- 2 = 90% and above: Exceeded Criterion

- *note comprehensive exam data not available until later in Spring

Key Performance Indicators

- Professional Orientation and Ethical Practice

Key Performance Indicators

- Group Work
  - Group Prospectus 1.78
  - Comprehensive Exam
- Assessment

Questions?

Break into CMHC and SC Meetings

- Please get more food or drinks
- SC Advisory Board will relocate to small CINS Conference Room

Site Supervisor Summit-Suggestions from Advisory Board?

- Discussion of ways to increase group counseling experiences
- Discussion of ways to increase feedback to students
- Instruction for completing student disposition evaluations
  - Anchoring examples
- Instruction for completing internship evaluations
  - Anchoring examples

Discussion

- Observations
- Feedback
- Suggestions
- Ideas

Suggestions from 1/11/2024 CMHC

- Dispositions Evaluation: Utilize disposition evaluation format in LiveText as the format is easier to understand (will implement immediately)
- Specific suggestions for classes:
  - Crises & Trauma: Increase examples, case studies, and application assignments and opportunities. Alumnus who teaches this class at another university will review syllabus and provide suggestions
  - Group Counseling: Description of group process standardized across sections and process groups.
  - Research: More face to face sessions, incremental assignments that build to final project with samples and examples.
  - Very positive feedback regarding helping skills.
- Increase feedback from site supervisors during practicum/internship with regard to evaluations.
- Provide additional supervision training for site supervisors