



Michigan State University College of Osteopathic Medicine
OFFICE OF WELLNESS & COUNSELING

Office of Wellness & Counseling

Handbook of Policies and Procedures

Prepared by: Dr. John Taylor, Director



Wellness

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Michigan State University College of Osteopathic Medicine
OFFICE OF WELLNESS & COUNSELING



*“To get through the
hardest journey, we need
take only one step at a
time, but we must keep on
stepping”*

The Office of Wellness & Counseling strives to provide high quality services to MSUCOM students, and those staff and faculty who work on their behalf. This handbook is designated “Version 2.0” to indicate it is the second iteration of this policy and procedures manual. Noteworthy is that the title of this office was changed last year from “Personal Counseling/Health Promotion” to “Wellness & Counseling.” While the mental health aspect of our students remains a primary focus, our team believes that the emphasis on “preemptive wellness” is critical in preventing, protecting, mitigating stress and burnout, and maintaining overall well-being. Several new initiatives led by this office reflect this importance including Mental Health First Aid training available to all COM members, CoreWellness, an integrated burnout prevention and resiliency development curriculum for pre-clerkship students, and Koru Mindfulness training, a four-week student course in meditation strategies to manage stress.

We continue to be most proud and appreciative of the contributions of our affiliate partners, the MSUCOM CARE Team, Peer Mentors, and Medical Student Mental Health Committee. These groups are integral to promoting proactive help-seeking and self-care practices for future doctors. The creative energy and dedication of many MSUCOM members will continue to be integral in building a supportive community.

We appreciate your interest and invite you to contact our office with any questions, ideas, or feedback.

Sincerely,

John R. Taylor, Psy.D.
Director, Wellness & Counseling

Michigan State University College of Osteopathic Medicine
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Policies and Procedures Handbook *Version 2.0*

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Policies and Procedures

Mission Statement

The Office of Wellness & Counseling (W & C) strives to provide support, guidance, and resources to Michigan State University College of Osteopathic Medicine (MSUCOM) students, as well as faculty and staff who are in positions to foster student well-being and professional growth. Medical school is truly a life-changing event in many ways, and challenges students to be adaptable, resilient, and mindful learners. Through the provision of holistically informed and evidence-based practices, W & C is committed to helping students develop into well rounded, compassionate, and first-rate osteopathic practitioners for the twenty-first century.

Values

Overarching imperatives for this office are summarized under these VALUES aspirations:

- **V**ision: Promoting creative, innovative ideas and services which benefit current and future students, as well as other supporting COM offices and units.
- **A**pproachability: Always accessible, welcoming, and friendly, as well as receptive to feedback with enhancing services which best-fit student interests.
- **L**eadership: Serving as a key leader in developing, implementing and overseeing the delivery of quality wellness programming and mental health services that support students and those who are involved in their medical training.
- **U**nderstanding: An open, non-judgmental, and accepting stance toward assisting students and finding workable solutions that enhance their well-being and educational outcomes.
- **E**xcellence: Striving continually to deliver high quality services which enhance overall student well-being and success.
- **S**upport: Providing unwavering professional assistance and availability to students and those who work on their behalf.

Goals

The below service goals are at the core of this office's commitment to helping students identify and implement workable solutions to their presenting concerns:

- Provision of professionally delivered, evidence-based services to MSUCOM students by licensed mental health clinicians including, but not limited to, consultation, risk assessment, outreach, psychoeducational programs, individual, and group counseling.
- Serving in consultative roles with MSUCOM faculty and staff as well as interdisciplinary partnerships with on- and off-campus health providers, specialists and other designated resources.
- Promoting resiliency/mental wellness initiatives and programs to optimize student wellness and psychological stability.
- Implementing best practices in assessing the medical student experience and impact of counseling, early prevention/intervention protocols and trainings, and wellness programs.

Overview of Office Operations

This office is a unit, which works under the Associate Dean, Admissions and Student Life, and in coordination with other college units including the Offices of Scheduling and Student Activities, and Admissions. The office provides counseling and health promotion programming to MSUCOM's East Lansing (ELC), Macomb University (MUC), and Detroit Medical Center (DMC) sites. MUC and DMC have a quarter of the number of students that East Lansing has, and a part-time licensed counselor is available at each site two-three days per week. A full-time counselor is available the entire week for the East Lansing campus. Counseling appointments are also available via telecommunication ("Zoom") for both pre-clerkship and clerkship students. The office assistant typically coordinates director meetings and major program activities across all sites.

Scope of Practice

The office provides short-term counseling options for MSUCOM students. Service providers are licensed mental health counselors, which may include limited licensed psychologists, doctoral level licensed psychologists, licensed professional counselors and clinical social workers. Consistent with the national average, most medical students seek a one-time consultation for assistance with their problems. The counselor combines motivational interviewing and solution-focused approaches in: 1) clarifying the student's presenting concern(s); 2) assessing for risk and protective factors; 3) identifying appropriate interventions and resources for student

problems; and 4) helping students to follow-through with workable action plans. While short-term counseling services are most typically sought by students; longer-term in-house psychotherapy may be also be provided on a case-by-case basis. What is essential at the first counseling appointment is for the counselor and student to determine which resources will best address their needs, such as off-campus referral for individual and/or group therapy.

Staff Information

The Wellness & Counseling team is comprised of licensed mental health/health professionals who meet bi-monthly to discuss confidential student cases while adhering to professional and ethical regulations within their specific discipline and scope of practice. Professional staff biosketches can be found at www.com.msu.edu/Students/PC_HP_New/Meet_Our_Team.htm. The office assistant does not participate in clinical activities, although she is essential in attending to daily operations such as scheduling, event planning, publishing the Office of Student Services bi-monthly newsletter and webpage development.

Staff Person	Title	Primary Role	Office Location	Contact Information
John R. Taylor, PsyD Adjunct Instructor Department of Psychiatry	Licensed Psychologist	Director COM W & C	East Fee Hall 965 Fee Road, C18A East Lansing, MI 48824	517-432-0142 taylo520@msu.edu
Rachel Brejcha, MS, LPC, NCC	Licensed Professional Counselor	Counseling & Advising	Detroit Medical Center 4707 St. Antoine Detroit, MI 48201	313-578-9636 517-884-9636 reidrac4@msu.edu
Erica Suszek, MA, LPC, NCC	Licensed Professional Counselor	Counseling & Advising	Macomb University Center 44575 Garfield Road Bldg. UC4 Room 210-1 Clinton Twp, MI 48038	586-263-6711 esuszek@msu.edu
Alissa Berry, BA	Admin Assistant	Clerical Support	East Fee Hall 965 Fee Road, C18A East Lansing, MI 48824	517-432-0141 hardin24@msu.edu

Procedures for Accessing Services

Students can contact counselors directly by e-mail or phone or schedule appointments through the office assistant at the East Lansing site central office. The assistant has access to each counselor's schedule.

Fees

Services provided to MSUCOM students are available at no cost. For consultation and care management purposes, students are permitted to invite a significant other or family member to an appointment with express consent.

Hours of Operation and Emergency Coverage

Generally, the East Lansing office is open Monday through Friday from 8:00 a.m. to 5:00 p.m. Regular services are available on Tuesdays and Thursdays at Detroit Medical Center and Mondays and Wednesdays at Macomb University from 8:00 a.m. to 5:00 p.m. Friday hours at both southeast Michigan sites are scheduled on an as-needed basis. There is some flexibility to arrange extended hours based on student circumstances. Students can schedule appointments (by drop-in, phone, or e-mail) through the office assistant in East Lansing or e-mailing the counselors directly. As counselor schedules allow, walk-ins are welcome, however, counselors may or may not be able to see students depending on their availability and the nature of the visit (e.g., student in crisis).

For after-hours and on weekends, the home Wellness & Counseling webpage posts the director's e-mail, and 24-hour community mental health crisis numbers for Ingham (East Lansing), Wayne (Detroit) and Macomb counties. *Additionally published, **MSU Counseling and Psychiatric Services provides all students 24/7/365 after-hours and weekend phone access to an on-duty crisis therapist at 517-355-8270.*** In the event of an emergency, students should dial 9-1-1 or go to their local hospital emergency room. These instructions are posted on the office's website as well as the *Student Distress and Crisis Guide for Faculty, Staff and Students* (Appendix: A) posted in high visibility areas at each site. Contact information for the director: John R. Taylor, Psy.D., Licensed Psychologist, taylo520@msu.edu

Description of Services

Services through Wellness & Counseling aid students in managing the personal and professional demands associated with medical school training. Preclerkship program (first- and second-year) students, who complete their basic sciences and systems biology courses at each site, will

typically have direct accessibility to in-house counseling support, whereas other methods are often necessary for clerkship program (third-and fourth-year) students in clinical training at base hospitals. Video-conferencing through Zoom (both encrypted and HIPAA-compliant) is an alternative means for students in preclerkship and clerkship training to have accessibility to counseling services. While not an inclusive list, common types of personal counseling (e.g., Cognitive-Behavioral Therapy, Acceptance and Commitment Therapy, Solution-Focused Therapy) can help students address academic performance issues, test anxiety, broken relationships, grief and loss, acculturation and transition challenges, or emotional problems related to depression, anxiety and emotional trauma. Assistance with a referral to a community provider is an option decided on by student preference. There will also be occasions where students with more intensive needs are connected directly with recommended community services.

An important role for counselors is helping students schedule with off-campus referral resources. Common referrals are to psychotherapists, psychiatrists, neuropsychologists and medical specialists. While many MSUCOM students enroll in the Blue Care Network plan, some will have their own personal insurance and remain covered under their parents' medical insurance. The office strives to assist with "warm referrals" (i.e., counselor contacts the referral source in advance to make sure provider has availability and accepts the student's insurance). Counselors also work to locate referrals for students who prefer to see someone in their site area or for students across the state in clerkship program training. An *MSUCOM Mental Health Resources Guide* (Appendix B) lists on- and off-campus services in the East Lansing and Southeast Michigan areas.

Workshops on specific wellness topics such as meditation, anxiety management, relationships, and alcohol and substance use occur throughout the academic year to students. As student interests warrant, certain ad hoc workshops are offered, such as for test anxiety and stress management.

The Question-Persuade-Refer Gatekeeper Suicide Prevention Training (www.qprinstitute.com/) is also available to student organizations as well as faculty and staff units. QPR is a 90-minute bystander intervention workshop taught by a certified instructor, and covers key areas such as suicide statistics, myths, clues and warning signs, and implementing the QPR steps. QPR meets the requirements of an evidence-based practice as set by the Substance Abuse and Mental Health Services Administration (SAMSHA).

Another training program in the early stages of implementation at MSUCOM is Mental Health First Aid (www.mentalhealthfirstaid.org/). This is eight-hour skills-based training course that

teaches participants how to identify, understand, and respond to signs of mental illness and substance use disorders. The training offers skills in providing initial help and support to someone who may be showing signs of a mental health or substance use problem or experiencing a crisis. The **ALGEE** Action Plan is taught: **A** – *assess* for risk of suicide or harm; **L** – *listen* nonjudgmentally; **G** – *give* reassurance and information; **E** – *encourage* appropriate professional help; and **E** – *encourage* self-help and other support strategies. While beginning trainings are happening for faculty and staff, the goal is to expand the program to all medical students.

The director of Wellness & Counseling plays a major role in leading the *MSUCOM CARE Team* (see article and brochure in Appendix C). Staff serving in various student support roles across all three sites meet bi-monthly to review confidential referrals about students of concern. The team operates as a separate, insular body within MSUCOM and all information discussed, gathered, and documented about students is confidential and strictly protected in an encrypted drive only accessible to team members. A primary goal of the CARE Team is to create a community safety net upon which faculty, staff, and students have a conduit to share information about a student who is exhibiting concerning behaviors. Students also have the option of contacting the CARE Team directly for assistance. This has proven particularly helpful to students who are on clerkships across the state. Referrals and responsibility for follow-up are handed off to the team. A *Student Distress and Crisis Guide for Faculty, Staff and Students* (Appendix A) is posted in several visible locations at each MSUCOM site and further posters can be obtained by contacting the Office of Wellness and Counseling, or the Office of Academic and Career Guidance. The guide identifies several resources along with directions as to which individual or office to contact under specific circumstances.

The director and site counselors serve as co-advisors to *Peer Mentors*, an MSUCOM student organization (Appendix D), and the *Medical Student Mental Health Committee* (MSMHC) (Appendix E). MSUCOM medical students primarily lead both Peer Mentors and MSMHC. Peer Mentors nominations happen in the spring of their first year, and those who are accepted serve in mentoring roles to incoming first year students the following academic year. Peer Mentors play a supportive role through mentoring hours, test reviews, fun events (e.g., chili cook-off, post-exam treats, ping-pong tournament, movie night), and fund raisers.

The MSMHC works under the Office Wellness & Counseling, and advisement of Dr. John Taylor, and Alyse Ley, D.O. from the MSU Department of Psychiatry. Student nominations take place in the fall of their first year, and for those elected, serve on the committee from their second year until graduation in their fourth year. The committee organizes fall and spring events, which all first- and second-year students are required to attend. Seasonal events include a panel of

physicians and upper classmates discussing their personal challenges, and a mindfulness meditation.

The office does not serve in any evaluative role for students facing dismissals, reinstatements, or disciplinary actions. However, as a student and counselor may determine it is in the student's best interest, the counselor may serve as an advocate such as with meeting the Committee on Student Evaluation (COSE), the Associate Dean of Student Services, or other primary academic deans. When this involves COSE, the student and counselor may decide to submit supportive information, which would be beneficial to the student for reinstatement or other due process. There is a formal *Report to Committee on Student Evaluation* form (Appendix F), which the student may request a counselor submit to COSE. *A counselor would only provide a report on behalf of the student where the information would be favorably supportive.*

Informed Consent to Services and Intake Process

At intake, students complete a *Student Informed Consent to Services* form, which outlines the scope and terms of confidentiality. The student's signature on the Informed Consent to Services Form will signify that he/she has read, understands, and agrees to the policy (Appendix G). When the counselor determines that a student poses a clear and present danger to himself/herself and/or to others, the clinician may selectively release information, without the student's consent, to aid in the care and protection of the student or the endangered others. With any kind of reasonable suspicion of child maltreatment (a person under the age of 18), the counselor may selectively release information, without the student's consent, to aid in the care and protection of that child. By state law, this office reports this information to the Michigan Department of Health and Human Services (Phone: 855-444-3911). Michigan-licensed mental health professionals are also required to report elder abuse and abuse of a vulnerable adult.

The intake process follows *Overview Guidelines for an Initial Student Meeting* (Appendix H), along with review of background information students may provide on the second half of the *Student Informed Consent to Services* form. Students have the option of writing in information. As is historically common among medical students, there may be reluctance to self-report sensitive information. A conversation with the counselor about confidentiality, protection of records, stigma and fear of negative repercussions may be necessary to alleviate student hesitations. Intakes address student-specified presenting concerns and the counselor has the discretion to utilize additional assessment tools as warranted, such as student-completed depression (e.g., Physician's Health Questionnaire- 9 Item) and/or anxiety (e.g., General Anxiety Disorder-7 Item) checklists. *Diagnostic Assessment Measures* (Appendix I) for a number of

problems, such as Bipolar Disorder, Post-Traumatic Stress Disorder, Eating Disorders and Alcohol and Other Substance Abuse are stored on counselor flash drives and can be uploaded to their desktop for printing. Students can also do self-assessments of their concerns by taking an on-line mental health screening, accessed from the directory of the Wellness & Counseling home webpage www.com.msu.edu/Students/PC_HP_New/Take_a_Screening.htm

Crisis Intervention

Crisis intervention is a service provided to students who are in serious or immediate emotional distress. However, for imminent, life-threatening emergencies, 9-1-1 should be called or the student transported to the nearest hospital emergency room for evaluation. For follow-up, involved staff, faculty or students can call the East Lansing counseling office at 517-432-0141 or 432-0142 or contact the director after-hours by email at taylo520@msu.edu ***An on-duty after-hours crisis counselor is available to MSU students 24/7/365 through the university's Counseling and Psychiatric Services at 351-355-8270.***

The MSU Behavioral Threat Assessment Team (BTAT) provides a multidisciplinary, coordinated response to reports of students (as well as employees and other individuals on MSU-affiliated properties) who have engaged in behavior indicating a possible threat of harm to self or other members of the MSU community. BTAT meets when there is indication to assess the likelihood of risk and identify actions that can be taken to reduce the risk. BTAT may be utilized by Wellness and Counseling or other MSUCOM offices or units in the rare event a student exhibits imminent signs of risk to self or other, short of need for enacting emergency procedures. BTAT may be contacted, for example, for a student exhibiting signs of distress or mental illness who creates a disruption in the classroom and leaves the premises. However, a life-threatening incident warrants an immediate response by contacting 9-1-1. The purpose of the MSUCOM CARE Team, along with training various student groups, faculty and staff, in Q-P-R Gatekeeper Suicide Prevention and Mental Health First Aid, works to intervene with students at earlier stages before problems escalate. For further information on BTAT go to www.btat.msu.edu/

If a student has indicated a plan, threatened to, attempted, or succeeded in inflicting bodily harm to him or herself or others, a counselor will do a suicide evaluation with the student. If deemed a high risk for suicide, the counselor will discuss hospital admission with the student, and police-assisted transportation to the emergency room. In keeping with professional ethics codes and legal requirements, maintaining the safety of students and others takes precedence over maintaining the confidentiality of the person in crisis. In the event of a necessary disclosure of confidential information, only vital information will be released and then only to persons in a position to make appropriate use of the information. Upon transporting the

student to the hospital, counseling staff will notify the director of Wellness and Counseling and the Associate Dean, Admissions and Student Services, Dr. Katherine Ruger who inform the student's family of significantly suicidal or dangerous behavior so that they can provide support and help in making decisions. Consultation with the Associate Dean, Admissions and Student Life determines what post-hospitalization supports the student requires, such as a leave of absence from school, or need for updated information on the student's readiness to return to school.

The MSUCOM First Response Team has developed a protocol for intervention/postvention scenarios including student in distress, death of a medical student, student threat/domestic violence/stalking, and active shooter. *The key priority is to ensure the safety of students and the MSUCOM community.* This protocol is facilitated by a team of varied COM professionals including educators, psychiatrists, psychologists, public relations experts and student administrators.

All First Response Team representatives will be trained in:

“mental health crisis intervention, communication of sensitive information, suicide prevention, and assessment of behavior that may pose a threat to the safety, health or wellbeing of the student body, faculty or community. The team will have familiarity with college, university and community mental health resources. The team will be called to respond in a critical circumstance and collectively respond to the mental health situation by assessing the issue, notifying the appropriate individuals, and referring to the appropriate resource/service/professionals. All team members will also have the capacity to recognize a mental health emergency and the ability to readily act to notify the proper authorities (911, campus police, emergency medical services).”

First Response Team members include:

- Administrative Directors, DMC & MUC
- Director of Communications
- Faculty, Department of Psychiatry
- Director of Wellness and Counseling
- Director of Student Leadership & Engagement
- Assistant Dean, Clerkship Curriculum
- Associate Dean, Admissions and Student Life

Designated immediate first response contacts include the Director of Wellness and Counseling (517-755-8513) and Associate Dean of Admissions and Student Life, Dr. Katherine Ruger (248-467-4839), with other as needed offices and individuals identified based on student status (i.e., pre-clerkship or clerkship). Further details, including response protocols, follow-up supports, communication guidelines, and other instructions and recommendations can be found in the

MSU First Response Protocol accessible to team members Google drive file. Appendix J provides a procedural flow-chart for triaging these key crisis situations.

Sexual Assault, Sexual Harassment, Relationship Violence

In the event that a student reports sexual assault, sexual harassment, or domestic violence, they should be made aware of services available to them in their community, and through Michigan State University Sexual Assault Program (www.endrape.msu.edu), MSU Safe Place Relationship Violence and Stalking Program (www.safeplace.msu.edu), and the Office of Institutional Equity (www.oie.msu.edu). As licensed mental health care professionals, MSUCOM counselors maintain therapist-client privilege and confidentiality, as different from other MSU employees who are mandatory reporters. The mental health professional may direct students to additional resources based on the nature of their situation (see Appendix K).

Counseling Services Website

The Office of Wellness & Counseling website is a key resource for informing students, parents, faculty, staff, and other interested visitors. The website is routinely reviewed and updated by the W & C office assistant. The website enables quick access to the MSUCOM Mental Health Resource Guide. In the past year, the Office of Admissions and Student Life, the department under which this unit operates, developed the MSUCOM Phone app which provides an expedient way to access information and resources on a broad array of topics (Appendix L). Under the “Wellness” icon are listed a number of resources that are one click away including “24-Hour Counseling” which enables access to key 24-hour crisis resources through MSU, and specific to each site location.

Appendix M lists the *Primary Webpages for the Office of Wellness & Counseling* (www.com.msu.edu/current-students/student-life/wellness-and-counseling), with the home page directing visitors to important links, such as the National Suicide Prevention Life Line and the MSUCOM CARE Team. Students are also able to access on-line mental health assessments, which provide interpretations of their ratings along with recommendations. Students can contact the director or other W & C team counselors for further consultation and assistance. The self-help resource page includes links to topics pertinent to students such as managing panic attacks and burnout. *Office Brochures*, which are available at all three sites, are downloadable from the main webpage (Appendix N).

Conclusion of Counseling Services

Students typically initiate counseling and the aim is always to assist individuals in addressing their concerns and reaching resolution. For students who do not keep appointments, office

practice is for the assigned counselor or office assistant to reach out by e-mail or phone. In some instances, the counselor may terminate counseling when it is therapeutically beneficial to do so, such as facilitating a transfer to an off-campus therapist or other mental health agency.

Maintenance of Student Counseling Records

The Family Educational Rights and Privacy Act of 1974 (FERPA) provides that student records maintained by physicians, psychologists, psychiatrists, or other recognized professionals and paraprofessionals are not educational records. Therefore, student files do not become part of any permanent record at the college but are the property of the Office of Wellness & Counseling and strictly protected. The director, as a licensed mental health professional, is the designated authority in safeguarding the protection of confidential student information. Students may review their records, and request a copy, in the presence of a licensed mental health counselor. Michigan law recognizes the confidential privilege that is inherent in the counselor-client relationship. Should the W & C receive official requests for student records, the director will contact the consenting student to determine what information to release would be in their best interests. The *Authorization for Release of Information* form will be used when a student desires for counseling information to be shared with a third party (Appendix O).

Service Documentation and Data Management

Records of counseling services provided to students is stored in paper and back-up electronic files on counselors' secure computers. Original student files stay in a locked file cabinet in the director's office. A counselor will record contacts using the structured documentation format on the *Student Counseling Note* (Appendix P). The Student Counseling Note should cover the following information:

- 1) **Presenting Concerns:** the subjective experience of the student as related/reported by the student;
- 2) **Risk:** assessing for suicidality, harm to self or others, and general rating of overall risk level using the three-tier triage model –

Level 1/Thriving: The student is going through normal developmental challenges and transitions, and exhibits no major psychological distress and problems; student mental health stabilization and prognosis is deemed favorable

Level 2/Slipping: The student is going through more than the developmentally typical challenges and transitions, and psychological distress or problems are becoming harder to cope with, and affect student emotional, social and/or academic stability

Level 3/Floundering: The student is showing significant signs of psychological distress and destabilizing mental health that place the student at high risk, and require urgent clinical attention such as active suicidality, self-harming behaviors, psychosis, threat to others, or demonstration of other evident behaviors that cause alarm

- 3) **Background:** includes an objective account of the student's in-session appearance and behaviors. The information in this section is objective in the sense that it could be verified by observers and contains no analysis/judgment on the counselor's part;
- 4) **Impressions:** this includes the counselor's theory-specific application of therapeutic interventions as well as an estimation of the student's state of well-being; this will be typically compared with student self-evaluation of their progress and confidence in managing their problems on a ten-point scale from "1" (no progress at all/no confidence) to "10" (high progress/high confidence);
- 5) **Intervention/Counseling Approach:** specifies what therapeutic model (e.g., Cognitive-Behavioral Therapy, Interpersonal Therapy, Acceptance and Commitment Therapy) and primary techniques (e.g., meditation, reframing, role-play) were used in the counseling session; and
- 6) **Disposition/Recommendation:** provides a brief statement of how student reported the extent session was helpful, their level of confidence in implementing strategies discussed, and next steps they will follow-through with to accomplish their goals (e.g., homework, follow-up with primary care physician, contact Academic and Career Guidance or PEAK Program for Healthy Cognitive Living and Academic Success).


Documentation of de-identified demographic and service information is through an *Excel Data Tracking Worksheet* (Appendix Q). Analyzed information is for purposes of understanding student trends in utilizing clinical services as well as counseling outcomes. The initial data tracking methodology reflects students treated by the director (Dr. Taylor) for the academic year 2016-2017. Since the 2018-2019 academic year, all counselors have routinely gathered student information. An annual *Personal Counseling Service Data* report (see Appendix R) is

compiled which summarizes and compares these various sources of student information. Utilization of the information is for internal reporting of service data from the Office of Wellness and Counseling to college administration and other appropriate audiences.

Program Evaluation

Development of past surveys have evaluated student satisfaction with counseling services (Appendix S) and participant feedback from training workshops. Outcome evaluations across counseling services and wellness programming have become standard practice. Two examples are the Peer Mentor/Medical Student Mental Health Committee and MSU Student Services *Staff Training Surveys for the Question-Persuade-Refer (QPR) Gatekeeper Suicide Prevention Trainings* (Appendix T).

Appendix A:

 College of Osteopathic Medicine MICHIGAN STATE UNIVERSITY Student Distress and Crises Guide for Faculty, Staff and Students		
MSU Behavioral Threat Assessment Team	BTAT exists to facilitate a multidisciplinary, coordinated response to reports of students, employees, or other individuals on campus who have engaged in behavior indicating a possible threat of harm to self or other members of the campus community.	Fill out BTAT form at btat.msu.edu
Student Distress	If you have any reason to believe there is a student in distress please contact the MSUCOM CARE Team.	MSUCOM CARE Team COM.MSUCOMCareTeam@msu.edu
Academic Distress	If you notice a student struggling academically please refer the student to the Office of Academic and Career Guidance.	Office of Academic and Career Guidance com.acguidance@msu.edu
Emotional Distress	If you believe a student is experiencing emotional distress contact the Office of Wellness & Counseling and refer them to speak with Dr. John Taylor before contacting the MSUCOM CARE Team	Office of Wellness & Counseling EL: 517-432-0141 MSUCOM CARE Team COM.MSUCOMCareTeam@msu.edu
Accommodations	If a student discloses to you that he/she has a disability or medical condition that interferes with test-taking or classroom function, please refer them to RCPD for further assistance.	Resource Center for Person with Disabilities (RCPD) 517-884-7273 MSUCOM CARE Team COM.MSUCOMCareTeam@msu.edu
Death of a Student	Information regarding the death of a student should be directed to Dr. Ruger immediately. Once you have contacted Dr. Ruger please also contact the MSUCOM CARE Team.	Associate Dean of Student Life ruger@msu.edu MSUCOM CARE Team COM.MSUCOMCareTeam@msu.edu
Aggressive Behavior	If a student is displaying aggressive behavior that is threatening the safety of any individual or is disrupting the educational environment please notify the police. Once the police have been notified please also contact the MSUCOM CARE Team.	MSU Police 517-355-2221 911 in an Emergency or if you are at MUC/DMC MSUCOM CARE Team COM.MSUCOMCareTeam@msu.edu
Threat to Self or Others	If a student expresses that he/she has the desire or intent to commit suicide or any other act of self harm contact the Police Department immediately. Once the police have been notified please also contact the MSUCOM CARE Team as well as filling out an MSU BTAT Form.	MSU Police 517-355-2221 911 in an Emergency or if you are at MUC/DMC MSUCOM CARE Team COM.MSUCOMCareTeam@msu.edu MSU BTAT btat.msu.edu
Sexual Misconduct*, Relationship Violence*, Stalking*	Any information related to an allegation of sexual misconduct, relationship violence or stalking must be reported to MSU's OIE and MSU police. File a report: oie.msu.edu	MSU Office of Institutional Equity (OIE) 517-353-3922 and MSU Police 517-355-2221**
Acts of Discrimination	If you witness or are made aware of any act of discrimination against a student please file a report with OIE (oie.msu.edu) and also contact the MSUCOM CARE Team.	MSU Office of Institutional Equity (OIE) 517-353-3922 MSUCOM CARE Team COM.MSUCOMCareTeam@msu.edu

*All University employees, other than those listed on the OIE website, have reporting obligation when the employee becomes aware of relationship violence or sexual misconduct allegedly perpetrated by a member of the University community (faculty, staff, or student) or occurring at a University event or on University property. (<http://oie.msu.edu/mandatory-reporting.html>)

**DMC & MUC must also notify MSU Police about situations under the RVSM policy. Use your best judgement with whether you should also contact your local police department for immediate assistance.

Appendix B:



MICHIGAN STATE
UNIVERSITY

College of
Osteopathic Medicine

MSUCOM Mental Health Resource Guide

National Suicide Prevention Lifeline: (800) 273-8255

24-Hour Crisis Numbers:

MSU Counseling and Psychiatric Services (CAPS) 24/7/365 After-hours Crisis Counseling (517) 355-8270
MSU Sexual Assault Program Crisis Line (517) 372-6666
Clinton-Eaton-Ingham Community Mental Health (517) 346-8200
Detroit Wayne County Mental Health Authority (313) 833-2500
Macomb County Community Mental Health (586) 307-9100

Emergency Services:

Sparrow Hospital (517) 364-1000 www.sparrow.org/locations/
Henry Ford Hospitals (313) 916-2100 www.henryford.com/locations/henry-ford-hospital

MSUCOM CARE Team:

If you are concerned about a fellow student or are seeking personal support you can send an e-mail to the team. *Your contact is kept strictly confidential.* Please include a brief description of what the concern is about for the person or yourself. E-mails will be responded to within 24 hours during regular weekday business hours from 8:00 a.m. to 5:00 p.m. **If you are concerned about an immediate safety risk to self or others, dial 9-1-1.** For further information about the CARE Team go to www.com.msu.edu/current-students/student-life/wellness-and-counseling/care-team

Wellness & Counseling Office:

www.com.msu.edu/current-students/student-life/wellness-and-counseling

Confidential professional consultation and counseling regarding any issue of concern for MSUCOM students. This office also assists students in connecting with referrals near their site. Sessions can be scheduled in-person or arranged on-line by Zoom. **Note: if you or someone you are concerned about is threatening suicide or harm to oneself or another dial 9-1-1 immediately.** Counselor contact information:

Dr. John R. Taylor (EL): (517) 432-0141, taylo520@msu.edu
Ms. Erica Suszek (MUC): (586) 263-6711, esuszek@msu.edu
Ms. Rachel Brejcha (DMC): (313) 578-9636 or (517) 884-9636, reidrac4@msu.edu

Peer Mentors (All Three Campuses):

1:1 confidential peer mentoring by OMSII to OMSI, topic of discussion is open to anything desired by OMSI. Student Life Enrichment Chairs for each site are:

Julie Ruehl, ruehljul@msu.edu (East Lansing)
Irgena Hafizi, hafiziir@msu.edu (Detroit)
Erin Vitale, vitaleer@msu.edu (Macomb)

Appendix B:

MSU Campus Resources

MSU Counseling and Psychiatric Services (CAPS): (517) 355-8270 www.CAPS.msu.edu

MSU Fee Hall Psychiatry Clinic: (517) 353-3070 www.psychiatry.msu.edu/services

MSU Resource Center for Persons with Disabilities: (517) 884-7273 www.rcpd.msu.edu

MSU Safe Place Relationship Violence and Stalking Program: www.safeplace.msu.edu/

MSU Sexual Assault Program: (517) 372-6666 www.endrape.msu.edu

MSU Student Veterans Resource Center: (517) 884-5973 www.veterans.msu.edu/

Off Campus Resources (Identified by Site Location)

Eve's House (Lansing, MI): (517) 372-5572, www.eveinc.org/services
Shelter and supportive services to victims of domestic and sexual violence

Brighton Center for Recovery (Brighton, MI): (877) 976-2371 www.stjohnprovidence.org/brighton-center-for-recovery Rehabilitation center for assistance with drug or alcohol addiction

Detroit Central City Health Center: (313) 578-6123
Mental health, housing, and substance abuse programs

National Alliance on Mental Illness (NAMI) - Michigan Chapter: www.namimi.org/
Facilitates support groups for parents, relatives, or friends of persons with mental illness

New Center Community Services (Detroit, MI): (313) 961-3200
Mental health and substance abuse counseling



A website based on Cognitive Behavioral Therapy models dedicated to providing many daily motivational tips and resources *for individuals struggling with depression, anxiety and/or stress.*

FREE FOR MACOMB COUNTY RESIDENTS/VISITORS ONLY.

SIGN UP TODAY:

1. Visit www.myStrength.com
2. On the www.myStrength.com home page, click on "Sign-up."
3. Enter the following Access Code for MACOMB COUNTY COMMUNITY MEMBERS: MCCMHcomm
4. Enter the following Access Code for MACOMB COUNTY CONSUMERS ONLY: MCCMHper
5. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
6. Go Mobile by using the access code above, get the myStrength app for smart phones such as; iOS and Android devices at: www.mystrength.com/mobile.

Appendix C:

New CARE Team promotes student mental wellness

Mar 13, 2017 1:00 AM

It's no secret that medical students face stress – lots of it. Unabated stress can significantly hinder academic performance, resulting in depression or worse.

As part of a school-wide effort to address student wellness issues, the MSU College of Osteopathic Medicine has launched the CARE Team to identify potentially troubled students early, and to offer assistance to help them overcome their difficulties.

CARE Team members will take a proactive and preventative approach to risk assessment and want to engage everyone in the MSUCOM community in their work. The goal is to educate students, faculty and staff to recognize signs of student distress.

“Medical students tend to be high-performers who are sometimes reluctant to ask for help,” said John Taylor, director of the MSUCOM Office of Personal Counseling/Health Promotion. “We want to create a culture of help-seeking behavior. We're all in this together.”

While students can seek help on their own, building a corps of others who are trained to recognize signs of distress might help prevent the future doctors from suffering or losing ground in their studies.

“The goal is not to discipline or interfere in the student's life, but simply to offer help, to let the student know that they do not have to face their challenges alone,” Taylor continued. “The student may then voluntarily take advantage of the resources provided by the CARE Team, or they may choose not to.”

Coordinating wellness efforts within MSUCOM has always been a challenge.

“Because the services are not centralized, oftentimes someone will want to help a student in need but not know who to call, so they don't call anyone,” said Kim Peck, director of the Office of Academic Success and Career Planning.

The CARE Team serves as a central hub for directing appropriate services to the student, depending on what their issue is. Services that may be recommended include personal counseling, academic advising, tutoring and medical care. All CARE Team communications and services are strictly confidential.

To learn more about the CARE Team, visit <http://com.msu.edu/About/CARETeam> or email com.MSUCOMCARETeam@msu.edu.



MICHIGAN STATE
UNIVERSITY

Contact Us: [DMC - East Lansing](#) - [Macomb](#) | [MSU Home](#) | [Report a Problem](#) | [Privacy Statement](#)
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Appendix C:

Mission

The MSUCOM CARE Team is committed to improving the wellbeing of students and promoting student success at all three sites of the Michigan State University College of Osteopathic Medicine by proactively and collaboratively identifying and assisting students in distress. The team coordinates with students, faculty, and staff using thoughtful approaches to identifying, assessing and intervening with individuals of concern.

Goals

The MSUCOM CARE Team strives to:

- Identify distressed students
- Provide resources, referrals, and other forms of support to individuals in distress
- Prevent escalation of concerning situations
- Enhance the wellbeing and safety of the MSUCOM community
- Collaborate with faculty, staff, administration, and concerned others
- Educate the MSUCOM community about identifying concerning behaviors
- Foster a culture in which concerns for others can be respectfully shared

Unless otherwise permitted by law, MSU or College policy, information provided to members of the MSUCOM CARE Team will remain confidential and will not be disclosed to third parties without first obtaining consent.

All University employees, other than those exempt by OIE, have reporting obligation when the employee becomes aware of relationship violence or sexual misconduct allegedly perpetrated by a member of the University community (faculty, staff, or student) or occurring at a University event or on University property. (<http://oie.msu.edu/mandatory-reporting.html>)

In some circumstances a referral will need to be forwarded onto either the Behavior Threat Assessment Team (BTAT), Office of Institutional Equity (OIE), and/or MSU police based on the university's policies and procedures.

COM.MSUCOMCARETeam@msu.edu



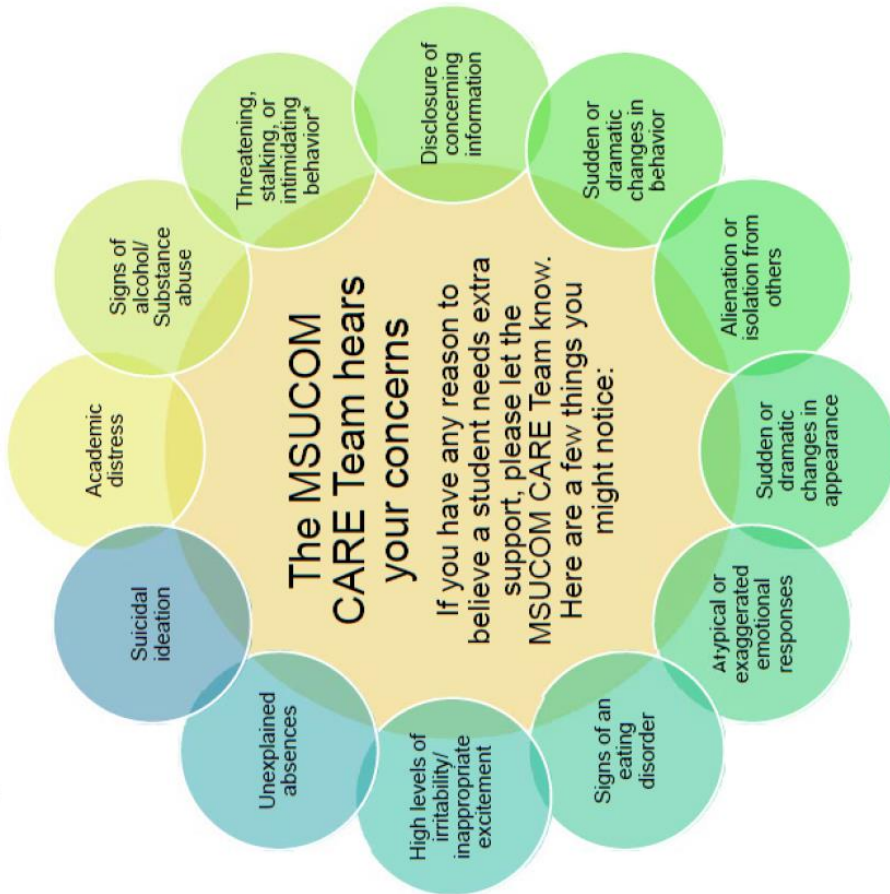
MSUCOM CARE TEAM

Guidelines for referring a student
of concern



Appendix C:

Medical students face inordinately stressful and challenging situations throughout their education and training. In recognition of the potential impact of student mental health problems on community wellbeing and safety, the MSUCOM CARE Team aims to educate students, faculty, and staff on the early recognition of signs of student distress and the available avenues for assistance. In addition, the team takes a proactive and preventative approach to risk assessment increasing the likelihood of timely and effective interventions.



CARE Team Process
Refer a student to the CARE Team
 Please email your concerns and include, at a minimum, the student's name, reasons for your concern, whether you have attempted to approach the student yourself, and the outcome of that interaction, if any. All referrals will be kept anonymous unless otherwise indicated by the referrer.

COM.MSUCOMCARETeam@msu.edu

Review of referrals by CARE Team
 Concerns are reviewed during normal MSUCOM business hours, generally 8:00am until 5:00pm, Monday through Friday. **If you are concerned about an immediate safety risk to self or others, please call 911 and fill out an MSU BTAT Form (btat.msu.edu).**

Response to referrals
 Depending on the circumstances, a CARE Team member may respond by directly reaching out to the referred student or otherwise assist in connecting the student with appropriate resources across campus. The CARE Team will continue to monitor the situation and follow-up with the student as needed to promote student success.

The CARE Team
 Individuals from all three MSUCOM sites make up the MSUCOM CARE Team including: Offices of the Associate Dean/Student Services, Registrar, Academic and Career Guidance, Personal Counseling and Health Promotion, Scheduling and Student Activities, and Academic Programs.

*If you witness any criminal behavior, please contact your local police department before referring a student to the MSUCOM CARE Team. If your concern involves an immediate safety risk to self or others, please call 911.

Appendix D: Peer Mentors

The Peer Mentors

The Peer Mentors Program is composed of second-year MSUCOM students who have been nominated by colleagues and faculty to act as advisors on various issues of being an osteopathic medical student. The Peer Mentors have been trained in issues of confidentiality and giving assistance to entering students regarding all facets of medical school: learning strategies, healthy stress reduction, issues of personal relationships, etc.

PEER MENTORS (PM)

PeerMentors.msucom@gmail.com

Who are Peer Mentors?

Peer Mentors are nominated for their ability to lend a helping hand, listening ear, and genuine concern to those who need it. They provide advice and can refer to the many great resources MSUCOM has to offer. Peer Mentors can ensure privacy and compassion in all they do.

						
President Kelly Carbary East Lansing	Vice President Ryley Mancine East Lansing	Vice President Casey Schukow DMC	Vice President Francesca Tiberio MUC	Secretary Maria Pluszczynski East Lansing	Treasurer Lauren Lowes East Lansing	
						
Student Life Enrichment Julie Ruehl East Lansing	Student Life Enrichment Irgena Hafizi DMC	Student Life Enrichment Erin Vitale MUC	Community Coordinator Ilinca Caluser East Lansing	Community Coordinator Alana Koepf East Lansing	Community Coordinator Tabtlla Chowdhury DMC	Community Coordinator Rachel Eaton MUC
						
Advisor Dr. John Taylor East Lansing	Advisor Ms. Alissa Berry East Lansing	Advisor Ms. Pauline Tobias DMC	Advisor Ms. Rachel Reid DMC	Advisor Ms. Erica Suszek MUC	Advisor Ms. Brooke-Lynn Vij MUC	

Events and Programs

- One-on-one peer mentoring • Q&A information sessions each semester
- Snacks and support after exams • Health and Wellness support

Appendix E: Medical Student Mental Health Committee

The Medical Student Mental Health Committee


The Medical Student Mental Health Committee (MSMHC) is committed to providing students with resources, tools, and knowledge of mental health to increase their resilience and overcome the pressures of medical school.

Once each semester, the MSMHC holds a mandatory event for each class year. Each event focuses on a different mental health topic pertinent to medical students. The following PowerPoint presentations show you an example of what will be discussed at these events.


[Mental Health for Medical Professionals](#)

[Road to Resilience](#)


Faculty Advisors




Dr. Alyse
Ley, DO



Dr. John
Taylor, PsyD



Rachel Brejcha,
MS, LPC, NCC



Erica Suszek,
MA, LPC, NCC


Executive Committee

Lauren Bell,
Class of 2021
Chair

Molly Stern,
Class of 2022
EL Vice Chair

Jake Vinton,
Class of 2022
DMC Vice Chair







Francesca Tiberio,
Class of 2022
MUC Vice Chair



Medical Student Mental Health Committee (MSMHC)



We are committed to increasing awareness, decreasing stigma, and improving treatment options to strengthen the mental health of medical students. Please feel free to reach out to us.




Class of 2020 Representatives

Parvathy Sankar Emma Hare Jessica Greb Natalie Bartnik Zina Chaker Khadije Saad William Childs







Class of 2021 Representatives

Alex Tranovich Rachel Babiarz Brooke Bannon Rita Douada Lauren Bell Tayla Hasbany

Class of 2022 Representatives

Hamdi Farah Molly Stern Jake Vinton Madison Williams Francesca Tiberio Rasseil Alzouhayli

Appendix F: Report to Committee on Student Evaluation



**Michigan State University College of Osteopathic Medicine
WELLNESS & COUNSELING**



Report to Committee on Student Evaluation

Student Name: _____

Student Number: _____

The above person, as a current student of MSUCOM, has provided consent with the below signature to release the following confidential information in preparation for a meeting with the Committee on Student Evaluation (COSE). All information provided has been reviewed with the requesting student and their consulting counselor in keeping with best ethical and professional practices in the delivery of services through the Office of Wellness & Counseling. If COSE requires further information from the student's designated counselor this additional information may be provided with the student's full informed consent.

Student Signature: _____ Date: _____

Summary of Counselor Discussion with Student in Preparation for COSE

Counselor Recommendations Derived from Discussion with Student in Preparation for COSE

1

Referrals

None

Off-Campus Mental Health Specialist

RCPD

PEAK

Course faculty

Other _____

Counselor Signature: _____

Date: _____

John R. Taylor, Psy.D., Licensed Psychologist
Director, Wellness & Counseling
517-432-0142 john.taylor@hc.msu.edu

Appendix G: Student Informed Consent to Services



Michigan State University College of Osteopathic Medicine
OFFICE OF WELLNESS & COUNSELING



Student Informed Consent to Services

Student Preferred Name: _____

As a current student of MSUCOM, I consent to receiving mental health services by a licensed counselor through the Office of Wellness & Counseling. The licensed clinicians of the Office of W & C work as a team and may consult with one another on an as-needed basis to ensure the safety and confidentiality of student information. My signature confirms my counselor has explained to me that my contacts and any other information associated with services provided, overseen and supervised by the MSUCOM Office of W & C are strictly **confidential and protected**. My signature further confirms that my counselor has explained what is to be expected in our contacts: including the purpose for why background information is asked about me and mutually used to help me resolve my problem(s). In the event that I am at risk of suicide or otherwise harming myself or another person I understand my confidentiality may be broken for life-saving purposes such as emergency care and hospitalization. There may be circumstances where it is beneficial for me and my counselor to collaborate with other faculty or staff within COM or outside parties. In this situation I understand a written authorization by me is required to release and exchange information between my counselor and other designated parties.

Student Signature: _____ Date: _____

We appreciate your taking a few moments to provide some information about yourself. This will aid you and your counselor in identifying what areas of help and types of solutions may be beneficial in addressing your questions and concerns. *If there is an item you are not comfortable answering, feel free to leave it blank and let your counselor know.*

I prefer to be identified by my sex as: _____

I prefer (or not) to identify my sexual orientation as: _____

My preferred pronouns are: _____

I prefer to identify my race/ethnic/cultural background as (please write in): _____

The reason I am seeking counselor support is for (feel free to elaborate): _____

Is there other information you would like your counselor to know about you? (feel free to elaborate):

I have received mental and/or medical health services previously for (please indicate if for therapy and/or medication and dates received): _____

Other supportive services (e.g., RCPD, PEAK) through MSU or COM I have received are: _____

Appendix H: Overview Guidelines for an Initial Student Meeting



Michigan State University College of Osteopathic Medicine OFFICE OF WELLNESS & COUNSELING



Overview Guidelines for an Initial Student Meeting

Counselor Greeting and Introduction (30 seconds)

Counselor Asks If There Are Any Questions about the Student Informed Consent to Services (1 minute)

Counselor Sets an Agenda for What Student Can Expect from Initial Visit: (1-2 minutes “tops”) as follows:

- To understand what concern(s) student has and why they are seeking help
- For counselor to work with student to find answers, solutions, and resources
- At half-point counselor will check in to see if concerns are being addressed and meeting is on track
- Toward end to review what was discussed, clarified, resolved and agreed upon for next steps
- To ask student to what degree meeting was helpful and how confident they feel in resolving their concern(s)

Tips for Initial Meeting (*Keep to 45 Minutes and Reserve Last Ten Minutes for Review*)

- Go into meeting with expectation that this may be a one-time visit
- Follow the student’s lead – ask questions if they clarify, summarize and refocus on student’s main concern – maximize focus on where student is striving and validate normality of their experience
- Be judicious as to when to ask for further background information – *avoid “rabbit holes” or “fishing excursions”*
- Students are often visibly stressed and it helps to observe in the moment and encourage feelings to “show up”
 - In this case be prepared to process affect but let the student do the work – *the goal is to decompress*
- Stick with a realistic expectation of what can be accomplished in the meeting – *be mindful and don’t rush*
- As meeting winds down, ask student to *what extent the discussion was helpful*. And also ask to *what extent he/she is confident in carrying through with any next steps, solutions, recommendations that were identified*
- Finally, it may be evident for the counselor to recommend another meeting; however, more often it works well to ask the student if or when they might like to meet again. If they hesitate reassure that they don’t have to decide right at the moment but can let you know by e-mail or check-in as needed

Appendix I: Diagnostic Assessment Measures

ADHD

ADHD Self-Report Scale WHO
 ADHD Screening Initial EVAL
 Disruptive Disorders Behavior Rating Scale/Parent-Teacher
 Wender Utah Rating Scale

Anxiety/Worry

Achievement Test Anxiety
 Adult Anxiety Checklist
 Beck Anxiety Self-Rating Scale
 Generalized Anxiety Disorder- 7 Item
 OCD Checklist
 Penn State Worry Questionnaire
 Sheehan Anxiety Scale
 Social Avoidance and Distress Scale
 Social Phobia Inventory
 State Trait Anxiety Inventory (for Cognitive and Somatic Anxiety)
 Yale Brown Obsessive Compulsive Scale
 Yale Brown Obsessive Compulsive Symptom Checklist

Autism/Asperger's

Autism Spectrum Quotient
 PDD Assessment Scale

Bipolar

CIDI Screening Scale for Bipolar Disorder
 Hypomania/Mania Symptom Checklist
 Mood Disorder Questionnaire
 Standards for Bipolar Excellence (STABLE)

Borderline Personality Disorder/Other Personality Disorders

Borderline Symptom List-23
 ICD 10 Personality Disorders Examination WHO
 Personality Belief Questionnaire

Couples

Couples Pre-Counseling Inventory

Culture and Race Related Topics

California Brief Multicultural Competence Scale
 Color Blind Racial Attitudes Scale
 Cultural Competence Self-Assessment Questionnaire
 Discrimination Stigma Scale
 Racial and Ethnic Microaggression Scale
 Stereotype Vulnerability Scale
 Vancouver Index of Acculturation

Diagnostic and Statistical Manual of Mental Disorders-Fifth Edition

ICD-10 Classification of Mental and Behavioural Disorders

Depression

Beck Depression Inventory-II
 Physician's Health Questionnaire-9
 Zung Depression Screening Scale

Disability/Functional Impairment

Disability Assessment Schedule WHO
 Weiss Functional Impairment Rating Scale

Dissociation/Depersonalization

Cambridge Depersonalization Scale
 Dissociative Experiences Scale-II
 Multidimensional Inventory of Dissociation

Eating Disorders

Eating Attitudes Test (Eat-26)
 Bulimia Nervosa Stages of Change Questionnaire

LBGT

Coming Out Growth Scale
 Lesbian, Gay, Bisexual Identity Scale
 Gender Identity/Gender Dysphoria Questionnaire for Adolescents and Adults

Mental Status Examination

Mental Status Examination Rapid Record Form

Appendix I: Diagnostic Assessment Measures

Pain

Chronic Pain Self-Efficacy Scale
Comparative Pain Scale
Health Measures Reference Guide
Pain Assessment Scale
Pain Disability Index
Pain Inventories Function
Pain Self-Efficacy Questionnaire
Patient Comfort Assessment Guide
Sickness Impact Inventory
The Pain Catastrophizing Scale
Universal Pain Assessment Tool

Psychosis

Delusion Rating Scale
Malingering of Psychotic Disorders
Peters Delusional Inventory
Positive and Negative Syndrome Scale
Psychosis Process of Recovery Questionnaire

Post-Traumatic Stress Disorder

Clinician Administered PTSD Scale for Children and Adolescents (DSM-IV)
Life Events Checklist Interview
Life Events Checklist Standard
Life Stressor Checklist Revised
PCL-5 Criterion A

Risk Assessment

Self-Harm Inventory
Scale of Suicidal Ideation
CAMS Suicide Status Form-IV

Sleep

Epworth Sleepiness Scale
International Classification of Sleep Disorders-Revised

Somatic Symptom Disorders

Clinician Rated Severity of Somatic Symptom Disorder
DSM-5 Somatic Symptom Diagnostic Criteria
Somatic Dissociation Questionnaire-20
Somatic Symptom Scale-8

Stress

Burnout Inventory
College Students Stressful Events Checklist
Perceived Stress Scale
Professional Quality of Life Scale
Vulnerability to Stress Questionnaire

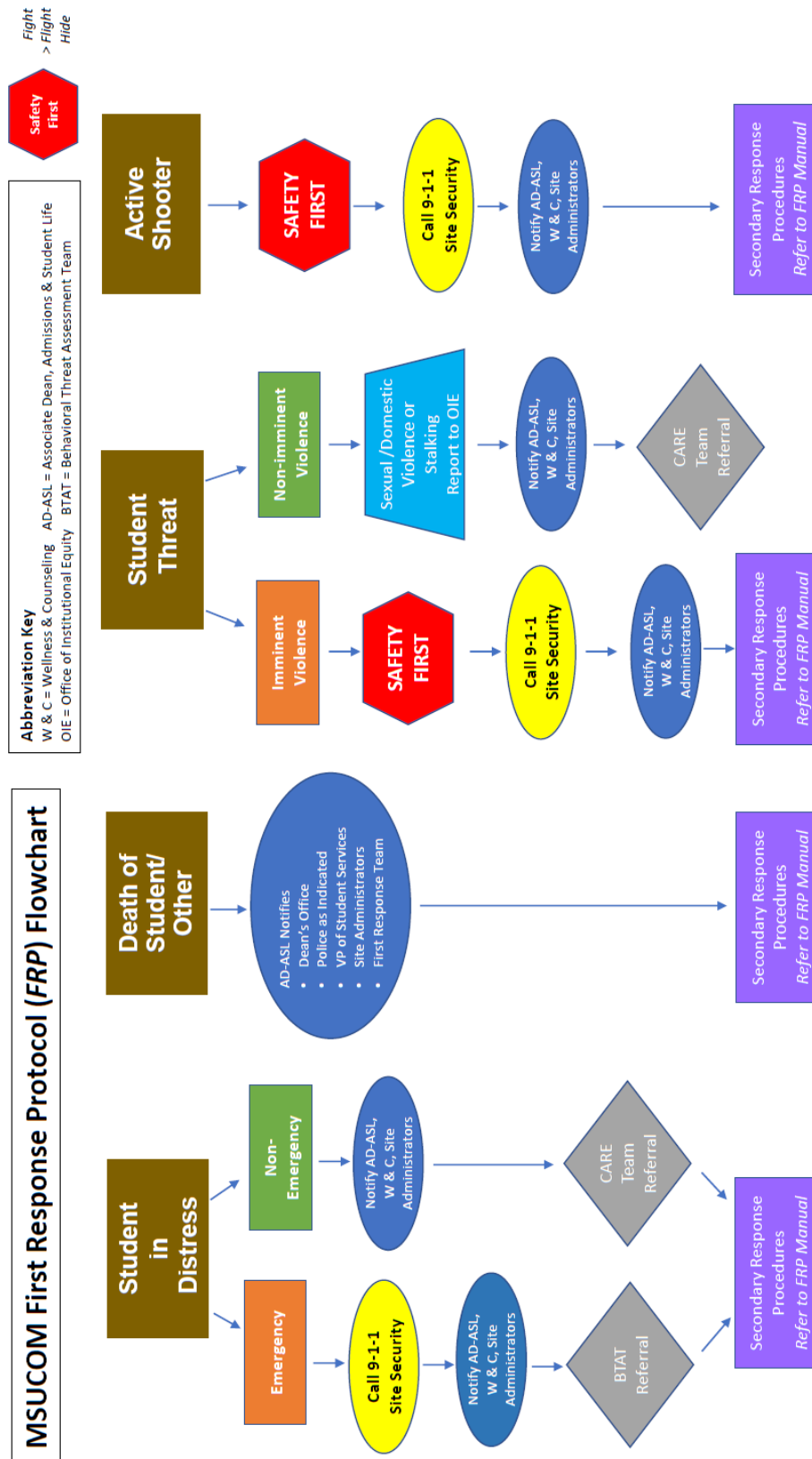
Substance Abuse

Alcohol Use Disorders Identification Test-C
Marijuana Use Decisional Balance Scale
Subjective Opiate Withdrawal Scale

Traumatic Brain Injury

Rivermead Post Concussion Symptoms Questionnaire
TBI Screening
TBI Sports Readiness Intake

Appendix J: MSUCOM First Response Protocol (FRP) Flowchart



Appendix K: Sexual Assault/Domestic Violence/Stalking Quick Links



Michigan State University College of Osteopathic Medicine
OFFICE OF WELLNESS & COUNSELING

Main Phone: 517-432-0141 www.com.msu.edu/Students/PC_HP_New/Personal_Counseling_Home_Page.htm



Sexual Assault/Domestic Violence/Stalking Quick Links

National Domestic Violence Hotline

1 (800) 799-SAFE (7233)

National Sexual Assault Hotline

1 (800) 656-HOPE (4673)

What if I've Been Sexually Assaulted?

<http://endrape.msu.edu/sexual-assault/test2/>

24-Hour Crisis Line: (517) 372-6666

MSU Sexual Assault Program Drop-in Support Groups (EAST LANSING)

<http://endrape.msu.edu/services/>

MSU Safe Place Relationship Violence and Stalking Program with 24-hour Support (LANSING)

<http://safeplace.msu.edu/>

(517) 355-1100

End Violent Encounters (EVE) Domestic Violence Program with 24-hour Support (LANSING)

<http://www.eveinc.org/>

(517) 372-5572

SAFE Program (DETROIT)

<http://wcsafe.org/>

(313) 369-9701 Crisis: (313)-430-8000

La Vida - Support Groups, Counseling, Referrals, and Services in Spanish (DETROIT)

<http://chasscenter.org/?q=LA%20VIDA>

(313) 849-3920

First Step – Shelter, Transitional Housing, Advocacy, and Prevention with 24-hour Support (WAYNE COUNTY)

<http://www.firststep-mi.org/>

(734) 722-6800 Crisis: (888) 453-5900

Turning Point, Inc. – Shelter, Nurse Examiners, Legal Help, and Counseling (MT. CLEMENS)

<https://turningpointmacomb.org/>

(586) 463-4430 Crisis: (586)-463-6990

RAINN – Rape Abuse and Incest National Network with 24-hour Support (STATEWIDE)

<https://www.rainn.org/>

1in6 – Online Support for Male Survivors of Sexual Assault


<https://1in6.org/>

Appendix L: MSUCOM Mobile APP



College of Osteopathic Medicine
MICHIGAN STATE UNIVERSITY

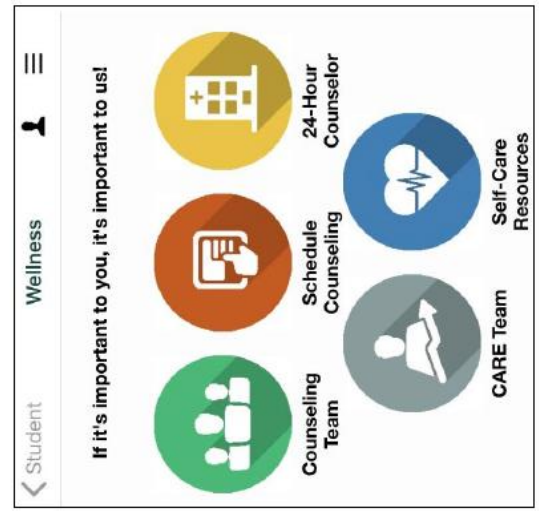
MSUCOM Mobile APP





Student

- Registrar Services
- Student Life
- Advising
- Wellness
- ACE Program
- Calendars
- Student Newsletter



Wellness


If it's important to you, it's important to us!

- Counseling Team
- Schedule Counseling
- 24-Hour Counselor
- CARE Team
- Self-Care Resources

New Webpage
Coming Soon!

Office of Wellness & Counseling

Appendix M: Primary Web Pages for Office of Wellness & Counseling



MICHIGAN STATE UNIVERSITY

Search... Q

College of Osteopathic Medicine

[News](#) | [Calendar](#) | [Directory](#) | [Departments](#) | [Research & Scholarly Activity](#) | [Continuing Education](#)

[Home](#) | [About Us](#) | [Future Students](#) | [Admitted Applicants](#) | [Current Students](#) | [Alumni & Friends](#) | [Faculty & Staff](#)



Student Life

The MSU College of Osteopathic Medicine offers a rigorous curriculum that prepares students for their careers, but academics are only part of the picture. We're committed to helping students enjoy the full range of the student experience, with help from committed people and enriching programs.

Taking part in student organizations and community service activities isn't only encouraged, it's fully supported. With over 30 active student organizations to choose from, you are sure to find one that inspires you.

Medical school is incredibly rewarding, but it's also very stressful. We recognize that anyone can experience personal and professional challenges, and the college is fully committed to the physical, mental and emotional health of all students. Wellness and Counseling services are available at all three sites, as are helpful academic counselors .

Whether you're starting your first day, or have been an alumnus for decades, you can show your Spartan spirit with gear from the [MSU College of Osteopathic Medicine Merchandise Store](#).

In This Section

- [Preclerkship Medical Education](#)
- [Clerkship Medical Education](#)
- [Class-Specific Information](#)
- [Dual Degree Programs](#)
- [Registrar Services](#)
- [Academic and Career Guidance](#)
- [Financial Aid and Scholarships](#)
- [Student Life](#)
- [Student Engagement and Leadership](#)
- [Diversity, Inclusion and Safety](#)
- [Wellness and Counseling](#)
- [Clinical Outreach](#)
- [Student Organizations](#)
- [Our Communities](#)
- [Compliments and Concerns](#)
- [Student Handbook](#)
- [Events](#)

Appendix M: Primary Web Pages for Office of Wellness & Counseling

MICHIGAN STATE UNIVERSITY Search...

College of Osteopathic Medicine News | Calendar | Directory | Departments | Research & Scholarly Activity | Continuing Education

Home | About Us | Future Students | Admitted Applicants | Current Students | Alumni & Friends | Faculty & Staff

Wellness and Counseling

The MSU College of Osteopathic Medicine is fully committed to the physical, mental and emotional health of our students.

If you are experiencing difficulties during your time with us, we encourage you to seek help. Please call the Office of Wellness and Counseling at [\(517\) 432-0141](tel:5174320141) or email Dr. John Taylor at taylo520@msu.edu.

If you know a student who is experiencing difficulties, please consider reaching out to the College of Osteopathic Medicine CARE Team.

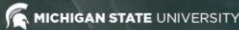
Contact the Suicide Prevention Lifeline at (800) 273-TALK (8255). The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. More information is available at suicidepreventionlifeline.org.

In case of a life-threatening emergency, please call 911 or go to the nearest emergency room.

In This Section


- Preclerkship Medical Education
- Clerkship Medical Education
- Class-Specific Information
- Dual Degree Programs
- Registrar Services
- Academic and Career Guidance
- Financial Aid and Scholarships
- Student Life
 - Student Engagement and Leadership
 - Diversity, Inclusion and Safety
 - Wellness and Counseling**
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Appendix M: Primary Web Pages for Office of Wellness & Counseling



College of Osteopathic Medicine | News | Calendar | Directory | Departments | Research & Scholarly Activity | Continuing Education

Home | About Us | Future Students | Admitted Applicants | Current Students | Alumni & Friends | Faculty & Staff



Personal Counseling

Medical school is a life-changing, challenging experience. Through the provision of holistically-informed and evidence-based practices, the Office of Wellness and Counseling is committed to helping students develop into well-rounded, compassionate, and first-rate osteopathic practitioners for the twenty-first century.

The core team is represented by qualified clinical health professionals who are experienced in helping students with adjustment issues, psychological difficulties, academic obstacles, and the variety of challenges medical students face.

If you are experiencing difficulties during your time with us, we encourage you to seek help.

You will be treated with sensitivity and dignity, and our services are always confidential. Informed, written consent by the student is always required in instances where students request communication with other parties on their behalf.

No problem is too daunting, and the team is committed to working side-by-side with students, and turning seeming adversity into growth-enhanced learning.

We are here for you.

Contact

Meet the Personal Counseling team.

Schedule an Appointment

Detroit Medical Center

DMC students may contact counselor Rachel Brejcha directly at [\(313\) 578-9636](tel:3135789636), [\(517\) 884-9636](tel:5178849636), or by email at reidrac4@msu.edu.

East Lansing

To schedule an appointment, please contact Alissa Berry at [\(517\) 432-0141](tel:5174320141), or by email at hardin24@msu.edu. To contact Dr. John Taylor directly, please email him at taylo520@msu.edu.

Macomb University Center

Macomb students may contact counselor Erica Suszek directly at [\(586\) 263-6711](tel:5862636711), or by email at esuszek@msu.edu.

In This Section

- [Preclerkship Medical Education](#)
- [Clerkship Medical Education](#)
- [Class-Specific Information](#)
- [Dual Degree Programs](#)
- [Registrar Services](#)
- [Academic and Career Guidance](#)
- [Financial Aid and Scholarships](#)
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- [Events](#)

MICHIGAN STATE UNIVERSITY

Contact Information | Site Map | Privacy Statement | Site Accessibility

Call MSU: [\(517\) 353-5470](tel:5173535470) | Visit: msu.edu | MSU is an affirmative-action, equal-opportunity employer. [Notice of Nondiscrimination](#)
SPARTANS WILL. © Michigan State University

Appendix M: Primary Web Pages for Office of Wellness & Counseling

Search...

College of Osteopathic Medicine
News | Calendar | Directory | Departments | Research & Scholarly Activity | Continuing Education

Home
Faculty & Staff

Home > Faculty/Staff Directory

Faculty/Staff Directory

Filter By: Personal Counseling Sites Staff & Faculty

Search: Go

Alissa Berry

Student Life
Personal Counseling
Staff

East Lansing ☎ (517) 884-2596

✉ hardin24@msu.edu

East Fee Hall
965 Wilson Rd., Room
C18B
East Lansing, MI 48824

Rachel Brejcha

Detroit Medical Center Site
Student Life
Personal Counseling
Staff

Detroit Medical Center

Erica Suszek, NCC, MA, LPC

Macomb University Center Site
Personal Counseling
Staff

Macomb

John Taylor, Psy.D.

Student Life
Personal Counseling
Faculty

East Lansing ☎ (517) 432-0142

✉ taylor520@msu.edu

East Fee Hall
965 Wilson Rd.
East Lansing, MI 48824

Dr. Taylor, a licensed psychologist, is director of Wellness & Counseling services in the MSU College of Osteopathic Medicine. He completed his doctorate in clinical psychology at Central Michigan University, and internship in pediatric psychology at the MSU College of Human Medicine/Department of Pediatrics and Human Development. He was previously a staff psychologist at the MSU Counseling Center and has wide experience treating student populations.

MICHIGAN STATE
UNIVERSITY

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Appendix M: Primary Web Pages for Office of Wellness & Counseling

The screenshot shows the website for the Michigan State University College of Osteopathic Medicine. The page features a teal and white color scheme with a large image of a succulent plant. The main content area is titled "Mental Health Self-Screening" and includes a brief introduction, a list of screening topics, and a sidebar with a "In This Section" menu.

MICHIGAN STATE UNIVERSITY

College of Osteopathic Medicine | News | Calendar | Directory | Departments | Research & Scholarly Activity | Continuing Education

Home | About Us | Future Students | Admitted Applicants | Current Students | Alumni & Friends | Faculty & Staff

> Mental Health Self-Screening

Mental Health Self-Screening

These online self-screenings are confidential. If you complete a screening and wish to follow up with an appointment or have additional questions, please print the survey results and contact Dr. John Taylor at (517) 432-0141 or by email at taylo520@msu.edu.

- Alcohol or Substance Abuse
- Anxiety
- Bipolar Disorder
- Depression
- Eating Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Psychosis
- Suicide

In This Section

- Preclerkship Medical Education
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MICHIGAN STATE UNIVERSITY | Contact Information | Site Map | Privacy Statement | Site Accessibility
 Call MSU: [517-353-5470](tel:517-353-5470) | Visit: msu.edu | MSU is an affirmative-action, equal-opportunity employer. Notice of Nondiscrimination
 SPARTANS WILL. © Michigan State University

Appendix M: Primary Web Pages for Office of Wellness & Counseling

The screenshot shows the website for the Michigan State University College of Osteopathic Medicine. At the top, there is a navigation bar with the MSU logo and a search box. Below this is a secondary navigation bar with links for News, Calendar, Directory, Departments, Research & Scholarly Activity, and Continuing Education. A third navigation bar includes Home, About Us, Future Students, Admitted Applicants, Current Students, Alumni & Friends, and Faculty & Staff. The main content area features a large image of a succulent plant. Below the image, the 'University Resources' section is titled, followed by a paragraph stating that students have access to excellent health care, including mental health care. A list of resources follows, including Counseling & Psychiatric Services, LGBT Resource Center, Mosaic: The Multicultural Unity Center, Office of Institutional Equity, Office for International Students and Scholars, Resource Center for Persons with Disabilities, Resources for Veterans, Safe Place, Sexual Assault Program, and Student Health Services. To the right, a dark green sidebar contains a 'In This Section' menu with various links, including Preclerkship Medical Education, Clerkship Medical Education, Class-Specific Information, Dual Degree Programs, Registrar Services, Academic and Career Guidance, Financial Aid and Scholarships, Student Life, Student Engagement and Leadership, Diversity, Inclusion and Safety, Wellness and Counseling, Medical Care, Personal Counseling, CARE Team, Mental Health Self-Screening, University Resources (highlighted in green), Title IX, Wellness and Counseling Documents and Resources, Clinical Outreach, Student Organizations, Our Communities, Compliments and Concerns, Student Handbook, and Events.

Appendix M: Primary Web Pages for Office of Wellness & Counseling

The screenshot shows the top navigation bar of the Michigan State University website, including the MSU logo and a search bar. Below this is the 'College of Osteopathic Medicine' header with a secondary navigation menu. The main content area features a large teal image of a succulent. The 'Title IX' section contains three paragraphs of text. To the right is a dark green sidebar with a list of links under the heading 'In This Section'. The 'Title IX' link in the sidebar is highlighted in green.

Title IX

The MSU College of Osteopathic Medicine is committed to creating and maintaining an inclusive community in which students, faculty and staff can work together in an atmosphere free from all forms of discrimination and harassment.

Title IX of the Education Amendments of 1972 prohibits discrimination on the basis of sex in any education program or activity that receives federal funding. It is the mission of the Title IX program at Michigan State University to cultivate a campus community that is free of sex discrimination and sexual harassment, including relationship violence and sexual misconduct.

If any member of the college community experiences attitudes or behaviors that violate that policy, you can reach out to any College of Osteopathic Medicine employee for assistance.

For more information, please visit the MSU Office for Civil Rights and Title IX.

In This Section

- Preclerkship Medical Education
- Clerkship Medical Education
- Class-Specific Information
- Dual Degree Programs
- Registrar Services
- Academic and Career Guidance
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- Student Life
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Appendix M: Primary Web Pages for Office of Wellness & Counseling

MICHIGAN STATE UNIVERSITY

College of Osteopathic Medicine

Home | About Us | Future Students | Admitted Applicants | Current Students | Alumni & Friends | Faculty & Staff

Wellness and Counseling Documents and Resources

Wellness and Counseling Documents and Resources

- [Mental Health Guide](#)
- [Mental Health Services for Students](#)
- [Physical Health Services for Students](#)

In This Section

- Preclerkship Medical Education
- Clerkship Medical Education
- Class-Specific Information
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Appendix N: Office Brochure

Meet Our Counseling Team



John R. Taylor, PsyD
Psychologist, East Lansing
Director, Wellness & Counseling
taylo520@msu.edu



Rachel Reid, MS, LLPC, NCC
Counselor, Detroit Medical Center
reidrac4@msu.edu



Erica Suszek, MA, LPC, NCC
Counselor, Macomb Univ. Center
esuszek@msu.edu

Schedule an Appointment



For help with counselor scheduling or other questions please contact:

Ms. Alissa Berry
Office Assistant

Phone: (517) 432-0141

Email: hardin24@msu.edu

Office: C18-B East Fee Hall

965 Wilson Road

East Lansing campus

"Wherever you go, go with all your heart"

-Confucius



Wellness & Counseling



Michigan State University
College of Osteopathic Medicine
Office of Admissions & Student Life



Wellness

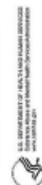
"To get through the hardest journey, we need take only one step at a time, but we must keep on stepping"



The Lifeline is **FREE**, confidential, and always available.

HELP a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.



Printed 2005 • Reprinted 2011
© 2011 NCSL

Learn the Warning Signs.

Appendix N: Office Brochure

Wellness & Counseling

Wellness & Counseling strives to provide support, guidance, and resources to COM students, as well as faculty and staff who are in positions to foster student well-being and professional growth. Medical school is truly a life-changing event in many ways, and challenges students to be adaptable, resilient, and mindful learners. Through the provision of holistically-informed and evidence-based practices, our team is committed to helping students develop into well-rounded, compassionate, and first-rate osteopathic practitioners for the twenty-first century.



Individual and Group Counseling

Wellness & Counseling offers confidential services by licensed mental health professionals. Individual and group counseling sessions are available for a variety of challenges MSUCOM students face such as academic concerns, relationship issues, and stress.



Medical Student Mental Health Committee

The MSMHC was founded by COM

students to promote student wellness, self-care, and help-seeking through educational programs and professional growth groups. First- and second-year students attend mental health workshops each semester.

Contemplative Practices: Mindfulness and Meditation

The student mindfulness group offers regularly scheduled meditation sessions to cultivate resiliency, self-compassion and emotional balance. See *MSUCOM Mindfulness Facebook* for information.



MSUCOM CARE Team

The MSUCOM CARE Team serves to improve the wellbeing of students at all three sites by proactively identifying and assisting students showing signs of distress. Confidential referrals can be made by faculty, staff or students to www.com.msu.edu/About/CARETeam/

Peer Mentors Student Organization

The Peer Mentors are made up of peer-nominated students with a special ability to lend a helping hand, listening ear, and genuine concern to those who need it. They provide support to incoming students, and help them connect with the many great resources MSUCOM has to offer.



Further information about Wellness & Counseling services along with other student resources can be quickly accessed by downloading the *MSU Osteopathic Medicine Mobile App*.



Appendix O: Authorization for Release of Information

Student Authorization for Disclosure of Academic and/or Personal Information

Medical Student Name: _____

Date of Birth: _____

Phone Number: _____

Email Address: _____

I authorize the disclosure of my individual academic and/or personal information between the parties indicated below:

From: John R. Taylor, Psy.D. Director, Wellness & Counseling MSU College Osteopathic Medicine C-18A East Fee Hall East Lansing, MI 48824 Phone: 517-432-0142 E-mail: taylo520@msu.edu	To:
---	------------



**College of
Osteopathic
Medicine**

**Office of
Student Life
Wellness &
Counseling**

965 Wilson Rd Rm. C18
East Lansing, MI 48824

517-432-0141

I consent for ONLY THE FOLLOWING information to be disclosed:

- Ongoing communication as needed between the parties specified above
- Verbal exchange of information
- Information about student academic performance
- Information about personal challenges that could be impacting student academic performance
- Other – specify _____

The purpose of this disclosure is (check one):

- Ongoing Academic Support Ongoing Counseling Support Disability Services Request
- Other (Specify): _____

This authorization is active for one year from the date of signature unless a different expiration date is indicated by the student as follows: _____ Note: This authorization may be revoked by the signing student at any time.

Medical Student Signature

Date

Appendix P: Student Counseling Note



Michigan State University College of Osteopathic Medicine
OFFICE OF WELLNESS & COUNSELING



Student Counseling Note

Student: s

Date and Time of Appointment: s

Referral Source: s

Presenting Concern: s

Risk: s

Background (Add as Necessary from First Contact): s

Impressions: s

Intervention/Counseling Approach: s

Disposition/Recommendations: s

Professional Signature

Date

Appendix Q: Excel Data Tracking Worksheet

Name	Age	Year	Gender	Race	Sex Orien	Internat	Pres Con	Prev IT	Prev Med	RCPD	DX
			1 = M	1 = W	1 = Het	1 = US	1 = ACD	# if Y	# = Its		1 = AD
			2 = F	2 = BL	2 = Gay	2 = Non	2 = REL	2 = N	2 = N		2 = Anx D
			3 = TG	3 = AS	3 = Les	1+ = imm	3 = CAR				3 = MDD
				4 = His	4 = Bi		4 = STRESS				4 = PTSD
				5 = ME	5 = NA		5 = Trauma				5 = ED
				6 = MR			6 = Eating				6 = Bip
							7 = Adjust				7 = SA
							8 = Social				8 = Situ
							9 = Consult				9 = Sub Ab
							10 = Sub AB				10 = Rel
							11 = Reinst				11 = ADHD
							12 = Accul				12 = No DX
							13 = Loss				13 = Accul
							14 = Health				

Recom	Outcome	Risk Level	#sessions	#Previous
1 = IT	1 = Improved			
2 = GT	2 = NFC			
3 = Psychia	3 = Referred			
4 = Advisin	4 = Withdrawal			
5 = Testing	5 = Ongoing			
6 = PEAK				
7 = Withdrawal				
8 = RCPD				
9 = PRN				
10 = Referred				
11 = AD				
12 = OIE				

Appendix R: Example of Wellness & Counseling Data Summary

Personal Counseling Service Data Sept 6, 2016 to August 15 2017

John Taylor, Psy.D., Licensed Psychologist
Director, MSUCOM Office of
Personal Counseling/Health Promotion

Introduction

In the past year the MSUCOM Office of Personal Counseling/Health Promotion went through restructuring of its service model to align with best practices in the delivery of mental health services to students:

- MSUCOM CARE Team
- Reformatting the MSUCOM PCHP team comprised of licensed health professionals from the Department of Psychiatry
- Developing documentation practices for protecting student confidentiality while enabling collation of data essential for informing service delivery practices and quality control
- QPR Suicide Prevention Training for MSUCOM students, faculty and staff
- Hiring a licensed mental health counselor to provide a range of services to students at MUC and DMC
- Further clarifying and enhancing the roles of student groups involved with mental health promotion: Peer Mentors and Medical Student Mental Health Committee
- Forming closer working relationships with faculty, staff and other units and groups involved with students

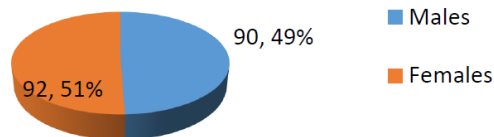
Appendix R: Example of Wellness & Counseling Data Summary

Data Summary of MSUCOM Seen by Dr. Taylor

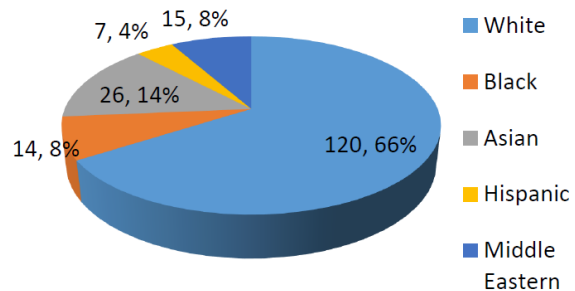
- For the fall, spring and summer semesters of the academic year, 2016-2017 1st year COM students were the largest group (52%) served (n = 94/182)
- An almost equal number of self-identified male (n = 90) and female students (n = 92) were seen
- Students racially/ethnically self-identified as 34% non-Caucasian and 66% white
- The most predominant presenting concern, life stress (n = 96) was tied to numerous factors such as academics, relationship issues, family conflict and loss
- Thirty-six percent of students seen had at least 1 previous counseling encounter (n = 66) and 31% (n = 49) had used or were currently taking at least one psychotropic medication
- 36 students seen (20%) met criteria for a major psychiatric diagnosis
- The majority of students (95%) were deemed Level 1 low risk (n = 172) , 9 were ranked moderate risk (Level 2) and one student met Level 3 criteria for the highest risk level leading to psychiatric hospitalization.

Personal Counseling COM Student Demographic Data

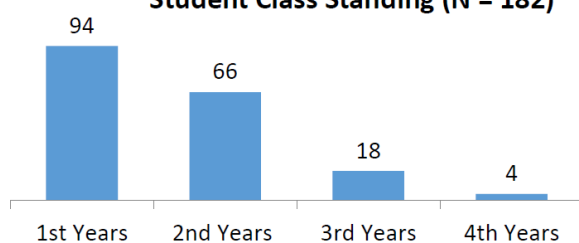
Self-identified by Sex



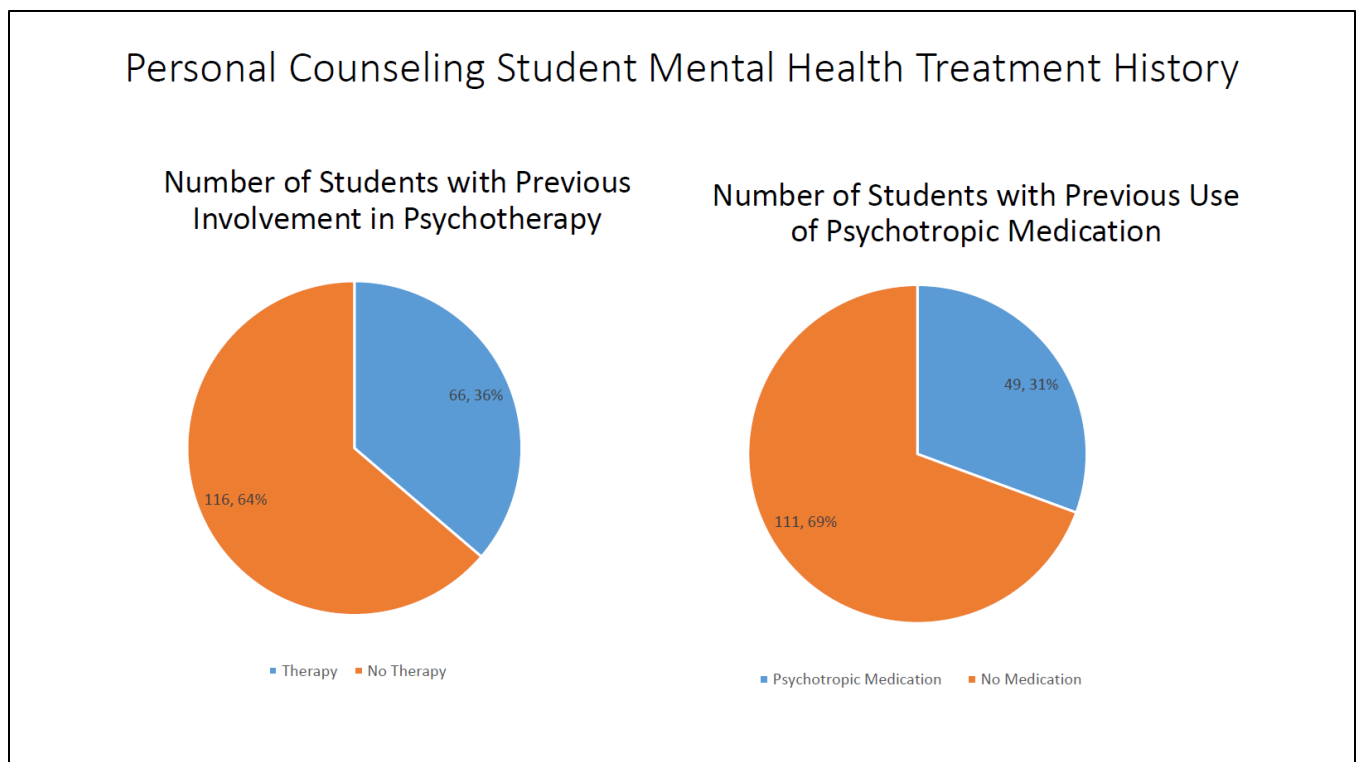
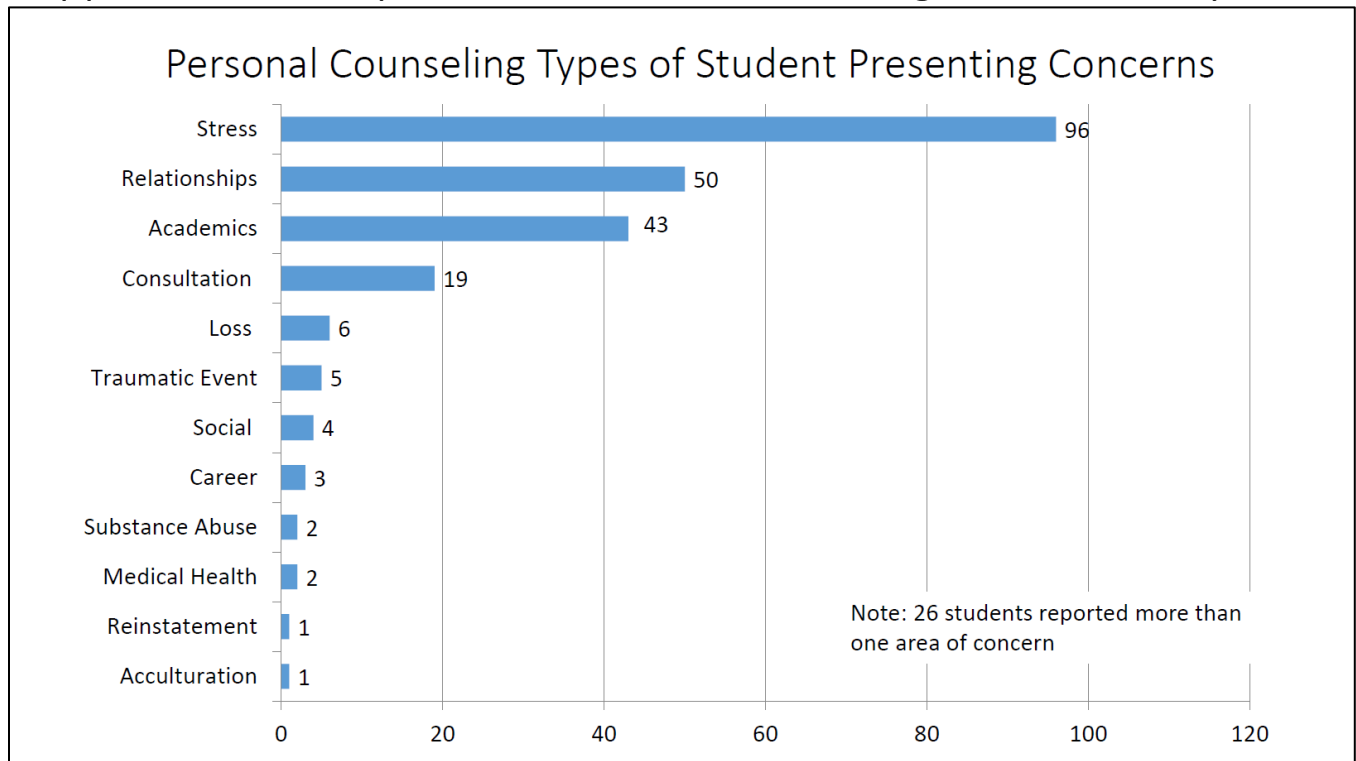
Self-identified by Race/Ethnicity



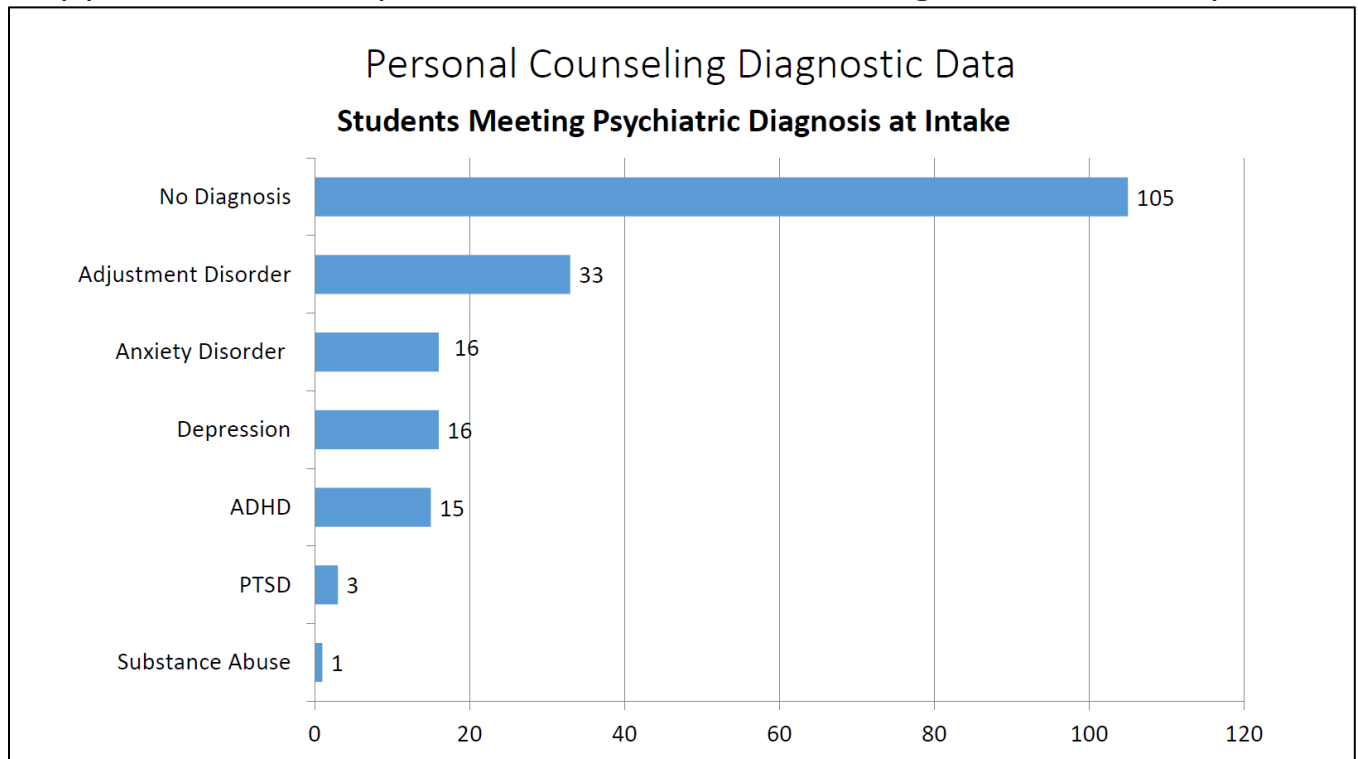
Student Class Standing (N = 182)



Appendix R: Example of Wellness & Counseling Data Summary



Appendix R: Example of Wellness & Counseling Data Summary



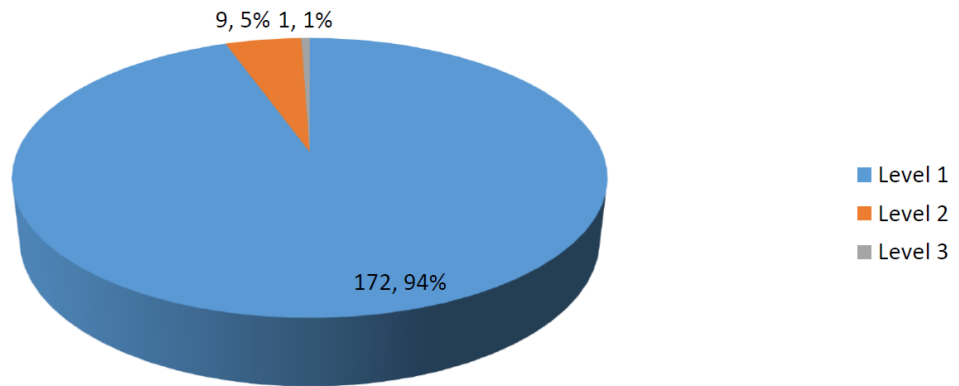
Service Utilization Patterns for Students Presenting with the Most Significant Mental Health Issues

- There was a significant difference in the number of *sessions* used by students with anxiety and depression disorders (N = 100) compared to students with temporary adjustment disorders (N = 68)
- Students identified with depression and anxiety disorders (N = 33) represented 18% of students seen while utilizing 26% of total hours of service provided to all students
- Taken together, thirty-four percent of students presenting with the most significant problems (N = 61) utilized 44% (168 hours) of the total number of service hours provided to all students (N = 381)

Appendix R: Example of Wellness & Counseling Data Summary

Personal Counseling Risk Level Assessment Data

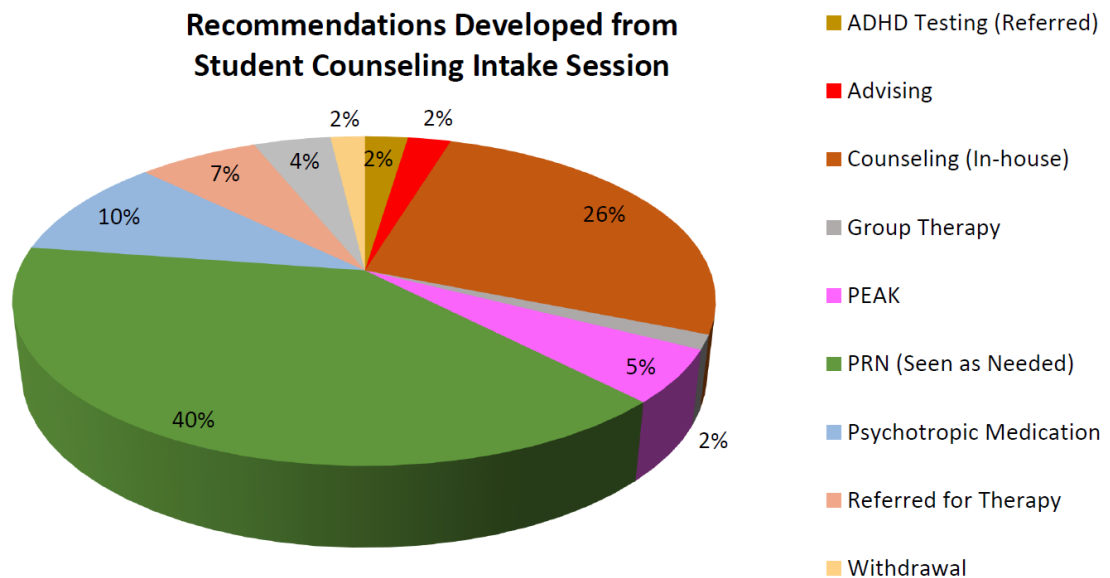
Clinician Assessment of Students Seen by Risk Level



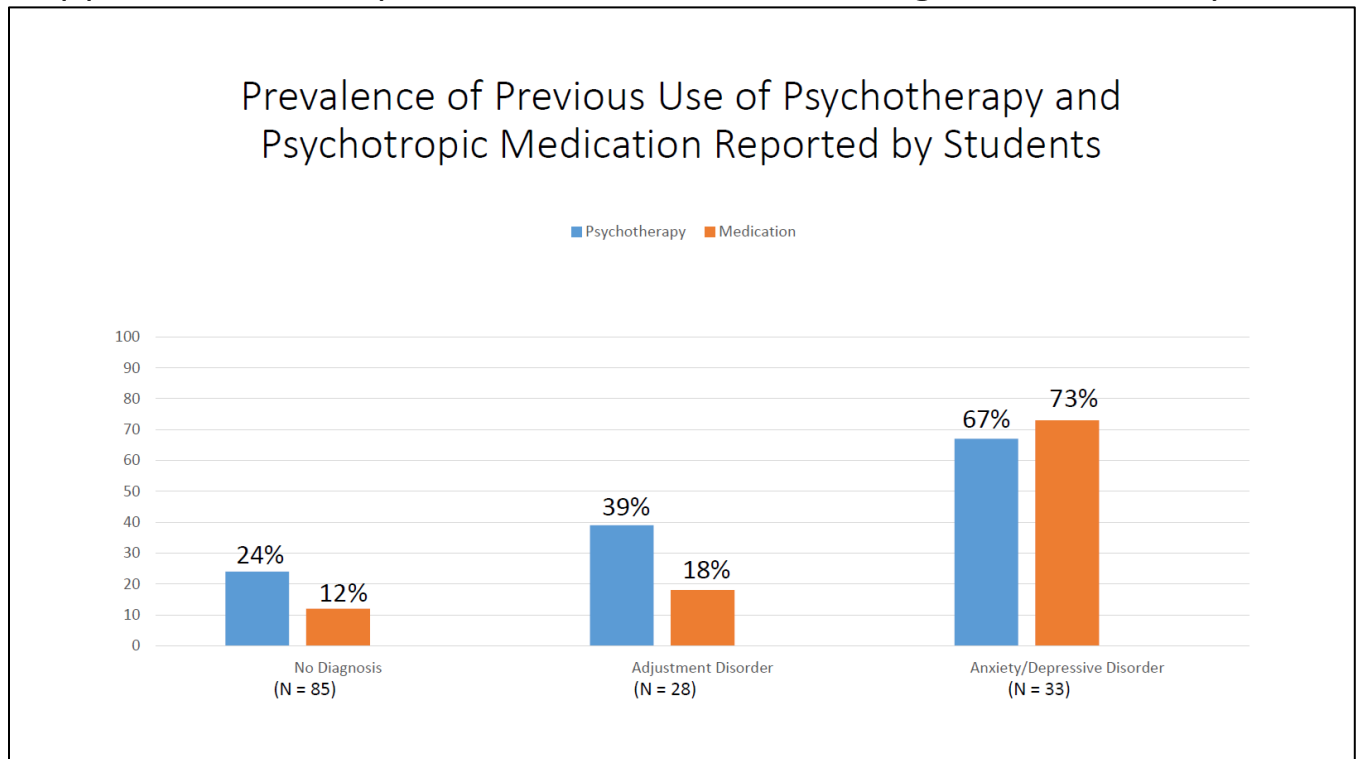
Level 1 *Thriving*: No major psychological problems reported, transitional adjustment, stabilized mental health
 Level 2 *Slipping*: ↑ Psychological distress/destabilizing mental health *but coping*, ↑ transitional/academic difficulty
 Level 3 *Floundering*: Psychological distress/destabilized MH *escalates from Level 2* to high risk behavior requiring urgent clinical attention such as active suicidality, self-harming behaviors, psychosis or threat to others

Personal Counseling Recommendations Data

Recommendations Developed from Student Counseling Intake Session



Appendix R: Example of Wellness & Counseling Data Summary



Overall Impressions of Personal Counseling Service Data for Fall 2016 and Spring 2017 Semesters

- On the whole, the majority of students (66%) seen (N = 121/182) were managing personal pressures, albeit, they were experiencing various levels of transient or normal stress
- For future study is to identify how students in the majority are dealing with medical school and life pressures differently, than students with more significant mental health issues
- Irrespective of the level of stress and mental health difficulties medical students may experience there is a need to 1) identify the range of stress management approaches students find effective, and 2) determine what factors enable students to benefit from implementing specific self-care approaches, including counseling

Appendix R: Example of Wellness & Counseling Data Summary

Assessment Tools

Assessment: The Love, Work, Play and Health Questions

Love	Where do you live? With whom? How long have you been there? Are things okay at your home? Do you have loving relationships with your family or friends?
Work	Do you work? Study? If yes, what is your work? Do you enjoy it? If not working, are you looking for work? If not working and not looking for a job, how do you support yourself?
Play	What do you do for fun? For relaxation? For connecting with people in your neighborhood or community?
<i>Health</i>	Do you use tobacco products, alcohol, illegal drugs? Do you exercise on a regular basis for your health? Do you eat well? Sleep well?

Assessment Tools

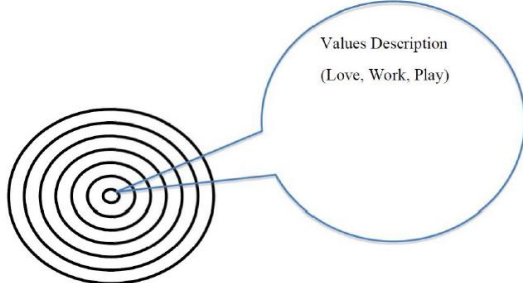
Assessment: The Three Ts Questions

Time	When did this start? How often does it happen? What happens before / after the problem? Why do you think it is a problem now?
Trigger	Is there anything--a situation or a person--that seems to set it off?
Trajectory	What's this problem been like over time? Have there been times when it was less of a concern? More of a concern? And recently . . . getting worse, better?
<i>Workability Question</i>	What have you tried (to address the problem)? How has that worked in the short run? In the long run or in the sense of being consistent with what really matters to you?

Appendix R: Example of Wellness & Counseling Data Summary

Assessment Tools

Bull's-Eye Plan



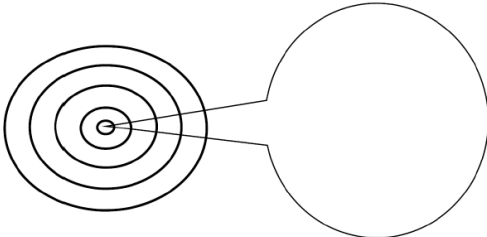
Values Description
(Love, Work, Play)

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Low Consistency Higher Consistency

Action Plan:

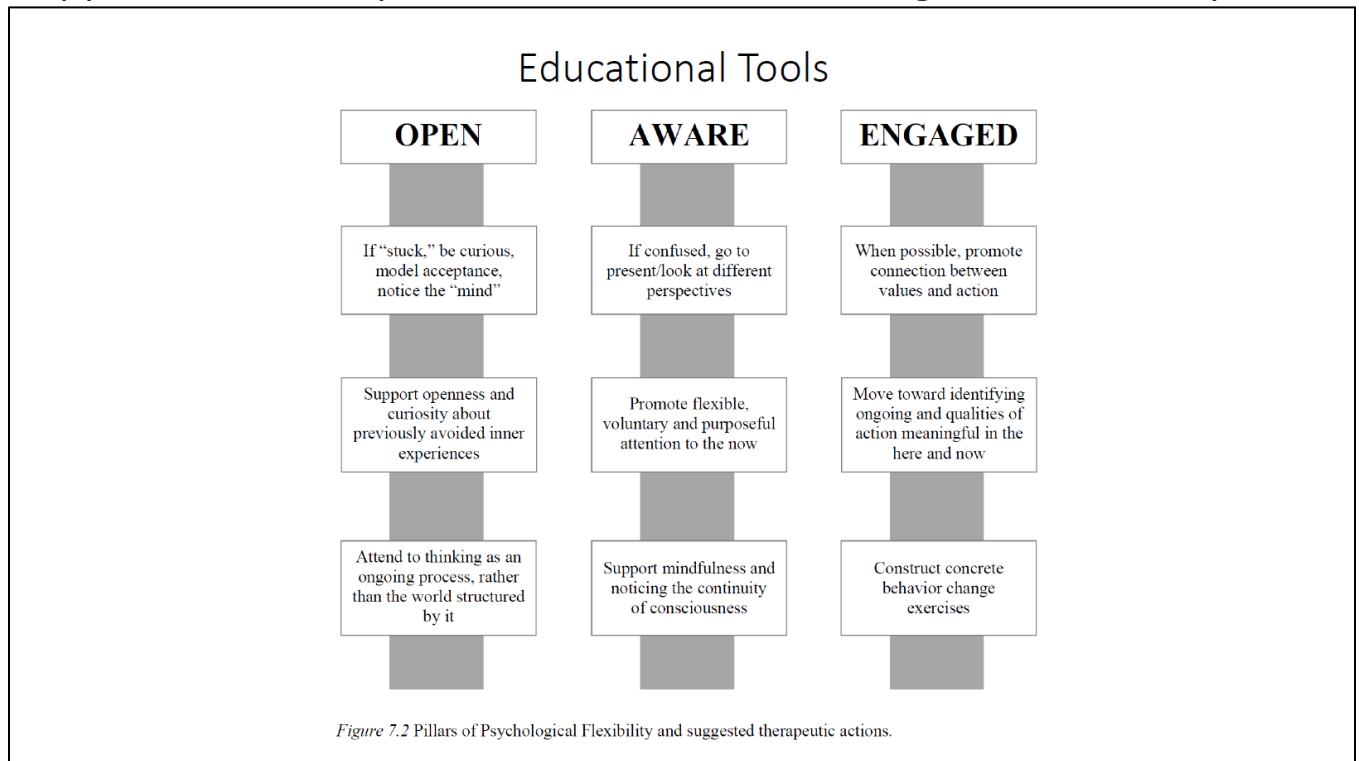
Patient	Clinician	Date							
Beginning of Visit									
Please Circle <input checked="" type="radio"/> a number below to describe how you've been over the past week in 4 areas.									
1.									
1	2	3	4	5	6	7	8	9	10
LOVE									
1	2	3	4	5	6	7	8	9	10
WORK / SCHOOL									
1	2	3	4	5	6	7	8	9	10
PLAY									
1	2	3	4	5	6	7	8	9	10
HEALTH									



Please circle a number to indicate consistency over the past week.

1	2	3	4	5	6	7	8	9	10
Not Consistent									Very Consistent

Appendix R: Example of Wellness & Counseling Data Summary



Appendix S: Student Satisfaction Survey

Overview of MSUCOM Personal Counseling Student Satisfaction Survey

Presented by:
Dr. John Taylor
Director
Office of Personal Counseling/Health Promotion

Overview of MSUCOM Personal Counseling Student Satisfaction Survey

- For the 2016-2017 academic year (Sept. to mid-May) 144 unique students seen by Dr. Taylor were invited by e-mail to complete an anonymous satisfaction survey
- Approximately 44% of students replied (n = 63)
- The survey identified continued areas for improvement including timely responsiveness to student requests for assistance and services
- This data will serve as baseline upon which to gauge the future quality and effectiveness of services offered through the Office of Personal Counseling/Health Promotion

Appendix S: Student Satisfaction Survey

Overview of MSUCOM Personal Counseling Student Satisfaction Survey

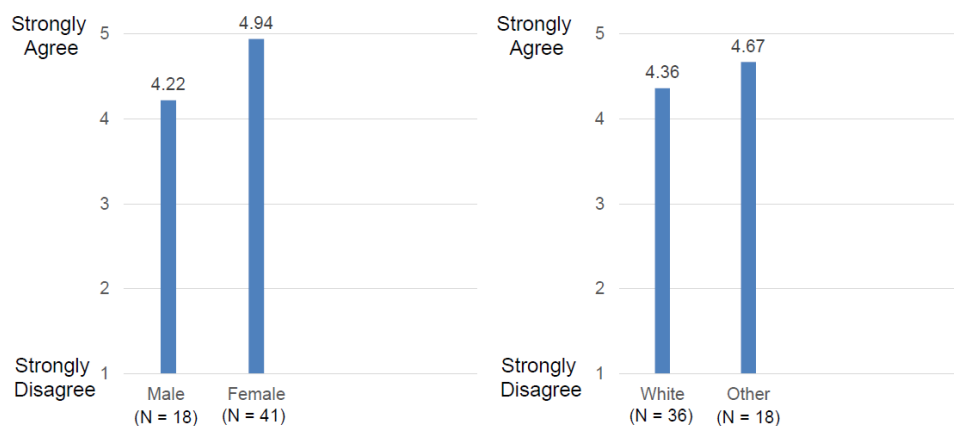
Percentage of students agreeing to these questions:

- Scheduling with the counselor went smoothly – 79.4%
- My counselor made it safe for me to share my concerns openly – 85%
- My counselor understood my problems – 72%
- My counselor helped me identify ways to deal with my problems effectively – 74.6%
- Counseling added to my ability to cope with medical school pressures – 68.2%
- I believe all of my information was confidential unless I gave permission to release it – 85.7%
- I would encourage fellow medical students to use counseling services – 80.9%

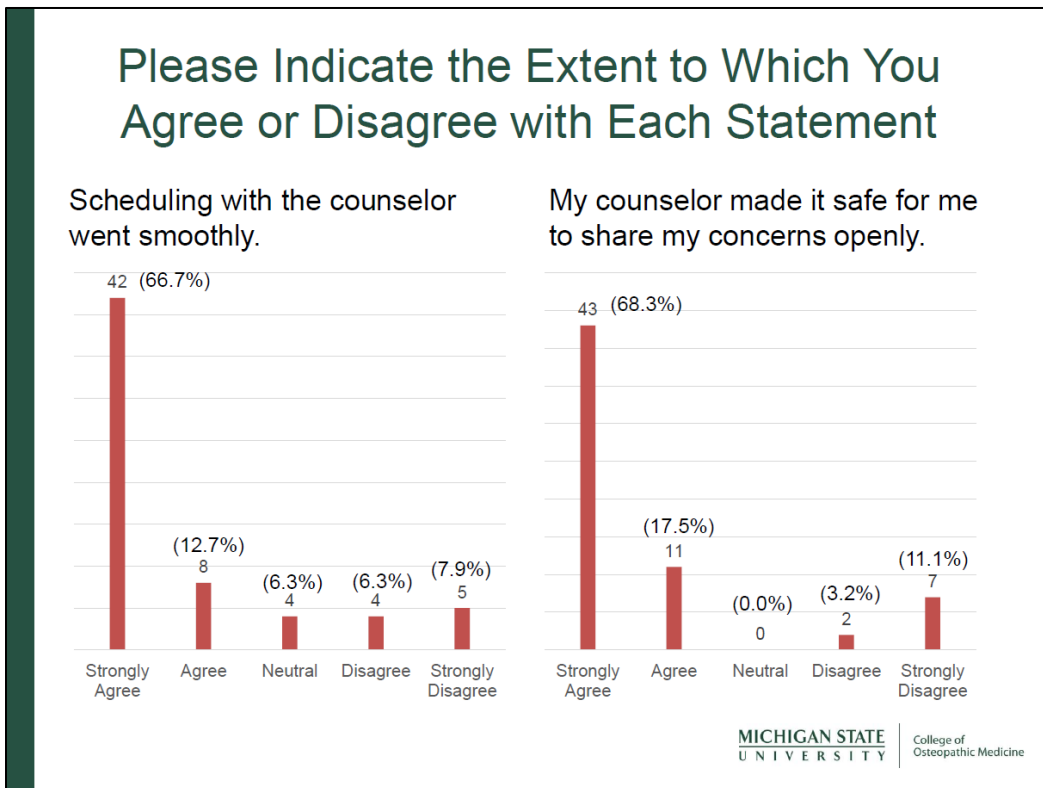
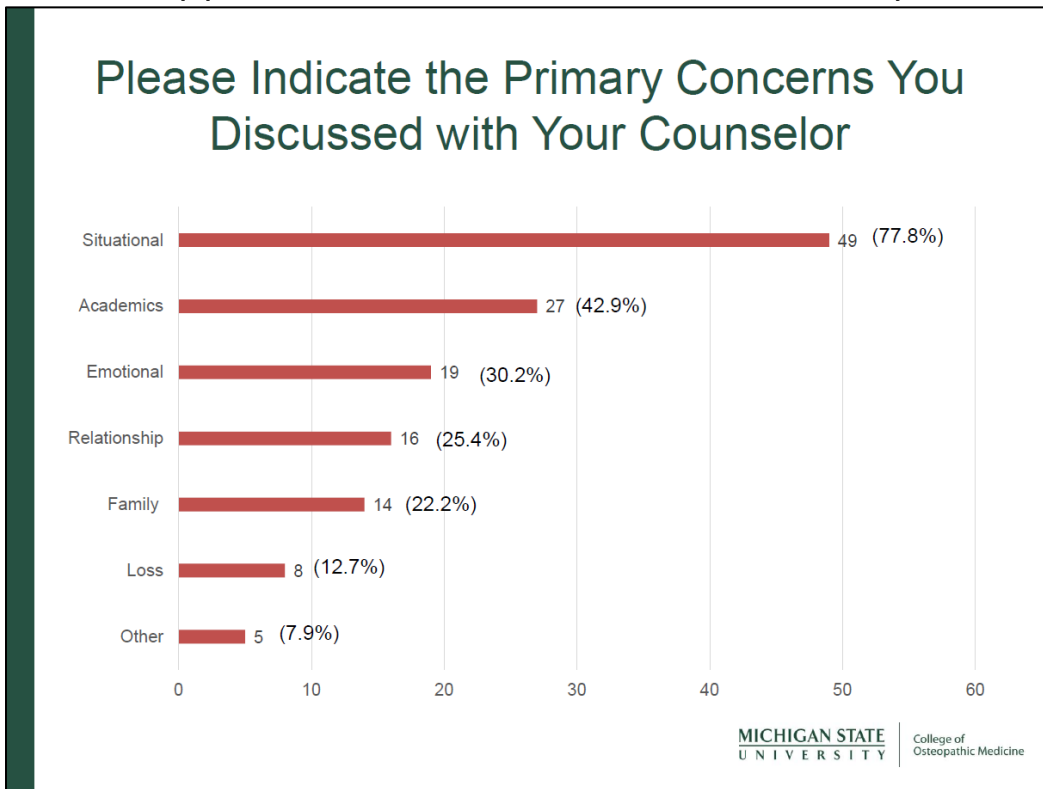
Overview of MSUCOM Personal Counseling Student Satisfaction Survey

Comparisons of counselor/student interactions by gender and racial/ethnic identity suggest the majority of students seen had a positive encounter.

“My counselor made it safe for me to share my concerns openly”



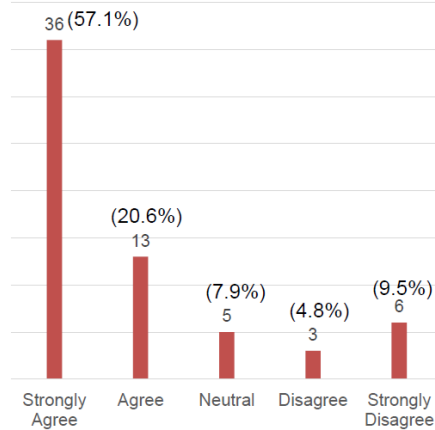
Appendix S: Student Satisfaction Survey



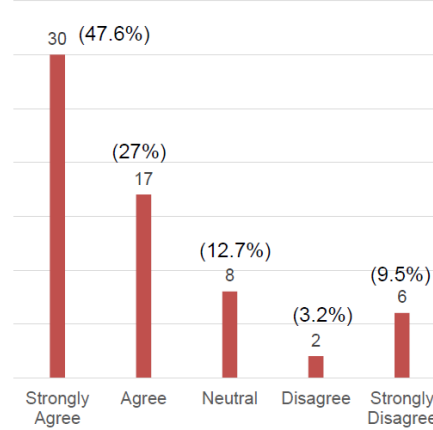
Appendix S: Student Satisfaction Survey

Please Indicate the Extent to Which You Agree or Disagree with Each Statement

My counselor understood my problems.

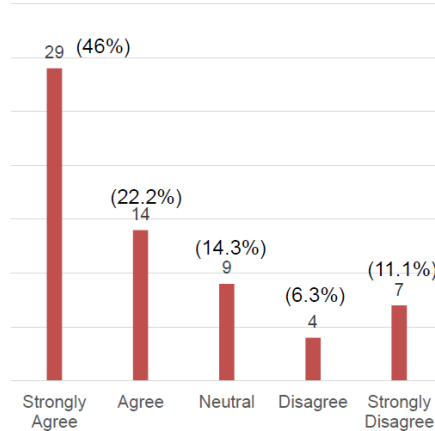


My counselor helped me identify ways to deal with my concerns effectively.

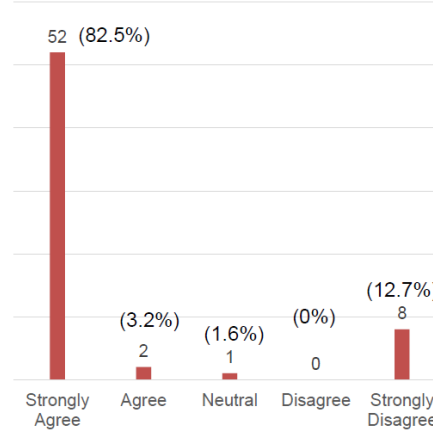


Please Indicate the Extent to Which You Agree or Disagree with Each Statement

Counseling added to my ability to cope with medical school pressures.



I believe all of my info was kept confidential unless permission given.

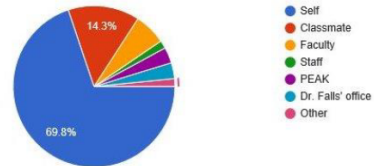
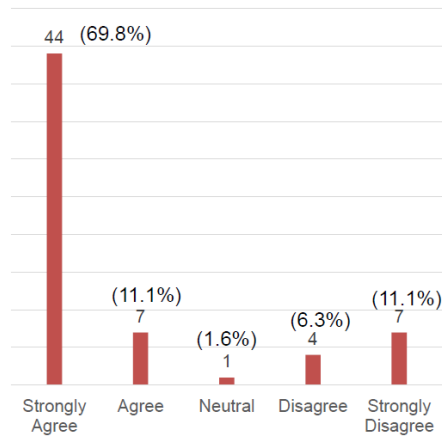


Appendix S: Student Satisfaction Survey

Please Indicate the Extent to Which You Agree or Disagree with Each Statement

I would encourage fellow medical students to use counseling services.

Please indicate how you were referred to personal counseling
63 responses



Recommendations from MSUCOM Personal Counseling Student Satisfaction Survey

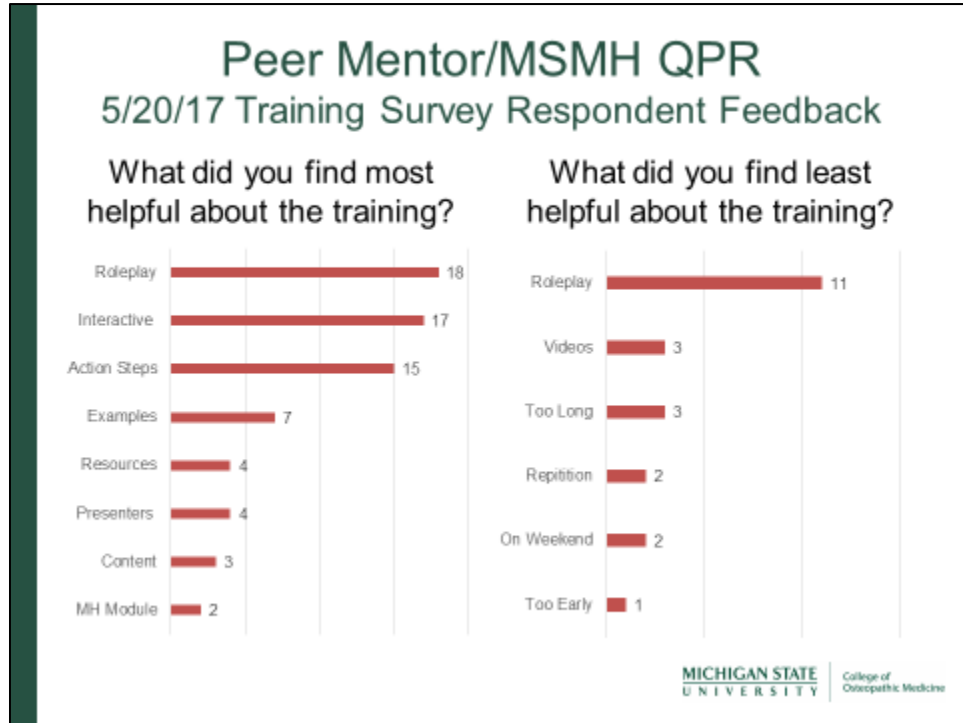
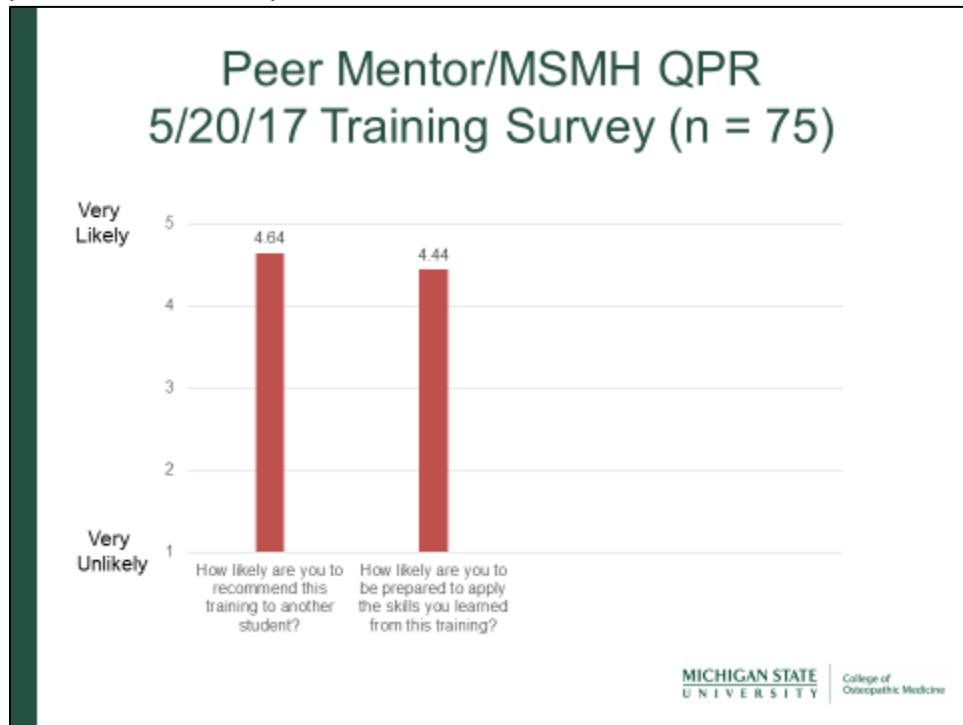
- Continue to improve student accessibility to timely professional services
- Improve on clarifying problem identification and student outcome expectations at first encounter
- While the survey data is encouraging questions from outlying students' scores and responses are essential to address:
 - What counselor x student factors can be identified to better aid students in getting the help and resources they need?
 - What student x school factors can be identified to better aid students in getting the help and resources they need?

Appendix S: Student Satisfaction Survey

Recommendations from MSUCOM Personal Counseling Student Satisfaction Survey

- Input from a small, albeit a most important, group were those students who reported dissatisfaction with services, Some key areas to address include:
 - Establishing an atmosphere of trust and accountability with students from the first encounter onward: This could entail counselor follow-up wellness contacts by e-mail or phone
 - Increasing office credibility/visibility through ongoing relationship building and working with various COM student organizations
 - Sending out future student surveys focused on identifying other types of mental health and wellness resources that may be better suited for the medical student population
 - Continuing efforts currently supported by the office of PC/HP to reach out to students at all three sites

Appendix T: Surveys for the Q-P-R Suicide Prevention Trainings

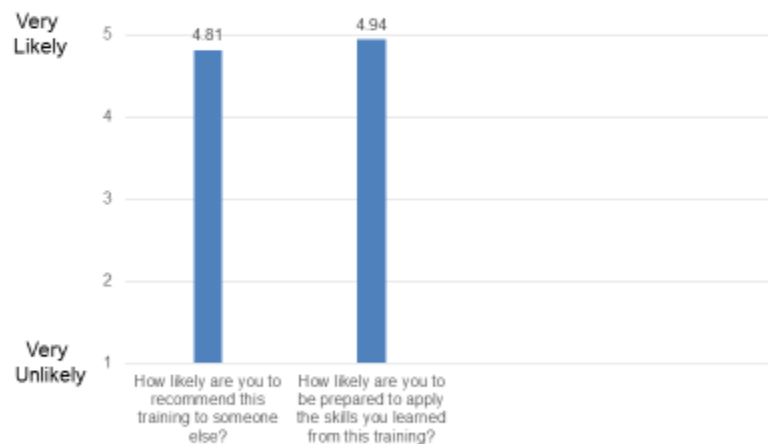


Appendix T: Surveys for the Q-P-R Suicide Prevention Trainings

Survey Respondent Suggestions

- Need to address the real issues why students are having issues
- Specific strategies to deal with burnout
- This training should be taught to all staff and students
- Training should be offered sooner (than second year)
- Include discussion of survivors of sexual assault
- More time for role play
- Shorten the length of the power points

MSUCOM Student Services Staff 5/24/17 Training Survey



Appendix T: Surveys for the Q-P-R Suicide Prevention Trainings

