

Southeast Technical College
Counseling Services
EXECUTIVE SUMMARY

Purpose:

Provide the School Board a description of counseling services available to students at Southeast Technical College along with numbers, trends and common counseling topics.

Highlights are as follows:

- Number of students seeking and engaging in counseling has steadily increased annually.
 - Offer a variety of counseling modalities with ease in scheduling.
 - Highly flexible scheduling based on student needs.
-

Administrative Recommendation to School Board:

To approve the Counseling Services report presented by Nicole McMillin.



SOUTHEAST
Technical College

Counseling Services

Nicole McMillin, MA, NCC, LPC, LAC, BC-TMH
Personal Counselor, Southeast Technical College

Credentials and Background

- Bachelor of Science in Allied Health:
Alcohol and Drug Abuse Studies/Psychology, Dec. 1995
 - Master of Arts in Educational Psychology and Counseling, May 1997
- Both degrees earned from the University of South Dakota, Vermillion, SD
- National Certified Counselor (NCC), April 1997
 - Licensed Professional Counselor (LPC) in South Dakota, Sept. 1998
 - Licensed Addiction Counselor (LAC) in South Dakota, April 1999
 - Board Certified-TeleMental Health Provider (BC-TMH), 2007

Additional Certifications

- Certified Mental Health Integrative Medicine Provider (CMHIMP): Nov 2018
Training Course: Nutritional and Integrative Medicine for Mental Health Professionals
- Certified Clinical Anxiety Treatment Professional (CCATP): April 2020
Training Course: Applied Neuroscience for Treating Anxiety, Panic and Worry

Additional Counseling Provided

Steve Herr, MS, NCC, LPC, BC-TMH

Disability Services Coordinator/Personal Counselor

Experience

- Turning Point now Volunteers of America Dakotas: 1997-2004
 - Individual and Family Services Specialist: 1997-1998
 - Inpatient Chemical Dependency Counselor: 1998-2000
 - Family Counselor: 2000-2002
 - Clinical Coordinator: 2002-2004
- Southeast Technical College: 2005 to present
 - Personal Counselor

Current Services Offered

Traditional: Face to Face/In-Office

- Individual Counseling
- Relationship/Couples/Marriage

TeleMental Health: Distance Based

- Text Based Counseling: via Email
- Telephonic Counseling
- Video Based Counseling: via Teams

Additional Services:

- Alcohol & Drug Abuse Services

Evaluation, counseling and/or referral and tracking for STC Biennial Report

- Student Consultation and Referral
- Instructor Consultation
- Preparation of Semester Counseling Reports for Fall and Spring Semesters (Fall reports include Summer numbers; Spring reports include Winter Break numbers)

Student Numbers & Trends Through the Years

- I began in 2005 and saw 33 students Spring Semester via individual face-to-face counseling and telephone counseling.
- In Spring 2006, I saw a need for email-based counseling based on the number of students requesting services and because of their inability to be on campus to receive services. To reach more students in the same amount of time, I began offering email counseling. Due to the popularity of email counseling, I sought out education to become a Distanced Credentialed Counselor (now called Board Certified-TeleMental Health Provider).
- I provided traditional counseling, telephone counseling and email counseling in the school years of 2006-2007 and 2007-2008. By the Spring semester of 2008, my numbers almost doubled to 61 students actively engaging in one or more forms of counseling.
- In the Fall of 2008, I actively counseled 73 students in-office, via phone and email, and began receiving requests for video-based counseling from students taking classes online or who lived further away from campus. I was able to add Skype video counseling in Spring 2009, which lasted only a few semesters as the standards of practice changed, disallowing most video platforms due to questions in confidentiality. I counseled 77 students in Spring 2009.

Numbers & Trends Continued

- In school year 2009-2010, I hit record highs for students engaged in counseling: Summer-18, Fall-87 and Spring-72 for a total of 169 students.

Recent School Years

2017-2018

- 170 Student Contacts
- 142 Students Actively Engaged in counseling

2018-2019

- 203 Student Contacts
- 155 Students Actively Engaged in counseling

2019-2020

- 221 Student Contacts
- 202 Students Actively Engaged in counseling

Current School Year: 2020-2021

- From the end of Spring 2019-2020 until the start of Fall 2020-2021, I actively counseled 21 students through Telehealth modalities and had contact with an additional 12.
- This school year I have been able to add video-based counseling via Microsoft Teams, and I continue to provide in-office, telephone and email counseling.
- As of 11-20-20, I have had contact with 82 students since the start of Fall semester and am actively counseling 59 of them.
- Summary for Current Numbers: May 2020 through November 2020, I have worked with 115 students and counseled 80.

Counseling Numbers

- I am in my 17th year of counseling at STC and have actively counseled 1,494 individual students.
- The total number of individual students that I have had at least one or more counseling interactions with has been 2,216 students.

Common Counseling Topics

School Related

- Stress related to school/work/life balance
- Time management, organizational skills, study skills, procrastination, internal and external motivation
- Test and/or performance anxiety
- Inability to focus and/or understand (comprehend) materials and assignments
- Disabilities affecting performance
- Career path issues (“I don’t know what I want to do with my life.”)
- Failing grades/program
- Conflict with peers and/or instructors
- Housing (on and off campus)
- Transportation
- Day-to-day finances
- Roommate stressors
- Homesickness
- Professionalism and boundaries

Self-Improvement

- Self-esteem/self-confidence
- Inability to identify and express emotions
- Ineffective communication skills
- Trouble with sleep/wake cycle
- Lack of physical activity
- Self-care (lack of hobbies, activities and interests; relaxation, hydration, nutrition)
- Transitioning and adjusting to change in life stage (high school to college, employee to student, parent to student...)
- Social functioning issues
- Overcoming fear of failure
- Managing the impact of social media on time, self-esteem and mental well-being
- (Un)comfortability with technology
- Nutritional counseling for mental health; nutritional counseling for weight loss for health and/or self-esteem
- Financial stressors and budgeting; job related issues
- Relationship issues
- Cultural issues

Mental Health

- Commonly seen: Anxiety, Depression, Social Anxiety, Panic Disorder, ADHD, Sensory Processing Disorder, Bipolar Disorder, Autism, Obsessive-Compulsive Disorder, PTSD
- Self-harm
- Suicidality (active and passive)
- Grief and Loss
- Sexual Assault and/or Domestic Violence
- Psychotropic medication need or management

Addiction Issues

- Alcohol and Drug Abuse or Dependence of self, partner, family member and/or friend
- Recovery Counseling and Relapse Prevention
- Gaming; screen time; gambling; pornography

Medical Issues

- Pain management; medication management
- Current health and/or chronic health issues affecting mental well-being and success

Referrals

- Legal problems: court mandated evaluation or counseling and involvement in any other legal situations or proceedings
- Financial and/or debt-related issues
- Unexpected and/or unwanted pregnancy; Options counseling
- Rape/Sexual Assault/Sexual Violence and/or Domestic Assault
- Dual Diagnosis (psychiatric and/or medical)
- If the issues are outside my area of expertise, scope of practice or need longer and/or more immediate attention, I refer students.
- Upon graduation or leaving STC and need further care, I refer students.

What Is Working for Students

- Free Counseling
- Easy, Flexible Scheduling
- Autonomous and Confidential Services
- Variety of Modalities
- Ability to address a wide variety of issues
- Ability to refer to other free campus resources
- Knowledge of local resources and referrals



southeasttech.edu