

MISSION

The Counseling Services mission is to foster wholeness for every student through caring relationships, cultural humility and integrated mental health services.

BY THE NUMBERS

Served **1,803** individual students
Provided **136** crisis appointments
Served **1,004** students with counseling interventions via Baylor Telehealth by Academic Live Care

KEY ACCOMPLISHMENTS

- International Accreditation of Counseling Services (IACS) – awarded full accreditation through 2031.
- APA Doctoral Internship in Health Services Psychology completed site visit as we seek reaccreditation.
- Hosted the Texas University & College Counseling Center Conference (TUCCCC) for 2nd straight year.
- Mental Health Ally Program: Launched this highly visible program that builds a network of allies across campus to reduce stigma, share resources, and be a part of Baylor's Caring Community for each other around mental health. Over 1,300 students/faculty/staff made this commitment to spread the word that Mental Health Matters.

GROUP SESSIONS

Group therapy is a powerful intervention to improve mental health - tapping the power of community and knowing you are not alone in the struggle. BUCC provided over **10 therapy/educational groups each semester**, including: Interpersonal Process, Creative Arts Process, DBT, Family Focus, Mindfulness, Trauma Recovery, Cultivating Confidence, Chronic Illness, Cha Cha Changes for Adjustment, ACT, and Living Life to the FULlest.

OUTREACH PROGRAMS

Connecting Across Campus: Provided **80 Outreach programs that reached 7,775 students**, including our 2 highly successful signature events on campus: **Mental Health Awareness Day (reached 1,000 students)** and **Hope, Peace, & Love (reached 500 students)**.

Helping save lives: We provided **QPR**, a suicide prevention training for laypersons to **524 individuals**.

HIGHLIGHT ON PROGRAMS AND INITIATIVES

Togetherall: Launched this peer to peer, anonymous, online mental health community for college students to offer a space for connection and belonging while supporting each other.

Giving Back: Established training site for future mental health professionals – including an APA-accredited Doctoral Internship, a Doctoral practicum in Psychology, and an internship in Social Work.

Baylor Telehealth by Academic Live Care: provides crisis services, face to face counseling, telehealth counseling, and telephonic counseling to students 24/7, across the U.S. and in over 200 countries.

MOVING FORWARD

- Hosting regional conference with a national speaker to connect counseling centers in supporting trauma recovery for college students.
- Conducting research on trauma recovery at a college counseling center and seeking a related grant or development funding.
- Developing creative ways to support disordered eating recovery on campus.