



# ACCREDITATION EVIDENCE

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2 0 2 1   A n n u a l   R e p o r t



# **WELLBEING & ACCESSIBILITY**

***WESTERN WYOMING COMMUNITY COLLEGE***



# New Location!



This year Wellbeing & Accessibility moved from its original location on the 2nd floor to room 1227. This move, long needed, addressed several long standing issues in regards to confidentiality, privacy, accessibility, records, storage, and safety.



With our move came a remodel to create a separate lobby that cannot be viewed from the hallway and with a check in window that allows for enhanced privacy when making or checking in for appointments. This also allows for separation of sound when counselors are in session. The remodel also addressed the need for an interior lobby area in which students can wait if in crisis or an extreme emotional state.



The current space allows W&A to offer support groups and group counseling services in a private and confidential setting. It also allows for privacy when the need arises to transport a student for more significant mental health assessment. Multiple exits are available for staff and student safety.



Wellbeing & Accessibility continues to offer free counseling sessions, although now limited to 15 per year to students (one of which is an intake session), unlimited groups and "re-treats", drug and alcohol free events and activities, accessibility and disability services, relaxation room, and prevention and education to the campus community.



In addition, W&A has added COVID case management services, peer mentoring, and hosting master's level internships to meet the needs of the campus and outreach locations.

Wellbeing & Accessibility would like to thank all of those who were so supportive of this move and the enhance services it provides for students.



*The antique windows on display in W&A were salvaged from the Wyoming State Hospital in Evanston. Originally known as the Wyoming Insane Asylum, the original structure was built in 1889 and was subsequently destroyed in a fire in 1917. These windows likely date to the early 1900's.*

*Facilities such as this housed those struggling with substance abuse, tertiary syphilis, intellectual disabilities and mental illness. Historically, abuse and maltreatment were alleged in many such facilities throughout the United States. Often the treatments that were offered are now considered cruel and unethical such as insulin induced coma, electroshock treatments, and lobotomies.*

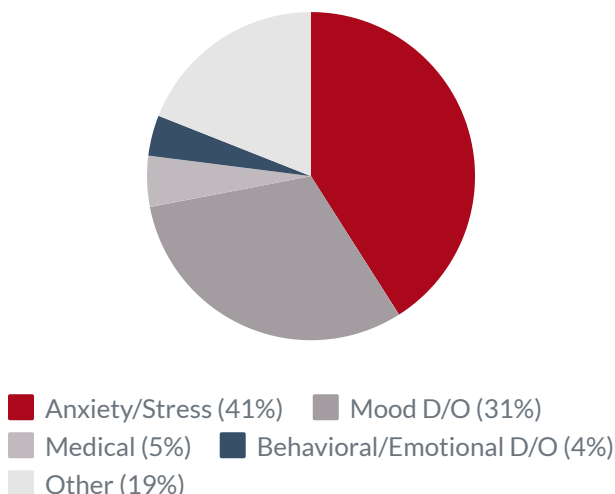
*We display these windows to honor those who endured mental illness and disability in a time where treatment was primitive and carried a great stigma. We look through these windows today and see a future full of hope; one where all people are treated justly with respect and dignity, recognized to have inherit worth and value, and have a future filled with promise.*

# 1 COUNSELING

## 20/21 Year 1 FT Counselor

- 579 Counseling Appointments Attended
- 32 Crisis/Emergency
- 7 Drug & Alcohol Sessions
- 311 Case Management Contacts
- 5.91 Average Appointments Per Client
- 22.58 Average Age

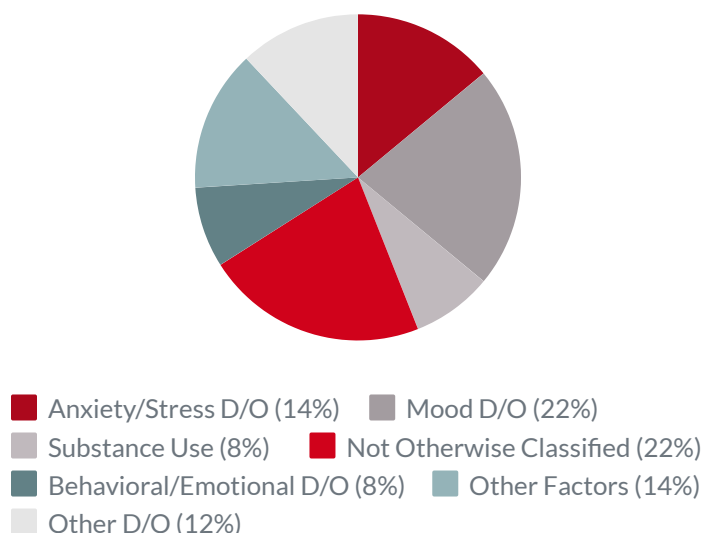
## 20/21 Top Diagnosis



## Current 8/23-Present 1 FT Counselor & 1 FT Intern

- 239 Counseling Appointments Attended
- 15 Crisis/Emergency
- 10 Drug & Alcohol Sessions
- 80 Case Management Contacts

## 21/22 Top Diagnosis



Jennifer Whitten, MSW Intern

Jennifer Whitten is an MSW Intern who joined our team in August through a cooperative placement with Louisiana State University. Jennifer will graduate in December with her MSW. She has been a tremendous asset to our office and student's this semester. We will miss her greatly. Congratulations to Jennifer!

CCAPS data shows that W&A pre/post change is above national average for distress, alcohol, frustration/anger, anxiety, and depression.



Haley Rawlings, PPC



Amy Galley, LCSW

# A Nationwide Crisis

College Mental Health has long been a rising issue on college campuses however this need has increased greatly as campuses continue to navigate the COVID-19 crisis. A number of studies have shown a significant rise in stress, anxiety, depression, suicidal ideation, and substance abuse during the pandemic with the largest increases being for adults ages 18-29 (Weissman, 2021). Many students are struggling from feelings of disappointment, isolation to significant mental health concerns. This has lead to counseling centers struggling to meet the unique needs and adjust to the increased demand for services. W&A is no different as diagnostic profiles have changed from the past several years as well as severity of symptoms.



## OUR SERVICES

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## EVENTS & ACTIVITIES

*Treat Yo' Self to Wellbeing Wednesdays @ Western*

Every Wednesday, Wellbeing & Accessibility offers a variety of events and activities geared towards education, prevention, and drug and alcohol free fun. Events offered throughout the year include LalaNoBooza, Stress Busters, Open Mic-Night as well as 'Re-Treats'. 'Re-Treat' events are fun and include a free prize or treat, but are focused on targeted wellbeing skills.



Campfire, S'mores, & Ghost Stories



CAMPFIRE AND GHOST STORIES HAS BEEN MOVED INSIDE!

COME SHARE YOUR SPOOKY STORIES IN THE ATRIUM!



LalaNObooza



Open Mic Night

## CASE MANAGEMENT, PEER MENTORING & SUPPORT GROUPS

# 3

### Case Management

With the addition of a case manager this year, W&A has been able to provide COVID case (260 contacts thus far for 21/22) management for students as well as general case management and follow up for students who receive W&A services.

### Peer Mentoring

In addition to case management, W&A has been able to offer peer mentoring this year. Peer mentoring involves a shared mental health experience that can help validate, support, develop a plan, and triage students who have an immediate need.

### Support Groups

The addition of the CM/Peer Mentor has brought us the ability to offer a general student support group. Students can share thoughts, feelings, and offer support to others. Although not a therapeutic group, this group is open to all students for an unlimited amount of sessions.

# 4

## PREVENTION & EDUCATION

- Drug & Alcohol Awareness Week
- Domestic Violence/Dating Violence Awareness
- Consent
- Mental Health
- Wellbeing
- Organization
- Self-Care
- Health
- Title IX
- Disability Awareness
- Bathroom Buddies/Informational Campaigns
- Participation in Sweetwater County Prevention Coalition
- You@westernwyoming.edu



Mya Boren, CM/Peer Specialist

Mya Boren, Case Manager and Peer Specialist joined the W&A team in July 2021. She comes to Western with years of experience working in the mental health field as well as supporting others by

sharing her lived experience. She has been tasked with COVID case management, mental health case management, prevention & education, peer mentoring, facilitating support group, and events and activities. We appreciate her knowledge, compassion, creativity, and enthusiasm.



Lyndsey Love, BS

## 5 ACCESSIBILITY & DISABILITY SERVICES

20/21 Year

- 285 Accessibility Intakes/Appointments/Contacts
- 7 Prospective Student Contacts
- 154 Unique Clients

- 157 Testing Accommodations
- 96 Classroom Accommodations
- 57 Adaptive Equipment Accommodations
- 7 Other Accommodations

Current 8/23-Present

- 178 Accessibility Intakes/Appointments/Contacts
- 29 Prospective Student Contacts
- 166 Unique Clients \*includes COVID

- 95 Testing Accommodations
- 54 Classroom Accommodations
- 32 Adaptive Equipment Accommodations
- 1 Other Accommodation

### WDE Audit

Accessibility Staff worked in cooperation with auditors from the Wyoming Department of Education to assure compliance with state and federal laws regarding CTE programming and non-discrimination for persons with disabilities.

## Western Accessibility Council

Within the last year the Accessibility staff worked to form and implement the Western Accessibility Council. This group has developed a five year plan which addresses training & education; programs; facilities & fleet; policies, procedures & process; and Technology & 508 compliance.

Members include Torie Bertagnolli, Dustin Conover, Britney Lewis, Lyndsey Love, Kimberly Rembacz, Stacie Lynch-Newberg, Jennifer Moore, Burt Reynolds, Deborah Baker, Tammy Register, Amy Galley, Derek Robinson, Alex Nelson, and Russ Bates, Sarah Bryant, Heidi Currutt, and Connie Archuleta.

## CUSTOMER SERVICE & OFFICE OPERATIONS

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Customer service is of the utmost importance to Wellbeing & Accessibility and the first person to greet students and employees with their friendly and warm demeanor is Torie Bertagnolli. Torie joined the W&A team in April and her passion for helping others, creativity, and organization are an asset to everyone within the office. She previously worked for the Children's Center but is a perfect match for W&A. She has been active on the FAST Fund at Western and recently volunteered to be the paraprofessional representative on Senate.



Torie Bertagnolli, AA





## GOALS FOR FUTURE

### DATA

Wellbeing & Accessibility are in process of collecting our annual data to determine and track effectiveness of services. This includes CCAPS and drug/alcohol violation comparison, customer service surveys, and persistence data.

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### ADDRESS INCREASING NEED

With increased mental health needs, severity, and concerns across the nation, W&A will need to plan to address the increased need at Western in the future.

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### ADDRESS REMAINING OFFICE ISSUES

Just a few minor adjustments need to be made to completely bring our office up to date.

***Thank you to all of W&A staff but particularly Haley Rawlings and Lyndsey Love for all of their hard work and dedication to students through times with low staff, COVID, an office move, and renovation.***