Executive Summary (1600 character limit, approx. 250 words or less)

The following request contains items that will allow the UW Bothell Counseling Center to provide continued SAF-allocated services to support the mental health of a growing and diverse student population. The request includes salary for staff to support the general UW Bothell student body through the work completed within the department.

Need for Program (1600 character limit, approx. 250 words or less)

To maintain excellent service to students, it is imperative to keep staffing and operational costs at a level that meets increased student needs. The Counseling Center consists of approximately 5 professional mental health service providers and serves the entire UW Bothell student body. For this proposal, funding is requested for two positions. The Director of the Counseling Center is a full-time professional position, partial salary. The Psychologist is a full-time professional, full salary.

Is this a new request? No

Strategic Plan (1000 character limit, approx. 150 words or less)

"○ The Student Affairs Division as a whole is under and ongoing process of evaluation and change to meet the developing student needs at UW Bothell. The Counseling Center provides services that are key to achieving these goal. The key goals over the next five years include:
  ■ Data driven decision making (and consistency in assessment across the division)
  ■ A wholistic student focus & support for the changing needs through the journey – enrollment to graduation & alumni (combination with Dept of Enrollment Management)
  ■ Equity & inclusion
  ■ Academic collaboration & structural integration in the curriculum
  ■ Community building
  ■ Mental health support
  ■ Student personal discovery
  ■ Professional development
To do this work, we need the resources to reasonably and sustainably provide the essential support our students need and deserve. Future direction of the division will continue to place students first regardless of what operational or structural changes occur. Ideally, if permanent
funding becomes available, the long-term goal would be to move Counseling Center staff off of SAF funding. "

Assessment (1600 character limit, approx. 250 words or less)

"○ Success will continue to be measured by the (1) number of students who attend appointment, events, workshops, or receive services from the Counseling Center, (2) surveys of student satisfaction with events, workshops, and services, (3) learning outcomes from students involved in events, workshops, and services
○ The Counseling Center has made strategic efforts to de-stigmatize help seeking, educate students about the benefits of counseling, and create connections with BIPOC and other minoritized students. Counseling Center data indicates an increase in the number of students who seek counseling and that BIPOC and queer identified students are seeking services reflective of their overall enrollment. "

Salary Positions

"○ Director of Counseling (partial salary): Provides individual counseling, workshops to students and campus partners. This position conducts outreach to minoritized students and advocates for mental health equity and inclusion for BIPOC, LGBTQ, first generation college, and low-income students. $42,479
○ Psychologist (full salary): Provides Drop-in counseling for students in distress or with an urgent concern, individual/group/couples counseling. Provides workshops and class presentations regarding mental health and well-being. The Counseling Center has made strategic efforts to de-stigmatize help seeking and educate students about the benefits of counseling. These efforts have been effective, more UWB students are seeking counseling.

2013-2014: 1384;
2014-2015: 1812;
2015-2016: 2080 (fourth counselor);
2016-2017: 1881;
2017-2018: 2877 (fourth 5counselor);
2018-2019: 2680;
2019-2020: 2655 (fourth counselor, decrease occurred when counseling went remote);
2020-2021: 2797.

The data indicates that when more counselors are employed, more counseling is provided (15-16 & 17-18). That trend was on track for 19-20 as well until the pandemic and the move to remote counseling. Sept. 2019 – Feb 2020 was up 9.2% in service delivery over 2018-2019. Spring quarter 2020 showed a decline of 24% compared to Spring 2019. When the Counseling Center only has 3.0 FTE (current funding) a wait list of 2 – 3 weeks occurs at the end of each
quarter. The Counseling Center needs secure, ongoing funding for counselors to meet the need for services.

SAF funds 43% of the UW Seattle Counseling Center budget.

National data indicates that counseling center at universities of 5,001 – 7,500 students get 46% of their budget through SAF. Continued funding for the requested psychologist would bring SAF to 27.5% of the counseling center budget. $107,549"