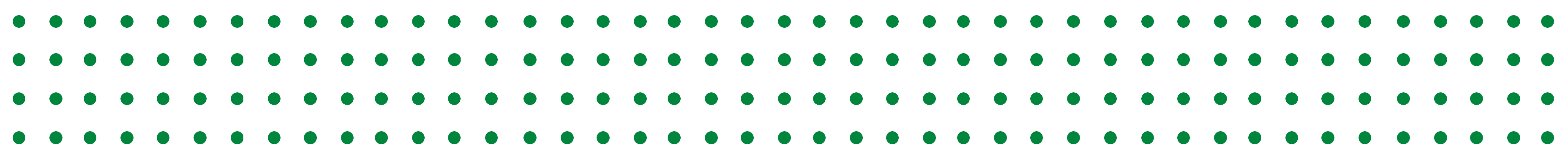




**Counseling and  
Testing:  
An Overview of  
Services**  
**Tamara Knapp-Grosz,  
Ph.D.**  
**Senior Director**

 **COUNSELING  
& TESTING**  
Division of  
Student Affairs

**UNT**<sup>®</sup>



# **Our Goals Today**

**Update about Counseling Services  
Facts and Fiction**

## FACT OR FICTION

Students receive 8 counseling sessions.

FICTION

**Fact:** There is no set session number. Students and Clinicians form individualized care plans together.

## FACT OR FICTION

Fact!

CTS offers brief short term individual therapy.

Students across the country and at CTS utilize 4 sessions on average for individual counseling. Groups and workshops are unlimited. We have the ability to see some students for more long term therapy on a case by case basis.

## FACT OR FICTION

CTS has a 6-month waitlist.

FICTION

Fact: CTS hasn't had a waitlist in over 4 years.

## FACT OR FICTION

CTS refers most students to community therapists.

FICTION

Fact: CTS refers less than 10% of our students to outside resources. Case managers assist with higher level of care or long term referrals when needed.

## FACT OR FICTION

Fact!

CTS has daily drop-in workshops.

Workshops cover common student concerns like stress management, social anxiety, and time management. 19 different workshops/groups are offered this semester weekly. Specialized additional workshops available as well by request.

## FACT OR FICTION

CTS does not provide intervention services.

FICTION

**Fact:** Clinicians are available for same-day crisis assessment during our operating hours. After-hours students may speak with a live counselor (Protocall) and CTS are back up for face to face assessments as needed



## FACT OR FICTION

Fact!

According to the National College Health Assessment the top 4 factors impacting academic performance are mental health related.

Stress 34%

Anxiety 27.8%

Sleep Difficulties 22.4%

Depression 20.2%

## FACT OR FICTION

Fact!

CTS has self-help options for students, faculty and staff.

Self-help options are available for students, faculty and staff  
with our TAO Program. [Tao.unt.edu](http://Tao.unt.edu)

## FACT OR FICTION

**FACT!**

**UNT students are satisfied with services!**

81.4% of students report the services received at CTS helped them stay enrolled at UNT (65% nationally)\*

92% of students reported services received by CTS helped maintain academic performance at UNT (66.8% nationally)\*

97.5% of students report that the counseling received improved the quality of their college experience

**\*2018 Association for University and College Counseling Directors Annual Survey**

## How Can Faculty Help Students in Need?



- Consider adding resources to your syllabus
- Normalize help seeking behaviors
- Refer to Self-help and workshops for personal growth
- Consider having entire team trained in QPR
- Notice and connect isolated students
- Look for changes in behavior and refer early
- Consult with Counseling and Testing, Care Team and Office of Disability Access

# Contact Info

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**Counseling and Testing Services**

**Chestnut Hall, Suite 311**

**(940) 565-2741**

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**<http://studentaffairs.unt.edu/counseling-and-testing-services>**



**@UNT\_Counseling**

**Tamara.knapp-grosz@unt.edu**