



I. Summary of Program

The Professional Counseling Program's personnel at the end of academic year 2019-2020 totaled seven core faculty, one Coordinator of Programs, Labs and Accountability and one administrative assistant. Our adjunct faculty includes two CACREP trained counselor educators, and a doctor of pharmacy. The program accepted 52 students from an applicant pool of 56, and 49 of those began the program. The bi-annual New Student Orientation, sponsored by Simmons First Bank, commemorated the students' entrance into the profession of clinical mental health and professional school counseling. We had 101 students in seats this year. Our student body is currently 62% female and 38% male, 87% white with African American, Asian, Hispanic, American Indian, Foreign National, and other making up the remaining 13%. We have three students who are active duty military or veterans (2 female, 1 male).

II. Faculty Achievements

Faculty in the program made over 83 presentations, attended over 27 professional meetings, served on 4 University committee, and served on 2 state committee. A faculty member served as Vice Chair for Searcy Children's Home, Sparrow's Promise. One faculty received the Teacher Achievement Award from Harding University. One faculty member was elected president of the Arkansas Association of Counselor Educators and Supervisors. One faculty member was promoted to Associate Professor and another was promoted to Professor.

Faculty Presentations Included:

- "Current issues in Technology Assisted Counseling and Supervision Part 2"
- "Creating an Ethical Supervision Environment."
- "Chi Sigma Iota Mental Health Panel"
- "Mental Health stigma and working with Depression"
- "Delivering Catastrophic Medical News in a Compassionate Manner"

- “Prepare-Enrich Certification Training”
- “Protecting our Love for a Lifetime”
- “Fear Can Be Confused As Other Emotions”
- “Suicide Prevention Week”
- “Family Traveling Tips”
- “Anger Control Lessons from Angry Birds”
- “Step-Parenting”
- “Dealing With Your Own Monsters”
- “Fright Month Pt 1”
- “Fright Month Pt 2”
- “How Not to Date a Jerk”
- “How Your Dad can Affect Future Relationships”
- “How to Handle Your Quirky Family”
- “How to Have an Emotional Conversation with Your Emotionally Distant Father”
- “5 Good Reasons to Hire Older Workers
- “6 Ways to Tell If Someone's Lying”
- “Setting Goals for the New Year”
- “How to Search for your Birth Family”
- “Family Christmas: Nothing Goes as Planned”
- “Lessons from Favorite Christmas Movies”
- “Early Warning Signs for Serial Killers”
- “Brain Chemistry and Attraction”
- “God Teaches Us How to be Good Good Fathers”
- “How to Exit a Dysfunctional Family”
- “What Kids Learn from Playing Sports”
- “Men and Women are Different”
- “Healthy Touch in Families”
- “Reasons NOT to Give Up”
- “Friendship Takes Work”
- “Sexuality in Different Cultures”
- “Teaching Kids Kindness”
- “Difference in Genders”

- “Unity in Diversity
- “Celebrate Your Heritage”
- “Stir Crazy Stress”
- “Uncertain Times”
- “Ministers Investing in Family”
- “Teaching Kids Perseverance”
- “Covid Stress”
- “Digital Calm”
- “Counseling Ethics I”
- “Counseling Ethics II”
- “Stir Crazy Stress”
- “Bullying”
- “Handling Covid Home-School Stress
- “Random Acts of Kindness”
- “Military Appreciation Month: How to Say THANK YOU”
- “Covid May Make You Feel More Annoyed with Those You Love”
- “Tips for Connecting with Kids”
- “Inside Out: All the Emotions are Important”
- “Small Acts of Kindness are Huge”
- “How to Teach Kids About Diversity”
- “How to Begin Thinking Outside the Box
- “Covid Lessons to Learn from Being “STUCK””
- “How to be a Great Caregiver”
- “Diversity Messages from Hamilton”
- “Psalms of Deep Emotion: All the ‘Feels” are OK”
- “Empowering Teen Girls”
- “What a Home Improvement Project can Teach You About Relationships”
- “What to do with Gifted Children”
- “Spiritual Principles in Advocating for Justice”
- “The Trauma Informed Classroom”
- “Managing Conflict, Crisis and Self Care, Avanti Italia Orientation and Training Workshop”
- “Vicarious Trauma in Supervision”

- “A Paradigm Shift in Treatment: The 3 Core System”
- “Mental Health Change Initiative Networking”
- “Students having Academic Difficulty and How We Work Effectively with Them”
- “Mindfulness as a Part of Cognitive Behavioral Therapy”
- “Psychological 1st Aid”
- “Stress Pathways: Anxiety or Resilience”
- “Mental Health Issues on College Campuses”
- “Catastrophic News Delivered Compassionately”
- “Insight into Trauma in the Classroom”
- “Dealing with Crisis: Trauma Surrounding Death and Disaster”
- “An Effective Response Model for School Crises”
- “Understanding Self & Others thru MBTI”
- “Understanding Poverty: Experiential Approach”
- “An Interprofessional Experience: The Case Study of Connor”

Workshops, Professional Meetings, and CEs attended Included:

- ACA National Conference
- ArCA Conference
- ArACES Mid-Winter Conference
- Arkansas Counseling Association Leadership Institute
- TNAMFT
- Counselor Education in the State of Tennessee
- Internal Family Systems
- “ADHD, Disinhibition and Addiction”
- "Addressing Body Image from a Dietitian’s Perspective"
- Introduction to Experiential Therapy
- Ethics with Substance abuse Clients
- Processing Racial Trauma in White Spaces Part 1
- Processing Racial Trauma in White Spaces Part 2
- Introduction to Dialectical Behavior Therapy
- Introduction to Equine-Assisted Therapy
- Psycho-Spiritual Boundaries and Supervision
- Brainspotting: Phase 1 and Phase 2

III. Program Achievements

The program was once more involved with community events, recognitions, and trainings. The program continued to see growth in the 2019-2020 school year. The counseling program's Advisory Committee, which is comprised of representatives from Unity Hospital, University of Arkansas Medical School, Searcy Children's Homes, regional schools, clinical mental health agencies, and a county judge met in October and were given an update on all that had been accomplished across the year. Discussion included topics such as addressing the mental health needs of students in K-12 schools by use of practices such as trauma informed classrooms, helping better prepare parents whose children have mental health needs, & mentoring for fathers. Activities reported included continued cooperation with military veterans' services through the Birdwell Foundation, Interprofessional Experiences, and discussion on ways to meet our students needs such as having all degrees at 60 hours with Ed.S. allowing for additional licensure to meet career goals.

Speaker Liz Murray, author of *From Homeless to Harvard* was co-sponsored by the program. Her presentation and discussion on the role of mental illness in the homeless population was offered to the institution and community as well as a reception for select stake holders. In continued partnership with the Elliott Foundation, a seminar was provided on Understanding Depression and depression screenings were given on campus and in the Searcy community.

The program's Chi Sigma Iota chapter sponsored a community wide presentation by the author of *Overcoming the Blues*, Dr. Ryan Frazier who spoke at the presentation. The chapter also started a mental health-oriented podcast and hosted a mental health panel discussion during the Fall semester. The first induction ceremony using teleconferencing was held due to COVID 19, but students were still inducted.

The Rogers site of the Professional Counseling program offered or sponsored several trainings for the community in conjunction with community agencies including "Ethics and Technology: reviewing fundamentals, risks, and best practices", "Emotionally Focused Therapy: Core skills", "Quarantine Stress", and "Uncertain Times and Emotions".

The Memphis site of the Professional Counseling program continued offering community trainings including “Addressing Body Image from a Dietitian’s Perspective”, “Introduction to Experiential Therapy”, “Ethics with Substance abuse Clients”, “Processing Racial Trauma in White Spaces”, and “Introduction to Dialectical Behavior Therapy”. In addition, monthly CE meetings are held for counseling professionals on that site as a part of collaborative work and outreach in the Memphis community. This continued through March with a virtual meeting once face to face meetings were no longer possible.

In November, all core faculty presented at the annual Arkansas Counseling Faculty and students attended the Arkansas Counseling Conference and multiple program counseling graduate students presented poster sessions of their research or worked as conference volunteers. In February, 2020, four faculty members attended and participated in Arkansas Counselor Education and Supervision conference. Three core faculty were presenters at the request of the conference organizer. One faculty member was nominated and elected president of the Arkansas Association of Counselor Educators and Supervisors. The unit director was replaced by a current program student as president of the Arkansas Military and Government Counseling Association.

Inter-professional experiences were provided. Students and faculty participated in an ongoing inter-professional experiential (IPE) collaboration with the Health Sciences programs on campus for collaborative case studies. The Professional Counseling program was active in leadership in both fall and spring IPE activities with faculty acting as emcees and discussion leaders and multiple students serving as round table facilitators. The spring IPE was shifted to an online format due to COVID 19.

The Professional Counseling program had planned to team with the Health Sciences, Public Safety, local law enforcement, paramedics, and the hospital in April for the annual Disaster Drill on campus however this was canceled due to COVID-19

Academically, the program has continued to prepare for reaccreditation and preparation for adherence to the new 2016 standards. The marriage and family therapy program has begun to be integrated with the clinical mental health and school counseling entry level

specialty areas as it prepares for initial accreditation.

It is important to note that the COVID 19 pandemic did create some challenges for the program and its students. Due to institutional and state policies, classes were shifted to an online format in March of 2019. Fortunately, the program was able to adapt to the challenges and migrated to online delivery with very few significant issues. Students were also able to meet required practicum and internship standards for client contact thanks to a quick telemental health orientation and training resources. In addition, attendance and presentations at national conferences were canceled due to the pandemic.

IV. Counseling program/student outcomes

In 2019-2020 academic year, 100% of Professional School Counseling candidates from the Professional Counseling program who took the Praxis II School Counseling Exam 0421 (which measures knowledge and skills and is required for licensing in School Counseling) made a passing score. In the 2019-2020 academic year, 100% of Clinical Mental Health Counseling candidates from the Professional Counseling program who took the National Counselor Exam (NCE) or comprehensive exam assessing knowledge, skills, and abilities made a passing score (which is determined using the Angoff formula) on first attempt.

The program had 10 students graduate in December 2019, 18 students graduate in May 2020, and 3 student graduate in July 2020. Completion rates are currently at 88% for clinical mental health students and 84% for school counseling students. Current program job placement rate for the last year, defined as the number of students who, within six months of receiving their degree have obtained employment in the field they were trained or a related field, is 90% for clinical mental health and 84% for school counseling. Note that jobs in school counseling were depressed due to COVID-19 and the shift to online education.