

**Official Report**  
**Clinical Mental Health Counseling**

MEMO TO: Current CMHC Students, CMHC Program Faculty, Administrators, Personnel in Cooperating Agencies and the Public

FROM: Dr. Mark Schwarze, Director, Clinical Mental Health Counseling Program

DATE: June 30, 2017

SUBJECT: CMHC Official Report

This Official Report of the Clinical Mental Health Counseling Program (CMHC) is being distributed in compliance with CACREP Standard I.AA.6. The CMHC Program has fully implemented a Comprehensive Assessment Plan (CAP). The CAP details both the continuous systematic CMHC Program Evaluation as well as the assessment of student learning outcome processes.

The continuous systematic program evaluation collects data from follow-up studies of CMHC graduates, CMHC employers and site supervisors. Also, results from the Counselor Preparation Comprehensive Examination (CPCE) are analyzed. XiTracs is utilized in monitoring measurable CMHC program goals and objectives.

The assessment of student learning involves collecting data on each individual student and includes the learning demonstrated in each course, scores on the comprehensive examination and learning assessed in Internship where the knowledge/skills needed to become a clinical mental health counselor are evaluated using the Internship Checklist and Counselor Competencies Scale-Revised (CCS-R).

In the Fall of 2016 and Spring of 2017 on the CPCE, all CMHC students received a passing score and the CMHC average score was above the national average in each category.

In the Fall of 2016 and Spring of 2017 on the National Counselor Exam (NCE), all CMHC students received a passing score and the CMHC average score was above the national average in each category.

Based on the outcome of the systematic CMHC program evaluations, the following program modifications have been made:

- ◊ Increased Program Orientation Components
- ◊ Increased formal programmatic reviews of students to three
- ◊ Redesigned the process for students to be granted candidacy
- ◊ Added group interviews as part of the admission process
- ◊ Hosted regular meetings with practicum and internship site representatives and CMHC students

Results of the Spring 2017 Alumni Survey are below and CPCE score reports are attached to this Official Report. Additional information about the CMHC program can be found at <http://cmhc.appstate.edu>

**Tell us about your academic experiences in the Clinical Mental Health Counseling graduate program:**

#	Question	Strongly Disagree	Disagree with reservations	Agree with reservations	Strongly Agree	N/A	Response	Average Value
1	The academic demands upon me while in this graduate program were appropriate.	-	1	6	22	-	29	3.72
2	I was allowed to express divergent points of view.	-	-	5	24	-	29	3.83
3	I believe that I received fair and equitable grades in this department.	-	-	4	25	-	29	3.86
4	If I could chose my graduate school again, I would choose ASU.	1	2	6	20	-	29	3.55
5	My graduate program provided me with good preparation for my professional work.	2	1	16	10	-	29	3.17
6	HPC had a humanistic/holistic environment characterized by mutual respect and concern between students and faculty.	-	-	5	24	-	29	3.83
7	I would advise a friend with similar interests to come into this program.	-	1	8	20	-	29	3.66
8	My program offered an appropriate balance between theory and practice.	1	4	13	10	-	28	3.14
9	I learned a great deal as a student in my program.	-	-	8	21	-	29	3.72
10	My program provided sufficient opportunities for my personal/professional growth and development.	-	1	11	17	-	29	3.55
11	Faculty members generally were well prepared for their courses.	-	1	5	23	-	29	3.76
12	I gained the clinical skills needed to be effective in my work.	1	4	11	13	-	29	3.24
13	My program provided an appropriate balance between experiential and academic learning.	-	4	8	17	-	29	3.45
	Faculty availability to							

**Are you currently employed in the counseling field?**

#	Answer	Bar	Response	%
1	Yes		20	74.07%
2	No [Please indicate reason here:]		7	25.93%
	Total		27	100.00%

**No [Please indicate reason here:]**

- Academic Advising
- NBCC ethics hold on license
- Health reasons
- Between jobs... Trying to be self employed
- Was not able to find a job in my area/ did not feel prepared to go into the field and did not feel supported post

**If yes, what is your current position or title? Please indicate full time or part time.**

**Text Entry**

Vaya Health, MHSU Care Coordinator, full time

School-based Child and family therapist, full time.

Full Time; Outpatient Therapist

SAIOP Team Lead Full-time





Clinical Director, full time

Full time licensed substance abuse counselor

Counselor, full-time, temporary

Full Time Chemical Dependency Outpatient Therapist

## What professional credentials do you currently hold?

#	Answer	Bar	Response	%
1	NCC		19	76.00%
2	LPCA		14	56.00%
3	LPC		9	36.00%
4	Others:		10	40.00%
	Total		52	100.00%

### Others:

LCAS  
 LCASA  
 LCASA  
 LCAS  
 LCAS CCS

**Employer's name and address:**

**Text Entry**

Vaya Health 200 Ridgefield Court Suite 206 Asheville, NC 28806

Meridian BHS Sylva, NC

Catawba Valley Behavioral Healthcare. 327 1st Ave NW, Hickory, NC 28601

RHA Behavioral Health 356 Biltmore Ave Asheville, NC 28801

Strategic Behavioral Center

First Step Services 211 E Six Forks Rd Ste 117 Raleigh NC 27609



McLeod Addictive Disease Center 150 Den Mac Drive Boone, NC 28607

Wake Forest Baptist Health Department of Psychiatry & Behavioral Medicine 791 Jonestown Road Winston-Salem, NC 27103



State Employees' Credit Union

UNC Student Wellness Center Office of Student Wellness, Suite 1310 SASB South 385 Manning Drive, Campus Box 7475 Chapel Hill, NC, 27599

**Are you currently employed in an integrated care setting? (Working with doctors, nurses, and/or psychiatrists)**

#	Answer	Bar	Response	%
1	Yes		16	61.54%
2	No		10	38.46%
	Total		26	100.00%

**Are you currently working with at-risk children, adolescents, and/or transitional age youth (age 18-21) and their families?**

#	Answer	Bar	Response	%
1	Yes		15	57.69%
2	No		11	42.31%
	Total		26	100.00%

### Are you currently under supervision for licensure?

#	Answer	Bar	Response	%
1	Yes [Supervisor's name and title:]		13	48.15%
2	No		14	51.85%
	Total		27	100.00%

#### Yes [Supervisor's name and title:]

Kim Franklin, Licensed Psychologist

Jay Ruebel

Dr. Allyson Matt, staff psychologist




Dr. Christina Rosen, LPCS and Dr. Karen Williams, LPCS

Jodi Geis-Crowder, LPC. Note: all fully licensed clinicians at Peak have regular supervision provided by our

### If under supervision, does your employer provide the supervision?

#	Answer	Bar	Response	%
1	Yes		11	42.31%
2	No		4	15.38%
3	I am not currently under supervision.		11	42.31%
	Total		26	100.00%

**If under supervision, do you pay out of pocket for supervision hours?**

#	Answer	Bar	Response	%
1	Yes. (Please enter amount)		3	11.11%
2	No		10	37.04%
3	I am not currently under supervision.		14	51.85%
	Total		27	100.00%

**Yes. (Please enter amount)**

\$70

45

~\$120/month triadic

**My current salary is:**

#	Question	Responses	Mean
1	Salary in thousands	27	36.41



**Which of the following statements best describes your satisfaction with your current position?**

#	Answer	Bar	Response	%
1	I am pleased with this position and plan to remain in it for several years.		14	53.85%
2	I am somewhat satisfied and will probably remain in this position for several years.		7	26.92%
3	I am somewhat satisfied but will seek a better position in the near future.		3	11.54%
4	I am completely dissatisfied and will leave this position as soon as possible.		0	0.00%
5	Other: please specify		2	7.69%
	Total		26	100.00%

**Other: please specify**

I am fairly pleased with this position, but it is temporary

In transition

**Which of the following best describes your experience in seeking your first position after graduating from this program?**

#	Answer	Bar	Response	%
1	I was already in a position in the field or had one offered to me prior to graduation.		9	34.62%
2	I found work closely related to my graduate training within 6 months of graduation.		14	53.85%
3	I did not find work closely related to my graduate training within 6 months of graduation though I tried.		2	7.69%
4	I might have found a position had I been willing to relocate.		0	0.00%
5	I did not seek work related to my training.		1	3.85%
6	Other: please specify		0	0.00%
	Total		26	100.00%

Other: please specify

Please comment on the one or two aspects that you consider to be the greatest strengths of your graduate program:

Text Entry

DSM clinical training Expressive arts experientials Substance Abuse Certificate

The level of support I received from faculty and staff, both personally and professionally as well as the encouragement to challenge myself and my beliefs along with improve my work ethic were some of the greatest strengths of the ASU CMHC program.

Relationships built by the faculty

Experiential with hands-on projects, activities, and discussions. Faculty with a lot knowledge and experience.

Great Electives, Holistic thinking, experiential, wonderfully wise, loving and caring faculty

The experiential components of all the classes and the availability of multiple certificate programs.

The diversity of course work and supervision during practicum/internship

Most professors were engaged and offered good opportunities for learning, were accessible Program offered expressive arts therapy training

ASU CMHC's focus on students and their compassionate approach were both outstanding. Professors and administrators seemed genuinely interested in facilitating student success. As long as the student did his or her part to do the work, the professors and administrators were more than willing to accommodate.

The Faculty were very caring while I was there. The program offers expressive arts training.

Please comment on the one or two least satisfactory aspects of your graduate program.

Text Entry

No training on the healthcare system at large, different MH services offered. Program provided the theory but not the "real world," "day-to-day" reality of clinical counseling.

I wish there were a class that focused more on how to do billing, how to navigate getting paneled with insurance companies, and other aspects of running a private practice.

Faculty transitions/ leaving the program

Finding a fitting internship for one's career interests and area of specialties that a student is planning to go into as a counselor.

Not enough technical or professional, work-related knowledge especially in relationship to counseling administration, governing health bodies in NC such as MCOs, working with managed care, credentialing process how tos, LOCUS assessments, justifications, popular services at different levels of care for medicaid clients, PCPs, and service definitions. Secondly, not enough technical knowledge on how to diagnose clients. There was theoretical knowledge, principles, and basics of diagnoses taught but not techniques on how to most efficiently go about realizing a diagnosis.

The adjunct professor that I had for groups counseling was not up to par and missed several classes. I never understood how she could grade us on facilitation and never see some of us do it.

We had little feedback on our professional disclosure statements in our legal & ethics class. But I believe that has since been addressed and resolved.

Program is not transparent/informative about the fact that graduates will be underemployed or will struggle to find related employment for several years post-graduation until they obtain full licensure. Financial burden has been much greater than expected because of this Redundancy and/or lack of depth in certain courses (intro to cmhc course, ethics, career, especially) wastes time that could be used over the course of the program to gain other important skills (in family/couples work or addictions, for example) without necessarily having a concentration in that area

I felt more guidance might have been beneficial. I concentrated on addiction studies, my desired area of practice after graduation, but wish I'd been steered toward some of the other disciplines during the course of graduate school. Once in practice, I felt underprepared to address patient concerns about mental health issues. My addiction counseling competency was solid, but my general mental health counseling capacity was not. This is primarily my fault; I'm not blaming my advisor. I hope, however, future generations of students will be encouraged to become more well-rounded in their studies. It did not serve me well to be so one-sided.

Expectations were reasonable and I enjoyed my experiences in class. The faculty really care about what they do.

**Other comments regarding faculty, curriculum, etc:**

The curriculum needs work with regard to practicum and internship. There is not enough education about trauma in the curriculum. We needed more guidance about what to do and when it needed to be done. My practicum and internship experience was not up to par, and I had to find my own placement (not the case with other similar programs in the state). Other comparable programs have better placement options and a more organized way of ensuring that all students in the program get a prescribed level of experience that prepares them for the professional world. There was not a coordinator for practicum and internship and it felt very disorganized and lacked consistency.

Well, my primary professors were Keith, Gerry, Jack, Sally, Hakan and Kristina. I think only Galvin and Miller are still there. I learned so much from all of them. I will say, that as unorthodox as Jack was, his teaching about family systems comes into play all the time in very practical ways, and ironically, maybe more practical than all the other learning I received--even though students may not be able to see that at the time. Being intentional about teaching good skills, family systems and watching an extremely skilled clinician work and explain, is something I would encourage HPC to continue.

As I have said many times before (and will continue to say!): I would not have traded this program for any other program in the universe. Other strengths of this program that I experienced included its focus on self-care, the high-quality supervision that was provided during field experience, and the amount of guidance and education given around navigating and understanding the licensure process. Much gratitude to the faculty that have made this program awesome- I can't wait to see how it keeps growing!

I loved the EXA program and wish I had kept better notes on all the activities we did!

**2016-2017 Academic Year Testing Report  
Appalachian State University  
Human Development and Psychological Counseling**

**Test Date: October 2016  
CPCE**

**Descriptive Statistics**

<b>Content Area</b>	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Dev.</b>
C1: Human Growth and Development	24	6	17	12	3.06
C2: Social & Cultural Diversity	24	7	15	11.79	2.27
C3: Counseling and Helping Relationships	24	8	17	13.54	2.16
C4: Group Counseling and Group Work	24	9	17	13.29	2.01
C5: Career Development	24	5	15	11.92	2.29
C6: Assessment and Testing	24	6	15	11.38	2.48
C7: Research & Program Evaluation	24	6	17	12.33	2.87
C8: Professional Counseling Orientation and Ethical Practice	24	7	17	13.29	2.49
<b>Total</b>	<b>24</b>	<b>66</b>	<b>116</b>	<b>99.54</b>	<b>15.12</b>

N= 24 (CMHC= 10, PSC= 14)  
Maximum passing score= 136  
National mean total score (Exit Exam)= 85.67  
HPC mean total score= 99.54  
CMHC average total score= 109.2  
PSC average total score= 92.6

**Test Date: April 2017  
CPCE**

**Descriptive Statistics**

<b>Content Area</b>	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Dev.</b>
C1: Human Growth and Development	14	8	14	11.43	1.55
C2: Social & Cultural Diversity	14	6	16	10.93	2.49
C3: Counseling and Helping Relationships	14	10	17	13.21	1.86
C4: Group Counseling and Group Work	14	7	16	13.07	2.22
C5: Career Development	14	10	16	12.14	2.03
C6: Assessment and Testing	14	7	15	10.93	2.68
C7: Research & Program Evaluation	14	7	15	11.71	2.52
C8: Professional Counseling Orientation and Ethical Practice	14	8	17	12.64	2.22
<b>Total</b>	<b>14</b>	<b>76</b>	<b>120</b>	<b>96.07</b>	<b>12.54</b>

N= 14 (CMHC= 6, PSC=8)  
Maximum passing score =136  
National mean total score (Exit Exam)= 85.67  
HPC mean total score= 96.07  
CMHC average total score= 105.5  
PSC average total score= 89