

## Winther Counseling Services Annual Data 2024-25

Winther Counseling Services (WCS) scheduled **228 clients** to receive individual & family counseling provided by Counselor Education practicum students during the academic semester of Fall 2024 and Spring 2025. One hundred sixty-one (161) of these clients were students/staff enrolled/employed at UWW. The remaining 67 clients receiving services from WCS were community members (non-UWW students/staff).

**Total number of individual client sessions conducted = Approx. 1,456** (1,424 in person, 32 TBH)

Minor clients referred from surrounding school districts = 45 (24 on-site school placements)

Referrals from friends/families (word of mouth) = 24)

Mandated referrals from Miton/Whitewater courts and WUSD = 19

UWW instructors (includes extra credit incentive and general referral) = 11

Referrals from UWW Conduct (CHOICES) = 11

UWW LIFE Program = 8 (3 re-referred second semester)

Group Counseling: Over 159 group sessions occurred serving approximately **165 clients participating in groups facilitated by practicum counselors**. Groups conducted (both on campus and in surrounding communities) included Women's Ways of Knowing Groups, collaborations with UWW Children's Center, COEPS 8<sup>th</sup> grade tour groups, CSD, Special Education Department and Athletics, weekly 'Mindful Moments', several groups in surrounding schools to address topics such as impulse control and friendship skills along with general stress management group opportunities.

School districts served (individual and group counseling): Whitewater, Fall River, Edgerton, Fort Atkinson, East Troy, Delavan-Darian, and Palmyra-Eagle.

### Hi-lights:

- Approximately 30 % of clients were community members from Whitewater and surrounding areas.
- The first school-site practicum experience was designed and implemented to offer a dual-placement for school counseling students (4 hours in a school, 4 hours in WCS).
- Mindful Moments, a brief meditation time guided by practicum counselors, were offered on a regular basis. Less than 10 undergraduate students took advantage of this experience. However, graduate students (counseling students) used this as a time to self-regulate and practice self-care prior to their clinical hours in WCS.

Challenges: Scheduled group opportunities designed for undergraduate students to manage stress and/or find support continue to be dismissed/declined.

Needs: Continued collaboration with UWW partners and the Chancellor's mental health taskforce to identify how to best support UWW students. Ongoing work towards technological needs/changes for impending transition to McCutchan Hall. Improve TBH counseling process by utilizing DocuSign or other mechanisms to mitigate inefficiency.