Center for Collegiate Mental Health

(CCMH)

2015 ANNUAL REPORT

BRINGING SCIENCE AND PRACTICE
Together.

PennState

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CCMH: Bringing Science and Practice Together

INTRODUCTION AND ORIENTATION

College student mental health received widespread attention during the 2014-2015 academic year with in-depth commentary appearing in numerous major media outlets. These articles examined college student mental health from various perspectives including the experiences of students and parents, counseling centers, the rise of anxiety in higher education, suicide prevention, and even the role of mental health in campus tragedies. Each of these articles raised a predictable set of questions: "Is the demand for mental health services really growing?", "Are students really more distressed?", "How are students more distressed?", and of course, "Why?"

While it can be tempting to pursue quick answers that complement a headline, the frank reality is that the mental health of our college students is multi-faceted, multi-modal, and complexly embedded in overlapping macro/micro cultures; there is no simple answer. However, this year's report, summarizing five years of high quality and generalizable trend data, sheds some much needed light on these complex questions and offers helpful information for administrators, policy-makers, clinicians, and researchers to consider at each of their unique institutions.

This 2015 Annual Report summarizes data contributed to CCMH during the 2014-2015 academic year, closing on June 30, 2015. De-identified data were contributed by 139 college and university counseling centers, describing 100,736 unique college students seeking mental health treatment, 2,770 clinicians, and over 770,000 appointments.

The following are critical to understand when reading this report:

1) **This report describes college students receiving mental health services, NOT the general college student population.**

2) This report is not a survey. The data summarized herein is gathered during routine clinical practice at participating counseling centers, is de-identified, and then contributed to CCMH.

3) The number of clients will vary by question because not all questions are asked at each center.

4) Counseling center members, that contributed data for this report, received IRB approval at their institution.

Standardized Data Set (SDS) and the Counseling Center Assessment of Psychological Symptoms (CCAPS)

The data within this report is made possible by standardized data embedded within electronic medical records (EMR). The SDS is a large collection of standardized questions, answers, and instruments that CCMH makes available to participating counseling centers through EMR vendors. The SDS has been collaboratively designed over time by hundreds of counseling centers and the CCMH Advisory Board, starting in 2006. Use of the SDS enables counseling centers to gather standardized data during routine clinical practice, which can then be contributed to CCMH for this annual report. The most up-to-date SDS definitions are available at https://ccmh.psu.edu.

The CCAPS is a standardized multi-dimensional psychometric instrument designed by/for counseling centers that is used for initial assessment and outcome monitoring. The 2015 CCAPS was released in June 2015 with a new normative sample of more than 230,000 students in treatment, a graphical layout, average dose/response curves, clinician alerts, and much more. The CCAPS is available to counseling centers via four electronic medical record (EMR) systems including Titanium Schedule, Medicat, Point and Click, and Pyramed. In addition, the 2015 CCAPS is now available via a dedicated web-interface for both counseling centers that do not use an EMR and those that utilize an unsupported EMR. Please email ccmh@psu.edu for more information about the CCAPS, the CCAPS User Manual, or online training webinars.

Accessing CCMH Data – The New CCMH Data Navigator

For many years, a key goal of CCMH has been to give data back, in an actionable form, to counseling center members, higher education, and the general public. After many years of exploring different strategies that did not work, this goal was finally realized in the fall of 2015 with the brand new CCMH Data Navigator. (We are thankful to the Healthy Minds Study at the University of Michigan for their help and support in this project!)

This year's data, along with prior years, are now available to members and the general public online via the CCMH Data Navigator. Participating centers will be able to track their data over time and benchmark with other schools. In addition, CCMH is now making aggregate data available to the general public for the purpose of informing the

national discussion on college student mental health with high-quality generalizable data about students seeking mental health services. The CCMH Data Navigator allows the user to examine specific data points over time and to examine any given data point via a wide range of demographic variables.

The CCMH Data Navigator can be found online here: http://ccmh.psu.edu/data/

2015 Report Highlights

The 2015 Annual Report represents a decade of work for CCMH and the hundreds of participating counseling centers. In addition to describing more than 100,000 college students seeking mental health services in 2014-2015, this year's report also summarizes mental health trends across five full academic years (2010-2011 through 2014-2015). The following list highlights a number of the key findings in this year's report. Please note that these findings refer to students seen in counseling centers, unless otherwise specified:

1. A supplemental survey of CCMH members in 2015 examined change in institutional enrollment and counseling center utilization over the last 6 years (2009-2010 through 2014-2015). Data from 93 institutions showed, on average, the growth in number of students seeking services at counseling centers (+29.6%) was more than 5x the rate of institutional enrollment (+5.6%). Further, the growth in counseling center appointments (+38.4) is more than 7x the rate of institutional enrollment. (see page 7)

2. The lifetime prevalence rates for prior mental health treatment have remained quite stable over the past five years including prior counseling (1 in 2), prior psychiatric medications (1 in 3), and prior psychiatric hospitalizations (1 in 10). Although these rates are high and should be of concern, the stability of these indices suggest that the rates of prior treatment are not changing and therefore unlikely to be the cause of the increased demand for services. (see page 5)

3. Some types of self-reported distress (measured by the CCAPS) and mental health history variables (measured by the SDS) have remained very stable or even decreased slightly over the last five years, including CCAPS Subscale Scores on Academic Distress, Eating Concerns, Hostility (i.e., frustration), Substance Abuse, Family Distress, as well as SDS variables of prior treatment for drugs and alcohol and lifetime prevalence rates of harassment/sexual assault. (see page 6 for CCAPS and page 5 for SDS)

4. Three types of self-reported distress have demonstrated slow but consistent growth over the past five years including: Depression, Anxiety, and Social Anxiety. In comparison to areas of distress that are flat or decreasing, this finding indicates that college students are reporting increasing levels of distress, and that these specific areas parallel the most common presenting concerns, Depression and Anxiety, as determined by clinicians. (see page 6)

5. The lifetime prevalence rate for non-suicidal self-injury (NSSI) has increased slowly but steadily over the last five years from 21.8% to 25.0% (see page 5). While NSSI does not always represent imminent threat to self, it is usually evidence of poor coping or difficulty with coping and can be disruptive to the campus community.

6. The lifetime prevalence rate for serious suicidal ideation (i.e., "I have seriously considered suicide") has increased substantially over the last 5 years from 23.8% to more than 32.9% (see page 5). This is a considerable change, especially in the context of other indices that are decreasing, flat, or increasing only slightly.

7. Among those who endorsed a history of serious suicidal ideation, the frequency of serious suicidal ideation occurrence within the last month also increased annually over the last three years from 7.2%in 2013 to 8.3% (this item was new in 2012). (see page 5)

8. The lifetime prevalence rate for "attempted suicide" has remained relatively flat for the last five years. (see page 5)

9. The lifetime prevalence rates for (a) thoughts of harming others and (b) causing serious harm to others have remained low and stable over 5 years. (see page 5)

10. Students who endorse mental health histories involving "threat to self" thoughts and behaviors (NSSI, serious suicidal ideation, or suicide attempts) use an average of 27% more appointments than students who do not. (see page 9)

11. 20% of students seen in counseling centers utilize more than 50% of all appointments. (see page 9)

Discussion of 2015 Highlights

Hundreds of university and college counseling centers have collaborated with CCMH over the last decade to build a practice-research-network (PRN) focused on the goal of accurately describing trends in college student mental health using high quality and representative data. The 2015 Annual Report realizes this ambitious goal with five-year trend data representing hundreds of institutions. The goal of this section is to explore and interpret the complex data resulting from these efforts.

First, the highlighted findings make it clear that many aspects of college student mental health have actually been stable over the past five years. For example, rates of prior mental health treatment, some types of mental health distress reported by students, and the frequency with which students report thoughts of hurting others (or having hurt another) have all remained essentially flat. These same students have expressed slightly increasing levels of depression and anxiety (see CCAPS Trends), but the increases are small. The relative stability of these variables does not decrease their significance (e.g., 10% of students in counseling centers report a prior psychiatric hospitalization), but it does help to clarify that some aspects of college student mental health are not "getting worse."

In contrast, a sub-group of mental health variables have demonstrated worrisome increases over the last five years, making it clear that some specific aspects of college student's mental health are changing and in need of focused consideration. For example, the average demand for counseling center services grew at least 5x faster than average institutional enrollment. In addition, the last five years of data suggest that students seeking services are more likely to endorse "threat to self" indicators such as serious suicidal thoughts and self-injurious behaviors, both of which increase the urgency for everyone involved. Finally, this year's report finds that the growing percentage of students with "threat to self" indicators are provided with nearly 30% more services. Collectively,

these three trends represent a perfect storm for college counseling centers. Thus many will now ask, "Why is this happening?"

Theories have abounded in recent years to explain the growth of mental health concerns in college ranging from parenting styles to lack of resilience or coping skills. While all of these theories may have value, it is important to test theories with data. An additional theory, which can be examined with our data, is that a myriad of large-scale intervention efforts and institutional changes have had a cumulative and measurable impact in higher education over the last ten years. Indeed, this theory would contend that some of the five-year trends observed in this year's report are intended outcomes.

While there is no clear starting point, the Garrett Lee Smith Memorial Act (GLSMA) was signed into law in 2004 by the US Congress to reduce the incidence of suicide among college students. Subsequent to this event, tens of millions of dollars were invested in higher education by a wide variety of funders with goals including: suicide prevention, educating campus communities about mental health, reducing stigma, increasing help seeking, and improving the ability of community members (faculty, staff, and students) to identify students-at-risk and refer them for treatment. During this same period, annual surveys of college student's mental health have become commonplace, potentially impacting student's knowledge, attitudes, and behavior. Finally, institutionally coordinated behavioral-threat and care-teams have become the accepted gold standard of practice in higher education. The common goal of these efforts is to improve our collective ability to identify students-at-risk in order to refer them to treatment. If these collective efforts have been cumulatively successful, they should hypothetically produce a measurable increase in both the overall demand for mental health services and the percentage of students in treatment who represent risk. While there are many findings in the 2015 report, and many potential interpretations, the

data support this hypothesis rather well. For example, the frequency that students in treatment report having "seriously considered suicide" has increased by 38% in the last five years (relative increase). This change stands out in a field of trends that are generally flat or changing only slightly. It also seems more plausible that this trend resulted from a decade of interventions focused on this very outcome rather than a sudden national decline in student's resilience. Given the apparent alignment between theory, intervention, and data, it seems reasonable to pause and review our interpretation of, and response to, mental health concerns in higher education.

The findings in this year's report strongly suggest that a decade of efforts, aimed at building communities that are responsive to the mental health concerns of at-risk students, have been successful and that counseling centers are now bearing a heavy burden from this success. Consequently, it is now imperative that institutions of higher education take action to accommodate the increase in demand for mental health services that we have all worked so hard to create.

2014-2015 Publications and Presentations

Since our founding in 2004, CCMH has operated as a practice-research network (PRN) conducting practice-oriented research (POR) by actively integrating the interests of practitioners, researchers, and administrators to achieve a wide variety of goals that are beneficial to the field.

Over the past year, CCMH has been specifically addressing the scientist-practitioner gap through client-focused research, which is one approach within POR. Client-focused research promotes the careful assessment and tracking of client's progress in treatment, and also provides empirically validated feedback to therapists to augment their clinical practice. The 2015 CCAPS profile report exemplifies this type of practice oriented research.

CCMH also continues to conduct research that is empirically rigorous and clinically valid. For example, Xiao et al. (2015) recently examined therapist differences in attendance and drop out rates. Janis et al. (2015) explored different methods for calculating the average change curve and feedback provision that were included in the 2015 CCAPS profile report. Youn et al. (2015) sought to understand therapist differences in clients' outcome across the different CCAPS subscales.

CCMH is excited to share the following POR publications and presentations from the past academic year:

- Castonguay, L. G., & Muran, J. C. (2015). Fostering collaboration between researchers and clinicians through building practice-oriented research: An introduction. *Psychotherapy Research, 25,* 1-5.

- Castonguay, L. G., Youn, S., Xiao, H., Muran, J. C., & Barber, J. P. (2015). Building clinicians-researchers partnerships: Lessons from diverse natural settings and practice-oriented initiatives. *Psychotherapy Research, 25*(1), 166-184.

- Hayes, J. A., McAleavey, A. A., Castonguay, L. G., & Locke, B. D. (in press). Psychotherapist effects with White and racial/ethnic minority clients: First, the good news. *Journal of Counseling Psychology.*

- Janis, R., Youn, S., Xiao, H., Castonguay, L. G., Hayes, J. A., & Locke, B. D. (2015, June). Comparison of expected treatment response and nearest neighbor methods for generating expected recovery curves. Paper presented as part of a panel at the 2015 Society for Psychotherapy Research (SPR), 46th International meeting, Philadelphia, PA.

- McAleavey, A. A., Lockard, A. J., Castonguay, L. G., Hayes, J. A., & Locke, B. D. (2015). Building a practice-research network: Obstacles faced and lessons learned at the Center for Collegiate Mental Health. *Psychotherapy Research, 25,* 134-151.

- Nordberg, S. S., Castonguay, L. G., McAleavey, A. A., Locke, B. D., & Hayes, J. A. (Accepted for publication). Enhancing feedback for clinical use: Creating and evaluating profiles of clients seeking counseling. *Journal of Counseling Psychology*

- Ratanasiripong, P., Wang, C. D. C., Ratanasiripong, N., Hayes, J. A., Kaewboonchoo, O., & Kathalae, D. (2015). Development and cross-cultural validation of the Counseling Center Assessment of Psychological Symptoms—Thai version. *The Counseling Psychologist, 43,* 248-271.

- Xiao, H., Youn, S., Janis, R., Hayes, J. A., Castonguay, L. G., & Locke, B. D. (2015, June). The unpredictable client: Therapist differences in client early attendance and dropout. Paper presented as part of a panel at the 2015 Society for Psychotherapy Research (SPR), 46th International meeting, Philadelphia, PA.

- Youn, S., Castonguay, L. G., Xiao, H., Janis, R., McAleavey, A. A., Lockard, A. J., Locke, B. D., & Hayes, J. A. (2015). The Counseling Center Assessment of Psychological Symptoms (CCAPS): Merging clinical practice, training and research. *Psychotherapy*

- Youn, S., Xiao, H., Janis, R., Castonguay, L. G., Hayes, J. A., & Locke, B. D. (2015, June). Therapist effects in naturalistic settings. Paper presented as part of a panel at the 2015 Society for Psychotherapy Research (SPR), 46th International meeting, Philadelphia, PA.

Mental Health Trends

To examine five-year mental health trends among college students in treatment, the following items were simplified to "Yes" or "No", providing the life-time prevalence of each item.

(NOTE: Some items have changed slightly over time. Items with an asterisk (*) had an answer format change between 2011-2012 and 2012-2013.)

Data Sets

Year	# of Institutions	# of Clients
2010-2011	97	82,611
2011-2012	120	97,012
2012-2013	132	95,109
2013-2014	140	101,027
2014-2015	139	100,736

Attended counseling for mental health concerns

Year	Value
2010-2011	45.2%
2011-2012	47.6%
2012-2013	48.7%
2013-2014	48.1%
2014-2015	48.8%
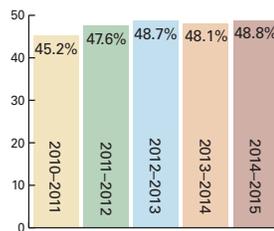
Taken a medication for mental health concerns
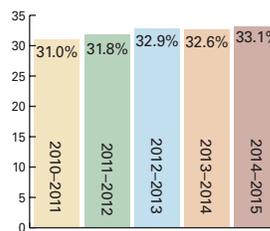
Year	Value
2010-2011	31.0%
2011-2012	31.8%
2012-2013	32.9%
2013-2014	32.6%
2014-2015	33.1%

Been hospitalized for mental health concerns*

Year	Value
2010-2011	7.0%
2011-2012	7.8%
2012-2013	10.3%
2013-2014	10.2%
2014-2015	10.2%
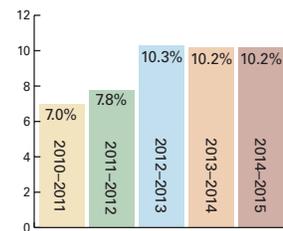
Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, hair pulling, etc.)*

Year	Value
2010-2011	21.8%
2011-2012	22.5%
2012-2013	23.2%
2013-2014	23.8%
2014-2015	25.0%

Seriously considered attempting suicide*

Year	Value
2010-2011	23.8%
2011-2012	25.5%
2012-2013	30.3%
2013-2014	30.9%
2014-2015	32.9%
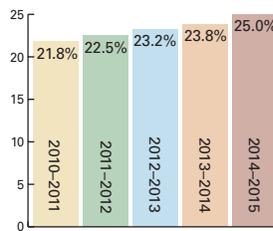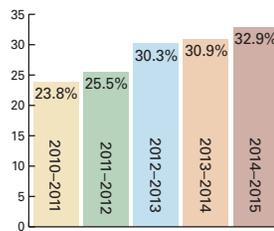
Seriously considered attempting suicide (Last time = within the last month or sooner):

Year	Value
2012-2013	7.2%
2013-2014	7.8%
2014-2014	8.3%
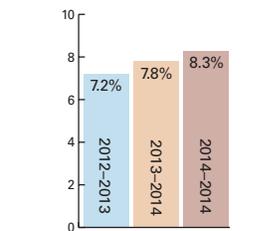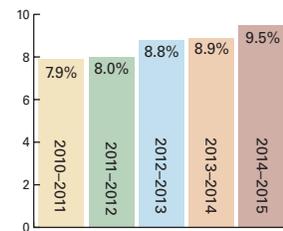
NOTE: New question in 2012.

Made a suicide attempt*

Year	Value
2010-2011	7.9%
2011-2012	8.0%
2012-2013	8.8%
2013-2014	8.9%
2014-2015	9.5%

Considered seriously hurting another person*

Year	Value
2010-2011	7.8%
2011-2012	7.9%
2012-2013	11.2%
2013-2014	10.8%
2014-2015	10.8%
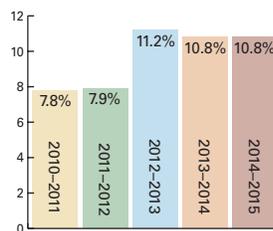
Intentionally caused serious injury to another person*

Year	Value
2010-2011	2.4%
2011-2012	2.2%
2012-2013	3.3%
2013-2014	3.3%
2014-2015	3.1%
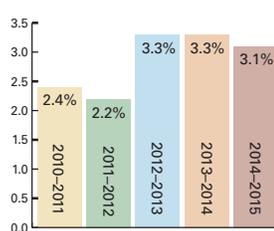
Had unwanted sexual contact(s) or experience(s)*
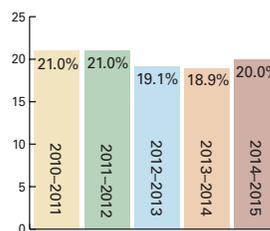
Year	Value
2010-2011	21.0%
2011-2012	21.0%
2012-2013	19.1%
2013-2014	18.9%
2014-2015	20.0%

Experienced harassing, controlling, and/or abusive behavior from another person (e.g., friend, family member, partner, authority figure, etc.)*
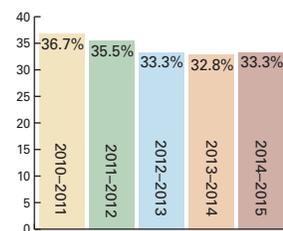
Year	Value
2010-2011	36.7%
2011-2012	35.5%
2012-2013	33.3%
2013-2014	32.8%
2014-2015	33.3%

Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror*

Year	Value
2010-2011	38.3%
2011-2012	36.9%
2012-2013	37.7%
2013-2014	38.0%
2014-2015	38.2%

Felt the need to reduce your alcohol or drug use*

Year	Value
2010-2011	26.7%
2011-2012	25.9%
2012-2013	27.2%
2013-2014	26.7%
2014-2015	27.3%

Others have expressed concern about your alcohol or drug use*

Year	Value
2010-2011	16.9%
2011-2012	16.7%
2012-2013	17.7%
2013-2014	17.3%
2014-2015	17.5%

Received treatment for alcohol or drug use*

Year	Value
2010-2011	4.8%
2011-2012	4.6%
2012-2013	4.4%
2013-2014	4.2%
2014-2015	3.9%
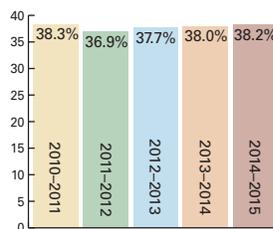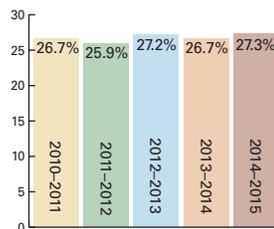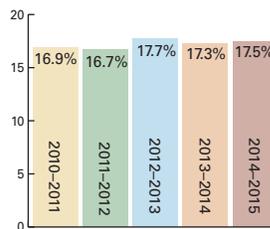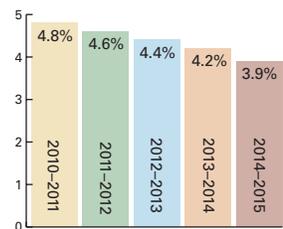
CCAPS Trends

The Counseling Center Assessment of Psychological Symptoms (CCAPS) is a multi-dimensional assessment and outcome monitoring instrument used by members of CCMH. The 2015 CCAPS was released in June of 2015 and includes two versions: the CCAPS-62 (62 items, 8 subscales) and the CCAPS-34 (34 items, 7 subscales). Both the CCAPS-62 and CCAPS-34 also include the Distress Index, an overall measure of a client's general psychological distress using items from several CCAPS subscales. Students respond to the items on a 5-point likert scale from 0 (Not at all like me) to 4 (Extremely like me).

To explore whether student self-reported distress is changing over time, we examined the average raw subscale scores over the last five years for both the CCAPS-62 and the CCAPS-34. The charts below indicate that the average raw scores have gradually increased for Depression, Generalized Anxiety, and Social Anxiety. On the other hand, flat or decreasing raw scores are noted for Academic Distress, Eating Concerns, Hostility (i.e., frustration), Substance/Alcohol Use, and Family Distress.

These findings indicate that not all areas of student distress are worsening and some may even be decreasing. However, Depression, Generalized Anxiety, and Social Anxiety are showing slight but consistent increases. These increases are consistent with the most common presenting concerns in counseling centers. (see CLICC-Check All That Apply, page 11)

CCAPS-62 Trends: Average Raw Subscale Scores (2010 to 2015)
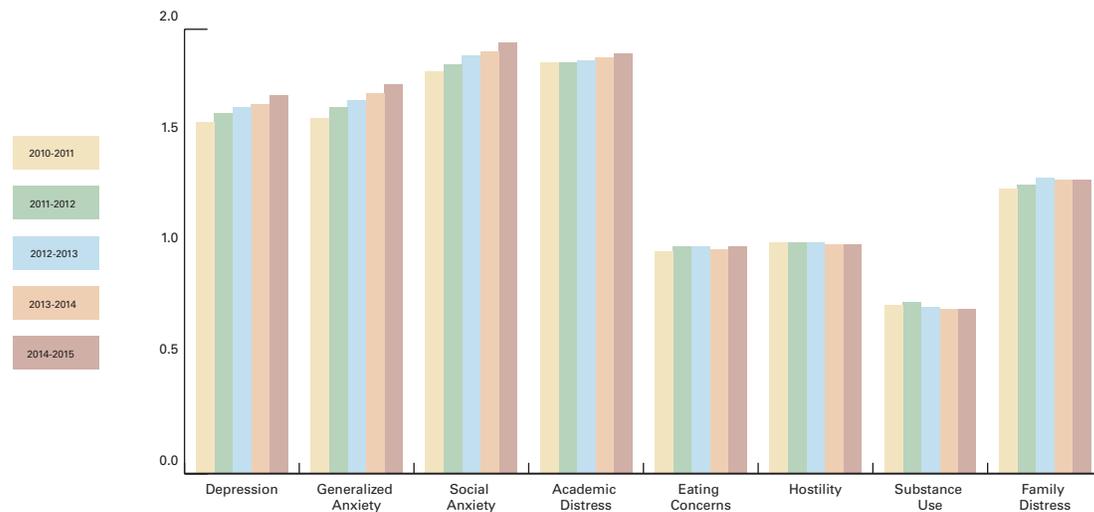
CCAPS-34 Trends: Average Raw Subscale Score (2010 to 2015)
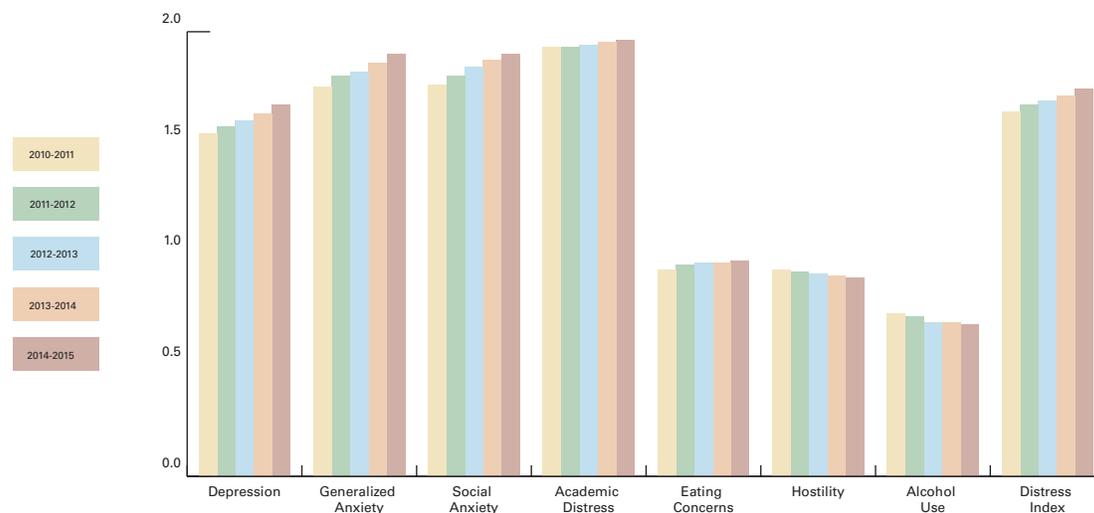
Changes in Counseling Center Utilization from 2009-2010 to 2014-2015

It is widely believed that the demand for mental health services in college is growing at an unprecedented pace. This belief is based on widespread anecdotal reports from clinicians, student surveys, surveys of counseling center directors, and a handful of data-driven reports from individual counseling centers.

To examine this question systematically from a national perspective, CCMH conducted a supplemental membership survey in November 2015 that asked counseling centers to provide the following specific data points over the last five academic years between 2009-2010 and 2014-2015: (1) total institutional enrollment during the Fall semester, (2) total number of students seeking services at the counseling center, and (3) the total number of attended appointments in the counseling center. Ninety-three CCMH members (out of a total of 120 responses) were able to provide complete data for both 2009-2010 and 2014-2015 academic years. These 93 cases were used for the following five-year trend analysis.

The number of enrolled students, students seeking counseling services, and attended appointments were averaged across institutions, and the percentage of change was calculated for each data point. Results indicated that, on average over the last 5 years, institutional enrollment grew by 5.6%, the number of students seeking services increased by 29.6%, and the number of attended appointments increased by 38.4. In other words, the number of students treated by counseling centers grew at more than 5x the rate of institutional enrollment and the number of attended appointments grew at more than 7x the pace of institutional enrollment. To check for the influence of outliers (schools with dramatic and unusual growth or loss), the three top/bottom schools with greatest growth/ greatest loss were removed and analyses were re-run. Results shifted only slightly, indicating that the results were not dramatically skewed by individual schools with dramatic and unusual change. Descriptive statistics (pg. 8) indicate a wide range of sizes, utilization rates, and change rates.

Change Rates between 2009-2010 and 2014-2015 for Counseling Centers and Institutions (N=93)
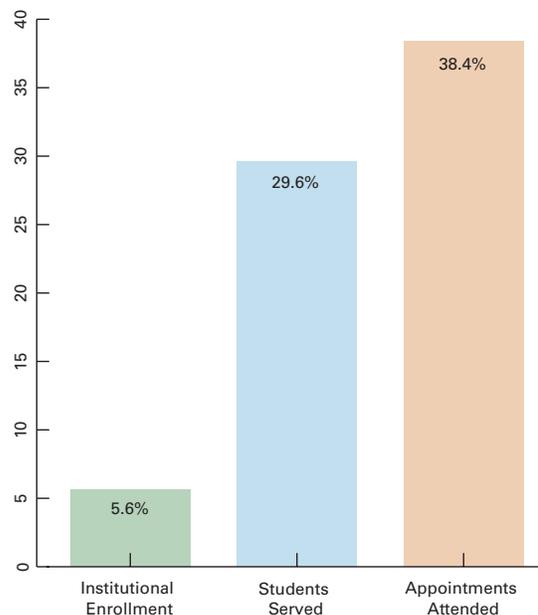
Descriptive Statistics Table (N=93)

	Minimum	Maximum	Mean	Std. Deviation
Institutional Enrollment	946	60,821	19,506.4	13,384.1
Students Served	222	4,525	1,529.9	1,099.3
Appointments Attended	411	30,656	7,716.5	6,053.6
2014 Utilization (% of student body served in the counseling center)	1.3%	26.3%	9.5%	4.9%
Change in Institutional Enrollment	-22.2%	37.1%	5.9%	10.4%
Change in Students Served	-15.9%	210.1%	31.8%	31.4%
Change in Appointments Attended	-30.9%	363.5%	44.3%	46.3%
Change in Utilization	-20.4%	212.2%	24.9%	29.3%

These results indicate that the demand for counseling center services is dramatically outpacing the growth of institutional enrollment. While this survey did not examine staffing level changes over time, we know that it is rare for counseling centers to experience a 30% increase in staffing in just five years, and that most counseling centers did not meet the IACS-recommended paid staff-to-student ratios in 2009 (see the 2010 AUCCCD Survey). A number of conclusions can be drawn from these survey results:

1) A hypothetical average counseling center that met IACS recommended staff-to-student ratios in 2009, and also received consistent annual funding increases tied to enrollment growth based on a known historical utilization rate, would be substantially understaffed five years later in 2014.

2) The average increase in demand for services, without commensurate increases in resources, will make it difficult to provide responsive mental health services. Counseling centers that have not been equipped to respond to this trend may have to reduce other critical services such as education and training of campus stakeholders, consultation services for faculty and staff, participation in research, treating students with less severe concerns, and the training of future mental health providers.

3) These results suggest that institutions should evaluate funding decisions based on observed clinical demand (the number/rate of students seeking services) rather than historical patterns of utilization that may no longer be reliable.

4) Counseling center utilization is likely to increase even when institutional enrollment decreases.

5) The average relationship, across 93 institutions, between student change in enrollment and change in students served in the counseling center was 1-to-5. In other words, between 2009-2010 and 2014-2015, a 1% increase in institutional enrollment was associated with a 5% increase in the number of students served in the counseling center.

Counseling Center Resource Utilization by Students

One way to inform allocation of resources within centers is to examine how counseling center services are being used. With this in mind, 2014-2015 data was examined to determine how resources are distributed among students seeking services. The following points describe how various types of counseling center appointments are utilized by students across participating centers in 2014-2015:

- One (1) is the most common number of appointments per client/per year.
- Clients averaged 5.86 appointments with a range of 1-117 appointments.
- 20% of clients accounted for over 50% of all appointments.
- 10% of clients accounted for 36% of all appointments, averaging 20.96 appointments.
- 5% of clients accounted for 23% of all appointments, averaging 26.14 appointments.
- 1% of clients accounted for 6.5% of all appointments, averaging 38.13 appointments.
- 10 clients utilized a total of 878 appointments.

Average Number of Attended Individual Sessions

A common question among counseling centers is, "What is the average number of counseling sessions attended by clients?" To examine this question we reviewed the 2014-2015 appointment data for initial clinical evaluations and any individual counseling session:

A. Total number of attended appointments (initial and individual counseling): 373,495

B. Total number of clients who attended appointments in A: 79,331

C. Average number of attended counseling sessions per client (A divided by B): 4.71

This preliminary analysis, of actual appointment attendance data across 139 institutions and approximately 370,000 appointments, indicates that clients attend slightly less than 5 sessions of individual counseling on average (including an intake, but excluding other types of appointments).

Impact of "Threat to Self" History on Appointment Usage

To explore whether the growing levels of non-suicidal self-injury (NSSI) and serious suicidal ideation (see MH Trends) are having a clinical impact on counseling centers, we compared the total number of appointments (of any attendance value) for clients who endorsed these indicators and those who did not using five years of combined appointment data from 2010 through 2015.

Average number of appointments for clients with and without a history of "threat to self" thoughts and behaviors.
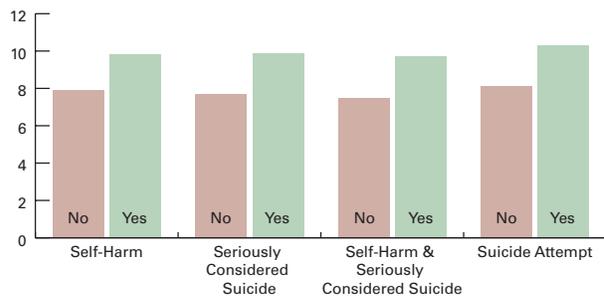
This graph illustrates that students with a history of "threat to self" thoughts or behaviors use an average of 27% more services than students who do not.

Standardized Data Set (SDS)

The Standardized Data Set (SDS) is a set of standardized materials used by counseling centers during routine clinical practice. The SDS contains 8 major sections, which include demographic questions, background information, and instruments that collect information related to the treatment provided to students receiving services. These sections include:

Demographics:	Instruments:
Client Information	Clinician Index of Client Concerns
Provider Data	Critical Incident Form
Center Information	Termination Form
Participating Institutions	CCMH Appointment Categories

The following sections of this report summarize the SDS data collected in 2014-2015. Please note that five of the SDS sections are included within the 2014-2015 data set. The Termination Form was implemented July 2015 and will be included in next year's report.

Clinician Index of Client Concerns (CLICC)

The CLICC was designed by CCMH to capture and facilitate reporting on the most common presenting concerns of counseling center clients, as assessed by the clinician, at the point of "intake", or equivalent appointment. The resulting data enable individual centers, and CCMH, to quickly and easily report on the most common client concerns in addition to supporting a wide variety of research. The CLICC includes 44 concerns and asks the clinician to (a) check all that apply and (b) to identify the 'top concern' of those selected. This dual approach captures the complexity of each client while also highlighting the 'primary' concern of each individual client.

CLICC – "Check all that apply"

First, clinicians are asked to "check all that apply" for each client, such that one client can have many concurrent concerns. As a result, this chart illustrates how often each concern occurs across all clients, regardless of how many concerns a student had or what their top concern was (N=37,856).

Concern

Concern	Percent
Anxiety	56.91%
Stress	46.63%
Depression	45.93%
Family	31.57%
Relationship problem (specific)	29.11%
Academic performance	28.04%
Interpersonal functioning	23.91%
Self-esteem/confidence	22.80%
Sleep	15.41%
Adjustment to new environment	14.03%
Social isolation	13.54%
Eating/body image	13.23%
Mood instability	12.52%
Grief/loss	12.00%
Trauma	11.08%
Alcohol	10.80%
Career	10.54%
Identity development	10.30%
Suicidality	9.46%
Attention difficulties	9.33%
Perfectionism	8.14%
Anger management	7.43%
Sexual abuse/assault (victim)	7.20%
Health/medical	6.95%
Drugs	6.74%
Self-injurious thoughts or behaviors	6.71%
Financial	6.24%
Harassment/emotional abuse (victim)	5.20%
Obsessions or compulsions	4.49%
Other	4.36%
Physical abuse/assault (victim)	3.59%
Legal/judicial/conduct	2.98%
Racial, ethnic, or cultural concerns	2.82%
Sexual orientation	2.54%
Sexual concern	1.80%
Violent thoughts or behaviors towards others	1.42%
Religion/spirituality	1.42%
Gender identity	0.81%
Discrimination	0.69%
Addiction (not drugs or alcohol)	0.64%
Psychotic thoughts or behaviors	0.59%
Pregnancy related	0.54%
None	0.49%
Stalking (victim)	0.39%

Percent

CLICC – "Top-most concern"

For this question, clinicians are asked to choose one primary concern (i.e., the top-most concern) per client. As a result, clinicians are asked to choose one primary concern (i.e., the top concern) per client. As a result, this graph illustrates the frequency of each concern as the primary concern for clients (N=37,856).

Concern

Concern	Percent
Anxiety	20.0%
Depression	15.8%
Relationship problem (specific)	9.4%
Stress	5.9%
Family	4.5%
Academic performance	3.9%
Interpersonal functioning	3.8%
Grief/loss	3.6%
Mood instability	2.6%
Adjustment to new environment	2.6%
Self-esteem/confidence	2.5%
Eating/body image	2.1%
Alcohol	2.0%
Other	2.0%
Trauma	1.9%
Suicidality	1.8%
Sexual abuse/assault (victim)	1.7%
Identity development	1.4%
Attention difficulties	1.3%
Career	1.3%
Anger management	1.1%
Legal/judicial/conduct	1.0%
Drugs	0.9%
Health/medical	0.8%
Obsessions or compulsions	0.7%
Social isolation	0.7%
Self-injurious thoughts or behaviors	0.7%
Perfectionism	0.5%
Harassment/emotional abuse (victim)	0.4%
Sleep	0.4%
Sexual orientation	0.3%
Physical abuse/assault (victim)	0.3%
None	0.3%
Sexual concern	0.2%
Gender identity	0.2%
Financial	0.2%
Psychotic thoughts or behaviors	0.2%
Addiction (not drugs or alcohol)	0.2%
Pregnancy related	0.1%
Violent thoughts or behaviors towards others	0.1%
Racial, ethnic, or cultural concerns	0.1%
Religion/spirituality	0.1%
Stalking (victim)	0.0%
Discrimination	0.0%

Percent

Client Demographic Information

The SDS contains a number of "core" or required items and a larger number of optional items that are typically asked of students seeking services. Because centers can ask different questions, the total number of responses vary by question.

What is your gender identity?*

	n	Percentage
Woman	53,028	62.6
Man	30,676	36.2
Transgender	292	0.3
Self-Identify	699	0.8

This question is from the Standardized Data Set Question #88

What was your sex at birth?

	Overall (%) n=8,912	Male (%) n=2,939	Female (%) n=5,845	Transgender (%) n=34	Self-Identify (%) n=94
Female	66.4	0.2	99.7	61.8	66.0
Male	33.6	99.8	0.3	38.2	34.0
Intersex	0.0	0.0	0.0	0.0	0.0

This question is from the Standardized Data Set Question #90

Do you consider yourself to be:

	Overall (%) n=78,935	Male (%) n=28,505	Female (%) n=49,465	Transgender (%) n=283	Self-Identify (%) n=682
Heterosexual	84.7	86.3	85.2	16.6	7.0
Lesbian	1.6	0.0	2.4	8.1	7.5
Gay	2.8	7.3	0.1	6.0	5.9
Bisexual	5.7	3.2	6.9	19.4	17.3
Questioning	2.3	1.7	2.5	8.8	9.1
Self-Identify	3.0	1.5	2.9	41.0	53.2

This question is from the Standardized Data Set Question #91

Since puberty, with whom have you had sexual experience(s)?

	Overall (%) n=7,711	Male (%) n=2,377	Female (%) n=5,237	Transgender (%) n=32	Self-Identify (%) n=65
Only with men	49.3	5.7	69.9	6.3	9.2
Mostly with men	10.6	3.7	13.4	9.4	30.8
About the same number of men and women	2.2	1.5	2.2	21.9	10.8
Mostly with women	2.8	5.3	1.3	25.0	16.9
Only with women	22.8	70.8	1.2	21.9	10.8
I have not had sexual experiences	12.3	13.0	11.8	15.6	21.5

This question is from the Standardized Data Set Question #93

People are different in their sexual attraction to other people. Which best describes your current feelings? Are you:

	Overall (%) n=8,778	Male (%) n=2,843	Female (%) n=5,832	Transgender (%) n=33	Self-Identify (%) n=70
Only attracted to women	26.8	78.7	1.9	12.1	4.3
Mostly attracted to women	4.9	8.7	2.5	45.5	25.7
Equally attracted to women and men	4.4	1.7	5.1	27.3	40.0
Mostly attracted to men	13.9	3.6	18.9	3.0	17.1
Only attracted to men	48.2	6.0	69.6	9.1	4.3
Not sure	1.8	1.2	2.0	3.0	8.6

This question is from the Standardized Data Set Question #94

What is your race/ethnicity?

	Overall (%) n=80,039	Male (%) n=29,072	Female (%) n=50,016	Transgender (%) n=278	Self-Identify (%) n=673
African-American/ Black	9.2	7.5	10.3	6.5	4.0
American Indian or Alaskan Native	0.4	.4	0.3	1.1	.4
Asian American/Asian	6.9	7.2	6.8	2.2	3.7
Hispanic/Latino/a	7.6	7.1	8.0	6.5	5.8
Native Hawaiian or Pacific Islander	0.2	0.2	0.2	0.4	0.0
Multiracial	4.5	4.0	4.7	8.6	7.9
White	69.5	71.5	68.3	72.3	71.3
Self-Identify	1.7	2.1	1.3	2.5	6.8

This question is from the Standardized Data Set Question #95

What is your country of origin?

Country	n	Country	n	Country	n	Country	n	Country	n
Afghanistan	87	Czech Republic	11	Italy	83	Oman	13	Syrian Arab Republic	22
Aland Islands	12	Denmark	12	Jamaica	107	Pakistan	139	Taiwan	99
Albania	32	Dominican Republic	93	Japan	117	Palestinian Territory, Occupied	17	Tanzania United Republic of	10
Argentina	48	Ecuador	83	Jordan	23	Panama	35	Thailand	37
Armenia	12	Egypt	55	Kenya	39	Paraguay	18	Trinidad and Tobago	25
Australia	51	El Salvador	45	Korea, Democratic People's Republic of	32	Peru	124	Turkey	110
Austria	13	Ethiopia	47			Philippines	160	Uganda	12
Bahamas	25	Finland	10	Korea, Republic of	416	Poland	61	Ukraine	43
Bangladesh	99	France	67	Kuwait	30	Puerto Rico	244	United Arab Emirates	18
Belgium	10	Germany	169	Lebanon	34	Romania	39	United Kingdom	193
Belize	10	Ghana	63	Liberia	18	Russian Federation	116	United States	69,443
Bolivia	33	Greece	34	Lithuania	10	Rwanda	12	United States Minor Outlying Islands	195
Bosnia and Herzegovina	31	Guatemala	41	Malaysia	45	Saudi Arabia	163		
Brazil	325	Guinea	13	Mexico	402	Serbia	18	Uruguay	11
Bulgaria	26	Guyana	14	Moldova Republic of	11	Sierra Leone	10	Venezuela	150
Cameroon	23	Haiti	100	Morocco	15	Singapore	24	Vietnam	138
Canada	303	Honduras	42	Myanmar	11	Somalia	17	Virgin Islands, U.S.	26
Chile	52	Hong Kong	39	Nepal	53	South Africa	37	Yemen	10
China	1,086	India	821	Netherlands	34	Spain	49	Zimbabwe	14
Colombia	248	Indonesia	50	New Zealand	17	Sri Lanka	31		
Congo, The Democratic Republic of the	10	Iran, Islamic Republic of	173	Nicaragua	24	Sudan	21		
		Iraq	36	Nigeria	132	Sweden	29		
Costa Rica	23	Ireland	29	Norway	24	Switzerland	11		
Cuba	101	Israel	36						

Countries with less than 10 individuals:

Algeria	Croatia	Latvia	Qatar
American Samoa	Cyprus	Libyan Arab Jamahiriya	Saint Helena
Angola	Djibouti	Luxembourg	Saint Kitts and Nevis
Antigua and Barbuda	Dominica	Macao	Saint Lucia
Aruba	Eritrea	Macedonia, The Former Yugoslav Republic of	Saint Vincent and the Grenadines
Azerbaijan Bahrain	Estonia	Madagascar	Senegal
Barbados	Fiji	Malawi	Slovakia
Belarus	French Guiana	Mali	Slovenia
Benin	Gabon	Malta	Suriname
Bermuda	Gambia	Marshall Islands	Swaziland
Bhutan	Georgia	Martinique	Tajikistan
Botswana	Grenada	Mayotte	Togo
Burkina Faso	Guam	Micronesia, Federated States of	Tunisia
Burundi	Guinea-Bissau	Mongolia Montenegro	Turkmenistan
Cambodia	Hungary	Namibia	Turks and Caicos Islands
Cape Verde	Iceland	Netherlands Antilles	Uzbekistan
Cayman Islands	Jersey	Niger	Virgin Islands, British
Central African Republic	Kazakhstan	Northern Mariana Islands	Western Sahara
Chad	Kyrgyzstan	Papua New Guinea	Zambia
Congo	Lao People's Democratic Republic	Portugal	
Cote d'Ivoire			

This question is from the Standardized Data Set Question #31

Are you an international student?

	Overall (%) n=80,638	Male (%) n=29,039	Female (%) n=50,654	Transgender (%) n=282	Self-Identify (%) n=663
Yes	5.2	6.4	4.6	1.1	2.9
No	94.8	93.6	95.4	98.9	97.1

This question is from the Standardized Data Set Question #32

Are you the first generation in your family to attend college?

	Overall (%) n=72,019	Male (%) n=25,833	Female (%) n=45,311	Transgender (%) n=261	Self-Identify (%) n=614
Yes	22.5	20.8	23.4	24.9	20.0
No	77.5	79.2	76.6	75.1	80.0

This question is from the Standardized Data Set Question #56

Current academic status

	Overall (%) n=83,113	Male (%) n=30,099	Female (%) n=52,055	Transgender (%) n=283	Self-Identify (%) n=676
Freshmen/first-year	20.1	19.9	20.2	24.4	19.7
Sophomore	20.4	20.0	20.6	19.8	21.2
Junior	22.4	22.4	22.5	23.7	22.8
Senior	21.4	22.2	20.9	18.0	22.2
Graduate/professional degree student	14.1	13.7	14.3	12.0	11.5
Non-student	0.2	0.3	0.2	0.0	0.2
High school student taking college classes	0.0	0.0	0.0	0.0	0.0
Non-degree student	0.3	0.3	0.3	0.4	0.3
Faculty or staff	0.1	0.1	0.1	0.0	0.0
Other	1.0	1.1	0.9	1.8	2.2

This question is from the Standardized Data Set Question #37

Graduate or professional degree program

	Overall (%) n=23,350	Male (%) n=8,449	Female (%) n=14,665	Transgender (%) n=67	Self-Identify (%) n=169
Post-Baccalaureate	11.0	11.4	10.9	7.5	4.7
Masters	14.5	12.2	15.8	14.9	12.4
Doctoral degree	8.0	8.9	7.5	3.0	10.1
Law	2.2	2.7	2.0	1.5	1.2
Medical	2.2	1.7	2.5	0.0	0.0
Pharmacy	0.4	0.3	0.5	0.0	1.2
Dental	0.1	0.1	0.2	0.0	0.0
Veterinary Medicine	0.6	0.2	0.8	1.5	0.0
Not Applicable	54.9	56.5	53.8	65.7	66.9
Other	6.1	5.9	6.2	6.0	3.6

This question is from the Standardized Data Set Question #39

What year are you in your graduate/professional program?

	Overall (%) n=11,684	Male (%) n=4,218	Female (%) n=7,370	Transgender (%) n=23	Self-Identify (%) n=73
1	35.4	32.7	36.8	34.8	50.7
2	24.8	23.6	25.5	26.1	16.4
3	15.0	15.1	14.9	26.1	11.0
4	17.4	19.3	16.4	8.7	11.0
5+	7.4	9.2	6.3	4.3	11.0

This question is from the Standardized Data Set Question #41

Did you transfer from another campus/institution to this school?

	Overall (%) n=75,995	Male (%) n=27,480	Female (%) n=47,646	Transgender (%) n=250	Self-Identify (%) n=619
Yes	19.8	21.0	19.0	24.0	25.5
No	80.2	79.0	81.0	76.0	74.5

This question is from the Standardized Data Set Question #46

What kind of housing do you currently have?

	Overall (%) n=65,332	Male (%) n=23,417	Female (%) n=41,138	Transgender (%) n=220	Self-Identify (%) n=557
On-campus residence hall/apartment	38.4	36.6	39.3	41.8	40.4
On/off campus fraternity/sorority house	2.0	2.4	1.7	0.9	1.1
On/off campus co-operative housing	0.9	1.0	0.9	1.4	1.1
Off-campus apartment/house	57.3	58.6	56.9	53.6	55.8
Other	1.3	1.4	1.2	2.3	1.6

This question is from the Standardized Data Set Question #42

With whom do you live? (check all that apply)

	Overall (%)	Male (%)	Female (%)	Transgender (%)	Self-Identify (%)
Alone	9.8 (n=8,298)	10.4 (n=3,176)	9.4 (n=4,983)	15.4 (n=45)	13.4 (n=94)
Spouse, partner, or significant other	7.5 (n=6,372)	6.7 (n=2,053)	8.0 (n=4,227)	11.6 (n=34)	8.3 (n=58)
Roommate(s)	49.3 (n=41,755)	48.0 (n=14,739)	50.1 (n=26,584)	41.1 (n=120)	44.6 (n=312)
Children	2.1 (n=1,751)	1.6 (n=485)	2.4 (n=1,249)	1.7 (n=5)	1.7 (n=12)
Parent(s) or guardian(s)	7.0 (n=5,907)	6.8 (n=2,082)	7.0 (n=3,716)	11.6 (n=34)	10.7 (n=75)
Family other	3.3 (n=2,829)	3.3 (n=1,017)	3.3 (n=1,771)	4.5 (n=13)	4.0 (n=28)
Other	1.1 (n=910)	1.0 (n=311)	1.1 (n=576)	2.4 (n=7)	2.3 (n=16)

This question is from the Standardized Data Set Question #44
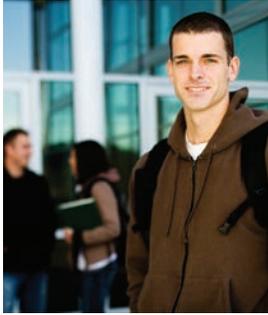
Relationship status

	Overall (%) n=80,677	Male (%) n=29,198	Female (%) n=50,526	Transgender (%) n=279	Self-Identify (%) n=674
Single	61.8	67.3	58.7	59.5	58.8
Serious dating or committed relationship	32.6	27.2	35.7	36.6	37.4
Civil union, domestic partnership, or equivalent	0.4	0.3	0.4	0.7	0.9
Married	4.1	4.2	4.1	2.9	1.9
Divorced	0.6	0.5	0.7	0.0	0.6
Separated	0.4	0.5	0.4	0.4	0.3
Widowed	0.0	0.0	0.1	0.0	0.1

This question is from the Standardized Data Set Question #33

Mental Health History Items

Attended counseling for mental health concerns

	Overall (%) n=76,060	Male (%) n=27,357	Female (%) n=47,793	Transgender (%) n=273	Self-Identify (%) n=637
Never	51.3	56.4	48.9	24.5	24.0
Prior to college	19.4	17.0	20.6	25.6	25.7
After starting college	16.4	16.1	16.5	19.8	21.8
Both	13.0	10.5	14.0	30.0	28.4

This question is from the Standardized Data Set Question #1

Taken a prescribed medication for mental health concerns

	Overall (%) n=78,871	Male (%) n=26,876	Female (%) n=47,098	Transgender (%) n=266	Self-Identify (%) n=631
Never	66.9	69.0	66.1	48.5	46.0
Prior to college	8.8	8.7	8.7	11.3	14.4
After starting college	13.1	12.4	13.3	16.5	19.3
Both	11.3	9.8	11.9	23.7	20.3

This question is from the Standardized Data Set Question #2

NOTE: The following paired questions ask the student to identify "How many times" and "The last time" for each experience/event. Frequencies for "The last time" questions are based on students who reported having the experience one time or more.

Been hospitalized for mental health concerns (how many times)

	Overall (%) n=80,503	Male (%) n=28,960	Female (%) n=50,578	Transgender (%) n=285	Self-Identify (%) n=680
Never	89.8	89.6	90.0	82.1	81.5
1 time	6.6	6.6	6.6	11.9	12.1
2-3 times	2.8	2.9	2.6	3.9	4.7
4-5 times	0.5	0.5	0.4	0.7	0.7
More than 5 times	0.4	0.4	0.4	1.4	1.0

This question is from the Standardized Data Set Question #64

Been hospitalized for mental health concerns (the last time)

	Overall (%) n=7,865	Male (%) n=2,872	Female (%) n=4,818	Transgender (%) n=50	Self-Identify (%) n=125
Never	1.2	1.6	0.9	0.0	0.0
Within the last two weeks	8.8	9.3	8.7	2.0	4.8
Within the last month	4.9	5.4	4.7	6.0	4.0
Within the last year	20.9	20.3	21.2	18.0	24.0
Within the last 1-5 years	40.5	38.9	41.4	52.0	40.0
More than 5 years ago	23.7	24.5	23.1	22.0	27.2

This question is from the Standardized Data Set Question #65

Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, etc.)
(how many times)

	Overall (%) n=80,321	Male (%) n=28,874	Female (%) n=50,489	Transgender (%) n=281	Self-Identify (%) n=677
Never	75.0	83.3	70.9	41.6	38.8
1 time	5.4	4.7	5.8	6.8	8.0
2-3 times	6.8	5.2	7.6	10.7	11.8
4-5 times	2.5	1.5	3.0	5.3	6.1
More than 5 times	10.3	5.3	12.6	35.6	35.3

This question is from the Standardized Data Set Question #72

Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, etc.)
(the last time)

	Overall (%) n=16,927	Male (%) n=4,045	Female (%) n=12,367	Transgender (%) n=148	Self-Identify (%) n=367
Never	0.8	1.0	0.8	0.0	0.3
Within the last two weeks	14.0	14.8	13.6	14.9	16.1
Within the last month	8.4	8.4	8.3	6.8	12.5
Within the last year	21.1	20.9	21.1	25.0	22.3
Within the last 1-5 years	33.0	32.7	33.1	40.5	32.4
More than 5 years ago	22.7	22.2	23.2	12.8	16.3

This question is from the Standardized Data Set Question #73

Seriously considered attempting suicide (how many times)

	Overall (%) n=80,333	Male (%) n=28,895	Female (%) n=50,476	Transgender (%) n=281	Self-Identify (%) n=681
Never	67.1	69.2	66.5	34.9	31.6
1 time	11.9	11.2	12.3	11.4	13.5
2-3 times	11.7	10.6	12.0	20.6	25.6
4-5 times	2.5	2.2	2.5	6.8	7.0
More than 5 times	6.9	6.9	6.6	26.3	22.3

This question is from the Standardized Data Set Question #74

Seriously considered attempting suicide (the last time)

	Overall (%) n=21,413	Male (%) n=7,146	Female (%) n=13,688	Transgender (%) n=167	Self-Identify (%) n=412
Never	0.8	0.8	0.8	0.0	1.2
Within the last two weeks	16.0	18.8	14.5	15.6	19.2
Within the last month	10.3	11.1	9.9	7.2	11.2
Within the last year	21.1	21.2	20.9	22.8	22.1
Within the last 1-5 years	34.5	31.8	35.9	40.1	32.8
More than 5 years ago	17.3	16.4	17.9	14.4	13.6

This question is from the Standardized Data Set Question #75

Made a suicide attempt (how many times)

	Overall (%) n=80,247	Male (%) n=28,847	Female (%) n=50,439	Transgender (%) n=283	Self-Identify (%) n=678
Never	90.5	92.1	89.9	69.3	76.0
1 time	6.3	5.3	6.7	16.6	13.6
2-3 times	2.5	2.1	2.6	10.6	8.1
4-5 times	0.3	0.3	0.4	1.1	0.7
More than 5 times	0.4	0.3	0.4	2.5	1.6

This question is from the Standardized Data Set Question #76

Made a suicide attempt (the last time)

	Overall (%) n=6,579	Male (%) n=1,955	Female (%) n=4,390	Transgender (%) n=82	Self-Identify (%) n=152
Never	0.8	1.1	0.7	0.0	1.3
Within the last two weeks	5.5	6.8	5.1	3.7	2.6
Within the last month	3.3	3.9	3.1	1.2	2.6
Within the last year	15.9	15.4	16.0	12.2	17.8
Within the last 1-5 years	43.1	41.9	43.2	56.1	46.7
More than 5 years ago	31.4	30.7	31.9	26.8	28.9

This question is from the Standardized Data Set Question #77

Considered causing serious physical injury to another (how many times)

	Overall (%) n=80,218	Male (%) n=28,841	Female (%) n=50,418	Transgender (%) n=283	Self-Identify (%) n=676
Never	89.2	86.2	91.0	82.0	79.4
1 time	3.4	4.1	3.0	4.2	5.8
2-3 times	3.8	5.0	3.1	5.7	6.1
4-5 times	0.8	0.9	0.7	2.1	1.2
More than 5 times	2.8	3.7	2.2	6.0	7.5

This question is from the Standardized Data Set Question #78

Considered causing serious physical injury to another (the last time)

	Overall (%) n=6,629	Male (%) n=3,062	Female (%) n=3,5405	Transgender (%) n=46	Self-Identify (%) n=116
Never	2.2	2.4	2.2	0.0	0.9
Within the last two weeks	19.2	18.9	19.8	13.0	16.4
Within the last month	11.4	10.8	12.0	6.5	12.1
Within the last year	23.8	24.8	23.0	23.9	21.6
Within the last 1-5 years	29.2	29.1	29.0	39.1	31.9
More than 5 years ago	14.1	14.1	14.0	17.4	17.2

This question is from the Standardized Data Set Question #79

Intentionally caused serious physical injury to another (how many times)

	Overall (%) n=79,830	Male (%) n=28,737	Female (%) n=50,136	Transgender (%) n=284	Self-Identify (%) n=673
Never	96.9	95.6	97.7	95.1	95.2
1 time	1.6	2.1	1.3	2.5	2.2
2-3 times	1.0	1.4	0.7	2.1	1.5
4-5 times	0.2	0.2	0.1	0.0	0.6
More than 5 times	0.4	0.7	0.2	0.4	0.4

This question is from the Standardized Data Set Question #80

Intentionally caused serious physical injury to another (the last time)

	Overall (%) n=1,797	Male (%) n=927	Female (%) n=831	Transgender (%) n=12	Self-Identify (%) n=27
Never	2.8	2.9	2.9	0.0	0.0
Within the last two weeks	6.5	4.5	9.0	0.0	0.0
Within the last month	5.0	4.4	5.8	0.0	0.0
Within the last year	15.5	14.7	16.6	0.0	14.8
Within the last 1-5 years	34.3	35.4	33.1	50.0	25.9
More than 5 years ago	35.9	38.1	32.6	50.0	59.3

This question is from the Standardized Data Set Question #81

Someone had sexual contact with you without your consent (e.g., you were afraid to stop what was happening, passed out, drugged, drunk, incapacitated, asleep, threatened or physically forced) (how many times)

	Overall (%) n=79,286	Male (%) n=28,546	Female (%) n=49,790	Transgender (%) n=282	Self-Identify (%) n=668
Never	80.0	93.2	72.8	69.5	57.5
1 time	11.3	4.4	15.1	13.1	17.5
2-3 times	5.5	1.5	7.7	7.4	15.3
4-5 times	0.9	0.3	1.2	2.1	2.2
More than 5 times	2.3	0.7	3.2	7.8	7.5

This question is from the Standardized Data Set Question #82

Someone had sexual contact with you without your consent (e.g., you were afraid to stop what was happening, passed out, drugged, drunk, incapacitated, asleep, threatened or physically forced) (the last time)

	Overall (%) n=12,767	Male (%) n=1,570	Female (%) n=10,863	Transgender (%) n=81	Self-Identify (%) n=253
Never	0.5	1.0	0.5	0.0	0.0
Within the last two weeks	3.7	2.5	3.9	2.5	2.4
Within the last month	3.7	2.5	4.0	1.2	2.0
Within the last year	19.9	16.1	20.5	19.8	18.2
Within the last 1-5 years	38.7	30.4	39.8	38.3	45.8
More than 5 years ago	33.5	47.6	31.4	38.3	31.6

This question is from the Standardized Data Set Question #83

Experienced harassing, controlling, and/or abusive behavior from another person (e.g., friend, family member, partner, or authority figure) (how many times)

	Overall (%) n=80,000	Male (%) n=28,781	Female (%) n=50,263	Transgender (%) n=278	Self-Identify (%) n=678
Never	66.7	75.7	62.1	42.8	33.9
1 time	6.9	4.6	8.2	6.8	8.3
2-3 times	7.3	5.3	8.4	9.7	12.1
4-5 times	2.0	1.4	2.4	4.7	2.2
More than 5 times	17.0	13.0	18.9	36.0	43.5

This question is from the Standardized Data Set Question #84

Experienced harassing, controlling, and/or abusive behavior from another person (e.g., friend, family member, partner, or authority figure) (the last time)

	Overall (%) n=20,762	Male (%) n=5,389	Female (%) n=14,837	Transgender (%) n=144	Self-Identify (%) n=392
Never	0.9	1.2	0.8	0.7	0.0
Within the last two weeks	10.3	10.5	10.3	9.0	7.9
Within the last month	7.9	7.7	7.8	13.9	11.2
Within the last year	20.7	18.7	21.2	25.0	24.5
Within the last 1-5 years	37.0	30.5	39.4	32.6	36.7
More than 5 years ago	23.3	31.3	20.5	18.8	19.6

This question is from the Standardized Data Set Question #85

Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror (how many times)

	Overall (%) n=77,990	Male (%) n=28,153	Female (%) n=48,906	Transgender (%) n=273	Self-Identify (%) n=658
Never	61.9	67.7	58.8	51.3	47.6
1 time	16.8	14.1	18.4	13.9	15.8
2-3 times	12.5	10.7	13.5	15.4	16.9
4-5 times	2.2	1.9	2.4	2.9	5.3
More than 5 times	6.5	5.6	6.8	16.5	14.4

This question is from the Standardized Data Set Question #86

Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror (the last time)

	Overall (%) n=22,591	Male (%) n=6,849	Female (%) n=15,328	Transgender (%) n=116	Self-Identify (%) n=298
Never	0.9	1.1	0.8	0.0	0.3
Within the last two weeks	11.3	13.1	10.5	6.9	10.1
Within the last month	7.3	7.4	7.3	4.3	6.0
Within the last year	22.6	22.0	22.8	25.0	21.5
Within the last 1-5 years	34.9	32.2	36.1	37.9	33.9
More than 5 years ago	23.1	24.1	22.5	25.9	28.2

This question is from the Standardized Data Set Question #87

Please select the traumatic event(s) you have experienced:

	Overall (%) n=16,013	Male (%) n=4,558	Female (%) n=11,170	Transgender (%) n=76	Self-Identify (%) n=209
Childhood physical abuse	18.8 (n=3,004)	20.6 (n=939)	17.8 (n=1,987)	19.7 (n=15)	30.1 (n=63)
Childhood sexual abuse	16.1 (n=2,586)	9.9 (n=451)	18.6 (n=2,076)	17.1 (n=13)	22.0 (n=46)
Childhood emotional abuse	44.3 (n=7,092)	42.6 (n=1,943)	44.6 (n=4,983)	56.6 (n=43)	58.9 (n=123)
Physical attack (e.g., mugged, beaten up, shot, stabbed, threatened with a weapon)	15.2 (n=2,433)	23.3 (n=1,060)	11.8 (n=1,316)	21.1 (n=16)	19.6 (n=41)
Sexual violence (rape or attempted rape, sexually assaulted, stalked, abused by intimate partner, etc.)	29.3 (n=4,686)	8.0 (n=364)	37.7 (n=4,207)	31.6 (n=24)	43.5 (n=91)
Military combat or war zone experience	1.3 (n=213)	3.2 (n=48)	0.5 (n=60)	0.0 (n=0)	2.4 (n=5)
Kidnapped or taken hostage	1.1 (n=176)	0.7 (n=33)	1.3 (n=142)	0.0 (n=0)	0.5 (n=1)
Serious accident, fire, or explosion (e.g., an industrial, farm, car, plane, or boating accident)	11.7 (n=1,875)	14.3 (n=651)	10.7 (n=1,191)	13.2 (n=10)	11.0 (n=23)
Terrorist attack	0.9 (n=138)	1.5 (n=68)	0.6 (n=67)	1.3 (n=1)	1.0 (n=2)
Near drowning	10.2 (n=1,630)	14.9 (n=677)	8.1 (n=910)	19.7 (n=15)	13.4 (n=28)
Diagnosed with life threatening illness	4.2 (n=676)	5.2 (n=238)	3.8 (n=424)	1.3 (n=1)	6.2 (n=13)
Natural disaster (e.g., flood, quake, hurricane, etc.)	4.6 (n=734)	5.2 (n=239)	4.3 (n=481)	1.3 (n=1)	6.2 (n=13)
Imprisonment or torture	1.0 (n=153)	2.1 (n=97)	0.5 (n=53)	2.6 (n=2)	0.5 (n=1)
Animal attack	3.7 (n=598)	5.0 (n=229)	3.2 (n=357)	2.6 (n=2)	4.8 (n=10)
Other (please specify)	23.1 (n=3,703)	25.5 (n=1,161)	22.1 (n=2,472)	25.0 (n=19)	24.4 (n=51)

This question is from the Standardized Data Set Question #99

**The total N includes treatment seeking students who reported having experienced at least 1 trauma experience on the SDS Question #99.

Felt the need to reduce your alcohol or drug use (how many times)

	Overall (%) n=77,522	Male (%) n=27,948	Female (%) n=48,661	Transgender (%) n=271	Self-Identify (%) n=642
Never	72.8	66.6	76.3	72.3	69.2
1 time	10.2	11.1	9.6	12.9	10.9
2-3 times	10.1	12.0	9.0	8.9	12.9
4-5 times	1.8	2.3	1.6	3.0	2.2
More than 5 times	5.1	8.0	3.5	3.0	4.8

This question is from the Standardized Data Set Question #66

Felt the need to reduce your alcohol or drug use (the last time)

	Overall (%) n=16,501	Male (%) n=7,271	Female (%) n=8,988	Transgender (%) n=65	Self-Identify (%) n=177
Never	1.4	1.4	1.5	0.0	1.1
Within the last two weeks	28.5	32.0	26.0	13.8	20.3
Within the last month	18.2	17.9	18.3	18.5	21.5
Within the last year	29.9	29.0	30.5	30.8	35.6
Within the last 1-5 years	18.3	16.4	19.7	32.3	19.2
More than 5 years ago	3.6	3.2	4.0	4.6	2.3

This question is from the Standardized Data Set Question #67

Others have expressed concern about your alcohol or drug use (how many times)

	Overall (%) n=77,385	Male (%) n=27,880	Female (%) n=48,587	Transgender (%) n=274	Self-Identify (%) n=644
Never	82.6	77.6	85.5	83.2	80.9
1 time	7.3	8.6	6.6	7.7	8.4
2-3 times	6.1	7.7	5.3	4.0	5.3
4-5 times	1.2	1.5	0.9	2.9	1.6
More than 5 times	2.8	4.6	1.8	2.2	3.9

This question is from the Standardized Data Set Question #68

Others have expressed concern about your alcohol or drug use (the last time)

	Overall (%) n=10,328	Male (%) n=4,745	Female (%) n=5,433	Transgender (%) n=44	Self-Identify (%) n=106
Never	1.4	1.3	1.5	0.0	1.9
Within the last two weeks	21.8	23.2	20.8	15.9	17.0
Within the last month	16.4	16.9	16.0	9.1	12.3
Within the last year	32.9	32.4	33.4	31.8	34.9
Within the last 1-5 years	22.3	21.6	22.6	31.8	32.1
More than 5 years ago	5.2	4.7	5.7	11.4	1.9

This question is from the Standardized Data Set Question #69

Received treatment for alcohol or drug use (how many times)

	Overall (%) n=79,350	Male (%) n=28,491	Female (%) n=49,906	Transgender (%) n=281	Self-Identify (%) n=672
Never	96.1	93.9	97.4	96.8	95.8
1 time	2.9	4.3	2.0	1.4	3.0
2-3 times	0.7	1.3	0.4	0.4	0.6
4-5 times	0.1	0.1	0.1	0.0	0.3
More than 5 times	0.2	0.4	0.1	1.4	0.3

This question is from the Standardized Data Set Question #70

Received treatment for alcohol or drug use (the last time)

	Overall (%) n=2,405	Male (%) n=1,346	Female (%) n=1,029	Transgender (%) n=9	Self-Identify (%) n=21
Never	1.7	1.8	1.7	0.0	0.0
Within the last two weeks	9.4	8.7	10.5	10.0	4.8
Within the last month	7.6	7.5	8.0	0.0	0.0
Within the last year	26.8	27.6	26.2	0.0	19.0
Within the last 1-5 years	38.9	39.5	37.1	88.9	66.7
More than 5 years ago	15.6	15.0	16.5	11.1	9.5

This question is from the Standardized Data Set Question #71

Think back over the last two weeks. How many times have you had: five or more drinks* in a row (for males) OR four or more drinks* in a row (for females)? (*A drink is a bottle of beer, a glass of wine, a wine cooler, a shot glass of liquor, or a mixed drink.)

	Overall (%) n=64,904	Male (%) n=22,766	Female (%) n=41,332	Transgender (%) n=228	Self-Identify (%) n=578
None	59.1	53.7	61.7	77.2	74.0
Once	17.2	17.2	17.4	12.7	12.5
Twice	11.2	12.6	10.4	4.8	6.1
3 to 5 times	9.6	12.0	8.4	4.8	5.2
6 to 9 times	2.0	2.9	1.5	0.0	1.6
10 or more times	1.0	1.6	0.6	0.4	0.7

This question is from the Standardized Data Set Question #19

Think back over the last two weeks. How many times have you smoked marijuana?

	Overall (%) n=74,057	Male (%) n=26,376	Female (%) n=46,782	Transgender (%) n=262	Self-Identify (%) n=637
None	79.3	73.2	82.9	79.4	76.6
Once	5.5	6.1	5.2	8.4	6.0
Twice	3.6	4.3	3.2	3.1	3.5
3 to 5 times	4.6	6.1	3.8	3.1	5.3
6 to 9 times	2.2	3.2	1.7	1.5	1.9
10 or more times	4.7	7.2	3.3	4.6	6.8

This question is from the Standardized Data Set Question #96

Please indicate how much you agree with the statement: "I get the emotional help and support I need from my family."

	Overall (%) n=48,407	Male (%) n=16,739	Female (%) n=31,094	Transgender (%) n=174	Self-Identify (%) n=400
Strongly disagree	10.5	9.9	10.7	25.9	20.3
Somewhat disagree	13.7	13.0	14.0	19.0	23.5
Neutral	15.5	17.3	14.4	17.2	19.0
Somewhat agree	31.0	29.9	31.7	24.7	27.0
Strongly agree	29.2	29.9	29.2	13.2	10.3

This question is from the Standardized Data Set Question #22

Please indicate how much you agree with the statement: "I get the emotional help and support I need from my social network (e.g., friends, acquaintances)."

	Overall (%) n=50,811	Male (%) n=17,879	Female (%) n=32,341	Transgender (%) n=178	Self-Identify (%) n=413
Strongly disagree	8.5	9.7	7.8	3.4	7.7
Somewhat disagree	13.1	14.4	12.4	10.7	12.1
Neutral	19.2	21.8	17.8	14.0	17.2
Somewhat agree	37.4	34.6	39.0	36.5	40.0
Strongly agree	21.8	19.4	23.0	35.4	23.0

This question is from the Standardized Data Set Question #23

Are you registered, with the office for disability services on this campus, as having a documented and diagnosed disability?

	Overall (%) n=79,902	Male (%) n=28,698	Female (%) n=50,255	Transgender (%) n=278	Self-Identify (%) n=671
Yes	7.8	8.4	7.4	12.2	12.1
No	92.2	91.6	92.6	87.8	87.9

This question is from the Standardized Data Set Question #60

If you selected "Yes" for the previous question, please indicate which category of disability you are registered for (check all that apply):

	Overall (%)	Male (%)	Female (%)	Transgender (%)	Self-Identify (%)
Attention Deficit/ Hyperactivity Disorders	44.3 (n=2,767)	52.1 (n=1,257)	39.6 (n=1,472)	38.2 (n=13)	30.9 (n=25)
Deaf or Hard of Hearing	2.7 (n=169)	2.6 (n=63)	2.7 (n=102)	8.8 (n=3)	1.2 (n=1)
Learning Disorders	24.9 (n=1,558)	24.9 (n=600)	25.1 (n=934)	23.5 (n=8)	19.8 (n=16)
Mobility Impairments	3.5 (n=216)	2.8 (n=67)	3.8 (n=140)	5.9 (n=2)	8.6 (n=7)
Neurological Disorders	5.7 (n=358)	4.8 (n=116)	6.2 (n=231)	8.8 (n=3)	9.9 (n=8)
Physical/Health Related Disorders	11.3 (n=708)	7.7 (n=187)	13.7 (n=508)	2.9 (n=1)	14.8 (n=12)
Psychological Disorder/Condition	23.2 (n=1,448)	18.9 (n=457)	25.5 (n=948)	38.2 (n=13)	37.0 (n=30)
Visual Impairments	2.7 (n=169)	2.8 (n=67)	2.7 (n=100)	0.0 (n=0)	2.5 (n=2)
Other	12.7 (n=796)	12.1 (n=293)	13.0 (n=484)	14.7 (n=5)	17.3 (n=14)

This question is from the Standardized Data Set Question #61

Please indicate your level of involvement in organized extra-curricular activities (e.g., sports, clubs, student government, etc.)

	Overall (%) n=43,221	Male (%) n=15,142	Female (%) n=27,603	Transgender (%) n=151	Self-Identify (%) n=325
None	29.2	31.6	27.9	24.5	27.1
Occasional participation	21.0	22.7	20.1	25.8	22.2
One regularly attended activity	19.7	19.4	19.9	15.2	23.7
Two regularly attended activities	16.5	14.5	17.6	18.5	18.8
Three or more regularly attended activities	13.5	11.8	14.5	15.9	8.3

This question is from the Standardized Data Set Question #48

Do you participate on an athletic team that competes with other colleges or universities?

	Overall (%) n=70,131	Male (%) n=25,289	Female (%) n=44,000	Transgender (%) n=257	Self-Identify (%) n=585
Yes	7.2	8.6	6.5	3.9	3.1
No	92.8	91.4	93.5	96.1	96.9

This question is from the Standardized Data Set Question #50

Religious or spiritual preference

	Overall (%) n=69,171	Male (%) n=24,894	Female (%) n=43,472	Transgender (%) n=240	Self-Identify (%) n=565
Agnostic	12.9	15.4	11.3	22.1	21.9
Atheist	8.6	11.9	6.5	22.1	18.9
Buddhist	0.9	0.9	0.9	1.7	2.1
Catholic	17.6	16.2	18.7	4.6	3.0
Christian	31.9	26.8	35.2	12.9	8.5
Hindu	0.9	1.0	0.8	0.0	0.2
Jewish	2.7	2.7	2.8	1.3	2.1
Muslim	1.3	1.7	1.2	0.4	0.0
No preference	19.3	19.5	19.2	18.8	23.0
Self-Identify	3.8	3.9	3.5	16.3	20.2

This question is from the Standardized Data Set Question #97

To what extent does your religious or spiritual preference play an important role in your life?

	Overall (%) n=51,971	Male (%) n=18,207	Female (%) n=33,120	Transgender (%) n=195	Self-Identify (%) n=449
Very important	15.2	12.6	16.7	7.7	8.0
Important	23.5	21.5	24.6	20.5	21.4
Neutral	34.7	35.5	34.2	33.8	35.0
Unimportant	14.7	16.0	13.9	19.5	15.1
Very unimportant	12.0	14.3	10.6	18.5	20.5

This question is from the Standardized Data Set Question #36

How would you describe your financial situation right now?

	Overall (%) n=60,653	Male (%) n=21,326	Female (%) n=38,571	Transgender (%) n=229	Self-Identify (%) n=527
Always stressful	14.8	12.5	16.0	19.2	18.4
Often stressful	22.0	20.4	22.8	27.1	27.3
Sometimes stressful	35.3	35.9	35.0	38.0	36.1
Rarely stressful	20.1	22.2	19.1	13.1	14.2
Never stressful	7.7	9.0	7.1	2.6	4.0

This question is from the Standardized Data Set Question #57

How would you describe your financial situation growing up?

	Overall (%) n=41,008	Male (%) n=14,130	Female (%) n=26,375	Transgender (%) n=152	Self-Identify (%) n=351
Always stressful	10.6	9.1	11.4	15.1	14.2
Often stressful	15.3	14.0	15.9	20.4	18.2
Sometimes stressful	23.6	22.6	24.1	25.7	23.6
Rarely stressful	28.6	30.3	27.7	25.0	28.8
Never stressful	21.9	24.0	20.9	13.8	15.1

This question is from the Standardized Data Set Question #58

Are you a member of ROTC?

	Overall (%) n=39,907	Male (%) n=14,219	Female (%) n=25,334	Transgender (%) n=147	Self-Identify (%) n=307
Yes	0.7	1.1	0.5	0.7	0.3
No	99.3	98.9	99.5	99.3	99.7

This question is from the Standardized Data Set Question #51

Have you ever served in any branch of the US military (active duty, veteran, National Guard or reserves)?

	Overall (%) n=80,827	Male (%) n=29,147	Female (%) n=50,720	Transgender (%) n=285	Self-Identify (%) n=675
Yes	1.7	3.1	0.9	2.5	1.5
No	98.3	96.9	99.1	97.5	98.5

This question is from the Standardized Data Set Question #98

Did your military experience include any traumatic or highly stressful experiences which continue to bother you?

	Overall (%) n=1,232	Male (%) n=807	Female (%) n=410	Transgender (%) n=5	Self-Identify (%) n=10
Yes	31.1	33.7	25.9	40.0	30.0
No	68.9	66.3	74.1	60.0	70.0

This question is from the Standardized Data Set Question #53

Provider Data

The Standardized Data Set includes some basic demographic information about providers at participating counseling centers. The 2014-2015 dataset represents over 2,771 unique providers. Answer totals vary by question since some counseling centers do not gather this data, or a counselor chose not to answer one or more questions.

Gender

	n	Percentage (%)
Male	263	30.7
Female	590	68.8
Transgender	2	0.2
Prefer not to answer	2	0.2

Age

	Age (years)	n
Average Age	43.1	782
Modal Age	32	35

Race/Ethnicity

	n	Percentage (%)
African-American/Black	68	8.0
American Indian or Alaskan Native	3	0.4
Asian American/Asian	58	6.9
Caucasian/White	619	73.3
Hispanic/Latino/a	51	6.0
Native Hawaiian or Pacific Islander	0	0.0
Multi-racial	29	3.4
Prefer not to answer	5	.6
Other	12	1.4

Highest Degree (descending sort)

	n	Percentage (%)
Doctor of Philosophy	320	37.6
Master of Arts	121	14.2
Doctor of Psychology	110	12.9
Master of Science	85	10
Master of Social Work	80	9.4
Doctor of Medicine	32	3.8
Bachelor of Arts	30	3.5
Master of Education	23	2.7
Doctor of Education	13	1.5
Other	12	1.4
Bachelor of Science	12	1.4
Nursing (e.g. RN, RNP, PNP)	5	0.6
Education Specialist	4	0.5
Doctor of Osteopathy	3	0.4

Highest Degree-Discipline (descending sort)

	n	Percentage
Counseling Psychology	304	36.1
Clinical Psychology	266	31.6
Social Work	88	10.5
Other	71	8.4
Counselor Education	54	6.4
Psychiatry	26	3.1
Marriage and Family Therapist	15	1.8
Community Psychology	6	0.7
Nursing	5	0.6
Educational Psychology	5	0.6
Higher Education	1	0.1
Health Education	1	0.1

Are you licensed under your current degree?

Yes n=596 72.0%

No n=232 28.0%
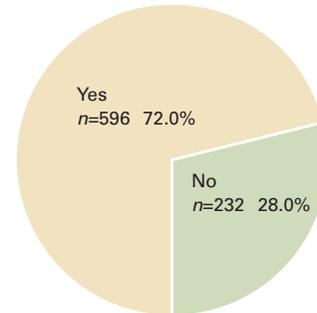
Position Type: (descending sort)

	n	Percentage (%)
Professional Staff Member	631	73.9
Pre-Doctoral Intern	67	7.8
Doctoral Level Trainee (not an intern)	48	5.6
Master's Level Trainee	39	4.6
Other	37	4.3
Post-Doctoral Level (non-psychiatric)	30	3.5
Psychiatric Resident	2	0.2

Center Information

The information below describes the 139 colleges and universities that contributed data to the 2014-2015 CCMH data set.

Does your counseling center currently have an APA accredited pre-doctoral training program?

	n	Percentage (%)
Yes	42	31.1
No	93	68.9

Is your counseling center currently accredited by IACS (International Association of Counseling Services)?

	n	Percentage (%)
Yes	65	48.1
No	70	51.9

Which services are integrated with your counseling center? (check all that apply)

	n	Percentage (%)
Career Services	13	9.6
Disability Services	7	5.2
Drug & Alcohol Treatment Program	39	28.9
Employee Assistance Program	2	1.5
Learning Services	4	3.0
Health Services	19	14.1
Testing Services	21	15.6
Other	13	9.6

What psychiatric services are provided by your center?

	n	Percentage (%)
None	40	29.9
Part time, in house	61	45.5
Full time, in house	13	9.7
Part time, off campus consultant	6	4.5
Other	14	10.4

Does your center have an annual individual psychotherapy limit?

	n	Percentage (%)
Yes	49	36.6
No	85	63.4

If you answered "yes" to session limit, please enter your individual psychotherapy session limit*

	n	Percentage (%)
8	2	4.1
10	9	18.4
12	20	40.8
14	2	4.1
15	6	12.2
16	4	8.2
17	1	2.0
18	1	2.0
20	3	6.1
24	1	2.0

*No school that provided information entered less than 7 sessions

Check each service for which you charge a standard fee (don't check services that are initially free–e.g., first 8 sessions)

	n	Percentage (%)
Intake	2	1.5
Individual Counseling	6	4.4
Group Counseling	6	4.4
Psychiatric Evaluation (initial meeting)	25	18.5
Psychiatric Follow-up (ongoing client)	25	18.5
Formal Assessment: Psychological	14	10.4
Formal Assessment: Career	12	8.9
Formal Assessment: Disability	5	3.7
Other	17	12.6

Institutional Data

Data for the 2014-2015 CCMH data set has been contributed by 139 colleges and universities that hold membership with CCMH. Demographics for these institutions are listed below.

Campus Characteristic	n	Percentage (%)
Type of Institution		
Public	85	63.0
Private	45	33.3
Combined	5	3.7
Location of Campus		
Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)	36	28.1
Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)	35	27.3
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV)	42	32.8
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	15	11.7
Enrollment		
Under 1,500	4	3.0
1,501-2,500	12	8.9
2,501-5,000	14	10.4
5,001-7,500	12	8.9
7,501-10,000	15	11.1
10,001-15,000	20	14.8
15,001-20,000	16	11.9
20,001-25,000	16	11.9
25,001-30,000	6	4.4
30,001-35,000	10	7.4
35,001-40,000	3	2.2
40,001-50,000	5	3.7
50,001 and over	2	1.5

Campus Characteristic	n	Percentage (%)
Athletic Division		
None	9	6.8
Division I	75	56.8
Division II	22	16.7
Division III	26	19.7
Grade Scale		
0-4	132	97.1
1-5	0	0
0-100	2	1.5
Other	2	1.5

CCMH Member Institutions

1. Abilene Christian University
2. Agnes Scott College
3. American College of Greece
4. American University
5. Amherst College
6. Anderson University
7. Appalachian State University
8. Arkansas State University
9. Auburn University
10. Auburn University, Montgomery
11. Augustana College
12. Aurora University
13. Ball State University
14. Barnard College
15. Barry University
16. Baylor University
17. Binghamton University
18. Boston College
19. Bowling Green State University
20. Brigham Young University
21. Bucknell University
22. Butler University
23. Cabrini College
24. California Maritime Academy
25. California State Polytechnic University, Pomona
26. California State University, Channel Islands
27. California State University, Chico
28. California State University, Fullerton
29. California State University, Long Beach
30. California State University, Sacramento
31. California State University, San Bernardino
32. California State University, San Marcos
33. Calvin College
34. Case Western Reserve University
35. Central College
36. Charleston Southern University
37. Chesnut Hill College
38. Claremont University Consortium
39. Clayton State University
40. Cleveland State University
41. Cleveland State University, Counseling and Academic Success Clinic
42. Coastal Carolina University
43. Colby College
44. Colgate University
45. College of Charleston
46. College of Saint Benedict | Saint John's University

47. College of Southern Nevada
48. College of the Holy Cross
49. College of William & Mary
50. Collin County Community College
51. Colorado Christian University
52. Colorado State University, Fort Collins
53. Columbia College, Chicago
54. Columbia College, Missouri
55. Columbus State University
56. Connecticut College
57. Converse College
58. Culver-Stockton College
59. CUNY College of Staten Island
60. CUNY Hunter College
61. Dartmouth College
62. DePaul University
63. Dickinson College
64. Dominican University
65. Drexel University
66. Duke University
67. East Carolina University
68. East Carolina University, Student Health Services
69. Eastern Illinois University
70. Eastern Kentucky University
71. Eastern Michigan University
72. Eastern Washington University
73. Edgewood College
74. Elon University
75. Emerson College
76. Emmanuel College
77. Emory & Henry College
78. Emory University
79. Fairfield University
80. Ferris State University
81. Florida Atlantic University
82. Florida Gulf Coast University
83. Florida International University
84. Fordham University
85. Fort Lewis College
86. Franklin & Marshall College
87. Fullerton College
88. Gannon University
89. George Mason University
90. Georgia College and State University
91. Georgia Institute of Technology
92. Georgia Southern University
93. Georgia State University
94. Gordon College
95. Grand Valley State University
96. Hamilton College
97. Hobart and William Smith Colleges
98. Houghton College
99. Husson University
100. Idaho State University
101. Illinois Institute of Technology
102. Illinois State University
103. Illinois Wesleyan University
104. Iowa State University
105. Ithaca College
106. Jewish Theology Seminary
107. John Brown University
108. Johnson & Wales University, Providence
109. Keele University
110. Kennesaw State University
111. La Salle University
112. Lafayette College
113. Lamar University
114. Lawrence University
115. Lee University
116. Lehigh University
117. Lehman College
118. Lewis Clark State College
119. Lindsey Wilson College
120. Louisiana State University, Baton Rouge
121. Louisiana State University, Shreveport
122. Loyola Marymount University
123. Loyola University, Chicago
124. Loyola University, New Orleans
125. Lyon College
126. Marquette University
127. Marywood University
128. Mercer University
129. Metropolitan State University of Denver
130. Miami University, Ohio
131. Michigan State University
132. Middle Tennessee State University
133. Mississippi State University
134. Montana State University, Bozeman
135. Montclair State University
136. New College of Florida
137. New Mexico State University
138. North Carolina State University
139. North Central College
140. North Dakota State University
141. Northeastern Illinois University
142. Northern Arizona University
143. Northern Illinois University
144. Northwestern University
145. Ohio State University
146. Ohio University
147. Old Dominion University
148. Oregon Institute of Technology
149. Oregon State University
150. Pace University
151. Pace University, Westchester Campuses
152. Penn State University
153. Penn State University, CEDAR Clinic
154. Pennsylvania College of Technology
155. Pepperdine University
156. Plymouth State University
157. Prince George's Community College
158. Purdue University, West Lafayette
159. Quincy University
160. Ramapo College of New Jersey
161. Regis University
162. Rhode Island College
163. Rice University
164. Richard Stockton College of New Jersey
165. Ringling College of Art and Design
166. Robert Morris University
167. Rochester Institute of Technology
168. Roger Williams University
169. Rollins College
170. Roosevelt University
171. Rose-Hulman Institute of Technology
172. Rutgers University, Camden
173. Sacred Heart University
174. Saddleback College
175. Saint Joseph's University
176. Saint Mary's College of California
177. Saint Mary's College of Maryland
178. Saint Norbert College
179. Salem State University
180. Salisbury University
181. Sam Houston State University
182. San Diego State University
183. Santa Clara University
184. Santa Rosa Junior College
185. Savannah College of Art and Design
186. Scranton University
187. Seton Hall University
188. Shenandoah University
189. Simpson College
190. Slippery Rock University
191. South Dakota State University
192. Southern Illinois University, Carbondale
193. Southern Oregon University
194. Spalding University
195. Springfield College
196. St. Cloud State University
197. St. Edward's University
198. St. John's University
199. Stephen F. Austin State University
200. Stetson University
201. Stevenson University
202. Suffolk University
203. SUNY Albany
204. SUNY Brockport
205. SUNY Buffalo
206. SUNY Cortland
207. SUNY Geneseo
208. SUNY Old Westbury
209. SUNY Oneonta
210. SUNY Oswego
211. Susquehanna University
212. Syracuse University
213. Tarleton State University
214. Texas A&M University
215. Texas A&M University, Central Texas
216. Texas A&M University, Corpus Christi
217. Texas A&M University, West Texas
218. Texas State University, San Marcos
219. Texas Tech University
220. The University of Alaska, Fairbanks
221. Towson University
222. Truman State University
223. Tulane University
224. Union College

225. University at Buffalo
226. University of Akron
227. University of Alabama
228. University of Alberta
229. University of Arkansas, Fayetteville
230. University of British Columbia
231. University of California, Berkeley
232. University of California, Davis
233. University of California, Irvine
234. University of California, Los Angeles
235. University of California, Merced
236. University of California, Riverside
237. University of California, San Diego
238. University of California, San Francisco
239. University of California, Santa Barbara
240. University of California, Santa Cruz
241. University of Cambridge
242. University of Central Florida
243. University of Central Missouri
244. University of Central Oklahoma
245. University of Chicago
246. University of Cincinnati
247. University of Colorado, Boulder
248. University of Colorado, Denver
249. University of Connecticut
250. University of Dayton
251. University of Delaware
252. University of Denver
253. University of Florida
254. University of Houston
255. University of Houston, Clear Lake
256. University of Idaho
257. University of Illinois, Chicago
258. University of Illinois, Urbana Champaign
259. University of Iowa
260. University of Kansas Medical Center, Kansas City
261. University of Kentucky
262. University of Maine
263. University of Massachusetts, Boston

264. University of Massachusetts, Dartmouth
265. University of Massachusetts, Lowell
266. University of Memphis
267. University of Miami
268. University of Michigan
269. University of Michigan, Flint
270. University of Missouri
271. University of Missouri, Kansas City
272. University of Nebraska, Kearney
273. University of Nevada, Reno
274. University of New Brunswick
275. University of New Hampshire
276. University of North Carolina, Chapel Hill
277. University of North Carolina, Charlotte
278. University of North Carolina, Greensboro
279. University of North Carolina, Pembroke
280. University of North Florida
281. University of North Texas
282. University of Northern Iowa
283. University of Notre Dame
284. University of Oregon
285. University of Pennsylvania
286. University of Richmond
287. University of Saint Joseph
288. University of San Francisco
289. University of Sheffield
290. University of South Carolina, Columbia
291. University of South Florida, St. Petersburg
292. University of South Florida, Tampa
293. University of Southern Maine
294. University of Southern Mississippi
295. University of Tennessee, Knoxville
296. University of Texas, Arlington
297. University of Texas, Austin
298. University of Texas, Dallas
299. University of Texas, San Antonio
300. University of the Sciences, Philadelphia

301. University of the South
302. University of Utah
303. University of Washington, Seattle
304. University of Washington, Tacoma
305. University of Waterloo
306. University of West Florida
307. University of West Georgia
308. University of Wisconsin, Eau Claire
309. University of Wisconsin, Madison
310. University of Wisconsin, Parkside
311. University of Wisconsin, Platteville
312. University of Wisconsin, River Falls
313. University of Wisconsin, Stout
314. University of Wisconsin, Whitewater
315. University of Wyoming
316. Ursinus College
317. Valparaiso University
318. Vanderbilt University
319. Virginia Commonwealth University
320. Virginia Military Institute
321. Virginia Polytechnic Institute and State University
322. Wake Forest University
323. Washington State University
324. Washington State University, Vancouver
325. Wayne State University
326. Weber State University
327. West Chester University
328. West Virginia University
329. Western Carolina University
330. Western Connecticut State University
331. Western Illinois University
332. Western Kentucky University
333. Western New England University
334. Western Washington University
335. Winthrop University
336. Wright State University
337. Yeshiva University

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