

## Annual Report 2022-2023

The Counseling Program is pleased to present this annual report for the 2022-2023 Academic Year. This report highlights program evaluation results including admissions data, program evaluation data, graduation and job placement rates and our annual survey of Alumni. Each year our full-time faculty review program data, consult with site supervisors and part-time faculty, and consider programmatic changes. Recent changes are detailed within this report.

### Clinical Mental Health Counseling Concentration: Admissions and Graduation Rates

Date Range	Graduated in 2 years Number (%)	Graduated in 3 years Number (%)	Graduated in 4+ years Number (%)	Withdrew or did not finish Number (%)	Graduation Rate
2014-2015	N/A	29 (72.5%)	7 (17.5%)	3 (7.5%)	90%
2016-2017	7 (21%)	24 (71%)	1 (.3%)	2 (1%)	94.1%
2018-2019	10 (30%)	20 (60%)	3 (.9%)	1 (.3%)	97%
2020-2021	6 (21%)	19 (68%)	3 (11%)	0	100%
2021-2022	2 (16%)	7 (58%)	1 (25%)	0	100%
2022-2023	2 (13%)	10 (67%)	3 (20%)	0	100%

The overall Graduation Rate for the Clinical Mental Health Counseling program is \_\_\_\_\_. During this term, \_\_\_\_ of the cohort earned the Counseling MS in \_\_\_ years. The preferred time to complete the program continues to be three years. Working adults choose the 3 and 4-year option because these are most compatible with full-time employment.

### Current Counseling Students (FTE)

The number of full-time, part-time, and full time equivalent (FTE) students at each campus site.

$$FT=9 \text{ SCH } FTE=FT+PTSCH/9$$

<b>Current Counseling Students (FTE) (2022-2023).</b> The number of full-time, part-time, and full time equivalent (FTE) students at each campus site. $FT=9 \text{ SCH } FTE=FT+PTSCH/9$			
	FT	PT	FTE
Clinical Mental Health Counseling (CMHC)	3	6	7
Certificate of Advanced Study (CAGS)	23	26	40

**Counseling Program: Graduates by Concentration**  
Graduates for the past (6) Years

	<b>2016-2017</b>	<b>2017-2018</b>	<b>2018-2019</b>	<b>2019-2020</b>	<b>2020-2021</b>	<b>2021-2022</b>	<b>2022-2023</b>
<b>Clinical Mental Health Counseling</b>	33	19	19	18	11	12	15
<b>Certificate of Advanced Study</b>	2	2	2	1	4	2	5

**Counseling Program: The Student Demographic**

The chart below reflects the racial and gender diversity of the students in the Clinical Mental Health Counseling Program.

<b>Fall 2023</b>			
<b>Ethnicity</b>	<b>Females</b>	<b>Males</b>	<b>Total</b>
Amer. Indian- AK Native	0	0	0
Asian- Pacific Islander	1	0	1
Black- Non-Hispanic	12	3	15
Hispanic	13	0	13
Non-Resident Alien	0	0	0
Other	0	0	0
White-Non-Hispanic	13	2	15
<b>Total</b>	39	5	44

**CMHC 2022-2023 CPCE Results**

11 CMHC graduates attempted the CPCE and 100% passed. The mean score for the group (80), which is within one standard deviation of the national average (85) in 2023. All but 3 students passed the CPCE on the first attempt (72% first attempt pass rate); the remaining students passed on the second attempt.

**Clinical Mental Health Counseling: Alumni Survey Results**

The following sections summarize the results of the survey completed by 2022-2023 graduates of the University of Bridgeport’s Master’s in Counseling – Clinical Mental Health Counseling program. Alumni anonymously completed an 18-item, Likert-style questionnaire.

The survey aimed to assess the program’s ability to prepare students in specific content areas: Multicultural Counseling Competency; Diagnostic Skills; Knowledge of and Proficiency in Ethical Use of Appraisal Instruments; Understanding and Use of Research; Knowledge of Ethical Codes; Techniques and Interventions in Individual and Group Settings. Alumni assessment of Overall Program Quality;

Current Employment Status; and National Counselor Exam (NCE) preparation was also examined.

## **Content Areas**

### **Multicultural Counseling Competency**

Of the alumni surveyed, 100% agreed or strongly agreed with the statement “My program provided me with the skills necessary for counseling persons of different cultural contexts.”

### **Diagnostic Skills**

100% agreed or strongly agreed that CMHC program taught them diagnostic skills. No respondents disagreed with this statement.

### **Techniques and Interventions for Individual and Group Settings**

When asked about the extent to which the program provided them with the therapeutic techniques and intervention competencies necessary for both individual and group settings, 100% of respondents strongly agreed or agreed.

### **Clinical Practice and Ethical Code**

100% of the alumni surveyed strongly agreed that the program provided them with an understanding of the role of a professional counselor and the accompanying ethical code. No respondents disagreed with this statement.

### **Ethical Use of Appraisal Instruments**

100% of respondents strongly agreed or agreed that the program prepared them with knowledge of the ethical use of appraisal instruments. No respondents disagreed.

### **Ability to Review and Conduct Research**

When provided with the statement, “My program prepared me with knowledge to review and conduct counseling research, 100% of respondents answered, ‘strongly agree’ and ‘agree,’.

### **Overall Program Quality**

When asked about the overall quality of the CMHC program, 100% of respondents answered that they were “very satisfied” or “satisfied” with the quality of the program. 100% of respondents noted that they had recommended the CMHC program to a friend or family member.

### **Current Employment Status**

When asked about current employment status, 100% of the alumni surveyed answered that they are currently employed, with 100% reportedly working in a field directly related to their graduate education at the University of Bridgeport. When asked about their employment locations, 60% of respondents reported working in an urban location, 20% reported working in a suburban location, 20% reported working in a rural location.

### **National Counselor Exam Preparation**

At the time of survey distribution, 100% of respondents stated that they had not taken the exam but intend to within a year. When asked if the CMHC program prepared them for the NCE, 80% of respondents strongly agreed or agreed that it did so.

### **Program Changes 2022-2023**

Throughout the 2022-2023 Academic Year, the UB Counseling Program continued to evolve and improve. What follows is data from year 2 year of our 4-year HRSA BHWET grant. The overarching goal of this grant is to increase Connecticut's behavioral health workforce by training resilient, skilled clinical mental health counselors from underrepresented groups who are bilingual and culturally competent to serve diverse client populations within interdisciplinary team-based care settings in the high need and high demand areas. UB is working to achieve this by providing stipends for and placing clinical mental health counseling students at existing and several new, experiential, interdisciplinary training sites. To date, UB has distributed 240,000\$ in stipends to CMHC students. We approached our planned goal to graduate 24 CMHC students' year 2. Currently, we work with 6 interdisciplinary training sites that practice Level 3 or above integrated care. Thanks to grant funding, UB is training site supervisors at designated HPSA sites. RP! is focused on three major evidence-based, trauma-informed care training components including: Dialectic Behavioral Therapy Skills (DBT-Skills), Motivational Interviewing (MI), and Circle of Security Parenting (COSP), promote self-regulation. This year, 5 site supervisors participated in DBT training through UB Counseling program. In the coming year, we plan to train site supervisors in MI through the UB Online MI Course via Canvas. Three site supervisors will be funded to participate in COSP training through Circle of Security International. Program graduates typically serve in the region for at least three years, and combined with the training of site supervisors, will sustain the program many years beyond the funding period.