



PURDUE UNIVERSITY

COUNSELING AND PSYCHOLOGICAL SERVICES

ACADEMIC YEAR 2022 - 2023

MESSAGE FROM CAPS SENIOR DIRECTOR

Hello Boilermakers!

Thank you for supporting the holistic well-being and wellness of our students. As a community of care at Purdue University, we all play an important role and we value all of our community partners in this effort.

CAPS has enhanced services over the past few years including increased staffing, new flexible and accessible services, and expanded campus-based prevention programming and partnerships.

CAPS continues to offer accessible care while also expanding services in several areas of our stepped care model to meet the continuum of needs on campus. During 2022-23, CAPS served students in new ways including self-enrolled workshops, Let's Talk and new group therapy options.

CAPS had a year of impact and innovation in supporting the mental health and well-being needs of our students. We are excited to share key highlights and outcomes from our

year and look forward to continuing to serve this amazing Boilermaker community. We are here for you!

Dr. Christopher Hanes,
CAPS Senior Director

If you have trouble accessing this document due to a disability, please contact us.

765-494-6995

purdue.edu/caps



Counseling and
Psychological Services

purdue.edu/caps

@purduecaps

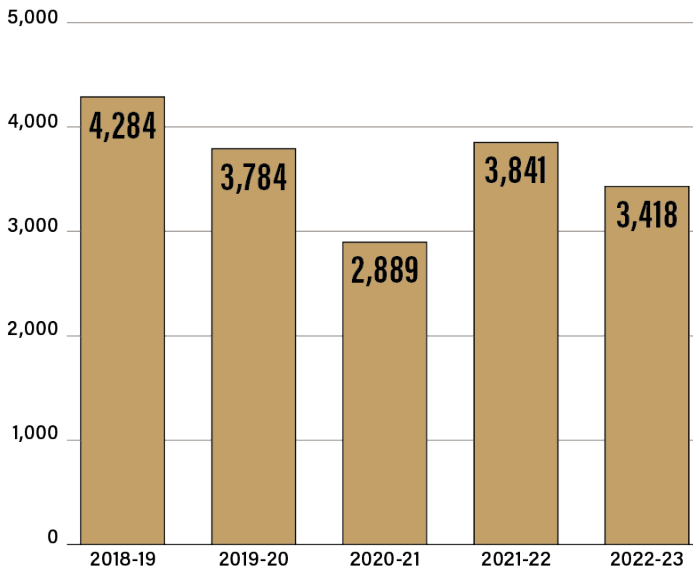
@CAPSatPurdue

STUDENT UTILIZATION CHARACTERISTICS

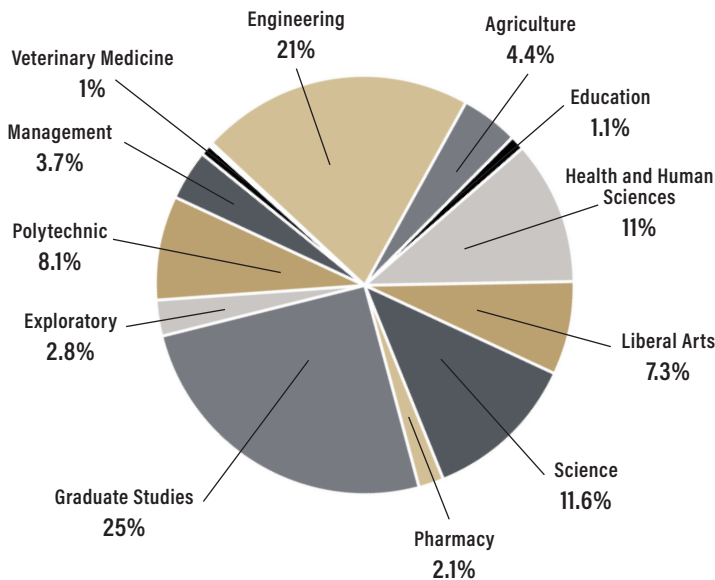
STUDENTS SERVED

CAPS continues to see a significant demand for our services with utilization trends of treatment services slightly lower compared to prior years and campus based services seeing an increase. This year we saw an **11% decrease in students served compared to last year.** We ended the year with an **18.3% increase compared to 2020-21.**

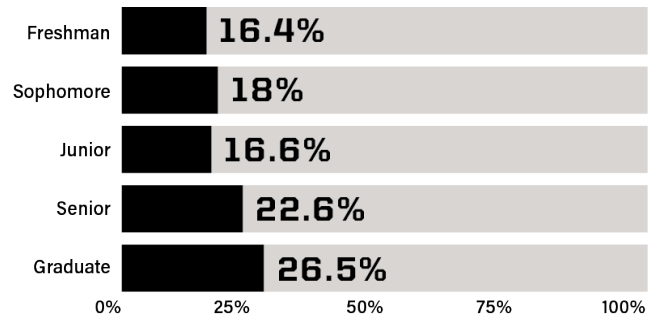
Several options within CAPS services do not count in these totals due to their campus based nature. Several services had increases in utilization including Let's Talk and Drop-in Workshops.



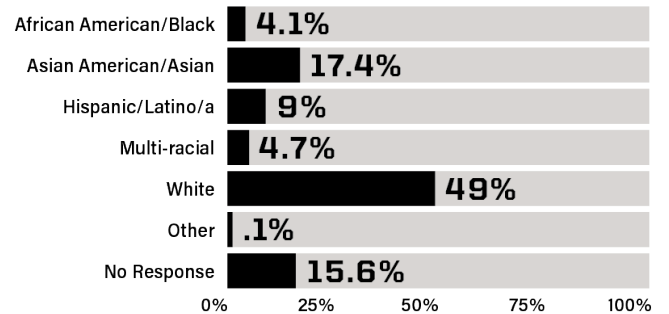
COLLEGE



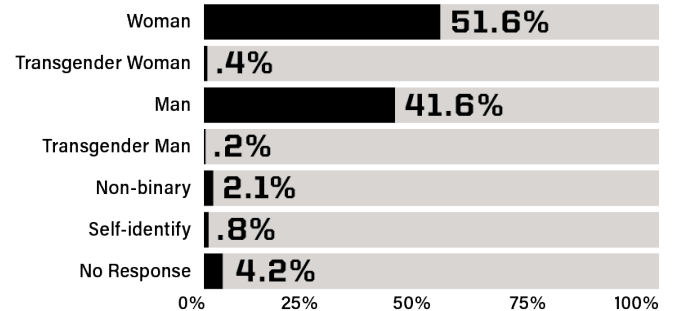
ACADEMIC STATUS



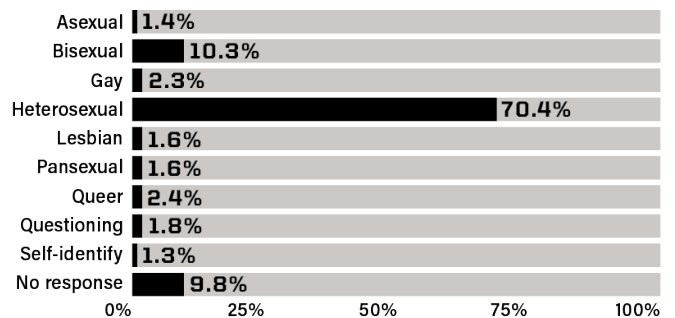
RACE ETHNICITY



GENDER IDENTITY



SEXUAL ORIENTATION



14.4%

Identify as First Generation Students.

23.8%

Identify as International Students from 81 countries.

1.2%

Identify as Transfer Students.

CAPS SERVICES

HIGHLIGHTS

Students presented with a range of concerns.
Most common presenting concerns were:

Anxiety

51%

Depression

37%

Relationship Issues

19%

Academic Concerns

13%

*Students can present with one or more of these concerns.

During the 22-23 academic year, students attended 18,921 appointments.

This represents a 15% decrease compared to 2021-22.

Overall demand was 25,191 appointments requested.

This represents a 15% decrease compared to 2021-22 and a 10% increase compared to 2020-21.

CRISIS SERVICES

Provided 717 appointments serving 556 students in crisis. 1,021 students (39.4%) reported thoughts of suicide within the prior two weeks at first contact. 73% of these students decreased their S/I rating after receiving services.

NATIONAL COMPARISONS

Purdue CAPS is in the top 4% of institutions nationally for unique students served. CAPS clients average change on the Overall Distress scale was in the 95th percentile compared to national benchmarks.

OUTREACH AND CAMPUS ENGAGEMENT

Provided 642 hours of presentations, campus based consultations or debriefings reaching 26,116 students, faculty, and staff on campus. We doubled our reach this year with outreach and prevention activities.

GROUP SERVICES

Provided 2,584 appointments serving 384 students with 24 weekly groups, representing a 39% decrease in students served in groups compared to last year. Provided seven weekly drop-in workshops serving an additional 120 students.

Our standardized assessment showed the following percentage of students reporting elevated distress levels in these domains at first contact:

Depression

50%

Generalized Anxiety

48%

Academic Distress

45%

Social Anxiety

39%

General Distress

34%

Eating Concerns

28%

Frustration/Anger

27%

Alcohol Use

14%



WHAT STUDENTS

ARE SAYING ABOUT

CAPS:

88%

of students would likely recommend CAPS to a friend if needed.

87%

of students are overall satisfied with the services they receive.

81%

of students reported that CAPS services helped them stay in school.

91%

of students reported that group had a positive effect on their overall health and well-being.