College of Dentistry Counseling Office
Annual Report
2014-2015

July 2015

David F. Adams, Ph.D.
Staff Psychologist
University Counseling Service at the College of Dentistry
The University of Iowa
101-1 Dental Science Building North
Iowa City, IA 52242-1010
Email: david-f-adams@uiowa.edu
Contents
Introduction.................................................................2
Executive Summary......................................................3
Counseling Services.....................................................4
Outreach.................................................................9
Digital Outreach.........................................................22
Introduction
Thank you for taking the time to review the services provided through the Counseling Office at the College of Dentistry. In 2014-2015, the Counseling Office had over 165 consultation and counseling appointments with students from all academic years. Nearly 10% of dental students utilized the Counseling Office throughout the year, suggesting that a large number of students found this office helpful in addressing a wide variety of needs.

The Counseling Office emphasizes a developmental approach when meeting the needs of students at the College of Dentistry, and services are tailored to meet the needs and developmental level of each individual student. Furthermore, the Counseling Office works to incorporate values such as respect, inclusiveness, collaboration, cultural diversity, and self-improvement when working with students.

In addition to providing counseling and consultation services, the Counseling Office is committed to prevention and health promotion initiatives. With the understanding that health is influenced by individual, societal, cultural, and environmental factors, a continuum of services is provided. This year outreach programs (Lunch & Learns, yoga) and online services (Healthy Monday, ICON website, and Facebook page) were developed to provide preventative and educational interventions to a wide audience of students, faculty, and staff within the College of Dentistry. Feedback received regarding these programs and initiatives will guide future services to best meet the needs of students within the College of Dentistry.

Thank you for all of the support for these and other initiatives, and thank you to all those who collaborated and worked closely with the Counseling Office this year.

David F. Adams, Ph.D.
Staff Psychologist
University Counseling Service (UCS) at the College of Dentistry
101-1 Dental Science Building North
david-f-adams@uiowa.edu
Executive Summary

The University Counseling Service (UCS) is the primary mental health service for University of Iowa students. Established in 1946, the UCS is a major office within the Division of Student Life. The UCS’ 13 licensed professional staff provide counseling, consultation, training, and outreach services to The University of Iowa campus and the Iowa City community as well as to the citizens of the State of Iowa.

Collaboration with the College of Dentistry resulted in the creation of a half-time UCS position that would be physically housed in the College of Dentistry and provide services and programs to students in the College of Dentistry. Dr. Rebecca Brock was hired for this position at the close of the summer session in 2012. In March of 2014, Dr. David F. Adams was hired for this position following Dr. Brock’s departure from the College of Dentistry. Dr. Adams has served the College of Dentistry in a full-time capacity since August, 2014.

Clinical Training

To better meet the needs of students within the College of Dentistry, Dr. Adams received advanced training in Acceptance and Commitment Therapy (ACT) as well as Interpersonal Psychotherapy (IPT; Level A Certification).

Research Engagement

Active engagement with research has been an important component of the work conducted by the Counseling Office this past year. Dr. Adams currently serves as the principle investigator for a University Counseling Service (UCS) research team investigating gender conformity, self-objectification and body image among undergraduate women. This research team consists of: Dr. Eva Schoen (Iowa City Veterans Affairs Hospital), Erica Behrens (Doctoral Student in Counseling Psychology, Department of Psychological and Quantitative Foundations), and Lianne Gann (Doctoral Student in Counseling Psychology, Department of Psychological and Quantitative Foundations).

Additionally, Dr. Adams worked closely with Dr. Stefánía Ægisdóttir (Department of Counseling Psychology and Guidance Services, Ball State University) on a study investigating gender role conflict, maladaptive coping, and psychological help-seeking among college men.


Multicultural Outreach

During 2014-2015, Dr. Adams worked closely with the Men’s Antiviolence Council, which is dedicated to creating a safe community for everyone by engaging people of all genders in violence prevention through education and activism regarding bystander behavior and healthy masculinity.
Counseling Services

Who goes to counseling?

Common presenting concerns

Informational consultations

Direct clinical service hours
Counseling Services

The Counseling Office is committed to helping students achieve success with their personal, academic, and career goals. A variety of services are offered to help students grow academically, acquire skills for success, improve wellness, and develop self-care practices.

During the 2014-2015 academic year, students from all classes utilized the Counseling Office, with the majority of those utilizing this service identifying as D1, D2, and D3 students.

In the 2014-2015 academic year, 71% of students utilizing the Counseling Office identified as female while 29% identified as male.
Who Goes to Counseling?

This past academic year, 9.5% of students at the UI College of Dentistry attended at least 1 appointment at the Counseling Office.

This means that nearly 1 in 10 students demonstrated an interest in utilizing the Counseling Office to promote academic and/or personal growth.

Why Do Students Go to Counseling?

Research has consistently demonstrated that counseling is beneficial for a variety of presenting concerns. During the 2014-2015 academic year, students attended sessions at the Counseling Office to address a wide variety of topics and concerns.

- Academic Success
- Time Management
- Test Anxiety
- Study Skills
- Improving Self-Care
- Improving Relationship

- Anxiety
- Interpersonal Conflicts
- Stress Management
- Family Concerns
- Grief and Loss
- LGBT Issues
- Trauma
- Sexual Issues

- Low Self-Esteem
- Depression
- Suicidal Thoughts
- Substance Use Concerns
- Eating/Body Image Concerns
- Financial Concerns
Informational Consultations

All 1st year dental students were required to attend an informational consultation appointment through the Counseling Office. The purpose of these meetings was to:

a. Get to know the incoming class of dental students

b. Discuss services through the Counseling Office and the range of presenting concerns that could be addressed through the Counseling Office

c. Provide information about how to schedule an appointment with the Counseling Office and what to expect in an initial consultation appointment

d. Answer any questions students had about counseling services

e. Gather student perspectives and ideas about helpful resources and services to be provided

f. Provide students with information about online resources through the Counseling Office (e.g., Counseling Office ICON and Facebook pages)

A total of 82 students attended an informational consultation through the Counseling Office in the Fall 2014 academic semester. The above table provides an overview of the number of informational consultation appointments had during the Fall 2014 academic semester.
Direct Clinical Service

The College of Dentistry Counseling Office works to meet the needs of students in a variety of ways. As can be seen in the table below, the Counseling Office has worked to provide a variety of services to students in recent years.

A breakdown of the amount of services provided in the 2014-2015 academic year can be seen in the below table. As can be seen from this table, more initial consultation appointments were had in the Fall 2014 academic semester, while follow-up consultation and intake appointments remained relatively steady throughout the year. Furthermore, the number of individual counseling appointments, outreach consultations, and outreach program hours increased in the Spring 2015 academic semester.
Outreach

- Outreach Hours
- Suicide Prevention
- Lunch & Learn Programs
- Yoga
- Therapy Dog Event
- Patient-Centered Care Programs
Outreach Hours

The Counseling Office provided a variety of outreach programs for students throughout the 2014-2015 academic year.

As can be seen from this table, attendance at outreach events and the provision of outreach programs made up 81% of the total outreach hours provided by the Counseling Office. A portion of outreach hours were also devoted to consulting with UI and College of Dentistry constituents to organize and plan outreach programs.

The above table provides an overview of the number of outreach hours provided per semester during the Fall 2014 and Spring 2015 academic semesters.
Suicide Prevention

In 2012, the University of Iowa received a 3-year, $270,000 Campus Suicide Prevention Grant through the Substance Abuse and Mental Health Services Administration (SAMHSA). The mission of this program was to decrease stigma and increase help-seeking behaviors through training sessions as well as the dissemination of materials related to suicide prevention and mental health promotion.

The Counseling Office provided materials and information to those within the College of Dentistry in a variety of capacities. Faculty, staff, and students were emailed information about the Kognito At-risk online Gatekeeper training program. This evidence-based program provides participants with information on how to recognize distress among students and/or peers, as well as how to navigate conversations with such individuals to provide support and access to resources.

The Counseling Office worked with Keri Neblett (Crisis Center of Johnson County) to provide QPR (Question, Persuade, Refer) training to the Preventive and Community Dentistry Department. The purpose of the QPR program is to teach the warning signs of a suicide crisis and how to provide immediate support and access to resources for a person in crisis.

The Counseling Office also provided information for faculty, staff, and students to attend Mental Health First Aid training sessions hosted at the University of Iowa. This 8-hour training program trains people in supporting experiencing a mental health crisis, provides information about mental health issues in the U.S., and helps people recognize warnings signs that might warrant immediate care.
The Counseling Office worked to provide dental students with a variety of Lunch & Learn opportunities during the Fall and Spring semesters of the 2014-2015 academic year. The list of Lunch and Learn topics per semester is listed below:

### Fall 2014 Sessions
- Stress and Coping
- Fitness and Health
- Diet and Health
- Mindfulness
- Substance Use
- Work-Life Balance

### Spring 2015 Sessions
- Student Rec Services/Guided Yoga Practice
- Cooking Class
- ACT
- Mindfulness
- Distress Tolerance
The below tables display participants’ level of knowledge, skills, and awareness at each Lunch & Learn. As can be seen, participants frequently indicated an increase in knowledge, skills, and awareness following these Lunch & Learn events.
Yoga

"[The yoga class] reminds me to take a breath and calm down."

"[I like that] it is geared toward dental students."

"I like that it’s at the dental school for convenience and is free."

"I feel more relaxed and less stressed after each session."

"This is so awesome! It is fantastic that it is at the dental school. We need to remember to breath and relax."

The Counseling Office collaborated with the Associate Dean for Student Affairs and a second-year dental student to provide an after-hours yoga class for students during the early part of the Spring 2015 semester. This course went for two months and received positive evaluations from students who regularly attended. Based on the positive student feedback, the Counseling Office will look to provide further yoga classes and other similar, student-focused opportunities in the future.
The table below provides a display of the very high evaluations of the class and the instructor. Students were asked to provide responses on a 10-point Likert scale (1 = Low, 10 = High), and this data indicates the yoga program was a big success.

<table>
<thead>
<tr>
<th>Yoga class Evaluations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
</tr>
<tr>
<td>Teaching style</td>
</tr>
<tr>
<td>Material</td>
</tr>
<tr>
<td>Instructions</td>
</tr>
<tr>
<td>Instructor provided adjustments</td>
</tr>
<tr>
<td>Likelihood of continuing the class</td>
</tr>
<tr>
<td>Class environment</td>
</tr>
<tr>
<td>Preference to be student only</td>
</tr>
</tbody>
</table>

[Bar chart showing high evaluations]
Therapy Dog Event

The Counseling Office collaborated with Therapy Dogs of Johnson County to host an event where students, faculty, and staff could interact with a therapy dog during the late part of the Spring 2015 academic semester. This event, which was held in the Prosthodontics department, was a huge success. Students, faculty, and staff collectively interacted with the therapy dog and mingled with one another in a fun, stress-free environment. A 2015 study found that interactions with therapy dogs can temporarily reduce cortisol levels, which is an adrenal hormone associated with stress and pain. In addition to providing those in attendance with a stress-reducing activity, participants were also provided with stress balls as well as handouts on tips for staying healthy during finals, helpful study practices, and stress-management strategies.

Due to the overwhelming success of this event, the Counseling Office is working with the Therapy Dogs of Johnson County to coordinate future events at the College of Dentistry. The next event is anticipated for some time during the Fall 2015 academic semester.
Amish Lunch and Learn

Michael Kanellis, D.D.S., M.S., Dean for Patient Care, presented on the work that he and Dr. Arwa Owais engage in with the Amish community of Kalona, IA. Drs. Kanellis’ presentation highlighted specific cultural practices and beliefs, patient dental health care literacy, and patient-centered care strategies important when working with Amish patients.

- “Very interesting! Helped me clear many of my misconceptions of this ethnic group.”
- “Fantastic presenter. Very engaging.”
The above table illustrates that participants of this program reported an increase in knowledge and skills following this program, while awareness remained relatively stable.

Evaluations of this program were overwhelmingly positive, with the vast majority of participants rating this as an “Excellent” program.

Evaluations of the presenter were equally positive, with participants rating Dr. Kanellis as an “Excellent” presenter.
Social Class Lunch and Learn

Jennifer Mitchell, the Care Manager for the Free Medical Clinic of Iowa City, presented on services provided to low-income patients through this organization. Jennifer engaged participants in a discussion of the dental care services offered to low-income patients as well as the barriers to accessing services for these patients.

- “Eye-opening. I will seriously consider volunteering [at the Free Medical Clinic of Iowa City] in the future!”
- The presenter was “very knowledgeable.”
The above table illustrates that, on average, participants did not report an increase in knowledge, skills, or awareness following this program. One likely explanation is that many participants had prior experience specifically providing services at the Free Medical Clinic of Iowa City or had experience with low-income patients in other settings.

Evaluations of this program were positive, with most participants rating this as a “Good” or “Excellent” program.

Evaluations of the presenter were also positive, with most participants rating Jennifer as a “Good” or “Excellent” presenter.
Outreach Program Collaborators

**Heidi Bohall, M.A.**, Behavioral Health Consultant, Student Health & Wellness

**JoAnn Daehler-Miller, M.S.**, Dietitian, Student Health & Wellness

**Jeremy Kinser, Ph.D.**, Staff Psychologist, University Counseling Service

**Kelly Clougher, Ph.D.**, Staff Psychologist, University Counseling Service

**Michael Gotlib, M.A.**, Predoctoral Psychology Intern, University Counseling Service

**Catherine Solow, B.A., M.A.**, Associate Dean for Student Affairs

**Michael Kanellis, D.D.S., M.S.**, Associate Dean for Patient Care

**Michelle McQuistan, D.D.S., M.S.**, Associate Professor of Preventive & Dentistry

**Arwa Owais, B.D.S., M.S.**, Associate Professor, Department of Pediatric Dentistry

**Joni Yoder**, Program Associate, Patient Management

**Ann Synan, B.A.**, Patient Representative, Clinic Administration & Patient Care

**Emily Steil**, Second-Year Dental Student, University of Iowa College of Dentistry

**Keri Neblett, M.S.W.**, Community Intervention Director, Crisis Center of Johnson County

**Sara Tokheim**, Therapy Dogs of Johnson County
Digital Outreach

- Healthy Monday Email Initiative
- ICON
- Facebook
Healthy Monday
March 2, 2015

In this week’s edition of Healthy Monday you can:
1. Learn about the health benefits of laughter, smiling, and positive affect.
2. Watch a few videos to help you kick start the health benefits of laughter.
3. Read about a Syrian family’s journey to create a new life in the U.S.

Fun Fact:
The first day in 1904, Theodor Geisel, later known as Dr. Seuss, was born.

Healthy Monday
June 8, 2015

This week’s edition of Healthy Monday:
1. The health benefits of walking.
2. The latest news in the world of health.
3. Fun facts and quizzes related to health.
4. The challenge of the Park.

Healthy Monday
June 15, 2015

This week’s edition of Healthy Monday:
1. Daily movement
2. Dental school survival tips from ADEA
3. Fun dental student videos

Healthy Monday
March 23, 2015

In this week’s edition of Healthy Monday:
1. Learn about the health benefits of laughter, smiling, and positive affect.
2. Watch a few videos to help you kick start the health benefits of laughter.
3. Read about a Syrian family’s journey to create a new life in the U.S.

Fun Fact:
The first day in 1904, Theodor Geisel, later known as Dr. Seuss, was born.
In the Fall 2014 semester, the Counseling Office began the Healthy Monday Email Initiative, which was based off of the Monday Campaigns, a non-profit public health initiative associated with Johns Hopkins, Columbia, and Syracuse universities. This campaign is based on research evidence that people are more likely to begin and persist with health regimens that begin on Monday (compared to any other day in the week). The Monday Campaigns cite evidence that:

1. Monday is culturally significant as the start of a week, which influences mood and health outcomes.

2. Health-focused contemplations and actions are significantly more likely to occur on Monday than any other day of the week.

3. Engagement in healthy behaviors on Monday helps to ensure these behaviors are continued throughout the week.

4. Monday provides a social context for change, because people are together at the start of a structured work or school routine.

This campaign was adopted by the Counseling Office as a health promotion initiative within the College of Dentistry. Evidence suggests people prefer taking small steps toward health goals, and that frequent messages can help promote improvements in a range of health behaviors.

Therefore, the Healthy Monday Email Initiative at the College of Dentistry provided students with free research reports, creative materials, easy-to-follow health programs, recipes, tips, and resources to promote stress management, self-care, and healthy living. Due to the interest and positive feedback from this email initiative, the target audience was expanded in the Spring 2015 semester to include faculty and staff within the College of Dentistry.
A new section of the Healthy Monday Email Initiative was started in the Spring 2015 semester – **Culture Corner**. This was based on literature previously cited that encouraged colleges of dentistry to creatively engage people around issues of cultural diversity.

**Culture corner** provided recipients with:

- **Opportunities for people to learn about cultural events on campus**

- **Stories about historically-relevant cultural events**

- **Personal testimonials from culturally diverse persons about their experiences identifying as cultural minorities within the U.S.**
WELCOME

Resources for Students

The purpose of this ICON page is to provide another format for me to meet the needs of students here in the College of Dentistry. I will regularly post information about upcoming events and helpful resources (e.g., videos, books, articles, etc.) to help with various stressors and mental health issues you may experience throughout the year. I hope this proves to be a helpful site for students. If you see information that pertains to you, please check it out and do not hesitate to contact me for an appointment or more information on this site.

Counseling Services for Dental Students

Individual consultation and counseling appointments are also available for students at the College of Dentistry. These sessions are generally 45 minutes in length.

David F. Adams, Ph.D.
N101-1 Dental Science Building North
david-f-adams@uiowa.edu
319-335-6846

The Counseling Office
Services for Students

The Counseling Office
Services for Students
In the Fall 2014 semester, the Counseling Office developed an ICON (Iowa Courses Online) webpage as an online resource for UI dental students.

This webpage, **The Dental Den: Resources for UI Dental Students**, provides dental students with a variety of information. Resources offered through this ICON page included:

- Information about the Counseling Office, how to schedule an appointment, the nature of a first consultation, the common concerns that people address in counseling.
- Downloadable handouts on various topics such as mindfulness practices, relationships, stress management, study skills, health and fitness, and time management.
- Access to the UI Refresh Program to address sleep concerns.
- Information about events and programs at the UI campus.
- Access to helpful online articles.
- Updates about upcoming events and outreach programs at the College of Dentistry.
The Counseling Office also developed a Facebook page to provide students with encouragement during peak stressful times during the semester, links to online articles and resources such as guided mindfulness practices; funny photos and videos for moments of stress relief; updates about events at the College of Dentistry such as evening yoga classes; and other helpful information about academics, stress, and health.