



Center for Collegiate Mental Health (CCMH)

2020 Annual Report Webinar: Mental Health Trends, Counseling Center Characteristics and Using the Clinical Load Index (CLI) to Guide Counseling Center Staffing

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Webinar Details

When

Tuesday, February 16, 2021

2:30-3:30 pm EST Webinar

3:30-4:00 pm EST Q&A

Location

Zoom Webinar (*free*)

[Register here!](#)

(Zoom link to attend will be sent in the registration confirmation email)

Who can attend

All are welcome! CCMH Members and Higher Education Administrators are encouraged to attend.

Questions?

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Webinar Description

The Clinical Load Index (CLI), developed by CCMH in 2019, is a comparable metric that describes the supply and demand of mental health services in college and university counseling centers. The CLI can be conceptually thought of as the “average annual caseload” for a “standardized counselor” within a counseling center. This presentation will first describe student mental health trend data from the past decade. Next, the national distribution of CLI scores will be presented, including how this metric is associated with treatment dosage and outcomes in students seeking care at counseling centers. Additionally, findings from the CCMH 2020 Annual Report will be reviewed that highlight differences in counseling center practices between centers at the low and high ends of the CLI distribution. Finally, implications will be outlined that detail how colleges and universities, utilizing the CLI, can better understand and plan for mental-health services through the careful and transparent alignment of service goals, clinical practices, and funding, which entails shifting the crucial institutional question from, “How many staff should we have?” to “What services do we want to provide to our students?”

About CCMH

The Center for Collegiate Mental Health (CCMH) is a member-driven Practice-Research-Network at Penn State University that collects data on college student mental health through routine clinical practice. With 600+ college counseling center members, CCMH maintains the largest data repository of its kind used to create tools and resources to support college counseling centers. More information about CCMH and our 2020 Annual Report are available on our [website](#).