

2015-2016 Assessment Final Report

Department: CAPS

CAPS Client Survey

Introduction

Assessment Project Description

This project was undertaken to assess the impact of therapeutic services on CAPS learning outcomes. Surveying was conducted at the end of each academic semester to 100 current CAPS clients as the presented for regular appointments. Results will be used to further connect client therapeutic improvements to improvements in academic functioning as appropriate.

Service/Program Student Learning Outcome(s)

Students participating in CAPS direct mental health services will be able to...

- Identify one or more strategies to solve or cope with problems. (Departmental Outcomes #1 & #2)
- Apply identified strategies in addressing and resolving academic concerns or difficulties. (Departmental Outcome #1)
- Identify other helpful campus and/or community resources. (Departmental Outcome #1)
- Recognize own role in managing and adaptively influencing thoughts, behaviors, and/or emotions. (Departmental Outcome #2)
- Practice behaviors that lead to improved relationships with others. (Departmental Outcome #3)

Population/Sample:

Random sample of 100 current CAPS clients.

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Assessment Method(s):

Survey which is handed out to students when presenting for a regular therapy appointment.

Summary of Key Findings/Results

Key findings from this project include:

1. 88% of CAPS clients agreed or strongly agreed they are better able to identify one of more strategies to solve or cope with problems.
2. 79% of CAPS clients agreed or strongly agreed they are able to apply learned strategies to resolve academic concerns or difficulties.
3. 81% of CAPS clients agreed or strongly agreed they better understand their role in managing their thoughts, behaviors, and/or emotions.
4. 57% of CAPS clients agreed or strongly agreed they are able to identify other helpful campus and/or community resources.

The project addressed the questions it was developed to answer. We now have a better understanding of how our direct therapeutic services are linked to our learning outcomes and ideas for how to better connect them.

Conclusions

Impact of Assessment

Results will be used for training of new trainees (practicum students and interns), and to further connect our therapeutic services to improving students ability to identify helpful resources both across KU and in the Lawrence community. This will be somewhat challenging as not all clients need other resources but the ability to identify the need and to address it is an important learning outcome. We will continually review and emphasize this connection during clinical consultation and clinical supervision activities within CAPS.



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Lessons Learned

The project went smoothly and it would be easy to implement the same process again. To further understand the connection between our therapeutic services and identifying helpful resources external to CAPS, we will conduct this assessment again.