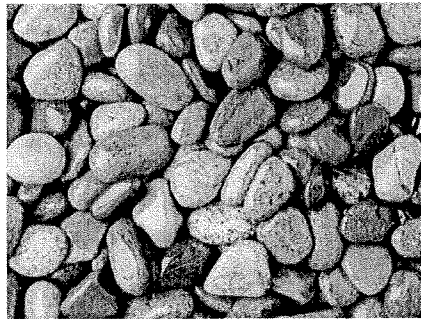


Touchstone Project



Maine

- Sparse population, no large cities
- Small rural, often isolated communities
- Native American, French, English
- Yankee Culture
 - Self-Sufficiency
 - Stick to your own business.
 - If it ain't broke, don't fix it.
 - Folks from Away
- Flagship University in a small, rural town

Counseling Center Tradition

- Clinical Model.
- “Psychologist” Norms.
 - If we are a safe zone for GLBT, will it deter heterosexuals?
- APA approved Training Program (30 years).
- Long-tenured staff, mostly men.
- “Don’t be intrusive.” Keep “good” boundaries.
- Focus on providing excellent counseling.
- Outreach brings in more clients, so be careful.

Changing Philosophy

- Openness to all diverse populations.
- Orientation toward Prevention
- Build Relationships in the Community
- Collaborate and Work together instead of “Expert Consultation”
- Responsibility and Leadership for our Mission exists in every staff member.
- Relationship with MYSPP led to AFSP

Goals

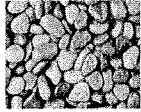
- Low Barrier Access
- Reach the students who don't come in
- Provide both confidentiality and anonymity
- Meet students where they are
 - Phones are old fashioned
 - Electronic Communications dominate
 - Web is the resource of choice



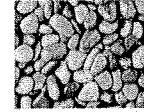
Touchstone Web



- Web-based Screening Assessment
 - Anonymous
 - Depression inventory online
 - Results sent to Counseling Center Clinician
 - Personalized assessment back to the student
 - Online anonymous dialogue with a clinician via a secure website
 - Entire process is **anonymous** until student self-identifies



Touchstone Web Student Perspective



- www.UMaineTouchstone.org

Touchstone Web

- Rated as:
 - Tier 1(A & B)– High Risk – 24 hours
 - Tier 2 – Moderate Risk – 36 hours
 - Tier 3 – Low Risk – 48 hours
- Personalized Assessment Feedback
- Interventions offered:
 - Anonymous Dialogue with Counselor
 - Face to Face Counseling Session
 - Referral to a campus partner
 - Meeting with a Touchstone Peer

Touchstone Web - Clinician

Touchstone Web Implementation

- 500 emails every 8 weeks
 - All incoming students (first years, transfers, first year graduate students)
- Two Touchstone counselors per 8 weeks
 - Replace intake hours with Touchstone Web hours
 - Touchstone counselors in charge of seeing any students who opt to come into the Center as a result of screening

Touchstone Web Implementation

- On site monitoring
 - Make sure clinician assessments are completed within 24 hours
 - Keep records of consent forms
 - Update SPSS once a month
 - Enter data when clients come in to Center
 - Assess data
 - What assessments/dialogues bring people in
 - What affects the rate of face-to-face contacts (counselor, day of the week, season, gender, age, etc.)