COUNSELING 5/12/2022 BRAUER

MP3 RUNS 0:56 O/C: STD

JOSH BRAUER: COUNSELING SERVICES AT UW-RIVER FALLS HAS WITNESSED AN INFLUX OF STUDENT VISITS REGARDING MENTAL HEALTH. LEAD COUNSELOR MARK HUTTEMIER SPOKE IN AN INTERVIEW ABOUT THE INCREASED TREND.

MARK HUTTEMIER: SO, WE SAW 12% OF THE POPULATION, AND THAT’S UP. WHEN I FIRST STARTED HERE IT WAS ABOUT 5%.

JOSH BRAUER: THIS GROWING NUMBER REFLECTS A NATIONAL TREND OF MENTAL HEALTH ISSUES AMONGST COLLEGE STUDENTS. IN A BOSTON UNIVERSITY STUDY TAKEN FROM 2013-2021, THERE WAS A 110% INCREASE IN ANXIETY AMONG COLLEGE STUDENTS. TO KEEP UP WITH THIS GROWING NEED, COUNSELING ON CAMPUS PARTAKES IN A MULTITUDE OF DIFFERENT SERVICES.

MARK HUTTEMIER: I’LL JUST DO THE GROUPS WE DO. MEDITATION GROUP, WE DO ART GROUP, WE’VE DONE COMMUNITY GROUP IN THE PAST TOO, ESPECIALLY DURING THE PANDEMIC SO THAT IN CASE PEOPLE WERE FEELING ISOLATED. AND THE FIRST YEAR THAT WAS REALLY POPULAR THEN THAT KIND OF DIED DOWN AS PEOPLE KIND OF PULLED AWAY FROM COUNSELING.

JOSH BRAUER: THE COUNSELING SERVICES AT UW-RIVER FALLS CONTINUES TO BE A SOURCE FOR ITS STUDENT POPULATION. FROM FALCON NEWS, THIS IS JOSH BRAUER.

Counseling Services is open year-round for all students on the UW-River Falls campus, and counseling sessions are free for all students.

###