



REPORT ANNUAL

2025 - 2026

This is the 67th Annual Report of the University of Maryland Counseling Center. Directed by Dr. Chetan Joshi, The Counseling Center provides comprehensive services that promote the mental health, personal, social, academic development, and success of the University of Maryland students. The 2025-2026 academic year marked 87 years of service to the University of Maryland community.





Mission Statement

The University of Maryland Counseling Center advances the University's mission of excellence in teaching, research, and service by providing comprehensive psychological services designed to support the mental health, personal development, and academic success of our diverse student community.

Our dedicated team supports the university's academic mission through consultation, outreach, and collaborative partnerships with faculty, staff, administrators, and families. Committed to continuous growth, our staff actively pursues ongoing professional development to deepen our knowledge and enhance our multicultural competencies. We offer inclusive services and programs that honor the diverse experiences of our students, ensuring a safe, welcoming space where every voice is heard, valued, and accepted.

By integrating research, teaching, and supervised training for emerging professionals, the Counseling Center reinforces the core values of our institution and the mental health profession.

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Key Accomplishments and Notable Events: Counseling Center

The 2025-2026 academic year for the Counseling Center was defined by a profound commitment to rebuilding, strengthening, and innovating our core services. We successfully navigated the critical challenge of rebuilding our clinical capacity after starting the year with eight vacancies on our On-Going Care Team (OCT). By filling these roles with highly qualified professionals, we have restored our ability to provide consistent, high-quality mental health support, directly advancing the Division of Student Affairs' commitment to putting students first.

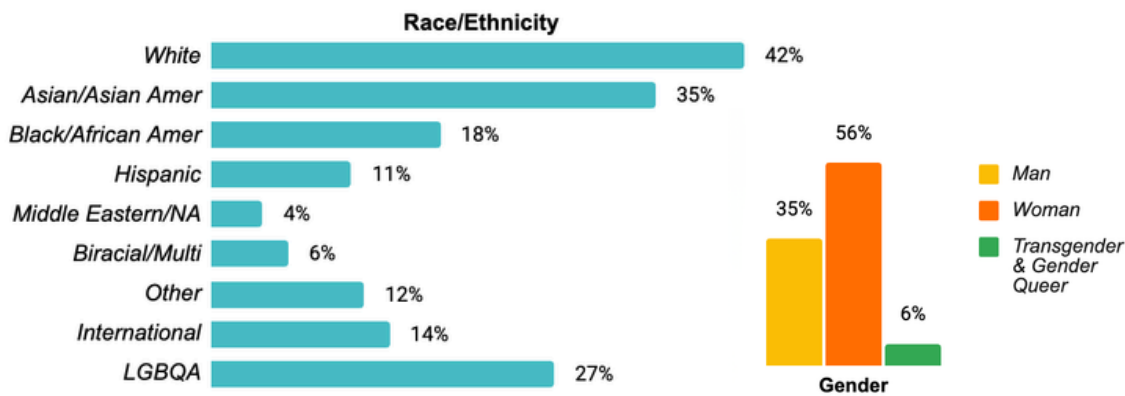
Building on this foundation, the Center reached full operational strength within the Mental Health Emergency Assessment and Response Team (MHEART) by hiring our final clinician. To further humanize and improve the emergency response experience, we also acquired an additional transport van, significantly reducing reliance on police vehicles for mental health-related transport. In tandem with these systemic improvements, we launched our innovative residential life embedded services program, bringing specialized care directly into the living spaces of our students to foster more accessible and inclusive support communities.

These achievements culminated in a landmark milestone: receiving full seven-year accreditation from the International Association of Counseling Services (IACS). This recognition validates the excellence of our staff and the robustness of our clinical operations. As we look toward the future, we remain deeply appreciative of the trust and collaborative spirit shared with our partners in the Division of Student Affairs. We also remain incredibly grateful to the Division's leadership for their steadfast support and commitment to the Counseling Center. We are energized by the progress made this year and remain steadfast in our mission to provide the highest level of mental health care for the University of Maryland student community.

Who seeks services?

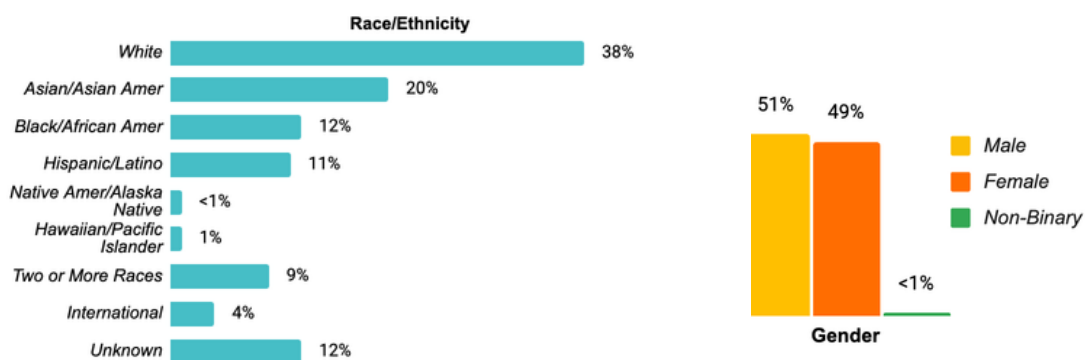
The Counseling Center is committed to providing culturally sensitive services and inclusive programs that facilitate validation and acceptance. Our help-seekers reflect the University's diverse student population in terms of academic status, race and ethnicity, gender, and country of origin.

Counseling Center Client Demographics



Academic Status	
Graduate Students	20%
First Year	20%
Second Year	19%
Third Year	21%
Fourth Year	15%
Fifth Year	3%
Other	1%

UMD Student Population Demographics



Academic Status	
Graduate Students	24%
First Year	27%
Second Year	21%
Third Year	17%
Fourth Year	9%

Counseling Center

The Counseling Center is the primary campus provider of free and confidential therapy to help UMD students manage mental health, personal, career, and academic challenges. Staffed primarily by licensed professional counselors, psychologists, and social workers, the Counseling Center also conducts campus outreach presentations, provides emergency response services, and assists with referrals to off-campus mental health providers.

2024-2026 Appointments				
	2024-2025	2025-2026	Prior 3-yr Avg.	Change from 3-yr Avg.
All initial assessments	2,662	2,894	2,381	8.72%
Total client contacts	10,726	11,140	9,817	3.86%
Unique clients	2,609	2,835	2,393	8.66%

1. "All intake assessments" counts all attended intakes for the reporting year, including unscheduled appointments such as emergency and drop-in appointments. This number will count an individual each time they had an intake.
- 2 "Total client contacts" counts all client appointments in the Counseling Center for the reporting year.
- 3 "Unique clients" counts each student seen at the Counseling Center once regardless of the number or type of appointments.

6

Average number of individual counseling sessions received by

12

Percent of intake clients who received priority assignment

81

Percent of clients were assigned a counselor within 2 weeks of being placed on the assignment list.

542

Number of urgent appointments.

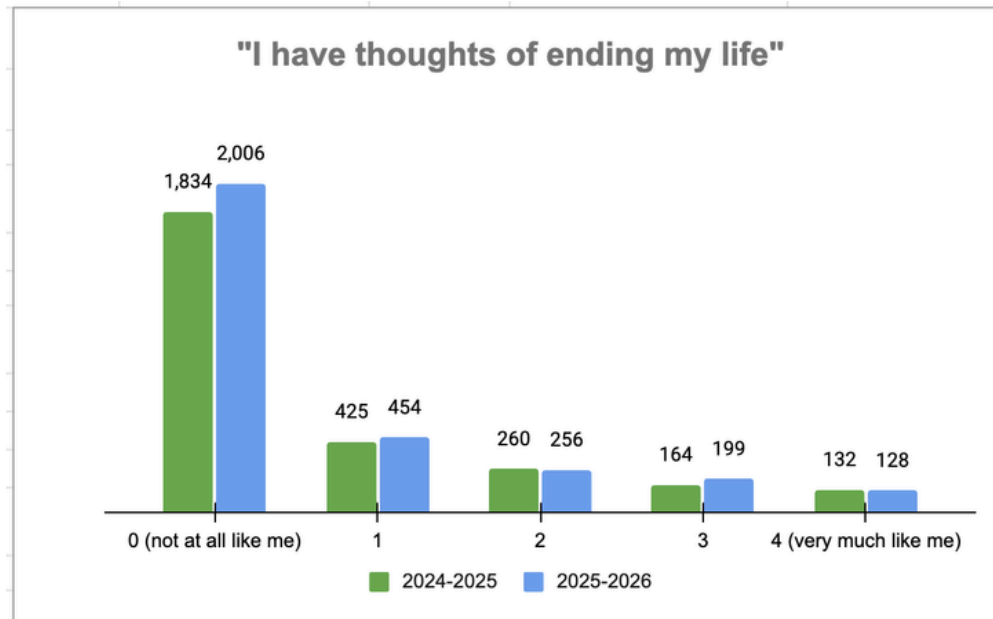
Top Concerns on the Symptom Scale

1. My thoughts are racing.
2. I feel tense.
3. I am not able to concentrate as well as usual.
4. It's hard to stay motivated for my classes.
5. I feel disconnected from myself.

6. I am concerned other people do not like me.
7. I have unwanted thoughts I can't control.
8. I feel isolated and alone.
9. I feel self-conscious around others.
10. I have sleep difficulties.

Client Suicide Risk at Intake

At intake, Counseling Center clients completed the several surveys, which include questions regarding current and past suicidality. Clients responding with a 3 or 4 on the CCAPS-62 about having suicidal thoughts are considered higher risk and are further assessed using the Collaborative Assessment and Management of Suicidality (CAMS).



10.7%

of students were considered high risk

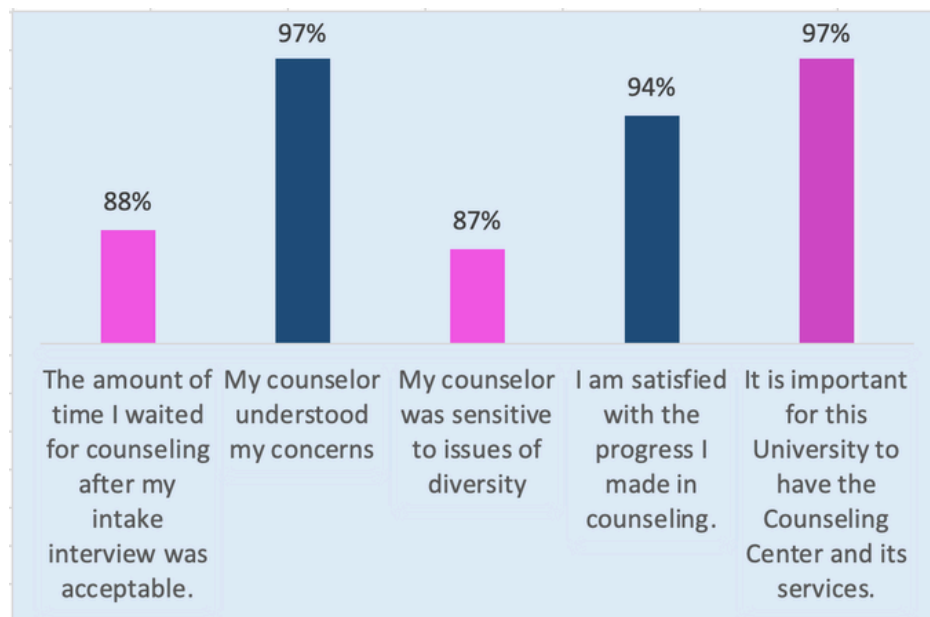
3.1%

of students considered suicide in the past two weeks.

7.9%

of students have made a suicide attempt in their lifetime.

Student Satisfaction with Counseling

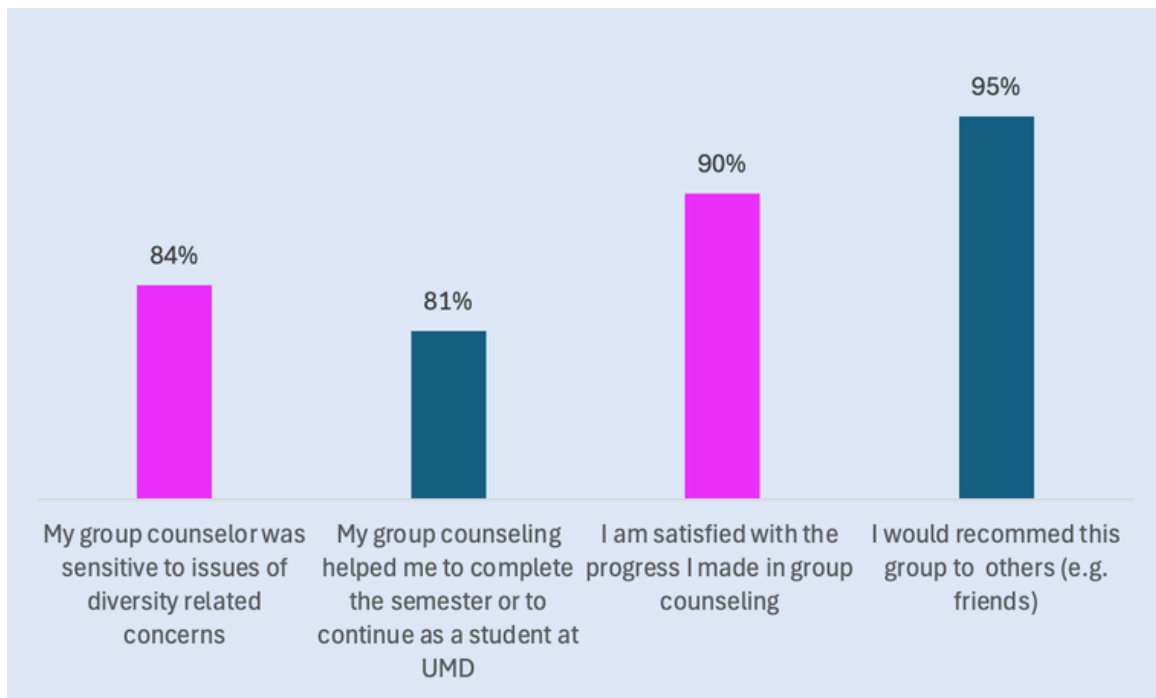


"I came out of our relationship with clarity, security, and reassurance in my well-being."

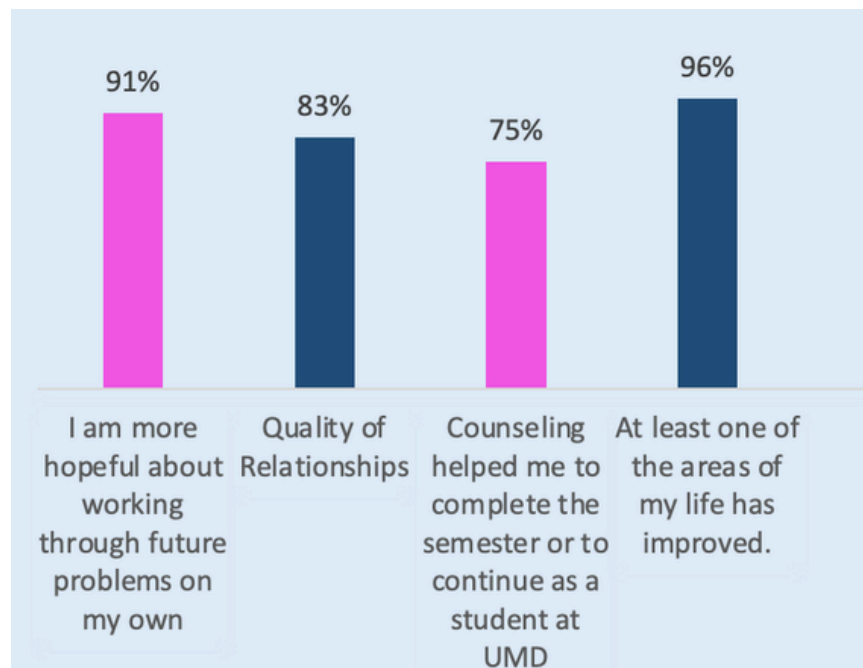
"My counselor was amazing and very nice to talk to. I have always been hesitant to try talking to someone, but I am grateful that I was able to talk with her."

"My counselor was very welcoming and understanding, I would recommend her to anyone."

"My counselor was very thoughtful, sincere, and graceful. She was an excellent match for me."



Improvement as a Result of Counseling



"She is incredibly kind and supportive--she helped me through one of the most difficult times in my life. She listened attentively, truly understood my concerns, and helped me identify the core issue I was struggling with."

"She was patient, calm and professional. She went at my pace and was integral in guiding me to my own solutions."

"She was very understanding and empathetic of my concerns, my worries, and my personal trauma, and she was very willing to learn in depth."

Group Therapy

Group Sessions decreased by 19% over the last academic year.

- General Therapy Group
- Memory Circle Group
- Hope and Healing
- Creating Confidence
- International Student Support
- The Art of Processing
- Circle of Sisters
- Queerating Art

278

Group and Workshop
sessions were conducted

Workshops

The Counseling Center offered two distinct three-session workshops that utilized empirically supported cognitive-behavioral approaches.

Anxiety Toolbox helped students gain more understanding about anxiety and taught strategies for managing symptoms of anxiety and stress.

Getting Unstuck helped students understand depression and its symptoms, as well as learn strategies to manage these symptoms.

106

Sessions offered
during 2025-2026

68

Clients participated in
Anxiety Toolbox

39

Clients participated
in Getting Unstuck

9.4%

decrease in sessions
offered

Referral Services

684
Students

718
Total
appointments

31%
Confirmed that
they started
treatment

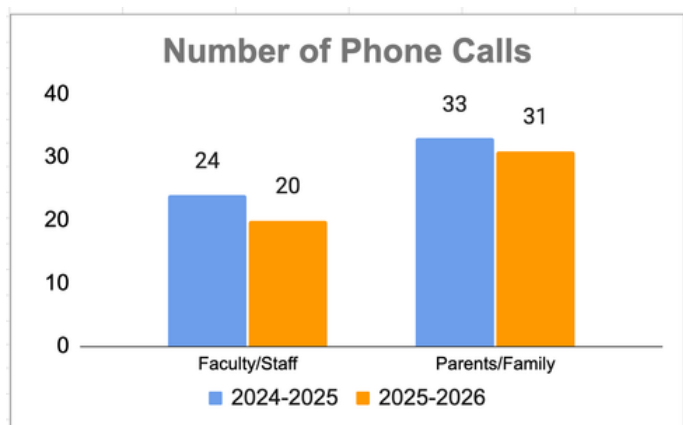
Post Higher Level of Care Appointments

61 +11%

MHEART Responses

177 +247%

Summary of 'Warmline' Phone Consultations with the Counseling Center



Top Caller Concerns	Faculty/Staff	Parents/Family
Clinical	40%	42%
Adjustment	--	32%
Learning/Academic	15%	23%
Psychosocial Stressors	25%	26%
Other	35%	13%

Counseling Center Outreach Highlights

What's New in Outreach

As we embarked on the 2025-2026 academic year, the Counseling Center focused our new outreach initiatives on improving digital and print media for the campus community. Some of the ways we did this included:

- Redesigning our brochures to visually engage readers while highlighting the most integral information
- Designing a series of 10 unique stickers with mental health messaging and appealing aesthetics to give away to students
- Migrating our website to a more accessible platform and increasing accessibility on our social media posts
- Creating a digital and print Guide for Supporting Students for family and friends of UMD students

Outreach Traditions

- Mental Health Programming for Students
 - **Wellness Series:** Our signature program that provides students didactic training on 16 different mental health topics reached 240 attendees this year.
 - **Finals Recharge Zone:** Our finals de-stress events helped 380 students create a self-care plan for finals and provided them seasonal snacks and beverages
 - **Scale Smash:** In our third year of this event celebrating all sizes, 150 students smashed weight-related stigma and engaged in activities promoting self-acceptance.
 - **Mental Health Awareness Week:** In collaboration with the Mental Health Coalition, we brought back UMD's annual premier mental health programming to approximately 2,500 students, with events such as the Self-Care Fair, Mental Health Screenings, Planting Healthy Roots, and the Caring Campus Symposium
- Strengthening our Campus Community of Care
 - We continued programming to grow our community of care, such as the Counseling Center Faculty/Staff Open House and our dyad and liaison campus partnership programs. We also continued to train this community to support students experiencing mental health concerns through:
 - **T.E.R.P.S. for Terps suicide prevention training** – 90 faculty trained
 - **Helping Students in Distress workshops** – 126 faculty trained
 - **Resident Assistant Training on Mental Health** – 310 RA's trained

Outreach by the Numbers

This year we provided 337 unique outreach programs to 18,345 attendees, including:

- Offering 125 psychoeducational presentations and programs on a myriad of mental health-focused topics to students, faculty, staff, and parents
- Connecting with 4,150 students at tabling events during campus-wide orientations and new student activities this year
- Training to 4,000 members of the campus community from the Mental Health Emergency Assessment and Response Team (MHEART)

Training Programs

Training is a key component of the mission of the Counseling Center. Several training programs in the Counseling Center offer supervised training to psychology graduate students who are preparing for careers as psychologists, teachers, and researchers.

4

No. of Doctoral
Interns

2

No. of Doctoral
Externs

11

No. of Practicum
Trainees

Doctoral Internship in Health Service Psychology

The Counseling Center's doctoral psychology internship, accredited by the American Psychological Association, provides training in the professional activities of university-based psychologists. The Counseling Center trains four interns who complete a 2,000-hour program that runs each academic year from July 1 to June 30. The internship provides generalist training in individual counseling, group counseling, consultation and outreach, research, and supervision.

Reaccreditation of the Doctoral Internship

The APA Commission on Accreditation (CoA) accredits doctoral psychology programs, psychology internship programs in health service psychology, and post-doctoral programs. The University of Maryland Counseling Center has hosted a doctoral internship in Health Service Psychology for more than 5 decades, beginning in 1969. Our program was first accredited by the American Psychological Association in 1985, and has been reaccredited every 5-7 years since then. Accreditation is a quality assurance process during which we examine our program's structure, evaluate its effectiveness at teaching the 9 profession-wide competencies, and identify program strengths and areas of growth, to ensure that quality training is being provided that aligns with national standards for the profession of psychology.

Training Programs (Cont.)

There are two major parts to this reaccreditation process: the Self-Study (a written document the Self-Study (a written document created by the program to demonstrate continued adherence to APA's accreditation Standards of Accreditation (SOA)), and the Site Visit process. In the Site Visit, two site visitors trained by the APA Commission on Accreditation (CoA) come to the site to interview many stakeholders related to the program, review documents, and observe if policies and procedures align with what was written in the Self-Study. The site visitors then write a summary report, which is sent to the Commission on Accreditation, which reviews the reports and makes a decision regarding a program's status.

Our most recent Self-Study was submitted in June 2023, and we held our Site Visit in March 2025. We were informed by the Commission of Accreditation in August 2025 that we were reaccredited for another 10 years, the maximum time permitted.

Summary of Internship Applicants

Application year	2021-2022	2022-2023	2023-2024	2024-2025	2025-2026
Number of applications	93	93	90	118	107
% International Student	13%	14%	11%	20%	17%
Degree – PhD	69%	76%	71%	69%	62%
Degree - PsyD	31%	24%	29%	31%	38%
Degree – Counseling Psychology	54%	52%	55%	53%	47%
Degree – Clinical Psychology	44%	45%	41%	44%	50%
Degree- Combined	2%	3%	4%	3%	3%

Psychology Externship

The part-time psychology externship provides counseling training two advanced psychology doctoral students. Externs carry a weekly client caseload of six to eight clients and receive two hours per week of individual clinical supervision from a senior Counseling Service therapist. Externs also attend weekly senior staff case conference. Optional training experiences include co-leading therapy groups and co-presenting outreach programs.

Practicum Trainees

The Counseling Center is the primary clinical training site for doctoral students in the UMD Counseling Psychology program and master's students in Counseling, Higher Education and Special Education. Practicum students carry a weekly client caseload of one to five students and receive one hour per week of individual clinical supervision from either doctoral interns or senior Counseling Service therapists.

Staff

The Counseling Center has two divisions: Counseling Center and Research Unit. Day-to-day operations are managed by the Administrative Group

Counseling Center Leadership

Chetan Joshi, PhD
Director

Maria Berbery, PhD
Training Director

Shealyn Blanchard, PhD
Assistant Director

Yi-Jiun Lin, PhD
Assistant Director,

Rubi Mancilla, LCPC
Assistant Director

Theodore Pickett, Jr., PhD
Associate Director

Jeremy Lightner, MS
Assistant Director of Operations

Shannon Quarles
Assistant to the Director

Kristin Townes, MA
Business Manager

Sangida Akter, MA
Graduate Assistant

Isabella Stoto, MA
Graduate Assistant

Counseling Center Clinicians

Allison Asarch, PsyD

Srutika Bakshi, PsyD

Stephanie Bowen, LCSW-C

AnTanique Buckley, LCSW-C

Grace Coleman, LCSW-C

Mel Erickson, LCSW-C

Christina Escobar, LCSW-C

Alicia Flanagan, LCSW-C

Kara Frome, LCSW-C

Kassandra Getfield, LCPC

Bonnie Goldberg, LCSW-C

Lauren Gonzalez, LCSW-C

Christopher Harlen, LCSW-C

Amani Johnson, PhD

Amy Johnson, LCSW-C

Susan Lee, LCPC

Kristin Lilly, LCSW-C

Monique McIntyre, LCSW-C

Grace-Ellen Mahoney, PhD

Megan McCaffrey, LCSW-C

Asia Malik, LCPC

Rubi Mancilla, LCPC

Maddy Meredith, LCPC

Erica Merson, PhD

Michele Moriarity, LCPC

Franklin Núñez-Símono, LCPC

Pepper Phillips, PhD

Maddie Reynolds, BS

Krishtine Rosenthal, PhD

Justin Sybenga, LCSW-C

Jayoti Soor, PsyD

Derek Vigon, PsyD

Counseling Center Data Scientist

Israel Abebe, PhD

Doctoral Interns

Alice Lee, MA

Destin Mizelle, MS

Sumaiya Nusrath, MA, MS

Sarah Swanson, MA

Doctoral Externs

M Pease, MA

Karoline Trovato, MA



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