Unpacking the HOCS Survey 2018
Oral, Successful and sustainable partnerships

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Abstract:
Among tertiary staff and students, there has been burgeoning awareness in recent years of the importance of maintaining mental health, and a destigmatisation of seeking support through on-campus counselling services. In the current climate more students, with more severe presentations, are seeking support than ever before. It is imperative to track how Australasian University Counselling Services are responding to students seeking support to maintain good mental health.

Every four years, the Heads of Counselling Services (HOCS, ANZSSA) conduct a survey to explore changes and trends in how post-secondary education providers are meeting the psychological support needs of their students and staff. In 2018, 36 post-secondary institutes across Australasia provided responses to key questions about their operations and service models.

This presentation will discuss the results of data gathered about the latest innovative and diverse ways in which University Counselling Services are delivering services to meet increasing demands. This presentation will unpack some of the key elements from the survey, including the characteristics of service clientele, current trends within university counselling services, service staffing and service delivery models and strategies.

Biography:
Jeremy has worked as a Clinical Psychologist, Lecturer, Clinical Consultant, Manager and Clinical Supervisor. He has held senior clinical psychology, team leader, and management positions in two of Melbourne’s leading mental health services and has been in private practice for over 15 years. Jeremy is currently the Manager of the RMIT Counselling Service, RMIT University and is a proud Reconciliation Action Plan (RAP) Champion for the Student Wellbeing & Inclusion Group at RMIT University. Jeremy currently holds the role of National (Australia) Convener for the Heads of Service (University Counselling Services), ANZSSA.