

Mr John Gilchrist
Freedom of Information Officer

1 May 2018

Ref: FOI/April 2018/ FOI 2018

By email to foi20118@gmail.com

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Dear FOI 2018

Your request for information received on 10 April 2018 has been dealt with under the provisions of the Freedom of Information Act 2000 (FOIA).

You asked:

I am writing to you Under the Freedom of Information Act 2000 to provide me with the following information:

COUNSELLING SERVICES- UNIVERSITY STAFF:

1. How many counsellors has the university employed on a full-time or part-time basis over the last five academic years (2013-14, 2014-15, 2015-16, 2016-17 and 2017-18)? Please can you break this down by year and say whether they are on permanent or sessional contracts?
2. How many Mental Health Advisors (or equivalent) are employed by the university? Please indicate whether these positions are caseload-holding and if they work closely with/alongside counselling.
3. Does the counselling service offer any other supports outside of one-to-one sessions (e.g. workshops/drop-in/crisis support)? If so, what are these?
4. Does the counselling service have an administrator or utilise any administrative support?
5. Over the past five academic years:
 - a) What is the overall student population of the institution?
 - b) How many students have registered for counselling support?
 - c) How many students have attended for counselling support?
6. How is 'risk' recorded and monitored?
 - a) Over the past five academic years, how many students registered with counselling have been identified as being 'at risk'?

University Response

1. 2013/14

Head of Student Welfare and Counselling – 1FTE – 1 person
Counsellors – 3FTE – 6 people

2014/15

Student Mental Health Manager – 1FTE – 1 person
Counsellors – 3.14FTE – 6 people
Associate training counsellors – 2 FTE – 2 people (voluntary)

2015/16

Student Mental Health Manager – 1FTE – 1 person
Counsellors – 3.14FTE – 6 people
Associate training counsellors – 2 FTE – 2 people (voluntary)

2016/17

Student Counselling and Mental Health Manager – 1FTE
Mental Health Advisor – 2FTE – 2 people
Counsellors – 3.14FTE – 6 people
Counselling Psychologist – 1FTE – 1 person
Consultant Psychiatrist – 90 pa – vacancy
Associate training counsellors – 2 FTE – 2 people (voluntary)
In addition, we use Barnet Mind Matters (IAPT) to support our students on day a wee (not employed but hosted by the university).

2017/18

Student Mental Counselling and Health Manager	1FTE
Mental Health Advisors	2FTE
Counsellor	3.15FTE
Counselling Psychologist	1FTE
Wellbeing Services Administrator	1FTE
Associate Training Counsellor - Voluntary	0
Psychiatrist - 90 hours	0.05FTE

2. see above.

3. A Drop in service is provided daily for one hour each afternoon staffed by both counsellors and mental health advisors. “Crisis” support is provided 9-5pm, Mon to Fri through rota’d pairs of Designated Safeguarding Officers available to respond to referrals by students or staff, though first aid emergencies are responded to by first aiders and security team. Resident Assistants support students in Halls outside of core hours, and work with Halls staff to provide mental health support initial support and referral. Students at risk of harm to self or others, or who are considered vulnerable for a variety of reasons are referred through a “Cause for Concern” framework – a multi-disciplinary group meeting twice weekly to consider, assign lead workers and take decision on action to support students.

Workshops are made available throughout the year, with themed sessions set according to specific events in the student journey e.g. on procrastination, exam stress etc.

4. Yes

5a. Circa 19,000 UG students have been enrolled each year over the previous 5 years.

- b. We did not begin to properly record this data until 2013/14 but for the data we do hold:
– 2013/14: 354

- 2014/15: 468
- 2015/16: 580
- 2016/17: 617
- 2017/18: 684

c. see above

5. Risk is measured according to context and situation. Risk assessed may of harm to self, to others, to the public, to organisational reputation. On self-referral students are required to complete a self-assessment which is indicative of risk and informs allocation of the referral to intervention.

Professional counselling and mental health staff conduct formal and informal risk assessment, sometimes at the beginning, during and end of intervention.

The Cause for Concern group hold risk in mind in relation to any decision about action in relation to a student referral, and reviewed by this group.

Detailed individual risk assessments are undertaken for specific individuals where the risk is unusual, involves external parties or an extraordinary situation – usually with the student, and any relevant parties.

Documentation of risk is held in text narrative/formal risk assessment on a case record database.

I trust this satisfies your request sufficiently. Under the Freedom of Information Act 2000, you have the right to complain about the University's response to your request for information. If you have such a complaint, you may contact Mrs Teresa Kelly, Clerk to the Board of Governors, Middlesex University, Hendon campus, London NW4 4BT, tel: 020 8411 6018, t.kelly@mdx.ac.uk within 40 days of the date of this letter for a review of the University's decision. If you remain unsatisfied with the outcome of that complaint, you may seek further recourse by lodging an appeal with the Information Commissioner.

Yours sincerely

John Gilchrist
Freedom of Information Officer