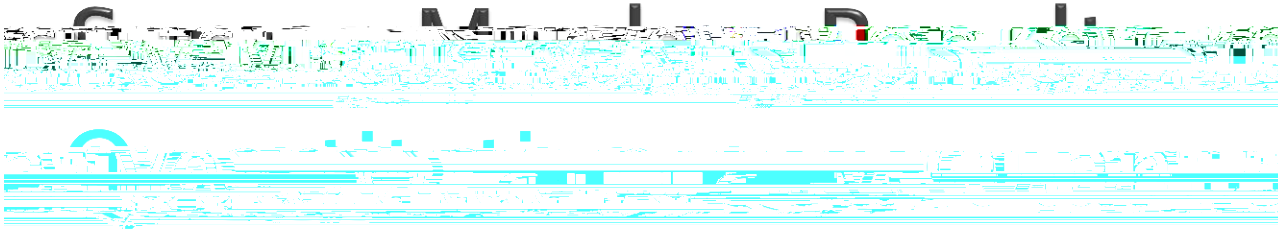


Outline

Results from survey of those aboard the TSGB
Introducing the Counselors
Feedback from the Counselors
Utilization rates
Conclusions and recommendations





How important is it to have a Counselor on cruise?

61% reported it to be important (moderately to extremely)

26% reported it to be very important

23% neutral

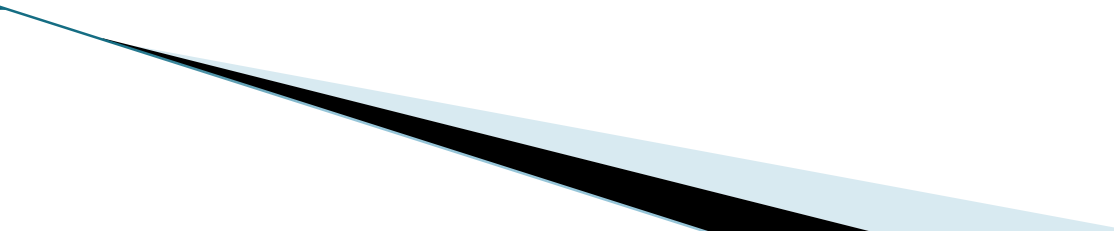
13% Not at all or of low importance

What is your level of support for Counselors on future TSGB cruises:

67% in favor (43% strongly favor)

30% neutral

3% strongly oppose (1 respondent)





The Counselors

Cruise 1

April 24 – May 23: James Loew, MA, LPC, NCC

Jim is a 1973 graduate of the U.S. Coast Guard Academy. He served on active duty in the Coast Guard for 25 years, spending almost 10 years at sea; shore duty included a tour at the Coast Guard Academy managing cadet professional development programs, teaching nautical science and sailing in the cutter Eagle on summer cruise. After retirement Jim returned to school and earned an MA in Community Counseling. After several years of working in agencies Jim opened a private counseling and consulting practice in Florence. Jim is a licensed professional counselor in the state of Alabama.

May 23 – June 25: Ian Wallace, PhD

Dr. Wallace is a licensed psychologist who joined Cal Maritime in 2013. He earned a doctoral degree in Counseling Psychology from Virginia Commonwealth University (VCU). Dr. Wallace has provided counseling services since 2001, working in medical, psychiatric, and community settings, as well as multiple college counseling centers. Dr. Wallace has over 5 years of teaching experience and he is a published author of scholarly articles and book chapters. His areas of expertise include college counseling, marriage and family therapy, multicultural counseling, and health psychology. He was raised in New Jersey and enjoys spending time with his family and the outdoors.

The Counselors


Cruise 2

June 25 – July 21: John Ulrich, PhD

John Ulrich Ph.D. is a licensed psychologist in private practice from Traverse City, Michigan, home of the Great Lakes Maritime Academy. He earned his doctoral degree from Andrews University and bachelor Ulrich has worked in family counseling centers and group private practice before entering solo practice. He provides individual, couple and group therapy addressing depression, anxiety, sexual abuse and general difficulties adjusting to life's many challenges. He is married to a adult children. In his spare time he enjoys gardening, sailing, cross-country skiing and playing with his Border Collies.

July 22 – August 24: Simone Brooks, LMFT

I was born in England, educated through my parents emigrated to Evanston, Wyoming where we had relatives. I graduated from high school and then moved to Duluth, Minnesota and entered the Benedictine community. I earned my undergrad degree, taught school, got itchy feet, and left Minnesota. I also got married and we moved to California, Indiana, Texas, Colorado and back to California! I have three children and three grandchildren. I worked at Cal Maritime for 17 years, earned my MA and my Marriage and Family Therapy license, and now I work for Child Protective Services. I am glad to be back at CMA!



The following information was gathered during a conference call with the counselors during the start of the fall 2014 semester

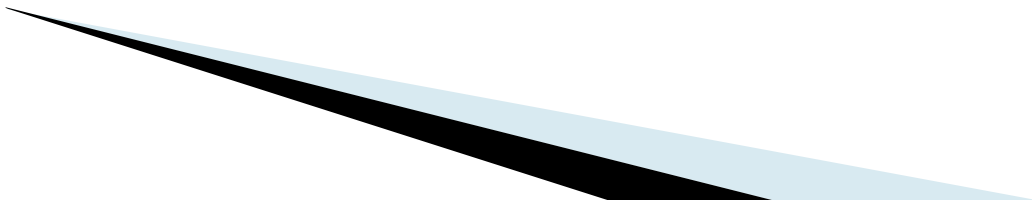
What did you most enjoy about the counseling on cruise experience?

Work with cadets, challenges, suicide aftermath, back at sea, learning cal maritime,

Receptivity and response of cadets (in and out of office), faculty/staff conversations, help with CMO Patricio

Chavez, helpful to captain for consultation, B e a r ' s t a

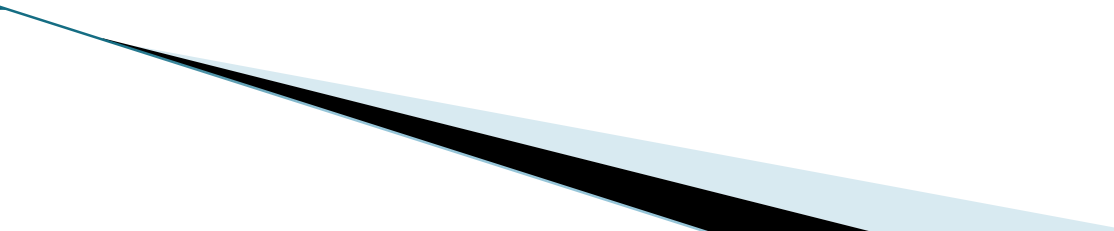
Existing relationship with captain, busy (students and staff), high level of support was great and needed






What most surprised you about the counseling on cruise experience?

Change in port and schedule, lack of leadership and divisiveness between faculty and command,
Heavy handed punitive response at times
Alcohol incidents, avoidance of counseling/support by students and spontaneous interaction with counseling,





What suggestions do you have for improving the counseling work, logistics, as well as hiring or other areas?

Support groups or psychoed (e.g., alcohol, repeating cruise students,), targeting students at risk (e.g., psychotropic meds), organized command activities in port (food, sports, healthy activities),

Better orientation to ship life and etiquette, IT problems (port passes at sea), better orientation for PNC (e.g., what constitutes a record vs. not creating a record), divisional level group meetings (e.g., alcohol), presentations and discussions (relp issues, positive psychology) as part of expectations, ,

Business not a measure of need (available in case),





Additional comments:

Command support for the counseling program was negligible. The command climate in general was unwelcoming.

Counselor berthing arrangements were indicative of command lack of priority/precedence of counseling services.

Lots of ideas for counselor engagement –support groups, movie nights with counseling themes and maybe some processing, other ideas ... j cadets knowing their time demands and rotating schedules. Some will have to be trial and error to see what works. Efforts toward what appeared started by Nurse Practitioner Chris Smith appeared to be well received with strong participation.

Rarely did I experience drop-ins during office hours. Would be interested in others experiences. Being tied to an office during office hours may be counter-productive if there are other ways to engage and be known to cadets/faculty/staff. Should be a well published method, not only for referrals, but for cadets/faculty/staff to electronically (or via other means) make appointments for counseling services.

I do not believe the location (X-ray space) was conducive to counseling (including removing materials every day). If counseling is to continue on board I suggest a dedicated space be located and outfitted appropriately. This space would have a computer, locked storage for files, stocked materials/resources for counselor and clients (depression, suicide, anxiety, stress, relationships, alcohol ...) and be outfitted accordingly. Office hours in a non-therapeutic environment (X-Ray).

Lack of leadership on board, lack of command support for the counseling program, and a divisive wardroom/command climate.



Average of 2-3 clients per day while at sea
(minimal use of counseling while at port)

Presenting concerns included alcohol abuse,
depression, anxiety, adjustment, relationship
problems, suicidal ideation (approximately 5-7% of
clients)

Majority of clients were cadets

Countless informal discussions, talks, and
consultations

Multi-week meetings between Commandant
staff and Medical team



This first year served as an initial trial (or pilot study) for staffing a counselor on cruise for the entirety of both cruises.

Include my conclusions and recommendations from a clinical standpoint
Counselors on TSGB Cruises in summer 2014 were known (97%) and visible (77%) to a large majority of students, staff, and faculty.

A majority feel that having a counselor aboard the TSGB is important (61%) and they favor counselors aboard in the future (67%).

Only 1 respondent expressed opposition to having counselors on future cruises (30% neutral)

Recommendations made to have the counselor more involved and visible, yet there is feedback that the climate from leadership is not supportive of the counselor

This creates a dilemma for how the counselor can be most effective



Support for the added benefit of just knowing the counselor is available and aboard

Interest in the counselor having expanded hours (evenings)

Suggestions for the counselor providing an additional service (e.g., library)

This may be a viable option so long as the role is not evaluative and therefore cause a conflict of interest (e.g., as assistant Commandant).



Counselors thoroughly enjoyed the experience and made themselves available to cadets and staff

High likelihood that previous counselors remain interested in future opportunities

As well as larger pool of interested and qualified counselors

Budgetary concerns

Value of counselors on cruise compared to campus needs (health educator, part-time/back-up counseling support, other)

Final Conclusion:

Although evidence from evaluating counselor on cruise demonstrates positive perception and support for counseling on cruise in the future, Summer 2014 served as an initial trial in the evolution of improving the role of counselor on cruise. Much has been learned from this initial experience and can be applied to future cruises

✗ Outreach, greater visibility, greater utility by adding role (e.g., librarian)