

DHD: 0890323

14 March 2023

Dear

Thank you for your request for information under the Freedom of Information (Scotland) Act (2002).

I now respond to your request as follows:

1. *Do you offer individual counselling for students?*
Yes.
2. *Do you offer in-person counselling for students?*
Yes.
3. *Do you offer online counselling (e.g., Zoom, Teams) for students?*
Yes.
4. *Do you offer email counselling?*
No.
5. *Do you offer WhatsApp counselling?*
No.
6. *Are you affiliated with a 24/7 hour crisis line?*
No.
7. *Do you offer digital mental health apps?*
No.
8. *If you offer digital mental health apps, please indicate whether you provide the following services:*
 - a. *TogetherAll*
 - b. *Silvercloud*
 - c. *Feeling Good App*
 - d. *Beat the Blues*
 - e. *Other. If so, which?*N/A.
9. *Do you offer Triage and Mental Health Assessments?*
Yes.

10. Do you offer psychoeducational workshops? If so, which?

No.

11. Do you offer clinical groups? If so, which?

No.

12. Are you able to make direct referrals into Community Mental Health Teams for at risk students?

No. Learners accessing the service may be referred to similar style services, where appropriate.

13. What type of counselling model do you provide (e.g., six session model, one at a time model)

Eight session model.

14. Do you have a limit for the maximum number of counselling sessions students can receive?

Yes. Usually eight sessions, however, in specific cases where there is clinical justification this may be extended.

15. Do you offer additional appointments for at risk students?

Yes.

16. Do you offer the following therapeutical modalities:

a. CBT

Yes.

b. EMDR

No.

c. Integrative Therapy

Yes.

d. Person-Centred Counselling

Yes.

e. Mindfulness-Based Interventions

Yes.

f. Other. If so, which?

- Compassion Focused Therapy;
- Acceptance Commitment Therapy;
- Schema Therapy; and
- Solution Focused Brief Therapy

17. Do you offer counselling in British Sign Language?

No.

18. If you answered no to Question 17, are you able to provide alternative counselling support for deaf students?

The College could access an external BSL Interpreter (not employed by the College).



19. *What was your total student population in the academic year 2021/22?*

Enrolment Total: 13,800.

20. *How many counsellors (FTE) were employed at your college in the academic year 2021/22?*

2.4FTE.

21. *How many disability disclosures were made at your college in the academic year 2011/12?*

Data not held. Glasgow Kelvin College was formed in 2013.

22. *How many disability disclosures were made at your college in the academic year 2021/22?*

3,837.

23. *How many mental disability disclosures were made at your college in the academic year 2011/12?*

Data not held. Glasgow Kelvin College was formed in 2013.

24. *How many mental health disability disclosures were made at your college in the academic year 2021/22?*

1,641.

25. *How many students requested counselling in each academic year since 2011/12 until including 2021/22?*

Counselling and wellbeing services have been available since session 2020/21.

	Session 2020/21	Session 2021/22
	Total referrals	Total referrals
Counselling/Wellbeing referrals	210	244

26. *What were the average waiting times (in days) for counselling in each academic year since 2017/18 until including 2021/22?*

Services commenced in March 2020.

From March 2020 to June 2021: 7 – 14 days

Session 2021/22: 4 – 8 weeks (35 – 70 days)

27. *What was the maximum waiting time (in days) for counselling in the academic year 2021/22?*

40 days.

28. *Please provide the number of students who presented at your counselling service which each of these issues in the academic year 2021/22:*

- a. Abuse
- b. Academic
- c. Addictive behaviours
- d. Anxiety



- e. *Depression and mood change disorder*
- f. *Eating Disorder*
- g. *Loss*
- h. *Other mental health conditions*
- i. *Physical health*
- j. *Relationships*
- k. *Self-harm*
- l. *Self and identity*
- m. *Sexual issues*
- n. *Transitions*
- o. *Welfare and employment*

Data not recorded on College systems.

29. *Please provide more information on the gender of students who received counselling in the academic year 2021/22 (preferably in total numbers rather than percentages).*

Data not recorded on College systems.

30. *Please provide more information on the ethnicity of students who received counselling in the academic year 2021/22 (preferably in total numbers rather than percentages).*

Data not recorded on College systems.

31. *Please provide more information on the year of study of students who received counselling in the academic year 2021/22 (preferably in total numbers rather than percentages).*

Data not recorded on College systems.

32. *In 2019, the Scottish government announced plans to fund 80 additional mental health counsellors in Scottish colleges and universities between 2019 and 2023. Please indicate how many counsellors (FTE) have been appointed in your college using this funding by the Scottish Government.*

2.4FTE.

33. *In 2019, the Scottish government announced plans to fund 80 additional mental health counsellors in Scottish colleges and universities between 2019 and 2023. If possible, please provide further information about the role descriptions of newly appointed counsellors.*

- Provide professional counselling to learners across all college campuses, ensuring professional and ethical standards are maintained;
- Assist the Advice, Guidance and Learner Support Team to encourage learners to develop positive strategies and skills for managing their wellbeing and Mental Health;
- Work closely with key internal networks to provide advice and guidance on counselling provision and Mental Health approaches;
- Undertake individual assessments and counselling interventions for learners and support staff to offer crisis interventions for learners in distress;
- Offer drop in counselling support to learners;
- Develop and deliver workshops and group sessions to support learners and be actively involved in Mental health activity throughout the year;
- Maintain accurate records and data and monitor service delivery to evaluate and review service in line with Service to Support Learners operational plan;



- Plan, deliver and promote counselling services in collaboration with the Team Leader in Advice, Guidance and Learner Support;
- Co-ordinate and supervise placement opportunities for trainee counsellors, acting in a mentor role;
- Contribute to the Advice, Guidance and Learner Support team and departmental plans and objectives;
- Share best practice with colleagues delivering internal staff training as required;
- Carry out and/or assist in the collection and collation of information required regarding progress against targets;
- Liaise with internal and external partners;
- Undertake appropriate professional development to meet any needs which may subsequently be identified by the College's career development review process;
- Attend team meetings and actively contribute to team decisions;
- Promote and encourage Equality & Diversity in all aspects of College operations;
- Respect the confidentiality of matters relating to learners and staff;
- Understand and comply with the requirements of the regulatory framework for colleges in particular the Data Protection Act and the Freedom of Information Act;
- Ensure the Health and Safety of staff and students in all aspects of College activity by exercising a duty of care for personal health and safety and that of others who may be affected by their actions; and
- Carry out any other duty commensurate with the post as required by the Vice Principal or the Principal.

34. Please indicate the number of student suicides at your college every year since 2016/17 until including 2021/22. If you cannot provide a number for each year for confidentiality reasons, please provide a total number of student suicides between this time period instead.

Total: 1

I trust the above response meets your request for information.

Should you be unhappy with the College's response you may seek a review, by writing to Derek Smeall, Principal. Your grounds for seeking a review should be included in your request.

I also wish to advise you that the Scottish Information Commissioner has launched an online appeals service via their website – the link is as follows:

www.itspublicknowledge.info/appeal.

Other contact information for the Scottish Information Commissioner is listed below:

Tel: 01334 464610

Email: enquiries@itspublicknowledge.info

Thank you for your interest in the College.

Yours sincerely



Donald Higgins – Durnan
Corporate Support and Administration Manager

