



## TRINITY BOSTON COUNSELING CENTER INDIVIDUAL THERAPY CASELOAD

From September 2019 to July 2020, TBCC provided individual therapy and professional services to 57 clients the majority of whom are youth workers. Youth worker distress levels dropped from **Moderate** Levels of Distress to **Normal** Levels of Distress in that time period.

### TBCC Impact • Model of youth worker wellness



Youth workers from September 2018 to March 2020 grew in:

- **Self-efficacy**
- **Job focus**
- **Relationships with students, CY team, co-workers, and supervisors**
- **Leadership skills**
- **Career readiness**

Additionally, from pre to post counseling, there were significant increases in self-efficacy and overall job satisfaction. - \*ACORN



*\*TBCC administers the ACORN self-report survey at every session. The ACORN is described as a comprehensive clinical information system designed to increase the value of mental health services through ongoing collaborative monitoring of stress levels of the client by both the client and the clinician.*