



MIDWESTERN
STATE UNIVERSITY

mwsu.edu

A dramatic sunset over a body of water, with a quote overlay. The sky is filled with dark, heavy clouds, and the sun is low on the horizon, casting a warm orange glow. The water in the foreground is dark and reflects the sky and the sun. The quote is written in a white, serif font.

The best way to find yourself
is to lose yourself in the
service of others.

Mahatma Gandhi

quotzfancy

Reagan A. Foster, M.A., LPC



- Graduate of Plano East Senior High School
- Transferred to MSU spring 2001
- Bachelors of Science, 2002
 - Sociology/Psychology
- Master of Arts, 2006
 - General Counseling, LPC
- Certificate in Sports Counseling, 2013
 - California University of Pennsylvania



- Student worker, Clark Student Center, 2001-2002



- Graduate Assistant Coach, Women's Soccer, 2003-2005



- Assistant Director of Housing for Judicial Affairs, 2005-2007



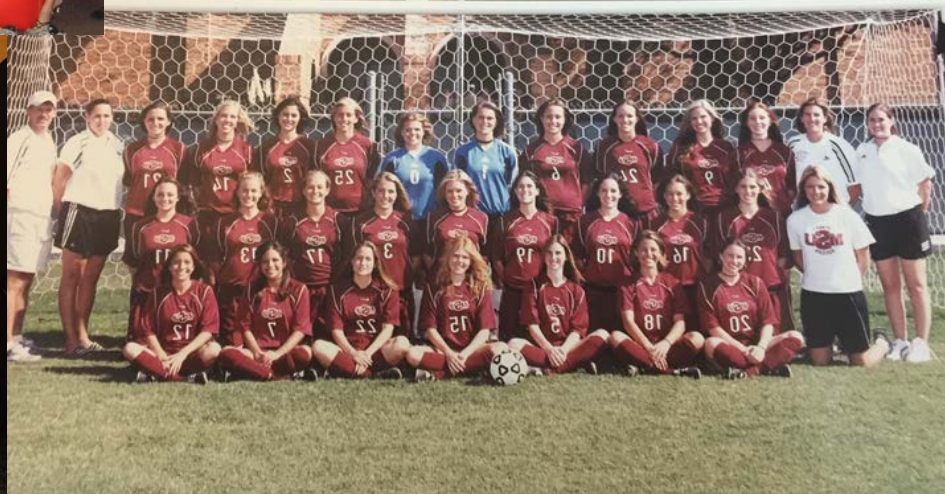
- Assistant Director of Admissions, 2007-2010



- Professional Counselor, Counseling Center, 2011-present



- Student-Athlete Development and Life Skills 2014-present



Service to MSU

- MSU Staff Senate
Chairman, 2015-2016
- MSU Staff Senate,
2012-2015
- Texas Counseling
Association President,
2014-2015
- Texas Counseling
Association Board of
Directors, 2010-2014



Service to the Profession

- President, Junior League of Wichita Falls, 2016-2017
- 20 under 40, Class of 2014
- Chairman, Wichita Falls Area Miracle League, 2010-2012
- Board of Directors
 - North Texas Rehab Center
 - YMCA of Wichita Falls
 - Leadership Wichita Falls
- Leadership Wichita Falls Graduate, 2006



Service to the Community

Why are university counseling centers important?

- Severity of mental health concerns and related behavior has increased 73% nationwide amongst college campuses. (AUCCCD Survey, 2015)
- Suicide is the second leading cause of death of college students (JED Foundation)
- Who we are:
 - 4 full-time LPC's
 - 1 part-time LPC intern
 - 2 graduate counseling students
 - 1 administrative assistant

- What we do:
 - Services provided:
 - Personal, academic, and career counseling
 - Campus outreach and psycho educational programming
 - Campus wide suicide prevention training (QPR)
 - Collaborate with other SAEM offices for programming and outreach
 - 24-hour crisis response
 - 2015-2016 school year
 - Personal Counseling, 1,485 sessions
 - Academic Counseling, 182 sessions
 - Career Counseling, 191 sessions
 - Campus outreach contacts, 3,882

Why a counselor in athletics?

- The sports environment has both risks and protective factors for mental health disorders.
- Evidence suggests that there is elevated risk of injury among athletes who experience depression or anxiety, who abuse alcohol or those who have an eating disorder. (NCAA Sports Science Institute, 2014).
- What I do:
 - Assist in the coordination of Life Skills programming for student athletes throughout the school year (time management, dealing with stress, bystander intervention, etc.).
 - Implement mental health best practices for the MSU Athletic Department.
 - Provide suicide prevention training for coaches, administrators and athletic trainers.
 - Consult with coaches and athletic trainers for care of student-athletes.
 - Provide personal, academic and career counseling for student-athletes.
 - Assist in direction and coordination of Student Athletic Advisory Committee.
 - Helped to create orientation programs for incoming student-athletes.



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