



**Kathleen S. Sauls, MA, LPC, ALPS, AADC (she/her/hers)**  
**Director of Counseling**  
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My name is Kathleen Sauls, but I generally go by Katie. I've been working for WVU Institute of Technology (WVU Tech) in Beckley, WV since December 2020 as the Director of Counseling and Wellness Programs. I, along with an amazing administrative assistant and a supervised LPC, make up the counseling and wellness half of our Student Health and Wellness Center. The SHWC is new for us and we're currently working with our Director of Student Health (who is our nurse practitioner on campus) to help encourage a balanced health and wellness approach to our students. We currently serve around 1600 students, with many of them being first generation/lower income and international students.

Prior to working at WVU Tech, I worked with both community, corrections, and families in several surrounding counties. I'm currently a licensed professional counselor and I hold several certifications, such as being an approved LPC supervisor, an advanced alcohol and drug counselor certification, and am a national certified counselor. I just started my Doctor of Behavioral Health program with a concentration in Clinical Integrated Care through Arizona State University online. I am a soon-to-be divorced mom of 2 teenage boys, and primary caregiver for my parents who are both medically complex. I also have a yorkie/chihuahua mix dog and a Lykoi (werewolf) cat that keep me on my toes.

I am currently serving as the Co-chair of the Professional Development committee for the WV Collegiate Initiative to Advance Health Campus Communities. I am also a part of several in-house committees on the WVU Tech campus, such as our DEI planning committee, our social justice committee, and am one of the campus sponsors for our Active Minds chapter. I help oversee our Collegiate Recovery program as well. I am in the process of working with our faculty program coordinator to provide some classes and assistance to faculty in terms of mental health, difficult conversations (such as debates), cultural humility, and some ways to make classes more diverse with varied teaching styles.

As a new Director, I can't stress enough how helpful and engaging the AUCCCD listserv and services have been. I love looking at and learning about how things are being done at other universities, as well as larger ones, and seeing if I could adapt programs to fit my students. I've been able to use the website to look at hiring practices, ROIs, and be a better advocate for

services and budget increases. I would like to be a part of the board to continue that learning but to also be a face for some of those smaller schools and newer directors; I want to be able to let them know that their voices are being heard and that they matter. I've been on other listservs and communities that ignore the needs of smaller or just-starting-out staff, which quickly dropped some of the motivation and excitement I had because I didn't feel like my experiences mattered. It hasn't been that way with AUCCCD. It's been the exact opposite because it's made me realize that some of the issues I was having here at WVU Tech were the same ones others were facing across the nation. I no longer feel like I'm alone in what I do, and I know that there's support out there for even smaller schools like mine if I need it. As part of the board, I'd like to continue that encouragement and support for others who might also feel like I have.