

COUNSELING CENTER SCOPE OF CARE

Services We Provide

The Counseling Center assists full-time students with issues and challenges that can be addressed through our “step model of care.” This system of care ensures that the most effective treatment is delivered to students first through low-intensity methods, and gradually “stepped up” to intensive/specialist services as may be clinically required. We assist students with:

- Mild to moderate depression or anxiety
- Symptoms that disrupt students’ academic progress
- Personal issues: stress and anxiety, depression, anger, loneliness, guilt, low self-esteem, grief
- Relationship issues: romantic relationship difficulties, sexual concerns, roommate problems, family issues
- Developmental issues: identity development, adjustment to college, life transitions
- Academic concerns: performance anxiety, perfectionism, underachievement, low motivation
- Other issues: effects of trauma, sexual assault, abuse, concerns from childhood or adolescence, spiritual concerns, body image, food preoccupation, healthy lifestyle choices

Services Not Provided

The Counseling Center does not provide services for the following:

- ADHD medications
- Pronounced addiction
- Severe eating disorders
- Mandated counseling/judicial
 - Anger management
- Brain injury/neuropsychological
- Psychological evaluations
- Disability paperwork for federal funding
- Hormone replacement treatment
- Students exhibiting threatening, aggressive and abusive behavior toward Counseling Center staff
- Students not compliant with treatment
- Students currently in treatment with another provider
- Students who see members of a psychiatric team for medication but are not attending therapy
- Medical withdrawal from classes when we have not been seeing the client

- Staff and faculty members

Exceptions

The Counseling Center may make exceptions to the above exclusions, by providing services to:

- Underserved or at-risk students (e.g., academic risk, first-year students, racial or sexual minorities)
- Students reporting trauma, harassment or discrimination who need more assessment
- Students/clients who need immediate crisis intervention and stabilization prior to outside referral
- Students/clients who require several sessions for the counselor to obtain a more comprehensive clinical assessment. This would likely include first-year students.
- Students with personal, learning skills or other counseling needs that could be addressed in shorter-term work, possibly in coordination with a referral for longer-term therapy services
- Students where short-term deadlines are evident (e.g., upcoming graduation; need to make a time-limited decision)
- Students where clearly defined and realistic short-term goals could be agreed upon with the student/client

Stepped Care Treatment Model

The Counseling Center provides increased levels of care, beginning with low-intensity treatments that students use independently, progressing to high-intensity treatments that involve more interaction with a care provider. For example:

Low Intensity, High Autonomy

- Biofeedback, Take 5 Zones, S.W.E.E.T. Suite
- Well Track—a confidential, online and self-guided platform to provide students with information and tools to better understand and deal with stress, anxiety and depression.

Medium Intensity, Medium Autonomy

- Koru-mindfulness classes
- Brief series of therapy sessions (less than 12)

High Intensity, Low Autonomy

- Maximum number of therapy sessions (typically no more than 12)
- Walk-ins or phone calls
- Off-campus referrals