



Student Advocacy Center

Counseling Services - What to Expect

We are grateful that students desire to improve their mental and emotional health and Counseling Services are here to provide support. All Counseling Services begin with a call to the Student Advocacy Helpline or walking in to the Student Advocacy Center. After preliminary paperwork is completed, an initial intake assessment is scheduled. The initial intake assessment is a semi-structured interview process that allows us to learn about our students' needs across several domains such as housing, food, academics and mental health.

Upon the completion of the initial intake assessment, if a student desires, a counseling appointment will be scheduled. Counseling appointments are 50 minutes long and typically are scheduled on a bi-weekly basis. Together, the counselor and the student will work to identify a goal for counseling and will use various therapeutic techniques and orientations to achieve the identified therapy goal.

Please keep in mind that the Initial Intake Assessment and Counseling sessions will be provided in-person at the Advocacy Center or via Zoom only. The SAC Advocacy Center does not provide counseling services over the phone.

Counseling Services - Scope of Practice

We aspire to provide services that can adequately meet clients' needs while maintaining our ability to accept new clients as they arrive each week, and do so ethically and competently. In doing so, we offer goal-focused counseling at no cost to our clients. Beyond an initial intake assessment, we typically provide counseling sessions with the frequency varying depending on student demand for services, which varies throughout the year.

We strive to always be available to any student experiencing a mental health crisis.

In an effort to provide ethical and equitable mental health services to our students, we provide mental health community referral assistance for students who desire ongoing weekly counseling or who need specialized, long-term, open-ended counseling, or mental health diagnosing. Referral assistance includes helping a student identify a provider who accepts the student's insurance or has cost effective rates.

We welcome all students to meet with a counselor for an initial intake assessment to discuss whether their needs fit within our scope of services; however, below we have listed some general guidelines.



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Common concerns that may be addressed in goal-focused brief counseling may include:

- Mild to moderate anxiety and depression
- Adjustment and developmental concern
- Self-esteem concerns
- Concerns related to the transition into—or out of—college
- Identity development related to various dimensions of identity (sexual, racial/ethnic, religious, gender, etc.)
- Academic stress and motivation
- Supportive assistance after trauma
- Interpersonal Relationship issues
- Assistance with accessing resources on- or off-campus

Concerns that warrant counseling on a long-term or ongoing basis and are commonly addressed through a referral to an off-campus provider may include:

- Long-standing or severe symptoms of depression, anxiety, PTSD, or mood disorders
- Active eating disorders
- Active psychosis, hallucinations, or delusions
- Active alcohol or substance abuse disorders
- Psychological testing, including testing for ADHD
- Requests for letters of support for registered disabilities or ESAs (emotional support animals)
- Counseling assistance for court and/or legal requirements

Attendance Policy

In an effort to ensure we are providing the best level of care and support for our students, it is imperative that students attend their scheduled sessions. We will send reminder messages 24 hours in advance of the session.

If for some reason a student cannot attend, they should reach out to their counselor via email or call the Student Advocacy Helpline to cancel or reschedule. Canceled or rescheduled appointments should be completed before 24 hours of the appointment. If



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appointments are canceled or rescheduled within 24 hours, that will be considered a late cancel. After 2 consecutive late cancel/reschedule or no shows (student simply did not show up for the appointment), the student will be provided with mental health referrals to locate a community provider that will be able to better accommodate their schedule. The student will be able to resume scheduling counseling appointments in their next registered semester.