

Student Consent Form

Counseling and Psychological Services (CaPS) provides individual and group counseling and psychotherapy services to currently enrolled students using a short-term model. Our use of this model allows CaPS to serve a greater number of students. Most students who come to CaPS for support will meet with a therapist so that, together, they can develop an individualized plan that fits their unique needs and concerns. Plans may include a variety of recommendations, but not limited to: individual therapy, single-session therapy, group therapy, workshops, referrals to community providers for specialized treatment and/or long-term therapy, case management services, psychiatry services, and/or referral to other on- or off-campus services.

Commitment to Diversity and Inclusion: We recognize that marginalized groups (e.g., Black, Indigenous, People of Color, LGBTQ+, D/deaf/hard of hearing, and all other identities represented within our student body) have not been treated equally in health care systems. We acknowledge known health disparities and make efforts to reduce these through our practices, as well as to create environments that are accessible to all. We are committed to anti-racism and inclusivity; as such, we are committed to the recruitment and retention of therapists with diverse identities, to periodic critical review of our policies and procedures, and to advancing partnerships with diverse student organizations and community groups. We are committed to ongoing professional education on issues of power, privilege, racism, prejudice, discrimination to support us in being allies and advocates for the students we serve. We recognize that this is ongoing work and value feedback from the students and community we serve.

The Counseling Process: Counseling is designed to support students in addressing concerns, developing meaningful insight, and practicing effective personal and interpersonal coping strategies. Counseling involves a relationship between a student and a trained therapist who share a willingness to identify and achieve a student's personal goals. Counseling can be uncomfortable, but the process is designed to make the difficulties manageable. Student satisfaction with outcomes is not predictable; however, results are most often positive.

Short-Term Model: CaPS provides short-term, goal-focused counseling to students who are experiencing emotional or psychological difficulties that are interfering with their quality of life. Treatment varies according to need, and CaPS reserves the right to limit sessions as needed for students. Severe, chronic, or long-standing mental health problems are best served by a home or community provider. Rather than to provide long-term treatment, CaPS may assist students in obtaining relief from some of the concerns that can accompany such conditions. CaPS strives to assist students with concerns before they develop into more serious problems.

Minors Seeking Services: Students under the age of 18 may be required to involve a parent/guardian in their treatment, which may involve obtaining consent and/or sharing information, as guided by New York State laws regarding the delivery of health care to minors. Students under the age of 18 who seek services at CaPS can expect to have a conversation with their therapist about possible parental involvement.

Integrated Health Services Shared Record: CaPS is part of RIT Wellness Integrated Health Services (IHS), made up of Case Management (CM), CaPS, and the Student Health Center (SHC). IHS believes student care is enriched when different health professionals share information openly and collaborate as a service team when needed. Professionals in all IHS departments can view documentation of services a student receives. Students with concerns about this should speak to their therapist about options to restrict access to their record.

Confidentiality: Information shared in counseling is considered protected, confidential information. Exceptions to confidentiality (although rare) are noted below. The information in your counseling record is stored electronically and remains separate from your academic record, in accordance with RIT information security standards, applicable laws and ethical standards. Your written permission is needed to share your counseling record with anyone outside IHS. All requests for information from institutions such as the military, FBI, Peace Corps, graduate schools, employers, etc., are processed by IHS Directors with your written consent for the release of any information. Exceptions to confidentiality are outlined below – please share any questions or concerns that you have about any of the following statements with your therapist.

Exceptions to Confidentiality:

- Students under the age of 18 may be required to involve a parent/guardian in their treatment, which may involve obtaining consent and/or sharing information, as guided by New York State laws regarding the provision of health care to minors.

- CaPS staff may consult confidentially with other IHS staff or trainees for the purposes of delivering the best possible care and/or for training purposes.
- Information may be shared with other providers or individuals, as needed, in a medical emergency to facilitate appropriate treatment.
- CaPS staff may disclose necessary information to relevant RIT faculty/staff or outside parties in situations where there is a known threat to your safety or the safety of others within and/or outside of the RIT community.
- CaPS staff have a legal duty to take action to prevent harm if there is evidence of imminent risk of hurting yourself, hurting other(s), or you or others may be in danger of imminent harm. Necessary information must be divulged to someone who is capable of taking action to reduce the threat.
- CaPS staff who know or suspect physical or sexual abuse or neglect of a child, elderly person, or disabled person must report the information, according to NYS mental health law.
- The New York State Ammunition and Firearms Enforcement (SAFE) Act requires mental health professionals to report to the County Mental Health Office individuals who, in their professional judgment, are likely to engage in conduct that would result in serious harm to self or others.
- CaPS staff must comply with court orders issued by a judge to release counseling records and/or information held within them.

Parent/Guardian Communication: The use of CaPS services is protected information, along with the specific content of the sessions. However, there are times when parent(s)/guardian(s) communicate with CaPS asking for information and/or wanting to share information about students. In such cases, CaPS will accept communications from parent(s)/guardian(s) to receive information, and parent(s)/guardian(s) are told in these cases that the content of the information shared will be stored in a student's record and shared with the student in the event that the student is utilizing services. When parent/guardian communications are made, students will be informed.

Counselors in Training: Students may be assigned a therapist-in-training who is earning a master's or doctoral degree in social work, mental health counseling, or psychology. Counseling with a trainee can be a unique and valued opportunity, because therapists-in-training receive a high level of supervision from highly competent, licensed supervisors who closely review and guide treatment. Supervision can involve direct observation of sessions, review of session recordings, and frequent case consultation. Students are given the name of the therapist-in-training's supervisor(s). Students with a concern about services received by a therapist-in-training are encouraged to contact the Associate Director of Training (call, 475-2261, or send a secure message directly via the Wellness Portal to "CaPS – for general questions"). Students have the right to refuse to be seen by a therapist-in-training at any time during the course of treatment without any adverse consequence.

Transfer Provider Procedure: Student dissatisfied with their CaPS therapist are encouraged to express their concerns openly with their therapist. CaPS therapists are well-prepared to have these conversations. If not satisfied with the outcome of the conversation, students may ask the front desk staff for a transfer to another provider. At that time, students will be scheduled with the next available therapist.

Cancellations: To serve as many students as possible, cancellations must be made at least 24 hours in advance by calling 585-475-2261. Students must be on time for counseling to be effective. Please notify us at 585-475-2261 if you will be late.

I have read and discussed the above information with my therapist. I understand the risks and benefits of counseling, the nature and limits of confidentiality, and what is expected of me as a client at Counseling and Psychological Services.

Student Signature

Date

Therapist Signature

For only those assigned to a Therapist in Training

I have read and discussed the above information with my therapist. I understand I am working with trainee and I have been informed that my therapist's supervisor's name is _____.

I understand the risks and benefits of counseling, the nature and limits of confidentiality, and what is expected of me as a client of Counseling and Psychological Services.

Student Signature

Date

Therapist Signature