Counseling & Psychological Services
Overview of Services

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Counseling and Psychological Services

Supporting academic success through:

- Primary prevention and early intervention
  - Mental health and wellness related workshops (e.g. Sleep, Academic Distress, Relationships)
  - Screening days (e.g. Depression Screening Day, Eating Disorders Screening Day)
  - Presentations about services to faculty, staff and students
  - Mental Health awareness events and health fairs

- Initial assessment
- Short-term goal oriented treatment
- Crisis intervention
- Consultation
Common Reasons Student Come to Counseling:

- Relationship Concerns (Friends, Family, Significant Other)
- Feeling stressed of overwhelmed
- Sleep or appetite problems
- Worry/ Anxiety
- Feeling down, not like themselves, not enjoying things
- Adjusting to new environment and college life
- Managing academic stress and pressure
117 (56%) of International students served last academic year were graduate students.
CaPS: Students are our priority.

Access to mental health services is ALWAYS available.

- Immediate Support (crisis intervention):
  - Walk-ins available Monday-Friday 8:30am-4:30pm
  - After hours line: 855-436-1245 nights, weekends, holidays
- Initial intake appointments within 10 business days
- Extended hours as needed based on class/work/co-op schedule
- Frequent mental health education programming across campus
Types of Appointments

**Walk-In:** Brief, one-time, focused, and limited
- Crisis situations
- Urgent problem solving needs
- Active panic and student is unable to calm themselves
- Any concerns about safety
- Goal is immediate stabilization and identification of plan of action

**Ongoing Counseling:** Short term, focused exploration, and active outside of session
- Specific identified problem area
- Specific identified goals to work on
- Consistent report/observation of patterns that are detrimental in some way
- Goal is problem resolution or skill development for effective resolution
Counseling and Psychological Services

- No session limits
- Average length of treatment is 5-6 sessions
- Flexibility to meet the individual student needs
- Facilitate referrals for students seeking:
  - More frequent appointments (CaPS counselors schedule sessions on average every 2-4 weeks)
  - Long term treatment or ongoing mental health maintenance services
  - Specialized services (e.g. addiction treatment, eating disorders treatment, ADHD evaluation)
Getting Connected with CaPS

Call

Email

Drop-In

Screen for Level of Need

Immediate Visit

Schedule an Intake

Community Referral

AFTER HOURS CALL: 855-436-1245
Tiger Concern Report

Search: Tiger Concern Report

- What happened & why you are concerned (outline the pattern)
- What you did to address the situation
- What is student’s knowledge of referral
- Who have you communicated with about this (supervisor, academic advisor, dean, department chair, public safety.)
- Confirmation # is generated and provided to you immediately upon submission
For further information:

Counseling & Psychological Services
August Center, 2nd Floor (Above the Health Center)
585-476-2261