

Policy Name:	Specialty Programs
Date Modified:	7/2015
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## Specialty Programs Policy

### Policy:

- a. Outreach
  - i. As an integral part of the Counseling Center and in keeping with its mission, CAPS outreach promotes a community perspective by extending the services of clinical counselors beyond the physical site to the campus as a whole. Further, we provide deliberate, systematic, creative psycho-educational programming that emphasizes a multicultural and developmental perspective on prevention, wellness, and student self-help. We work collaboratively with other staff, programs, and departments at the University to enhance the general campus climate.
- b. Consultation to the University Community
  - i. It is our wish that when the faculty, staff, or administration has questions about psychology in general or a student in particular, CAPS may assist in responding to their questions.
  - ii. We can provide departmental or group trainings including:
    - 1) CAPS services and procedures
    - 2) Recognizing and referring students to CAPS
    - 3) Working with troubled or disruptive students
    - 4) Special request topics
  - iii. Small group workshops to assist in the development of necessary skills to deal with students at risk, to increase multicultural sensitivity, or to promote self-care.
  - iv. Develop a Departmental or Group Intervention Plan
  - v. Workshops on Effective Listening and Helping Skills for Faculty and Staff
  - vi. Guest classroom lectures on topics related to Mental Health and the College Student and Crisis Intervention in Higher Education
- vii. Liaison System
  - 1) CAPS will serve the broader university community by providing consultation services to academic and other student service units across all campuses. CAPS has worked to establish strong relationships across various units on campus. Our clinical staff also provides services to campus housing and athletics. The liaison service provides clinical consultation to students, faculty, and administration within the units and/or develops programming designed to meet their psychological and developmental needs.
  - 2) Liaison assignments and services will be coordinated through the Outreach Coordinator.
- c. Eating Disorders
  - i. Students with eating concerns are encouraged to contact CAPS for help with eating concerns. Because of the range of severity of eating concerns and longevity in treating these issues, students will be assessed and individual recommendations will be made.
  - ii. To aid in the assessment and development of a treatment plan, CAPS has an Eating Concerns Treatment Team Coordinator. The coordinator meets with students to help determine the best

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- treatment modality and assist student in getting connected to additional resources, when appropriate. Formal psychological assessment measures may be given, along with a referral to Student Health Services to better understand scope of eating concerns.
- iii. Some students struggling with eating concerns may fall outside of the scope of CAPS services. When this occurs, referrals to the appropriate level of care will be made.
  - iv. If it is determined through assessment process that student's needs can be met within CAPS and the FAU community, student may be referred to the Eating Concerns Treatment Team (ECTT). This team is multidisciplinary and is led by ECTT Coordinator at CAPS. Other members of the ECTT include health professionals from FAU's Student Health Services and FAU's Registered Dietitian. The ECTT meets monthly to discuss the progress of students who are being seen by the team. Students who are being seen by the ECTT will sign a Release of Information so the team may discuss progress.
- d. Substance Abuse Services
- i. Given the mission of CAPS, students struggling with minor substance use issues may fall within our scope while many may fall outside the limitations of our practice. Students who present with a need for detoxification, intensive outpatient, inpatient, or long-term services will be referred to the community to receive the assistance they require.
  - ii. In some cases CAPS may offer consultation, or individual or group psychotherapy to students who are voluntarily seeking to explore and potentially change their current substance use patterns, or who are looking for assistance with maintaining their sobriety.
  - iii. CAPS does not respond to demands for mandated services for students to attend substance abuse counseling sessions by any source (e.g., third-party referrers including Housing, student conduct courts, probation, etc.), but does provide referral information to these students for community providers.
    - 1) Students mandated from an on-campus source will be seen if they are eligible for services and up until collaborative decisions, between the therapist and the client, are made about the termination of therapy.
- e. Lesbian, Gay, Bisexual, Transgendered, Queer/Questioning Students (LGBTQ)
- i. FAU CAPS is a supportive environment for lesbian, gay, bisexual, transgendered, and queer/questioning students. LGBTQ students may be interested in speaking to a counselor regarding "coming out" issues, family relationships, dating, or general support. Departments and student organizations may also request outreach presentations or sensitivity training on LGBTQ issues.
  - ii. CAPS collaborates with the LGBTQA within the Office of Multicultural Student Affairs to facilitate the LGBTQ Peer Mentoring Program. Student mentors are trained in helping skills and issues of relevance to the LGBTQ community. They receive ongoing supervision throughout the year. Mentors aim to support mentees through many facets of LGBTQ identity development. This is accomplished through frank, informal, one-on-one conversations, wherein support and information are provided. Mentors serve as positive role models and provide resource information.

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f. Small Children

- i. On occasion, clients want to leave their small children in the waiting area while they are meeting with a counselor. We appreciate the problems that occur at times in finding a babysitter. However, the center is not equipped to provide care for small children. If a client brings a small child and requests to leave the child unattended in the waiting area it will be the counselor's responsibility to inform the client that other arrangements will have to be made. Older children who cannot sit quietly in the waiting room unattended are not permitted in the center.
- ii. CAPS protects the confidentiality of students. Confidential information will not be released without valid written consent except under the following circumstances:
  - 1) CAPS is obligated by law to report suspected child abuse and neglect to the Department of Children and Families (FS 39.201) through the Florida Abuse Hotline at 1-800-962-2873.
  - 2) CAPS providers are obligated by law to report suspected neglect or abuse of vulnerable adults to the Department of Children and Families through the Florida Abuse Hotline at 1-800-962-2873.
  - 3) We are obligated to take appropriate action if a client presents a threat of harm to self or others, and to take necessary action to prevent such harm from occurring by notifying the proper authorities. (FS Statute 394.455)
- iii. Upon receipt of a court order or subpoena, all therapists will notify the Director who will notify University General Counsel.

g. Clients Under 18 Years of Age

- i. In Florida, students 18 and over may consent to treatment.
- ii. Students under 18 need the permission of a parent or legal representative for consent to treatment unless they are emancipated, under certain emergency circumstances, or meet other legal requirements
  - 1) Documentation of parental/legal guardian consent is required prior to services other than for an emergency.
- iii. For students under the age of 18 years, issues of confidentiality and privilege are also somewhat different from those of students over the age of 18.
  - 1) Unless an individual under 18 years of age is emancipated or meets other legal requirements they do not have the ability to consent.
  - 2) While students under the age of 18 years can expect that CAPS will seek to maintain their confidentiality, they will be informed that their parent, guardian or custodian holds the legal right to request information concerning their treatment.
  - 3) CAPS routinely asks legal representatives, particularly parents, to acknowledge and respect the confidentiality between the therapist and the client.