Counseling Services Policy

Policy:

CAPS clinicians provide brief treatment services. Clients are provided an explanation of this model through informed consent and clinicians’ review of CAPS’ scope of services. CAPS staff will consider this scope of service in developing dispositions, treatment recommendations, and in their ongoing clinical work. Clients are also encouraged to consider this scope when deciding the best options for their care. CAPS services are guided by considerations of equity of access and clinical evaluation of individual needs and available capacity.

I. First Appointment (FA): All students who wish to receive CAPS services for the first time must complete a FA assessment. An FA session includes a review of the students’ presenting issues and concerns, a risk assessment, previous mental health history, mental status exam, and treatment recommendations/disposition, including appropriateness for services within CAPS and/or other specialized services elsewhere.

II. Crisis Intervention: Crisis intervention helps students maintain their personal safety and assists them in achieving pre-crisis stabilization. Generally, these services are brief problem-focused appointments aimed at immediate distress, increasing safety, and getting students scheduled for additional follow-up appointments, as necessary.

III. Short-term Individual Counseling: Short-term individual counseling helps students enhance overall mental health and wellness by exploring concerns and achieving specific goals in a comfortable, private, and non-judgmental setting. Clinicians strive to understand students, help them explore their thoughts and feelings, and assist them in developing the skills and perspectives they seek.

IV. Relationship/Couple’s Counseling: Relationship distress is a significant source of stress for clients. Using relationship counseling helps improves functioning in any relationship, members of the relationship are likely to have improved mental health and/or decreased stress. Relationship counseling can include partner/s or spouse, family member/s, friend, or roommate.

V. Group Counseling: Groups provide a safe setting and support for addressing a variety of presenting problems. They may be of a general nature, selected to address the needs of particular populations, or address specific concerns. CAPS offers several group counseling options each semester to eligible enrolled students. There are no session limits for group services. Students interested in a counseling group must complete an initial assessment and a group screening. All group counseling members are considered clients of CAPS.

VI. Therapy Assistance Online (TAO): TAO is a web-based platform that includes content on a wide variety of topics as well as structured modules for clinicians to use with their clients to treat anxiety, depression, stress, and other issues. TAO entails a specified treatment plan with modules that the client is assigned to complete and then process in session with their clinician. Discussions center on the content of the models, the applicability of the content to the client’s circumstances, obstacles to progress, and the plans for the subsequent TAO session(s). TAO Self-Help involves the clinician recommending the client independently selects the content of interest in the TAO platform.

VII. Workshops: Workshops are offered on an as-needed basis and are utilized for information dissemination, skills development, increasing self-awareness, and providing opportunities for general training. Workshops are not therapy and there is no commitment by students to attend all of the sessions. Workshops generally consist of two or more sessions on the same topic or a series of related topics over a short period of time. Students may attend workshops without having completed an FA and they do not require a screening.

VIII. Treatment Coordination: When it is deemed that CAPS’ services are not adequate for a student, facilitation of a connection to community provider is warranted. The purpose of treatment coordination is to find the most appropriate fit for the client’s concerns and life situation. The client is referred to the Treatment Coordinator (TC) to begin the process. The aim is to provide support and short-term therapy while bridging the client to other services. The TC can also provide consultation and follow-up with non-clients requesting access to services.
IX. **Eating Concerns Team (ECT):** CAPS staff members will recommend a referral to the ECT when clients report symptoms consistent with disordered eating AND could benefit from a comprehensive treatment/management team approach. The ECT utilizes a multidisciplinary approach composed of CAPS clinicians and Student Health Services (SHS) providers who coordinate care while meeting regularly to discuss mutual clients.

X. **Substance Abuse Interventions:** Clinicians are able to see students who are assessed as low-risk and appropriate for short-term treatment may receive services for substance abuse concerns. Students whose needs are beyond the scope of services will be referred out to community-based treatment providers for a higher level of care. CAPS provides BASICS/CASICS assessment and interventions. Students who have a prior history of alcohol or drug abuse/dependency, and present for services ‘in recovery’ are eligible for services based upon their current level of functioning and CAPS scope of services.

XI. **Psychological Assessment:** When justified, staff may administer, score, and interpret psychological assessments in accordance with Florida Laws and Rules and Standards for Educational and Psychological Testing. CAPS utilizes psychometric assessments to aid in evaluation and clinical conceptualization, treatment planning, self-discovery, referral and/or disposition recommendations. CAPS clinicians do not perform forensic assessments, and clients interested in such evaluations will be referred out to appropriate community providers.

XII. **Clinical Consultations:** CAPS staff members engage in consultations to support their clinical work and in serving FAU students, directly and indirectly. The purpose of a clinical consultation is to exchange information and provide professional guidance. Consultations allow CAPS staff members to meet with students to discuss their needs, provide information for them to consider for themselves or others they have concerns for, as well as to support the engagement in a course of intervention. Consultations may also be provided to faculty, staff, and other concerned individuals as needed.

XIII. **Non-Client Consultations:** Consultation as a method of intervention allows CAPS staff members to use their expertise to assist other units on campus to perform their mission of serving students more effectively. When a CAPS staff member is in a consultant role, they may provide direct information about psychological issues or may help the person examine their own processes and procedures to resolve problems related to service delivery for students. At times consultation may be provided to help members of the FAU community deal with a student, whether or not the student is a client of CAPS.

XIV. **Telehealth Services:** CAPS provides short-term Telehealth (TH) services to FAU students. In addition to our in-person services, Telehealth services are also provided for the convenience and/or preference of students, within the following guidelines: TH services may be provided from the clinician’s secure location or CAPS office; services are provided to students who are in the State of Florida at the time-of-service delivery. Services may be provided via videoconferencing via secured videoconferencing platform (e.g., FAU HIPAA Zoom). Available services include consultation, individual, couples/relationship and group therapy, and workshops. CAPS’ attendance policy applies to telehealth appointments.