

Specialty Programs Policy

Policy:

Outreach: As an integral part of the center and in keeping with its mission, CAPS outreach and consultation 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 well-being and positively impact the campus climate

- I. Consultation to the University Community
 - a. It is our intention that when the faculty, staff, or administration has questions about mental health in general or a student in particular, CAPS will respond to their questions whenever possible.
 - b. We provide departmental or group trainings.
 - c. We provide 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.
 - d. Guest classroom lectures on topics related to Mental Health and the College Student and collegiate mental health and crisis intervention may be provided based upon availability.
 - e. Crisis Intervention may be provided based upon availability.
- II. Campus Liaison Program
 - a. CAPS serves the broader university community by providing consultation services to academic and other student service units across all campuses. The CAPS campus liaison program is a mechanism for establishing strong relationships across various units on campus. The liaison service provides clinical consultation to students, faculty, and administration within the units and/or develops programming designed to meet students' psychological and developmental needs.

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.

- I. Referral to Eating Concerns Consultation (ECC)
 - a. Client will be scheduled with a clinician who has experience and training in eating disorders and is a part of the ECT. During this consultation, the clinician will help the client determine the best treatment modality and assist them in getting connected to additional resources, when appropriate.
 - b. Some students may fall outside the scope of CAPS and ECT services. When this occurs, referrals to the appropriate level of care will be made.
- II. ECT Coordination with SHS
 - a. The client will have to sign a Release of Information form so CAPS can exchange information with SHS members of ECT.

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 may receive BASICS/CASICS intervention as a sanction assigned by the Dean of Students when a student has violated an alcohol- or drug-related University Policy. CAPS provides this intervention to support students' ability to comply with this sanction. 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.

- I. BASICS/CASICS appointments are scheduled session-to-session when mandated as a result of violation of the Student Code of Conduct. Students are referred to complete BASICS/CASICS as recommended by Dean of Student Services as part of their sanction. Sessions are conducted by designated clinicians who

have completed BASICS/CASICS training. The frequency of BASICS/CASICS session is based on clinician discretion.

- a. Students are required to complete E-Check Up to go prior to BASICS/CASICS first appointment. If student does not complete E- Check Up, Appointment will be rescheduled. Students are required to email clinician their ID number 24 hours prior to appointment.
- b. Upon completion of BASICS/CASICS, clinician will submit confirmation email to Dean of Student Services.
- c. The clinician may continue to meet with the student upon completion of BASICS/CASICS for individual counseling. The clinician will code following appointments as CL: Follow Up.

II. Students may participate in BASICS/CASICS appointments on a voluntary basis.