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.