

# Student Counseling & Wellness Center

## Scope of Service

### Available Services

The Multnomah University Student Counseling & Wellness Center invites all students to make an initial appointment to meet with one of our counselors and discuss their concerns. During this initial meeting, the counselor, in collaboration with the student, will recommend services within the Counseling & Wellness Center or the community and assist students in obtaining the appropriate services to meet their needs.

Individual counseling is a unique, confidential, and collaborative relationship between a professional and a person seeking help, in which both the skills of the counselor and the helping environment assist the student with learning to relate to themselves and others in healthier ways. Counseling offers an opportunity to share thoughts and feelings, explore issues of concern, gain awareness and insight, make decisions, problem-solve, learn skills, and take charge of life.

When appropriate, students may be referred to services offered within the Counseling & Wellness Center. In order to use its resources most effectively, the Counseling & Wellness Center utilizes a short-term model of therapy to assist students in addressing issues common in a college setting.

Some of the issues that are commonly addressed in short-term counseling at the Counseling Center are:

- Personal Issues: Stress and anxiety, depression, anger, loneliness, guilt, low self-esteem, grief
- Relationship Issues: Romantic relationship difficulties, sexual concerns, roommate problems, family issues, premarital counseling
- Developmental Issues: Identity development, adjustment to college, life transitions
- Academic Concerns: Performance anxiety, perfectionism, underachievement, low motivation
- Other Issues: Effects of trauma, sexual assault, abuse, concerns from childhood or adolescence, spiritual concerns, body image, food preoccupation, healthy lifestyle choices

### Services Outside our Scope

Students whose needs fall outside the scope of services or scheduling availability of the Counseling & Wellness Center are referred to community resources. The Counseling & Wellness Center provides referral services after the initial session or as these factors become more apparent during services. The Center's Director and Clinical Coordinator can provide referral options to better meet a student's needs and will follow-up to offer additional assistance in finding resources as necessary.

Some of the issues that are commonly addressed through referral to services outside of the Counseling & Wellness Center for longer-term or more intensive counseling include:

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- A history of multiple hospitalizations, chronic suicidality and/or self-injury behaviors; history of repeated suicide attempts
- Evidence or risk of progressive deterioration in mental or emotional functioning, requiring intensive intervention, such as an inpatient or intensive outpatient treatment program
- Presence of significant drug and/or alcohol problems such substance dependence, primary substance abuse, and/or past failed treatments
- Presence of significant or long-standing eating disorder with no period of remission, no previous treatment, or that may pose a medical danger
- Request for formal psychological evaluation
- Learning disability, neuropsychological, or ADHD assessment
- Court-mandated assessment or treatment requirements
- Evaluations for emotional support animals
- Trauma-related therapy that would best be treated with continuity of care or long-term treatment with a consistent provider.

This description of the Multnomah University Counseling Center's scope of service is intended as a guideline. The nature and complexity of presenting concerns and the broader context are considered in making the appropriate treatment recommendation(s). Cases are evaluated individually, and the professional judgment of the mental health provider(s) will determine the treatment decision in a particular situation.

When a student's needs require an intensive level of care, the Student Counseling & Wellness Center partners with the student to transition to resources within the community. Students who may require a transition of care include, but is not limited to:

- A need, or request, to be seen more than once a week for individual therapy
  - A need, or request, for uninterrupted individual services on an ongoing basis
  - A need, or request, for a treatment modality not provided by Counseling Center staff
  - A need, or request, to be seen differently from what is clinically recommended by the Counseling Center
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- Students can be referred after the Initial Consultation
  - Students are seen no more than one session per week. The exception might be a student in crisis or a temporary situation that requires more frequent monitoring.
  - The Student Counseling & Wellness Center strives to provide counseling to any eligible student. However, there may be times of heavy demand when individual counseling will not be available without a significant wait.
  - We do not administer nor condone the use of conversion therapy

### **Crisis Appointments**

Crisis intervention is offered to any student who faces a psychological emergency in which there is a need for immediate assistance. Crisis intervention is different than traditional counseling and includes an assessment of immediate risk, crisis stabilization, and brief supportive services which are provided in collaboration with other resources.

## **Student Counseling & Wellness Center**

Because the Student Counseling & Wellness Center cannot accommodate emergency, drop-in services and is open for limited hours throughout the week, we ask that you seek more immediate support by reaching out to Emergency response teams, campus support, and/or other opportunities for more immediate care during a mental health crisis. The number for Multnomah County's Project Respond is 503.988.4888