



SCC Personal Counseling Informed Consent

Initials

I have chosen to receive mental health services in the form of Personal Counseling for myself at Sandhills Community College. My decision is voluntary and I understand that I may terminate these services at any time. Personal Counseling is a department of Student Services and shares some of the same support staff. Personal Counseling is free and will provide 6 sessions of therapy per semester.

An initial appointment with a counselor is generally scheduled for one hour. Students are asked to complete the initial evaluation form which can be found on the Counseling Center's webpage and bring this to the first appointment. Thereafter, appointments are generally scheduled every week for 50 minutes. Student are able to attend up to 6 sessions a semester.

If you are unable to attend an appointment you must call 910.695.3968 or 910.246.4944 or e-mail scccounseling@sandhills.edu at least 24 hours prior to the appointment. Students who miss more than three (3) scheduled individual counseling appointments within an academic year, will be ineligible for counseling services for the remainder of that academic year and will be referred to the community for treatment. The student may return the following year for services, but more than one (1) missed appointment will result in a referral to the community. Except for illness, cancellations less than 24 hours before the appointment may be considered a missed appointment.

Your mental health information remains confidential within Personal Counseling except for the following:

- a. child abuse or elder abuse
- b. court subpoena for records
- c. student in danger to themselves or others

We encourage students to become their own mental health advocates and to work collaboratively with their mental health provider to complete a thorough initial assessment, establish goals of treatment, and to monitor their own progress. Treatment recommendations may include psychotherapy alone or in conjunction with a medical or psychiatric consultation, or referral to a community provider may be deemed most appropriate.

Personal Counseling provides brief counseling services, students who would benefit from more frequent, longer or more intensive counseling appointments may be referred to the community. A list of local providers will be provided upon request and we will assist students in locating community resources.

If you have a question or problem during work hours, please call 910.695.3968 and relay your concern to the counselor. The counselor will call you directly, or have student services staff member call you back with an answer to your concern or question. If it is after hours, please call 911. By initialing and signing this form you acknowledge that you have read and understand the above information, rights, and responsibilities.

Signature of Student
Revised: 4/2019

I.D. #

Date

COUNSELING

The role of Personal Counseling is to provide short term mental health counseling and related services to help Sandhills students identify barriers, improve coping, and achieve personal and academic goals.

Eligibility

Currently enrolled students who have paid their tuition fees are eligible for an initial appointment. The most appropriate form of follow-up care (group counseling, individual counseling, or off-campus referral) will be determined primarily by the counselor in collaboration with the client.

Scope of Practice

In order to use its resources most effectively, Personal Counseling utilizes a short-term model of treatment to assist students in addressing issues common in college settings. It has been found that short term counseling is quite effective with college students, especially when concerns are dealt with at an early stage. Licensed professionals will provide short term counseling services addressing such concerns as listed below. This is not a comprehensive list.

1. Mood and/or personal issues: anxiety, depression, loneliness, grief, self-esteem
2. Relationship issues: partners, roommates, teammates, classmates, family
3. Developmental issues: adjustment, transitions, identity concerns
4. Academic issues: motivation, test taking concerns, perfectionism
5. Career and future exploration
6. Other issues: trauma, assault

Limits of Practice

Some students' needs fall outside of expertise or resources available at Personal Counseling. Personal Counseling referral services either after a triage or initial session, or as these factors become more apparent during the course of treatment. The counseling staff can provide referral options that are believed to best meet a student's needs, but the decision for ongoing treatment ultimately resides upon the student.

Some examples of clinical issues that will likely be addressed through a community referral include but are not limited to:

1. Students who require at least weekly or more than weekly services for an extended period of time
2. Students who require excessive utilization of crisis intervention
3. Students who present a chronic, ongoing risk of harm to self or others, and whose symptoms do not respond to outpatient crisis intervention or require specialized services. This includes students with a history of multiple hospitalizations, chronic suicidality, homicidality, and/or a history of repeated suicide attempts
4. Student presenting with a concern or disorder that requires expertise or resources not sufficiently available in our center. Examples could include: court ordered/mandated assessments and treatment, forensic assessments, and intensive treatment for eating disorders
5. Students who are noncompliant with treatment as defined by excessive no shows, repeated stops and starts to counseling and/or repeated requests to change providers
6. Students who attend counseling but fail to follow the treatment plan, fail to make any progress, or are unwilling to set goals for treatment
7. Students who engage in inappropriate, harassing, menacing, threatening, or violent behavior towards staff