

## WPI Student Development & Counseling Center Explanation of Services

With a mission of promoting the safety, emotional health, and personal growth of all WPI students, as well as cultivating a supportive campus, the SDCC aims to provide confidential counseling, guidance, and support to any actively enrolled WPI student at no additional charge beyond the annual health fee. Students who withdraw or take a leave of absence from the college are temporarily ineligible to receive services until they resume active student status.

The objective of these initial services is to clarify a student's personal concerns and/or difficulties and to identify the best ways to address them. From these initial assessment services, recommendations will be made about appropriate services available either at the SDCC and/or other specialized services available elsewhere on campus or in the community.

These recommendations and the right to refer will be based on the following:

- A. Students presenting with a concern or diagnosis that requires expertise or resources that are not sufficiently available at the SDCC. Examples include extensive treatment for concerns such as eating disorders, court ordered assessment and treatment, or OCD.
- B. Students who require or are seeking weekly individual therapy for an extended period of time.
- C. Students who have previously had extensive treatment and are needing or expecting long-term additional support
- D. Students who are unable to maintain prolonged periods of time without ongoing clinical support (e.g. academic breaks)
- E. Students who require frequent utilization of crisis intervention, who experience chronic and on-going risk to self or others, and whose symptoms do not respond to outpatient intervention or require specialized services.
- F. SDCC staff are able to provide a 1x consultation session for WPI students who are outside the state of Massachusetts for brief consultation, case management, and support/transition of care via telehealth only. Due to state licensing restrictions, the SDCC staff are unable to offer therapy sessions to WPI students outside the state of Massachusetts at the time of the session.
- G. Students who demonstrate harassing, menacing, threatening, or violent threats or behavior towards any member of the SDCC staff.

In some cases, no additional services at the SDCC may be recommended and only outside referrals better suited to meet a student's needs will be made.

The SDCC does not have formal session limits; we work to meet each student where they are and create a treatment plan that best meets that student's needs within the available resources at the SDCC. Some students may benefit from a one-time consultation while others may benefit from intermittent, short-term counseling or referral to a therapy group. ***Frequency of sessions will be a collaborative and flexible agreement between a student and their counselor on a term-by-term basis.*** Due to the high demand for services at the SDCC, it is not uncommon for students to meet with a counselor every other week or be recommended to a therapy group that offers weekly treatment. In many cases, students engage in both individual therapy and one or more therapeutic groups, as appropriate.