



## *Scope of Services*

The mission of Judson University's Wellness Center is to attend to the physical, mental, spiritual and emotional needs for students, thus enabling them to maintain optimal wellness as they pursue their education.

Counseling Services strives to facilitate the development of Judson University students by providing interventions to promote well-being. Counseling Services help students effectively manage a specific concern, or achieve a desired change in support of their academic and personal goals. Clinical services within this framework are recommended based on clinical assessment to determine the appropriate level of care. Counseling Services also provides consultation, outreach, and referral services. Students are encouraged to schedule an initial appointment to discuss their concerns with a provider who will help determine the most appropriate treatment option(s) to address their concerns. Some students may require services and interventions beyond the scope of clinical care provided on campus.

Students with the following concerns/characteristics will likely need a different type or level of care than what is within the role and scope of Judson's Counseling Services. The list below reflects general guidelines and is intended only as a guide.

- **Students who appear to have longer-term treatment needs. Reasons may include:**
  - Consistently needing services more than once per week and/or frequent consultation after hours that cannot be stabilized with short term crisis intervention
  - Active eating disorders requiring extensive medical monitoring
  - Concerns which a brief therapy model of treatment will not appropriately address
- **Students who need services other than those offered at Counseling Services. Reasons may include:**
  - Intensive outpatient or inpatient treatment
  - Medical detoxification and/or medical stabilization
  - On-going mandated treatment
  - Comprehensive assessments (e.g., learning disabilities, ADHD)
  - Psychological assessments or evaluations for selection, performance prediction, or forensic purposes (e.g., professional school application, employment security assessment, litigation or legal adjudications)
  - Specialized services beyond the clinical expertise of Counseling Services staff
- **Students who are unable to comply with treatment (e.g., repeated no shows)**
- **Students who are already receiving ongoing therapy with another mental health provider**
- **Students seeking therapy for the sole purpose of obtaining documentation for another office**
- **Students seeking services while away from campus (e.g., away over summer break, Study abroad or Study USA, etc.**