



**SOUTH DAKOTA
STATE UNIVERSITY**

**Student Counseling Center
Scope of Counseling Services Provided**

The SDSU Counseling Center provides a range of short-term mental health services to currently enrolled SDSU students within a Stepped Care Model. To provide mental health care that is both responsible and appropriate for students, the Counseling Center utilizes a collaborative screening process to determine each student's needs. It makes professional recommendations from various services within the SDSU campus community and the community in which the student resides.

Stepped Care Model Services

We do not assume that everyone who seeks mental health support needs to start with individual therapy; instead, we provide services that match an individual's needs. The stepped care model is a strengths-based approach, not a one-size-fits-all approach.

Eligibility for Services

Services are available to eligible SDSU students whose concerns fall within our scope of services. Students are eligible for in-person or telehealth services, depending on their location of residence. Newly enrolled students are eligible for services beginning on their first date of classes. Minors are required to gain permission from their parents or guardians to receive services. Dual-credit enrolled high school students are excluded from services.

Confidentiality

All contacts within the Counseling Center are confidential and remain separate from academic records. Staff will not release information about students without written permission unless a situation warrants such a release as outlined in the Informed Consent or as required by a lawfully issued court order with appropriate notice to the student. The SDSU Counseling Center abides by HIPPA and FERPA regulations.

Limitations

We recognize that some students struggle with issues our services cannot address. Some services are outside the scope of college counseling practice, require specialized providers, or may interfere with our ability to meet the many requests for counseling. Examples include, but are not limited to:

- Need or desire to be seen each week or more than once a week;
- Significant substance use/abuse;
- Significant disordered eating symptoms;

- Chronic suicidality or chronic self-injury;
- Psychiatric medication management;
- Court-mandated counseling services;
- Evaluations for attorneys, courts, or forensic investigators;
- Assessment for obtaining documentation for academic, employment, or housing accommodations;
- Comprehensive psychological evaluations and forensic evaluations;
- Students with concerns that cannot be ethically treated within our short-term model;
- Students seeking documentation for emotional support animals;
- Students who cannot adhere to SDSU Counseling Center policies and/or treatment recommendations (violation of SDSU attendance policies, lack of follow-through with clinical treatment recommendations, etc.);
- Students with a history of multiple inpatient hospitalizations;
- Students who utilize urgent and crisis services repeatedly and cannot be stabilized using a short-term therapy model; and/or
- Intensive trauma therapy and specific therapies such as EMDR and Brainspotting

Mental health issues commonly addressed

- Academic-related issues.
- Relationship issues.
- Grief and loss.
- Adjustment/Transition.
- Anxiety.
- Depression.

Denial of Services

Services may be denied at the discretion of the Assistant Director of Counseling and primary counselor when appropriate. This will be discussed with the client, and referrals will be provided. The reasons for denial may include but are not limited to the following:

- Lack of motivation or engagement with treatment;
- Ongoing treatment relationship with another mental health provider;
- Inappropriate, harassing, threatening, or violent behaviors; and/or
- Student resides outside the state of South Dakota (referral to other services will be provided)

Crisis Counseling and Emergencies

You may contact the SDSU Counseling Center during hours of operation if you or someone you know is in a crisis and/or you are uncertain of their ability to keep themselves safe. Students unwilling or unable to get to the Counseling Center independently during hours of operation should be referred to emergency services. Students seeking counseling or emergency crisis response outside of hours of operation should

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contact emergency services through the University Police Department, 911, or seek services through their local hospital emergency department. Counselors are not first responders and are not dispatched on or off campus to assist with behavioral health crises.

Consultation

The Counseling Center is available to receive information regarding students needing support and/or behavioral health care. Due to confidentiality, the counseling staff will never indicate if the student is seeking services. The information collected will never be shared (except as described under confidentiality).

Outreach and Education

Classroom presentations, student organizations, and department meetings are opportunities to normalize help-seeking behaviors, build relationships, and encourage a healthy concept of behavioral health and prevention programming. Please call or email at least two weeks before group or class presentations. During peak times or when staffing is limited, we may restrict our availability for requests as we will prioritize counseling services for students.

Fees for Service

Mental health services and consultations are free to all eligible students and will not be billed to insurance. Students are financially responsible for any referrals made to outside providers. Students will be charged \$15 if they fail to attend a scheduled appointment.

Counseling Center Staff

Most counselors employed by the Student Health Clinic and Counseling Center are licensed or are under a plan of supervision toward completing licensure by the South Dakota Board of Examiners for Counselors and Marriage and Family Therapists. This government entity enforces the code of ethics published by the American Counseling Association (ACA). A copy of the code of ethics can be found by visiting the website: <https://www.counseling.org/Resources/aca-code-of-ethics.pdf>.