COLLEGE COUNSELING CENTER

the office you’re grateful to have but you hope to never use
How we help - Staffing

7 professional clinicians
- 5 LMHC
- 1 LMSW
- 1 new counselor to be hired this summer

Peer Counseling Interns with an office in our center for walk-in appointments

Gibbs – Therapy dog in training
How we help - Training

Depression screening offered to every incoming student

Residence Life staff trained in 8-hour Mental Health First Aid course and suicide prevention training

University Police and Village Police trained in 8-hour Mental Health First Aid for Law Enforcement and Suicide Prevention Training

Suicide prevention training to all coaches and team captains

Suicide prevention training in classes, Greek life, Student groups
How we help-Outreach

Faculty collaboration team run by Provost and Counseling Center
Ensures all of campus is in communication student support

Suicide Awareness Walk
Annual event draws in 400-600 people
Collaboration with family whose son died by suicide in 2007
Please join us during Family Weekend this year!

MOU with local community hotline, Reachout

Financial support for campus diversity programming
How we help - Services

Free individual solution-focused therapy

Psychiatric Nurse Practitioner 4 days/week at Student Health

Off campus contacts for students who need additional support

Weekly groups offered each semester based on interest

Weekly anxiety support groups inside Crane for music majors
Counseling Policies

Students under 18 require written guardian permission for ongoing therapy. Permission form is on our website.

It is against the law for us to break confidentiality without student permission.

Students seen for flexible number of sessions using short-term solution-focused therapy

Appointments required; emergency spots available daily (Peer counselor walk-in availability every weekday/evening)

$20 fee for no-show or late cancellation of an appointment
If your student is currently working with a counselor

Do **they** want to continue counseling?

Yes! Absolutely! I want to keep working!
Have student sign a release with current clinician who can fax it to our office.

Mmmm, maybe
Encourage your student to make an appointment to check us out. We can talk to their previous counselor if they’d like.

No, I don’t
Discuss the decision and be sure they know how to reach us and other support if something changes.
Reasons for psychiatric evaluation or hospitalization

1. Plans for suicide without ability to remain safe
2. Evidence of psychosis in which student is at risk to self or others
3. Thoughts of harming others with specific people and plan

All students must give/have given permission to speak to you even in situations of hospitalization.

Most of our students at risk go to the hospital on their own without our involvement.
How to help your student

• Stay in touch – mutually decide how often is best

• Encourage independence, using local assistance

• Be realistic – they are overwhelmed (help them keep their studies the priority)

• Be prepared for change – values clashes, personal changes in beliefs

• Coach them to be assertive – stand up for themselves

• Don’t panic – we all need to learn from mistakes. Let them face consequences

• Encourage them to start asking for help early

• Teach them realistic expectations and patience
Call us when you notice...

Increasing social withdrawal
Marked change in appearance, hygiene
Excessive self-criticism
Tearful calls home that outnumber positive ones
Talk of hopelessness
Excessive fatigue or lethargic mood
Extreme increases in energy, rapid speech
Dramatic decrease in grades
References to suicide or self-harm, vague or specific
What will we do?
Depending on the situation...

- Ask an RA or RD to go talk to them
- Send a Peer Counselor to check on your student
- Have a counselor call and encourage them to come in
- Ask University Police to do a wellness check for suicide
What we won’t do

Drag them to the Counseling Center if there is no concern for safety

Make them talk about things if they don’t want to

Call you back without their permission (We will encourage them to call you).
Informing Students

The orientation schedule has been unable to accommodate us meeting with the students.

Residence Life staff will be discussing our office and services with your student during opening floor meetings and room-to-room discussions.
Questions?

College Counseling Center
131 Van Housen Hall
315-267-2330
counseling@potsdam.edu

"Courage is the power to let go of the familiar."
~Raymond Lindquist~