UNIVERSITY OF ST. THOMAS

Counseling & Wellness Services

Scope of Service

The mission of Counseling and Wellness Services is to provide free and confidential personal counseling and consultation to enrolled University of St. Thomas undergraduate and graduate students to support and facilitate their academic success and personal growth. Counseling and Wellness Services is committed to the Catholic mission and upholding the core values of the Basilian Fathers, goodness, discipline, knowledge, done in community. We prioritize serving God and our students as we build relationships that will impact and empower the community.

Counseling and Wellness Services, which is staffed by licensed mental health professionals, is equipped to serve students with a variety of mental health concerns and is committed to providing quality mental health care. Counseling and Wellness Services utilizes a short-term model in an effort to serve more students by reducing wait times for initial appointments and ongoing counseling services. In short-term counseling, issues are typically addressed utilizing solution-focused methods over about 5 sessions per semester. The goal is to facilitate students' adjustment to the collegiate environment, reduce emotional distress, and foster healthy coping to support students in pursuing their academic, career, and personal goals. Students seeking services are encouraged to schedule an initial intake appointment to determine the best treatment plan and collaborate with therapists in determining how they can be supported in meeting their goals.

As we want our students to receive the care and services that are best suited to meet their needs, there are some concerns that require specialized and long-term treatment that are beyond the role and scope of Counseling and Wellness Services. Students who present with persistent and chronic psychological concerns and require continuous long-term treatment are recommended to establish a relationship with a provider in the community to ensure they have access to mental health treatment that is not limited or interrupted. In this case, Counseling and Wellness Services collaborates with the student to support them in finding and transitioning to a provider in the community.

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

- Students whose needs require treatment for multiple consecutive semesters.
- Students requiring services more than once a week or on an ongoing basis.
- Students experiencing chronic thoughts and/or attempts of self-injurious behavior and/or suicide.
- Students with active psychotic symptoms without medical stabilization.
- Students experiencing severe alcohol and/or drug use, which may warrant a recommendation for a higher level of care.
- Students with active eating disorders who require extensive medical monitoring, which may warrant a recommendation for a higher level of care.
- Students seeking couples and/or family counseling.
- Students seeking services for legal purposes.
- Students receiving ongoing therapy with another mental health provider, excluding a psychiatrist who is providing medication management.
- Students who need services beyond the clinical expertise of the Counseling and Wellness Services staff will be determined on a case-by-case basis.