

**CLARION
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Center for Wellness

Scope of Practice Statement

The Following Scope of Practice Statement is intended to inform students and the Clarion community about the general parameters of services provided for students at Counseling Services and Student Support Services.

About our Staff:

Student Support Assistants (SSA) are Master's level professionals who are trained in crisis management and adhere to the professional and ethical guidelines of the American Counseling Association.

Professional Counselors have a Master's degree or PhD in Counselor Education and are licensed, or license eligible, professionals through Pennsylvania state licensing board. Counselors adhere to the professional and ethical guidelines of the American Counseling Association.

Scope of Student Support Services:

Student Support Services offers case management for all university students requiring additional guidance and supports both on and off campus; in addition, general consultation services are offered for all staff and faculty in regard to students of concern

Possible areas of support include, but are not necessarily limited to the following:

- Students experiencing an acute crisis or who are in a situation that is greatly impacting the students ability to successfully engage in daily activities
- Students who require information or guidance to navigate university and/or community resources
- Faculty and staff whom are concerned about a student whom would like some additional expertise or guidance

Scope of Clinical Care:

Counseling Services offers professional and confidential counseling for developmental, educational and future goals. Counseling creates an opportunity for a student to address personal, social and/or emotional concerns, and to enhance a successful university experience. Counseling Services strives to facilitate the development of Clarion University Students by providing short-term individual, relationship and group counseling.

All enrolled Clarion University students are entitled to an initial consultation; however, the most appropriate form of follow-up care is determined primarily by the SSA/Counselor in collaboration with the student. When appropriate, students may be referred to services offered within the Center for Wellness, however when a student's needs fall outside of our expertise or resources available in the Center for Wellness, a referral to another office, agency or resource may be required.

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Counseling Services strives to facilitate the total development of students by reducing psychological problems and distress and by enhancing mental health, well-being, quality of life, and supporting aspirations for optimal functioning. Our primary focus is on providing brief, strengths-based, confidential counseling aimed at helping students succeed academically and interpersonally. Clinical services include initial intake assessment, brief counseling, group counseling, and referral to other resources where appropriate.

Counseling Services has three essential roles:

- Providing clinical services that help students achieve their academic and personal goals
- Educating the campus community about the emotional and developmental needs of students through community level interventions, including outreach, programming and consultation
- Responding to the psychological effects of crisis impacting individual students and the campus community

In order to use its resources most effectively, Counseling Services utilizes a short-term model to assist students in addressing issues common in a college setting. Some of those issues that are commonly addressed in counseling include, but are not necessarily limited to the following:

- Personal issues such as anxiety, depression, loneliness, grief, body image
- Relationship issues regarding friends, family, partners, roommates and others
- Developmental concerns such as adjustment, transitions, and identity issues
- Academic concerns such as motivation, test anxiety, and perfectionism
- Career counseling
- Other issues that may include trauma, assault, and/or stress management

Limitations to University Counseling Services:

Students seeking clinical care will receive an opportunity for a consultation in order to determine the specific needs of the student and how best to meet those needs. The professional judgment of the Center for Wellness Counselor and Student Support Assistants will guide the decisions in each particular case. This document reflects general guidelines and is intended only as a guide. Each case will be individually evaluated in accordance with professional and ethical standards.

To assist in promoting high quality clinical care decisions, the following factors are considered in determining which students may not be appropriate for counseling services at Clarion University. Students with the following concerns and characteristics will likely need a different type or level of care than what is within the role and scope of Counseling Services:

- Students who demonstrate a serious lack of motivation or engagement in treatment; or who are unable to comply with treatment
- Students who appear to need long term treatment beyond the scope of our services, reasons may include:

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- Students with a history of multiple psychiatric hospitalization
- Student with a chronic history of suicide attempts
- Student with a significant history of previous treatment
- Students with active eating disorders requiring extensive medical monitoring
- Student with concerns which a brief therapy model of treatment will not appropriately address
- Students who need services other than what is offered at Counseling Services, reasons may include:
 - Students needing intensive outpatient or inpatient treatment; other specialty services
 - Student needing psychiatric services
 - Students needing medical detoxification and/or medical stabilization
 - Student seeking on-going mandated treatment
 - Student seeking comprehensive assessments, such as those for disability determination, ADHD, or other accommodations
 - Students seeking documentation for an emotional support animal
 - Students consistently needing services more than once per week and/or frequent consultation after hours that cannot be stabilized with short-term crisis intervention
 - Student seeking psychological assessments or evaluations for selection, performance prediction or forensic purposes (e.g., for professional school application, military, employment security, or other legal litigation or adjudications)
- Students who are already receiving on-going therapy with another mental health provider
- Students seeking therapy for the sole purpose of obtaining documentation for another office

Other Limitations:

Counseling Services does not offer counseling over the semester and summer breaks. Student Support Assistance is available on a limited basis during semester and summer breaks. All Clarion University students are eligible for Counseling Services and Student Support Services; alumni who are not enrolled in classes and other non-students are not eligible for Counseling Services. Clarion University Employees may consult with Counselors and/or the Student Support Assistants regarding a student of concern, however employees are not eligible for Counseling or Student Support Services. Employees may access individual counseling through the State Employee Assistance Program; information can be found through the Human Resources Department.

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