COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

SCOPE OF SERVICES STATEMENT

Counseling and Psychological Services (CAPS) offers a variety of mental health services and strives to provide assistance to help our actively enrolled students improve their mental health and succeed, in life and academically. Purdue’s goal is to assist individuals in becoming successful adults. Our model is primarily an inclusive model that assumes that the majority of students who seek services at CAPS can benefit from this time-limited model for individual work. The number of sessions is determined by clinical need, as defined by the clinician. For those individuals for whom group therapy is not recommended, or who need more than brief individual therapy, our staff can help coordinate referrals to outside resources when longer-term or more intense individual therapy is required.

Services Offered

1. Assistance in helping current or new students find the appropriate resources to help with continued treatment if necessary.

2. Initial assessment/evaluation to determine next steps. Recommendations and modalities of treatment offered after initial assessment can include:
   - Group therapy:
     - Many students benefit from group therapy as the modality of treatment.
     - CAPS offers a variety of types of groups (see website for complete list).
     - Students will be referred by their Initial Assessment clinician or their therapist.
     - Group therapy is offered at no fee, and there is no limit on the number of group therapy sessions a student may attend.
   - Brief individual or couples therapy - up to 11 therapy sessions per calendar year, post initial assessment, free of charge.
     - Our model primarily assumes that the majority of students who seek services at a University Counseling center can benefit from time-limited individual work. The overall number of sessions is determined by clinical need, as defined by the clinician.
   - Psychiatric Services - in most cases, a student must be engaged in therapy prior to being referred by their clinician for psychiatric assessment/evaluation.
     - The first session per semester is at no charge. Subsequent sessions incur charges based on the length of session.
   - Testing Services: some of these services incur a charge, which will be discussed with the student by the clinician conducting the interview and will be based on recommended course of action.
     - Initial Testing interview
     - Attention Deficit Hyperactivity Disorder Testing
     - Autism Spectrum Disorder Testing
     - Learning Disability Testing
   - Alcohol and Other Drug services
     - Individual AOD evaluation, for which a charge may be incurred.
     - AOD treatment
Referral for more intensive, longer-term services
- Students who need individual treatment that is more intensive or long-term will be provided care management services, the goal of which is to provide referral options for such care.
- A therapist can also provide referral information, when needed.
- Referrals will occur immediately following initial consultation/assessment or as students and parents request services. Some referrals may occur after some treatment and further assessment of need, when any of the criteria described below emerge.

Examples of situations for which brief therapy is contraindicated and would be inappropriate to treat at CAPS include:

1. Students who want or require an open-ended, potentially long-term treatment relationship.
2. Students who require more than weekly individual therapy for an extended period of time (defined as more than two weeks) or excessive utilization of crisis intervention services indicates that standard session frequency at CAPS is inadequate.
3. Students who present a chronic, ongoing risk of harm to themselves or others, and whose symptoms don’t respond to outpatient crisis interventions. This includes students with a history of multiple hospitalizations (more than 1), chronic suicidality, homicidality and/or a history of repeated suicide attempts (more than 1).
4. Students whose behavior is indicative of progressive deterioration requiring intensive intervention.
5. Students who are non-compliant with treatment, as defined by two no-shows for any services, repeated stops and starts to therapy, and/or repeated requests for a different clinician.
6. Treatment for a student who seeks therapy but is nonetheless fundamentally unwilling to address the disorder in question (including students unwilling to provide information sufficient for clinical assessment; who exhibit inconsistent attendance; who refuse to attempt change).
7. Students presenting with a history of treatment that is beyond agency resources, and which is likely to continue to be necessary.
8. Students presenting with concerns that fall outside staff expertise and/or CAPS’ mission, including but not limited to court ordered, forensically oriented or mandated treatment.
9. Situations in which it is determined that treatment available at CAPS would be detrimental to the student or to the proper functioning of the agency.
10. Students who exhibit inappropriate, harassing, menacing, threatening or violent behaviors toward CAPS staff.

Because some services demand much in the way of staff resources, present a conflict of interest, are beyond the scope of our mission, and/or require specialization, a student will be provided referrals elsewhere.

For students with financial hardship, if approved, fees may be waived but no-show fees are due by the student and not covered by any financial hardship policies.

Students are asked to cancel any appointments 24 hours in advance of missing an appointment. Please see No-Show Policy for further details.

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