

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 who need more than brief individual therapy or for whom group therapy is not recommended, 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. Evaluation and initial brief therapy, providing an initial assessment and up to 12 individual therapy sessions free of charge per calendar year.
Group Therapy Sessions – Students must be referred by their clinician. No fees for group.

Other services are offered at nominal fees.

Individual AOD evaluation- \$130 per session

Psychological Testing

- o \$500 per comprehensive testing battery
- o \$50 for personality measures

Psychiatric Services (*all services billed through insurance*)

- o Initial Evaluation and up to 30 minute follow-up appointments - \$25 each
- o Follow-up appointments longer than 30 minutes - \$50

Our model 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.

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 do not 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 nonetheless is 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.

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 above emerge.

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.

Many students benefit from group therapy as the modality of treatment. There is no limit on the number of group therapy sessions a student may attend.

For students with financial hardship, if approved, fees may be waived but no-show fees and AOD evaluation 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. Not doing so results in a no-show. There will be a \$25 fee for any no-show appointment.

9/11/17