

Student Counseling Services

Scope: Who is Covered by this Policy?

Undergraduate and Graduate Students

Policy

Scope of Services

Miami University Student Counseling Service (SCS) aims to facilitate student success and psychological well-being through culturally sensitive clinical services, outreach, and consultation. In keeping with the educational mission of the university, we also contribute to the mental health professions by serving as a training site for graduate students in psychology, mental health counseling, and social work.

Eligibility for Services

SCS provides clinical and outreach services for currently eligible MU Oxford students. This includes:

- Any MU Oxford Campus student currently enrolled full-time (at least 12 credits for undergraduate students and at least 9 credits for graduate students) and who have paid the Basic General Fee.
- Any MU Oxford Campus student currently enrolled at a university-sponsored residential learning program (e.g., the American Culture and English [ACE] program, etc.) who have paid their respective fees.

Our administrative staff and/or our Assistant Director for Clinical Services are available to assist with verifying eligibility for services.

Not Eligible for Services

- Part-time students
- Faculty, Staff and/or their dependents (unless they are full-time MU Oxford students)
- Students from our Regional Campuses (Hamilton, Middletown, Voice of America. These students may receive services at their local campuses).
- Study abroad students
- Distance Learning programs students
- Partners, Spouses or Dependents of enrolled students who are not full-time students themselves.

Services We Provide

SCS strives to provide effective and time-efficient initial assessment, group counseling, individual counseling, referral and/or consultation services to all eligible MU students. The specific services we provide include:

- Initial consultation appointments
- Short-term individual counseling
- Emergency/Crisis services
- Consultation
- Group counseling
- Workshops
- Outreach programming
- Referral services
- Couples counseling (if both individuals are eligible for services)

Frequent Concerns

Examples concerns that our clients commonly present with include, but are not limited to:

- Personal concerns: Stress, anxiety, depression, anger, grief, eating concerns.

- Relationship concerns: Romantic/intimate relationship difficulties, sexual concerns, roommate problems, family of origin concerns.
- Cultural concerns: Impact of oppression, power, privilege, identity, intersectionality.
- Developmental concerns: Identity development, adjustment to college, life transitions.
- Academic Concerns: Performance anxiety, perfectionism, underachievement, low motivation.
- Other Concerns: Traumatic events, sexual assault, abuse, family history, spirituality, body image, food preoccupation, substance use concerns, healthy lifestyle choices.

We invite any eligible student with a concern to make an initial consultation appointment with one of our clinicians. During this initial consultation, the clinician will recommend services either within SCS, other university offices or services, and/or the community that are most appropriate for the student's needs.

In order to use its resources most effectively, SCS uses brief counseling to assist students in addressing issues common in a college setting. The initial consultation appointment and the first 3 individual appointments are covered by the Basic General Fee. Additional individual appointments carry a \$25 fee per session, charged to the student's Bursars Office account. Fee reductions and fee waivers are available for students with financial difficulties or privacy concerns. Workshops and group therapy sessions are unlimited and covered by the Basic General Fee.

Services Outside our Scope of Practice

Students whose needs fall outside our scope of services or scheduling availability are referred to community resources. SCS provides referral services after the initial consultation appointment or as soon as any of the factors listed below become apparent during the course of services. The initial consultation clinician and/or our Coordinator of Referral Services can provide referral options to better meet the student's needs and can offer additional assistance in finding resources as/if necessary.

Issues outside of our scope of practice that are commonly addressed through referral to services in the community include, but are not limited to:

- Students in need of receiving longer-term counseling, partial hospitalization services, and/or intensive outpatient services.
- Psychiatric care (e.g. medication management, medical monitoring, etc.); however, SCS makes referrals to and works closely with Miami's Student Health Service for students with psychiatric needs.
- A history of: multiple hospitalizations, chronic suicidality and/or self-injury behaviors, and /or a history of repeated suicide attempts, and thus needing more intensive counseling, a higher level of care (LOC), and/or needing a higher frequency of appointments.
- Evidence or risk of progressive deterioration in mental or emotional functioning, requiring intensive psychological/psychiatric care and/or needing specialized intervention/s.
- Presence of impairing drug and/or alcohol problems, and/or needing detoxification services.
- Presence of an impairing eating disorder requiring close medical and/or nutritional monitoring.
- Requests for formal psychological evaluation for the purpose of employment clearance, determining eligibility for vocational rehabilitation or disability benefits.
- Documentation for emotional support or service animals.
- Students needing psychological evaluation for learning disabilities, neuropsychological, or ADHD assessment.
- Court-mandated assessment or treatment requirements.
- Requests for Tele-behavioral Health Services.

Students who are not eligible for ongoing services at SCS or who fall outside of our scope of practice will be given information for off-campus referrals.

This description of our scope of services is intended as a guideline. The nature and complexity of any presenting concern is considered in making the appropriate treatment recommendation(s). Cases are evaluated individually and the professional judgment of the mental health provider(s) will determine any and all treatment recommendations for any specific case.

Access

~~The Student Counseling Service is available to provide a range of mental health services to full-time Oxford campus students only.~~ Consult the [Student Counseling Service Website](#) for up-to-date information on services, requesting service, and mental health issues. There are modest fees for some services. The Student Counseling Service is open 8:00 a.m. to 5:00 p.m. Monday-Friday during the academic year and 7:30 a.m. to 4:30 p.m. during the summer sessions. In the event of a mental health emergency, students should contact the Miami University Police at (513) 529-2222 or the Butler County 24-hour crisis hotline at (844) 427-4747.

Operation or Personnel Concerns

Student concerns related to the operation or personnel of Student Counseling Service ~~shall~~should be directed to either the Director of Student Counseling Service or the Dean of Students at (513) 529-1877.

Related Form(s)

Not Applicable.

Additional Resources and Procedures Websites

[Student Counseling Service Website](#)

FAQ

Not Applicable.

Policy Administration

Next Review Date

7/1/2023

Responsible Officer

- Associate Vice Presidents & Dean of Students
- Director of Student Counseling Services

Legal Authority

Not Applicable.

Compliance Policy

No

Revision History

Amended July 2019

Reference ID

- Student Handbook 4.2
- Graduate Student Handbook 2.10

Reviewing Bodies

- Student Life Council

- Administrative

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