

### How It All Works

**CRISIS?**

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→

#### CONTACT US

386.822.8900

or

counseling@stetson.edu

Initial Screening Scheduled (avg within 1 wk or less)

#### INITIAL SCREENING

20 to 30 min

Discuss counseling needs, preferences, questions, etc.

Assess for any risk (suicidal ideation/thoughts of harming others)

Referral to a primary SCS counselor is made

Volusia County Crisis Response Team info given (386.822.8740)

1st full counseling appointment is set (avg within 1 wk or less)

#### REGULAR SESSION(S)

With your primary SCS counselor

45 to 50 min

Generally scheduled every other week

Dedicated solely to what brought you to counseling

##### 1st Session

Counselor learns about your experiences, history, pre-existing diagnoses, etc.

Establish counseling goal(s)/objective(s)

##### Ongoing

Risk assessment

Discuss any additional needs (group, medication management, higher level of care needed, etc.)

Until goal(s)/objective(s) achieved or off-campus counseling referral needed

*(Off-campus counseling referrals occur when student requests, specializations are needed, and/or weekly sessions are needed indefinitely)*

**\*\*\*If referred, you still have access to SCS crisis services, if needed\*\*\***

#### COUNSELING GOAL(S)/OBJECTIVE(S) ACHIEVED

Revisit your progress

Reinforce effective coping skills

Discuss any post-care steps

Reminder that, should you need to return for additional services, contact SCS



## ***How Crisis Appointments Work***

### **CONTACT US**

386.822.8900

or

counseling@stetson.edu

Complete Request for Immediate Services Form (if able)

Crisis Appointment Scheduled

Based on Severity: Scheduled same-day to within 72 hrs

### **CRISIS APPOINTMENT**

45 to 50 min

Assess for any risk (personal safety/suicidal ideation/thoughts of harming others)

Assess for orientation and functionality

Address presenting concern

De-escalation

Develop safety plan, as appropriate

Assist with resources, coping skills, and/or referrals, as appropriate

Hospitalization, as appropriate

Volusia County Crisis Response Team info given (386.822.8740)

Follow-up crisis appointment with SCS scheduled for 1 week (earlier or later, as appropriate)

### **ESTABLISH ONGOING CARE**

Crisis counselor assists with referral or scheduling regular session with SCS, as appropriate

45 to 50 min (if with SCS)

Weekly to every other week, based on clinical need (if with SCS)

Continue follow-up work on crisis concern

Determine next steps in care once objective(s)/goal(s) achieved

