STEPPED CARE MODEL

Specialized, Long-Term Needs Off-Campus Referral Psychological Testing

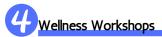
Short-Term Counseling Symptom Measures Individual Counseling Customized Treatment Goals

Group Counseling

8-14 Session Commitment Psychoeducational, Support, & Interpersonal Process

Individual BSMI

Behavioral Stress Management Instruction (BSMI) Academic & Wellness Coping Skill Development



3-6 Session Wellness Workshops Coping Skills for Anxiety, Depression, Stress, Grief, & More!

Self-Guided/Peer Supports & Seminars

Online, Campus, & Community Resources Self-Help Websites Single-Session Psychoeducational Seminars



Student Health Services Center for Academic Success Career Development Center Diversity & Inclusion Accessibility Resources International Student Services & More!

Screening Appointment

Initial Paperwork Same-Day Screening

Individualized Recommendations

Care Plan