

The Wellness Center provides integrated healthcare to Dickinson College students in service to the individual and college community needs. To foster student wellbeing, services are aimed at the prevention and treatment of illness, as well as the maintenance and promotion of health. These student-centered services are provided in ways that recognize, respect, and value the diversity of the student body toward an end goal of enhancing the wellbeing of every student.

Full-time, matriculated students are eligible for services, Fulbright scholars and continuing education students are not eligible to receive services. If you are unsure of eligibility, please contact the Wellness Center at 717-245-1663.

The staff of the Wellness Center are bound by legal and ethical guidelines regarding client confidentiality. For a full review of our privacy statement, please click [here](#).

Individuals and offices outside the Wellness Center are not informed that a particular student has sought services unless (1) the student provides written consent to release such information; or (2) the student is judged to be in imminent danger to self or others, in which case steps are taken to ensure the safety of both the student and others.

This confidentiality applies to students who have established a treatment relationship with the Wellness Center and to the information learned during that treatment. Confidentiality of third-party information about a student cannot be guaranteed.

The Wellness Center functions by appointment only (except for scheduled walk-in times such as Counseling and Psychiatric Services (CAPS) Crisis walk-in Hours and STI Testing Tuesday).

### **Counseling and Psychiatric Services' (CAPS)**

At **CAPS** we provide brief, confidential services aimed at helping enrolled students succeed academically and interpersonally. If a student requires services beyond the role and scope of CAPS, the clinicians at CAPS will make appropriate referrals for continued support; this may include outside referrals to a provider in the community with a particular expertise.

At CAPS, we provide support to any student seeking services. Every student will receive an initial assessment to provide recommendations for treatment which may include:

- Self-help, self-paced virtual modules
- One-time/solution focused consultations
- Psychoeducational workshops
- Tele-counseling and after-hours crisis support through Telus Student Support (formally My Student Support Program)
- Group counseling
- Substance abuse assessments and counseling
- Case Management (for students who have been referred to psychiatry through a CAPS clinician, students who have outside counselors are not eligible for psychiatry)
- Walk in crisis support
- Brief, trauma informed individual counseling (typically every other week)

The CAPS staff strives to create an environment that fosters student growth, development, and psychological well-being through education, awareness programming and direct counseling services. The number of sessions is determined by clinical need and defined by the counselor but is short term in nature.

All students seeking services will receive an initial consultation appointment to determine whether their needs fall within the role and scope of CAPS. For those individuals who need more than brief counseling the counselor will help coordinate referrals to outside resources when longer-term or more intensive counseling is required. In that case the counselor will continue to assist the student until they get connected with the needed services. Towards the end of the semester, when it's no longer clinically appropriate to enroll students in counseling, students will be offered one-time consultation sessions, appropriate support and referrals.

The recommended services and the determination that a student may not be appropriate for CAPS services is determined primarily by the CAPS counselor in collaboration with the student. Students with the following concerns will likely need a different type or level of care than what is within the role and scope of the CAPS:

- Students who are unable to develop collaborative treatment goals or to comply with treatment recommendations (frequent cancellations/no show)
- Students who appear to need long-term treatment beyond the scope of our services or are unable to tolerate extended breaks from counseling, reasons may include:
  - Students with a history of multiple psychiatric hospitalization
  - Students who are likely to require 24-hour care, emergency intervention or extensive case management.
  - Students with a chronic history of suicide attempts or a risk of self-harm or harm to others that is beyond the level of services reasonably provided by CAPS.
  - Student with a significant history of previous treatment
  - Students with active eating disorders requiring extensive medical monitoring
  - Student with concerns which a brief therapy model of treatment will not appropriately address
- Students who need services other than what is offered at CAPS or require expertise and/or resources unavailable at CAPS, reasons may include:
  - Students needing intensive outpatient or inpatient treatment; other specialty services
  - Students needing medical detoxification and/or medical stabilization
  - Students seeking on-going mandated treatment
  - Students seeking comprehensive assessments, such as those for ADHD
  - Students seeking stimulant medications
  - Students consistently needing or requesting services more than once per week and/or frequent consultation after hours that cannot be stabilized with short-term crisis intervention
  - Student seeking psychological assessments or evaluations for selection, performance prediction or forensic purposes (e.g., for professional school application, military, employment security, or other legal litigation or adjudications)
  - Students who are already receiving on-going therapy with another mental health provider

- Students seeking therapy for the sole purpose of obtaining documentation for another office

### **Psychiatric Services\***

The Wellness Center Students must be referred by a CAPS counselor to be eligible to use psychiatric services at the Wellness Center. Stimulant medication such as ADHD medication will only be prescribed if full psychological assessment has been completed or a student is continuing medication they were previously prescribed.

### **Student Health Services (SHS)**

At **SHS** we offer confidential support to students seeking services and serve as their primary care provider. We look to promote accountability for one's health care choices and educate students regarding choices that lead to a healthier life. All students are eligible to be seen regardless of health insurance type.

At SHS, we provide support to any student seeking services which may include:

- Evaluation and treatment of illness and injuries
- Sexual Health Services
  - STI Screening and treatment
  - Contraceptive management
  - Annual exams and problem visits
- Prescription medications, in-house (limited)
- Allergy injections
- Health education and information
- Self-Care Center for colds
- Equipment lending (e.g., crutches)
- Blood pressure screening
- Physical exams
- Lab services
- Venipunctures
- Immunizations and injections
- Referrals to outside medical facilities or specialists

Some services that we are not able to provide include but are not limited to:

- Sutures
- X-rays and other imaging studies
- Intrauterine device (IUD)
- Dental services

The recommended services and the determination that a student may not be appropriate for SHS services are determined primarily by the SHS clinical team in collaboration with the student. Students with chronic issues may require a referral to a specialist.

**Nutrition Services\***

The Wellness Center partners with a local dietitian to help students learn about nutrition. The dietitian is available for one-time consultations or for regular nutritional sessions by clinical referral through CAPS or SHS.

**Psychiatry and Nutrition Services are ancillary services provided to support the function of Counseling and Psychiatric Services and Student Health Services**