



## **Counseling Services**

### **Subject: Client Eligibility for Services**

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### **PURPOSE**

Counseling Services (CS) is the primary counseling and psychiatric center on campus. CS is committed to the educational, personal, social, and mental well-being of every Upstate student. In supporting student academic success, the purpose of CS is to provide mental health services to students including: assessment and referral, individual and group counseling, and crisis intervention to currently enrolled students. CS also provides consultation and outreach services to faculty, staff, parents, and students. Psychiatric services are available to students for medication management. CS strives to provide services for mental health concerns that are preventative, remedial, and treatable on a short-term basis. Advanced or chronic mental health issues may be referred to outside providers as appropriate.

### **POLICY**

Students who are actively enrolled at USC Upstate will be eligible for counseling, testing, and psychiatric services. Active enrollment is defined as being currently registered for at least one (1) credit hour. Scholars Academy and Dual Enrollment students are also eligible for services. Sessions are free and unlimited. Frequency of sessions is based upon clinical necessity as determined by the treating Clinician, the Director of CS, and the consulting Psychiatrist.

### **PROCEDURE**

1. All students will be asked to enter their Student ID# (Banner ID) card upon check-in.

2. If a student is found to be ineligible and is presenting in crisis, counselor may meet with student for a crisis visit or previously scheduled appointment, and counselor will then offer off-campus referrals for student.
3. If student is deemed ineligible and they were previously engaged in care at Counseling Services, they may be seen for 1-2 appointments, as clinically indicated. These follow-up appointments must occur within 30 days of withdrawal and within same semester of the withdrawal, or within 30 days after graduation. These follow-up appointments are only available in order to assist with referrals to off-campus providers and to offer medication refills for a limited-time basis.
4. If a student has withdrawn and was not previously engaged in services at Counseling Services, they will be directed to the off-campus resources list available on our webpage.
5. Students' eligibility may be checked at any point by administrative staff if there is a question regarding their student status.
6. In the event that a non-student, faculty or staff member presents to CS in crisis, CS will treat accordingly and then refer to off-campus referrals or the EAP program.
7. Spouses are not eligible to receive services from Counseling Services. Spouses may only be seen as part of a couple's session.
8. Bridging of Care:
  - a. Students may be seen during the summer semesters if they have successfully completed a spring course(s) and are actively enrolled in a fall course(s), even when the student is not enrolled in a summer course(s). Bridging for summer may only occur if student is in financial good standing (i.e. financial aid has been approved for the upcoming fall semester).
  - b. Students who have been enrolled in the fall semester and are enrolled in the upcoming spring semester may be bridged for care during winter break.