What are Recommendation and Referral Services (R & R)

Recommendation and Referral hours provide an opportunity for a brief consultation to help determine appropriate services within CHWS, referrals to other supports, and/or next steps based upon current distress, presenting concerns, and availability of services. The goal of R & R is to evaluate what might best meet your therapeutic needs and provide a path towards that service. R & R may also help to resolve small issues that only require one session to complete.

CHWS generally is able to see students for individual counseling every 2-3 weeks. If you believe weekly therapy would best suit your needs please discuss referral options with your R & R counselor.

In cases of emergency, students should contact Security Services at 253.879.3311 or ext. 3311 from a campus phone, or call 911 if off campus.

What this service is not
- A thorough psychological assessment (i.e., “intake appointment”)
- Designed to provide quick answers for more complex questions or issues
- Sufficient to provide documentation for accommodations, study abroad, or medical withdrawal

Services outside our scope of practice
Counseling, Health, & Wellness Services provides outpatient treatment for a range of psychological conditions; however, we are not equipped to provide intensive or long-term care. If it is determined that we do not have the appropriate resources on our staff to meet your treatment needs, our treatment approaches are not proving effective, or we have reached capacity, we may refer you to appropriate providers outside the college. Examples of issues where referral may be necessary include but are not limited to: history of multiple hospitalizations, chronic suicidality and/or self-harming behaviors, history of repeated suicide attempts, severity of alcohol or drug use that requires intensive outpatient or inpatient treatment, severity of an eating disorder that requires intensive outpatient or inpatient treatment, evidence of progressive deterioration in ability to function, need for formal psychological evaluation, and assessment of learning disability/ADHD or neuropsychological testing. Court-mandated assessments or treatment are not provided by CHWS.

By signing below you acknowledge having read and understood the above. If you have questions about this information, please ask your counselor before consenting.

Your name (print): _______________________________________________________________________

Signature: __________________________________________________________________________ Date: ______________
Recommendation and Referral Questionnaire

Please complete the following information to help us support you in getting the most out of this screening and to assist you with coordinating care:

Today's Date ______________ Name ___________________________ Age_________

Birth Date _______________ Gender _______________ Pronouns _______________

Race / Ethnicity (ies) __________________________ Country of Origin _______________________

Sexual Orientation_______________________ Relationship Status____________________

Year: First ____ Second ____ Third ____ Fourth ____ Fifth+ ____ Grad student ____

Major ___________________________ Minor ___________________________

Are you coming in to seek advice about how to support another student? ☐ Yes ☐ No If yes, stop here.

Are you coming in to seek help for yourself ☐ Yes ☐ No If yes, complete the remainder of this form.

Are you covered by medical insurance? ☐ Yes ☐ No Not sure ☐

If so, is there any hesitation to using it? ____________________________

Are you currently working with a therapist (either local or at home)? ☐ Yes ☐ No

If so, are you hoping to change therapists? ☐ Yes ☐ No

If so, please offer some additional context: ____________________________

In your own words, briefly describe why you have come to CHWS today:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Which of our on-campus groups might address your concerns:

☐ Check yourself before you wreck yourself-come discuss challenges and struggles get support from others.

☐ Between the Lines LGBTQA-Social and Emotional support for lesbian, gay, bisexual, transgendered, queer, Intersex and asexual students.

☐ Life Hacking Skills – 12 week series that helps people learn manage life more effectively – Depression/Anxiety/Trauma

☐ All Addictions Anonymous (AAA)- 12 step group for all compulsive issues and concerns

☐ Sexual Assault Survivors Group- A safe environment for recovery from sexual abuse or assault.

W:Forms/Counseling/Current Intake/Screening Questionnaire 01.20nm
Has anyone you have known committed suicide? □ Yes □ No Relationship to you: ______________________

As a child or adult, have you experienced any of the following? Mark all that apply:
□ Yes □ No Physical Abuse
□ Yes □ No Sexual Abuse
□ Yes □ No Homelessness
□ Yes □ No Emotional Abuse
□ Yes □ No Domestic Violence
□ Yes □ No Interpersonal Violence
□ Yes □ No Bullying or Oppression
□ Yes □ No Food Insecurity

Check the statement that best describes your status:
_____ I am basically getting along OK, but feel I could use help sorting things out or doing things differently.
_____ I am experiencing serious emotional difficulty that is negatively affecting most or all parts of my life.
_____ I am feeling suicidal.

Who, if anyone, referred you to CHWS? ______________________. If this person inquires about your contact with CHWS, do we have your permission to acknowledge that you have been seen? (If you authorize this release of information, we would only confirm that you were seen in CHWS.)

YES ____ NO ____ ____________________________ ______________________

Signature Date
Informed Consent to Treatment for Counseling Services

Please read the following information, ask any questions, and sign both copies of this document. Your signature acknowledges that you have read and understand the information below.

Scope of Counseling Services Based on the recommendation consultation students and providers collaborate to determine best treatment options. These might include short-term counseling in CHWS (group or individual treatments), use of our online support website TAO, referral to off-campus providers or a combination of resources.

Rights in the Counseling Process Federal laws, the Washington Administrative Code, the Revised Code of Washington, and the Ethical Code of the American Psychological Association guarantee these rights to all people engaged in activities related to the practice of psychology:

Privacy (Confidentiality) Information shared during counseling sessions is confidential. As allowed by law, your provider may consult with other health care professionals regarding your care. If you are being seen by a Psychology Intern or a Practicum Counselor, that counselor will be closely supervised by a Staff Psychologist who will be kept apprised of your progress, and will direct treatment planning.

Information ordinarily will not be disclosed outside of CHWS without your written permission. However, there are exceptions to this rule by Washington State law. As may be needed to protect the safety of yourself and others, as allowed under Washington State Law, we are obligated by law to break confidentiality. If we suspect or learn of abuse or neglect of a child or vulnerable adult, we may be legally obligated to report that information. If your records are subpoenaed by a court, we may be required to comply with that order. We are required to report ourselves or another health care provider to the Department of Health in the event of a determination of unprofessional conduct, a determination of risk to patient safety due to a mental or physical condition, or if we have actual knowledge of unprofessional conduct.

Records We maintain electronic records of services provided. This record of services is integrated with records of medical services provided in CHWS, thus, is accessible to all CHWS providers. We will not disclose your treatment record to others unless you direct us, or unless the law authorizes/compels us to do so, as described above. You may ask to see a copy of your health care record. In such cases, your provider will usually review the record with you. While CHWS has 30 days to respond to request you may get the information sooner.

Release of Information Information about assessment and treatment can be released to third parties when you sign an authorization to release information. You may rescind an authorization to release information in writing at any time.

Appropriate Care Your participation in mental health treatment at CHWS is voluntary and you have the right to these considerations: The right to be treated with dignity and respect, the right to receive care that is non-discriminatory, and the right to receive care from qualified staff.

Referral Should you prefer to receive psychological services from someone other than the provider you have been assigned, you have the right to request a referral.

Risks of Treatment When receiving mental health treatment there are potential risks given the nature of sharing very personal and private information with your provider. These risks may include general discomfort or experiencing strong emotions or feelings, which can be part of the therapeutic process. This is normal and can be discussed with your provider at any time.

The Right to Conclude Treatment You have the right to conclude treatment at any time. If you have not had a session or made contact with your counselor within 45 days, your file may be closed. If you are in need of continuing treatment services, you may return to our recommendation and referral services at anytime.
Appointments Mental health treatment is initiated in CHWS by making a same day or next day 45 minute appointment to meet with a counselor as part of our recommendation and referral process. Any subsequent individual sessions are usually 50 minutes in length. Group sessions are 60-90 minutes in length. If an appointment time is reserved for you, please provide CHWS with 24 hours’ notice if you need to cancel/reschedule to allow the hour to be opened for another student. If you miss an appointment but wish to continue, contact the front desk or your provider to reschedule.

Charges There is no charge for regular counseling services provided by CHWS. Fees are assessed for missed appointments (described below). Fees are charged for some specialized assessments, including mandated substance abuse. These fees are specified in the paperwork you receive when referred for a specialized assessment. Fees for appointments with the CHWS psychiatrist are $65 for a 30 minute session and $40 for a 50 minute session.

No-Show Fees Failure to cancel an appointment within 24 hours’ notice will result in a $25 charge for individual and group counseling appointments, $50 for a 30 minute psychiatry appointment, and $100 for a 50 minute psychiatry appointment. If you received a charge in error, or there are extenuating circumstances to explain your missed appointment, you may appeal the charge by contacting the CHWS Director.

Ethical Conduct and Professional Standards If you have concerns about your treatment, you are encouraged to discuss them with your provider. Should you have reason to think your provider is practicing unethically, you may discuss the matter with the CHWS Director. You may also direct a letter of concern to the State of Washington Department of Health, Health Systems Quality Assurance, P.O. Box 47857, Olympia, WA 98504-7869, (360) 236-4700.

Summary of Staff Training Senior Psychology Staff are licensed psychologists. Our Doctoral Psychology Interns have completed their PhD or PsyD coursework and are in a final year of clinical training. Practicum Counselors are pursuing graduate degrees in counseling or psychology. Trainees provide treatment under the supervision of senior staff.

Recording Counseling, Health, & Wellness is a training site. Counseling sessions may be video and/or audio recorded by some of our staff. These recordings will be used as training tools to ensure provision of high quality service. Recording will be discussed more fully with your clinician. If you are not open to recording your clinician will discuss referral to off campus services.

In Case of Emergency If you require emergency psychological care during our business hours (Monday-Friday, 8am-noon and 1-5pm) you can contact CHWS directly at (253) 879-1555. When CHWS is closed, you should contact Security Services at (253) 879-3311 if you are on campus or 911 if you are off campus. You may also contact the 24-hour Pierce County Crisis Line at 1-800-576-7764 or the National Suicide Prevention Lifeline at 1-800-273-8255.

Contacting CHWS Providers You may contact your provider via the secure CHWS communication portal at www.my.pugetsound.edu. We discourage clients from using email to communicate about personal concerns, and we will respond to any such emails via the portal. Do not use email, voicemail, or the portal for crises or emergencies.

Social Media and Telecommunications Due to the importance of your confidentiality and maintaining appropriate boundaries of a therapeutic relationship, CHWS providers do not accept friend requests or contact requests from current or former clients on any social media platform (Facebook, Twitter, LinkedIn, etc). Similarly, CHWS providers do not conduct therapy over Skype or other like platforms.

*I have read and understand the information provided in this document about my rights and responsibilities while working with Counseling, Health, & Wellness Services.*

Client Name (print) ___________________________ Signature ___________________________ Date __________

Provider Name (print) ___________________________ Signature ___________________________ Date __________

CHWS/Forms/Counseling/Intake packet 2019-20/Informed Consent 01.20 nm
Counseling, Health, & Wellness Services

Credential Disclosure
2019-2020

Below you will see a check mark by the name of your therapist, along with their title and credentials. If your therapist is a supervisee or unlicensed counselor, the name of their supervisor(s) is (are) also listed.

<table>
<thead>
<tr>
<th>Supervisee</th>
<th>Supervisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Erin Potts, Psy.D.</td>
<td>Kelly Brown, Ph.D. (License# 60236263)</td>
</tr>
<tr>
<td>Kendal Cassidy, MA</td>
<td>Charee Boulter, Ph.D. (License# 2334)</td>
</tr>
<tr>
<td>Alexandra Emery, MA</td>
<td>Khalila Fordham, Psy.D. (License# 60836125)</td>
</tr>
<tr>
<td>Megan Martinez, BA</td>
<td>Erin Potts, Psy.D.</td>
</tr>
<tr>
<td>Ellie Lisitsa, MA</td>
<td>Kendal Cassidy, MA</td>
</tr>
<tr>
<td>Emily Peterman Cabano, MA, MS</td>
<td>Alexandra Emery, MA</td>
</tr>
<tr>
<td>Brent Hopkins, Ph.D.</td>
<td>Megan Martinez, BA</td>
</tr>
</tbody>
</table>

Your signature below indicates that you have been informed of the name, title, and credentials of your counselor. If your counselor is a supervisee you also have been informed of the name, title, and credentials of their clinical supervisor(s).

NAME ______________________________________ DATE ___________________________
(Please print)

SIGNATURE ________________________________

Merlin/Forms/Counseling/Current Intake Packet/Credential Disclosure 11.19nm
Authorization to Record Counseling Sessions

Counseling, Health & Wellness is a training site. Counseling sessions will be recorded by some of our staff. These recording will be used as training tools to ensure provision of high quality service.

Who might ask me to record my counseling sessions?
Any counselor may ask to record your sessions. We have counselors completing their final year of training in Clinical or Counseling Psychology before receiving their doctorates, called Psychology Interns. We also have students who are in training to become Counselors or Psychologists, called Practicum Counselors. Both Interns and Practicum Counselors have a supervisor who routinely reviews their work, thus they are most likely to ask to record sessions.

Why would my counselor ask my permission to record?
(1) For quality assurance: To guarantee that Puget Sound students are getting the most skilled and ethical psychotherapy possible.
(2) For treatment excellence: To add the perspective of another professional.
(3) For training: We commit to providing trainees the highest quality supervision. Supervisors can give the most specific, meaningful feedback by observing recorded sessions.

Why me?
Reviewing recorded sessions is an expected part of the training to become a Psychologist and is common practice at most university counseling centers.

Who would review the recording?
Only members of the CHWS Psychology staff will review your recordings; all members of the Psychology staff hold recordings to the highest level of confidentiality. Typically only your provider and his/her supervisor will review your recordings.

How are the recordings protected?
Recordings are stored on a protected drive that can only be accessed by Psychology staff. We delete the recordings within 2 weeks of the session. Recordings are reviewed in CHWS.

If you chose NOT to be recorded.
Your clinician will assist you with off campus referrals.

Consent to Record Counseling

I authorize recording of one or more sessions at CHWS. I understand recording is for the purposes of quality assurance, treatment excellence and training.

I give this authorization with the assurance that recording will be handled in a professional, confidential manner in accordance with the American Psychological Association’s ethical guidelines.

I realize that I have the right to withdraw my consent for recording at any time. If so, your provider can assist with off campus referrals.

Student name (print): ________________________________

Student signature: ________________________________

Date: ____________________