

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) SCOPE OF SERVICES

St. Mary's College of Maryland - Counseling and Psychological Services (CAPS) Services are offered during regular business hours, 8:00am - 5:00pm, Monday - Friday when the College is in session.

Counseling Services utilizes a brief-therapy model to help students resolve or effectively manage a specific concern, or achieve a desired change in support of their academic and personal goals. Counseling Services also provides consultation, outreach, and referral services. Peer counseling is available through our Peer Health Educators who are CPE (Certified Peer Educator) and Mental Health First Aid trained. Limited psychiatric services are available for students engaged in counseling at the Wellness Center or are currently enrolled with an off campus licensed therapist/professional counselor.

Students seeking counseling support for the following concerns will benefit from the services offered on campus:

- Difficulties adjusting to college
- Relationship difficulties, including couples' counseling
- Short term issues, even at a crisis level that can be successfully resolved with on-campus supports
- Loss and bereavement
- Family concerns
- Students who would like to begin or continue counseling support for depression, anxiety, or other mood disorders
- Students who have experienced sexual misconduct, on or off campus, who would like advocacy and trauma recovery counseling
- Students who would like psychiatric medication management with counseling support

Students with the following concerns and characteristics will likely need a different type or level of care. The list below reflects general guidelines and is intended only as a guide.

- a) Students who appear to have longer-term counseling needs:
 - Consistently needing counseling services more than once per week and/or frequent consultation after hours that cannot be stabilized with short-term crisis intervention
 - Active eating disorders requiring extensive medical monitoring
 - Concerns which a brief therapy model of treatment will not appropriately address
- b) Students who need services other than those offered at Counseling Services:
 - Intensive outpatient or inpatient treatment
 - Drug and/or alcohol treatment
 - Medical detoxification and/or medical stabilization
 - On-going mandated treatment
 - Seeking comprehensive psychological assessment or documentation, including the following:
 - Emotional Support Animal requests and Housing Accommodations
 - Gender Affirming Therapists for surgery letters
 - Diagnoses requiring psychological testing, including learning differences
 - Psychological assessments or evaluations for selection, performance prediction, or forensic purposes (e.g., professional school application, employment security assessment, litigation or legal adjudications)
 - Specialized services beyond the clinical expertise of Counseling Services staff
- c) Students who are unable to comply with treatment (e.g., repeated no shows)
- d) Students who are already receiving ongoing therapy with another mental health provider

Urgent or After-Hours Care

Counseling Services may provide triage and referral to local crisis hotline such as 988 or hospital Emergency Department for treatment beyond our scope of practice. Students are encouraged to utilize the Office of Public Safety and local emergency services (911) in a physical or mental health emergency.

Please note that no counseling services can be provided when students are off campus during semester breaks or on study tours/study abroad, including renewal of prescriptions. It is our policy to renew prescriptions for students only when they have been seen for an appointment. It is the student's responsibility to ensure they make appointments in time to get refills for needed medication and have a plan to cover prescribing over breaks and when abroad.

For any additional needs not listed, please contact the Counseling and Psychological Services (CAPS) Services at 240-895-2159 or email us at Counseling@smcm.edu

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