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## WELLNESS CENTER SCOPE OF SERVICES

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The Wellness Center provides a personalized environment, addressing an individual's needs through healthcare and counseling. Treatment is available to eligible students whose concerns fall within this Scope of Services. Those whose needs cannot be met within this model will be provided assistance in finding alternative community resources for individualized care.

The Wellness Center provides care primarily by appointment while classes are in session, and primarily to registered students who are physically located in the state of Maryland.

Appointments may be made only by the individual seeking treatment. If students need to cancel an appointment, they should call the Center and speak to the front desk staff or leave a voicemail message after hours.

Please note that the clinical services at the Wellness Center are intended for students and are not available to Stevenson University employees.

### Scope of Services - Counseling

Counseling Services provides a short-term individual therapy model to help students maintain and develop their emotional well-being and achieve their educational and personal goals. The number of sessions provided may be limited and will be determined on an individual basis. The Center promotes a healthy and inclusive community through relationship-building, education, crisis intervention and support.

#### Some common reasons for visits include:

- Mild to moderate anxiety and depression
- Adjustment and developmental concerns
- Interpersonal concerns (friends, family, roommates, romantic partnerships)
- Self-esteem concerns
- Concerns related to the transition to college
- Identity development related to various dimensions (sexual, racial/ethnic, religious, gender, etc.)

## We cannot accommodate:

- Students needing more than once a week intervention on an ongoing basis
- Students who have been in counseling and/or on medication long-term in the past and want to continue care in that format
- Students with long-standing and/or significant depression, mood disorder, or anxiety concerns
- Students requiring more specialized or intensive treatment (e.g., chronic eating disorder symptoms posing a medical danger; students with significant trauma history who would be better served by long-term trauma-informed therapy).
- Students manifesting psychosis
- Students with moderate to severe substance use problems
- Students in need of forensic evaluations
- Students requiring medication evaluation and/or management, who are *not* being seen for counseling at the Wellness Center
- Students with a history of multiple psychiatric hospitalizations
- Students with a history of multiple suicide attempts, chronic suicidal thoughts, or frequent self-harm behaviors, and the Wellness Center clinician feels that a higher level of care is needed
- Students seeking mandated mental health evaluation or counseling
- Students seeking a provider's court appearance/testimony/evaluation or court-ordered assessment and treatment
- Students who require counseling to meet an academic requirement and/or are interested in counseling solely to gain clinical experience

## Scheduling and Keeping Appointments

Counseling sessions are by appointment. Students are not charged a fee for counseling services.

If students need to cancel an appointment, they are to call the Wellness Center to cancel their appointment. Repeated cancellations and "No Shows" may limit a student's ability to receive services. If students miss an appointment without calling to cancel, their student account will be charged a \$10 "No Show" fee. If students are more than 15 minutes late to an appointment, they may be asked to reschedule. The Wellness Center can only see students the same day if the student is in a crisis situation (e.g. – suicidal or in extreme distress.)

## Disability Services

The Wellness Center does not conduct psychological evaluations for the purpose of determining disability status and also does not make accommodation recommendations for

students who have been diagnosed with a disability. For this reason, we cannot provide documentation for students, even if the student is a current or former counseling services client. The Wellness Center can assist students with a referral to a community provider for a disability evaluation or recommend utilizing the on-campus resource of the Office of Accessibility and Disability Services for possible assistance.

## Psychiatric Services

It is our procedure that any student being evaluated for psychiatric care at the Wellness Center must also be a patient in ongoing counseling at the Wellness Center. Students may be referred to the psychiatric nurse practitioner at any time by their Wellness Center provider, after the appropriate background information has been gathered and clinical needs established.

There is a small fee for accessing psychiatric care. This fee is billed directly to Stevenson student accounts as a “Wellness Center Charge” for privacy purposes. Due to the limited hours of the psychiatric nurse practitioner, failure to cancel an appointment at least 24 hours in advance results in the full fee being charged to the student’s account. Students seeking medication evaluation and/or management for Attention-Deficit / Hyperactivity Disorder (ADHD) are referred to an off-campus provider.

The Wellness Center’s psychiatric nurse practitioner will refill prescriptions at appointments only, not by fax or phone. The psychiatric nurse practitioner cannot see students or refill medications during the extended summer and winter breaks; therefore students may need to get an outside provider to manage their medication needs. The student is responsible for making follow up appointments, as recommended by the psychiatric nurse practitioner, in order to refill any medications.

To assist you in finding an off-campus provider, students can use the following: The Wellness Center’s Community Resource Guide (available at [www.stevenson.edu/wp-content/uploads/community-resource-guide.docx](http://www.stevenson.edu/wp-content/uploads/community-resource-guide.docx)), and the “Smart Move” Referral Assistance Form (available at <https://www.stevenson.edu/wp-content/uploads/SmartMove-Referral-Assistance-Form.pdf>).

## Scope of Services – Health

The Health Center services are designed to provide holistic, high-quality care to the Stevenson students. We look to promote accountability for one's healthcare by providing care and education on healthy lifestyles that promote healthy living. A nominal fee is applied to the student's account for health visits. Insurance can be used for medications, outside lab work and diagnostic testing. Our office partners with the local community to conduct on-campus vaccine clinics. Our health team includes three full-time health providers, two part-time health providers, and a medical assistant.

### Some common reasons for visits include:

- Ear, Nose, Throat, Respiratory symptoms/complaints
- Minor eye complaints
- Fatigue /sleep concerns
- STI screenings/treatments
- Women's health (e.g., contraception, pap smears)
- Urinary or abdominal complaints
- Dermatology complaints
- Limited concussion care
- Care for minor orthopedic injuries (no x-ray on site)
- Physicals for camps, employment, etc.

### We cannot accommodate:

- Formal diabetes education
- Long term post-concussion care
- "Notes" for missed classes/assignments whether or not seen in our office
- Placement of tuberculosis (TB/PPD) skin tests
- Drug testing
- Students requiring psychiatric medication refills, evaluation and/or management
- Lacerations in need of sutures

## Scheduling and Keeping Appointments

Health appointments are made by phone or in person. Due to limited staffing, the Wellness Center cannot accommodate walk-in students on a regular basis. We make every effort to see patients within 24 business hours for sick visits and one week for well visits or screenings. Failure to cancel an appointment 24 hours prior to appointment will result in a \$20 "No Show"

fee charged to the student's account. If a student is more than 10 minutes late for an appointment, the Wellness Center reserves the right to reschedule the appointment. The Wellness Center offers in person or telehealth appointments. We do not provide health care services to students outside of the Wellness Center (i.e. in a residence hall, classroom, or dining hall).

## Cost

A nominal fee is assessed for each visit for health services. In addition, the Wellness Center is able to provide some point-of-care testing (e.g., COVID, strep, mono, and flu tests) for a small charge. A number of common prescriptions and over-the-counter medications are stocked in the Center and can be prescribed and dispensed directly to our patients seen by a provider. The cost of visits for health services is billed directly to the student's account as a "Wellness Center Charge" for privacy purposes. The Wellness Center does not directly bill health insurance for services provided. Printed itemized statements of visits are available directly from the Wellness Center Patient Portal for purposes of reimbursement by insurance or flex spending account/HSA. In some cases, testing is sent to an outside lab directly from the Wellness Center. If this happens, a copy of the student's health insurance card is sent with the specimen so the lab can directly bill the insurance company.

Fees are subject to change. The list of current fees can found under the "Fees" tab at [www.stevenson.edu/student-life/health-wellness/](http://www.stevenson.edu/student-life/health-wellness/).

To assist you in finding a healthcare provider in the community or via a local specialist, students can contact their insurance carrier directly, or access our Community Resource Guide at [www.stevenson.edu/wp-content/uploads/community-resource-guide.docx](http://www.stevenson.edu/wp-content/uploads/community-resource-guide.docx).