

Lewis and Clark College Student Counseling Center
Information About Our Services and Consent for Service 2023-2024

The following paragraphs provide some important information concerning our services. If you have questions after reading this information, or if you have other concerns not addressed here, please speak with your counselor. Please read all this information carefully—it will save you time during your initial consultation.

Please be aware that while service animals are welcome in our clinics, clients are not allowed to bring emotional support animals, pets, or other animals into the clinic.

All counseling services at Lewis & Clark College are provided free of charge to undergraduate, graduate, and law students, with the exception of psychiatric assessment or medication management. If you receive a referral for psychiatric services, additional information will be provided regarding cost.

There is a no-show fee of \$35.00 that will be applied to your student account for every appointment beyond the first time that you miss a scheduled appointment without contacting us to cancel or reschedule.

CLINICAL STAFF:

Robin Keillor, PhD, Christabel Léonce, PsyD, Cindy Marino, PsyD, and Paris Schaefer, PsyD, are licensed psychologists in Oregon. Marielle Evangelista, MA is a licensed professional counselor (LPC) in Oregon. Glenn Jacob-Oviatt, MSW and Susan Metcalfe, MSW are licensed clinical social workers (LCSW) in Oregon.

Miles B. Lewis, MA and Brianna Absalon, MA are advanced doctoral trainees from Pacific University. Kaytlin Epperly, MA is an advanced doctoral trainee from George Fox University. All doctoral trainees are in process to earn their doctorate of psychology degrees in clinical psychology. Trainees are under the supervision of Dr. Cindy Marino and Dr. Robin Keillor.

ELIGIBILITY FOR CLINICAL SERVICES

Enrolled Lewis & Clark students in CAS, Law, and the Graduate College are eligible for services.

Mental Health licensing regulations require that all services be provided only when **you (client)** are physically located within the State of Oregon. If a clinician is actively licensed in another state, they will discuss this with you if it is relevant.

Students who engage in inappropriate, harassing, threatening, or violent behaviors toward Student Counseling Center staff may lose eligibility for services.

INFORMATION ABOUT YOUR FIRST APPOINTMENT

Your first meeting with a counselor will either be an urgent or scheduled initial consultation. During this meeting, you will be able to share with the counselor your concerns and feelings. The goal of this meeting will be for you and the counselor to develop a plan to address your concerns. Your counselor may be able to share a plan with you at the end of your meeting, or they may need to consult and get back to you via phone or secure message with additional recommendations and/or referrals.

To maintain access to mental health services for all students at LC, the Student Counseling Center provides a flexible model of counseling. This means that we will consider your unique needs to recommend your care, and that we have a variety of options available. Options include recommendations or referrals to campus supports, off campus resources, and/or campus-based peer support. Student Counseling Center based options include single session consultation, skills based and therapeutic process groups, individual therapy, relationship ("couples") therapy, time limited psychiatric assessment and medication management (excluding ADHD assessment), or stabilization and referral support to connect with off campus providers for those who need more intensive or specialized treatment than we can offer.

The average number of sessions in a year for students seen at the Student Counseling Center is 6 sessions, though some do receive more. Most find that their needs are met within 10 or fewer sessions. At times during the year, we typically experience a delay or "wait list" for scheduling ongoing appointments. Individuals in crisis are always given top priority for appointments.

We are likely to refer students to off campus providers who are seeking to establish routine mental health services over multiple years, or those who may benefit from more intensive or specialized treatment.

Many students schedule their ongoing Student Counseling Center visits less often than weekly. You will talk through the next steps for care during your initial appointment - please ask if you have questions or you are uncertain about the recommendations.

CONFIDENTIALITY

All counseling services are confidential and your privacy is protected by Oregon State and Federal laws, our professional ethics, and by the Family Educational Rights and Privacy Act (FERPA) guidelines for treatment records. In general, no information is

released to individuals outside the Student Counseling Center without your consent. Within the Student Counseling Center, confidential information may be shared among staff for purposes of scheduling, clinical consultation, supervision and training.

Please review the following legal exceptions that may direct us to break confidentiality to the extent required for safety or for compliance with state or federal law. *Our experience is that these exceptions arise infrequently:*

- a. When we determine there is a strong indication that you may inflict serious harm or death on another person or that you intend to end your own life, and we are unable to develop a plan with you to ensure safety.
- b. When you give us information relating to probable child abuse, elder abuse, or abuse of a vulnerable adult (for example, someone who is developmentally disabled or mentally ill, or who has a disabling illness), or the abuse or torture of an animal, we may be required to notify state authorities. If you are over the age of 18 and disclose that you are engaging in sexual activities with someone under the age of 18, we may be required to report this matter to state authorities.
- c. The Oregon Mental Health Authority (via Boards of Psychology, Social Work, or Licensed Professional Counselors and Therapists) may subpoena related records from our agency if our staff become the subject of a complaint. If a client files a complaint or lawsuit against the Student Counseling Center, we may disclose relevant information regarding that client to provide our side of the circumstances under dispute.
- d. If you are involved in legal proceedings, the court might subpoena your records and/or our testimony could be required. In such cases, we will work to ensure your rights are protected.
- e. If you file a worker's compensation claim, this constitutes authorization for us to release your relevant mental health records to involved parties and officials.
- f. We may be required to disclose your health information, without your knowledge, to authorized federal officials who are conducting national security and intelligence activities.
- g. In the event of your death, a personal representative of your estate or next of kin will have a legal right to access your treatment records, and we can share health information with a coroner or medical examiner.
- h. If you are between 14 and 18 years old, you may initiate counseling services without the consent or knowledge of your guardian. However, additional limitations on confidentiality will apply. If you are under 18, your counselor will discuss these limitations with you.

The Student Counseling Center operates independently from the Lewis & Clark Student Health Center, Health Promotion, Case Management and the Office of Student Accessibility, all of whom also provide wellness related services and are our close partners. The Student Health Center and Student Counseling Center use the same electronic healthcare program. However, staff in one clinic are not able to view appointment schedules nor clinical notes from any clinic other than their own. Exception: Psychiatry patients receive detailed information about additional exchange of information between our psychiatrist and the Student Health Center.

Because information disclosed to counseling staff is held in confidence (with the exceptions listed above), disclosure of information to counseling staff about sexual assault or interpersonal violence does not constitute informing the institution. Similarly, disclosing a disability to counseling staff does not constitute informing the institution of a disability. Your counselor will provide you with information about how to inform the college of these concerns and about what additional support service options are available to you.

TELE-MENTAL HEALTH

Tele-mental health services are available via Zoom for Healthcare. Our counselors have received specialized training and feel comfortable with tele-mental health.

Tele-mental health has the same confidentiality coverage and limits thereof as in-person services described above, with some additional considerations:

- As with any technology, there are risks of intrusion by unauthorized users. These are limited due to our use of an encrypted HIPAA compatible Zoom platform with a unique meeting link and password for each scheduled appointment.
- Your choice of location may impact your privacy - if you are in a public location you may be overheard or observed.

Technology disruptions may impact your therapy session. Your counselor will discuss a plan for reconnecting or rescheduling if this occurs.

To ensure licensure jurisdiction, we will ask for your specific physical location every session unless we become familiar enough to visually confirm your location. For your safety, we will discuss emergency response considerations and confirm that you are in a private location. This is information that we would not typically cover during in-office services.

If your counselor decides that tele-mental health is no longer the most appropriate form of treatment for you, they will discuss their concerns and provide options for transitioning to in-office services or transferring care to an off-campus provider who is more convenient for you to meet with in person.

MAINTENANCE OF RECORDS

Records of your contacts with our office are maintained by your counselor. These records are held in accordance with legal and ethical standards set by state and federal law, professional ethical guidelines, and FERPA guidance for treatment records.

These mental health records are separate from all other college records. Records are held secure and confidential, and will be released only with your prior written consent (with the same exceptions as above). You generally have the right to a copy of the records in your file. Requests to access your file should be directed to your counselor or the Director of Counseling.

In compliance with state law, records will be retained for a period not less than seven years from last clinical contact, and up to ten years from last clinical contact. Records will then be destroyed.

The LC Crisis Counseling Service provides confidential call summary reports to the Student Counseling Center, which are considered part of the confidential treatment record.

Please be aware that some organizations (e.g., the Peace Corps and government agencies involved in security clearances) routinely ask applicants about past mental health treatment and sometimes require that applicants sign release forms to authorize the disclosure of selected treatment information. If you have concerns about how this issue might play out in your future, please talk with one of our counseling staff in your first appointment.

CLIENT RISKS, BENEFITS, RIGHTS and RESPONSIBILITIES

Counseling is more effective if you are active and engaged with your clinician, share your concerns, and try to reflect or work toward your goals outside of counseling sessions.

While it is not possible to guarantee outcomes, we are committed to providing high quality services.

Counseling often involves discussion of difficult topics, and you may experience uncomfortable feelings.

Engaging in counseling can lead to benefits such as a reduction in distress, increased satisfaction in relationships, improved mood or behavior management skills, improvements in academic functioning, and greater personal and cultural awareness.

You are encouraged to ask for information regarding clinician credentials, qualifications, therapy approaches, and possible alternative treatments.

Links to professional ethical standards, state laws, and administrative rules of the professional licensing boards relevant to the staff at the Student Counseling Center are available on request.

You should expect to receive considerate, respectful, and culturally sensitive services.

You may request or refuse any particular technique, request to transfer to a different counselor, or withdraw from treatment at any time.

If you're feeling unwell or you know that you've been exposed to a contagious illness, please stay home and seek appropriate health care. Contact our clinic to reschedule, cancel, or arrange for your appointment to be offered via tele-mental health.

OUR COMMITMENT TO CULTURALLY SENSITIVE CARE

Our staff are committed to providing effective services to all students, with sensitivity to each person's culture, gender, age, race, ethnicity, religion, sexual orientation, learning style, ability or disability, socioeconomic status and other individual variables. If any of our staff ever act in ways that you feel are insensitive to your identity, we want to know so that we can better serve you and other students. Each one of our staff welcomes and encourages your feedback about such issues. If you don't feel comfortable providing a staff member with this feedback directly, please feel free to talk with any of our staff members, including our Director and Chief Psychologist, Dr. Robin Keillor.

SOCIAL MEDIA POLICY

Clinicians at the Student Counseling Center do not follow or accept friend or contact requests from current or former clients on any social networking site, as it can compromise confidentiality and therapeutic boundaries. The Student Counseling Center staff do not accept texting, SMS, or messaging. Such platforms are not secure and we're not set up to interact on them in a timely way.

SERVICE AVAILABILITY

The Student Counseling Center is open for appointments from 8:30 a.m. to noon and from 1:00 to 4:30 p.m., Monday through Friday, when undergraduate classes are in session.

The Student Counseling Center operates by appointment with exceptions for crises and urgent situations. No appointment is needed during our urgent walk-in hours on weekdays from 1:00-3:00pm. If the Student Counseling Center is closed, signs will be posted and the website updated to provide alternative crisis support options.

Please be aware that even when our office is open, our desk is not always staffed. You are welcome to leave confidential phone messages on our voice mail (503-768-7160) or email counsel@lclark.edu. Note that it may take some time for us to retrieve your message and return your call. We strive to respond within the same day (or by next business day if message is left after 3:30pm).

We contract with an after-hours crisis counseling service to provide students with support when the Student Counseling Center is closed. If we anticipate that you might need support from this service, we may share limited information with them about your needs. We also receive a summary of each call to the service. **If you are in crisis and need immediate help, and if our counseling staff is not available, contact our crisis counseling service at 503-265-7804.** You can also call one of the following resources: Multnomah County Crisis Line (503-988-4888); National Suicide Prevention Lifeline (988); Unity Behavioral Health (503-944-8011); or the Crisis Text Line (Text the word OREGON to 741-741). Call Campus Safety at 503-768-7777 if you have a life-threatening emergency on campus. If you are off-campus, call 911.

WHAT IF I'M UNABLE TO MAKE IT TO AN APPOINTMENT?

If you are unable to keep a scheduled appointment, call 503-768-7160 or email counsel@lclark.edu to cancel as far in advance as possible. This allows us to use your appointment time for another student. **If you no-show without canceling by the end of the day your appointment was to be held, we will charge you a no-show fee of \$35.00.** To protect your privacy, this will appear on your student account as a "Wellness Service" charge. If you repeatedly no-show, you may lose your slot on your counselor's schedule.

ADHERENCE TO ETHICAL PRINCIPLES

Our clinical staff adhere to their respective ethical principles (e.g. the Ethical Principles of the American Psychological Association, the National Association of Social Workers Code of Ethics, the American Counseling Association Code of Ethics). Copies of these codes are available on request. Should you ever have concerns about our services, we encourage you to first discuss these concerns with us. Should you feel that you cannot resolve your concerns by talking with us directly, we encourage you to talk with our Director, Dr. Robin Keillor. Alternatively, you may also contact the office of the Vice President of Student Life at 503-768-7110.

SIGNATURE

Please type your full name below to serve as your electronic signature. Your electronic signature indicates that you have read, understand and agree to the above conditions for services. A copy of this form will remain viewable in your Health Information Portal, and is available on the Student Counseling Center website under the "Forms" tab.

If you received this form in print, your signature below indicates that you have read, understand, and agree to the above conditions for services. A copy of this form is available on the Student Counseling Center website under the forms tab, and a printed copy will be provided upon request.

Signature

Date