

# GVSU UNIVERSITY COUNSELING CENTER

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Adjunct Counselor*



# MYTH OR FACT!?

Counseling is only for people with serious issues. MYTH

All university staff will be able to access my counseling records. MYTH

My counselor has a responsibility to report to my parents what is happening. MYTH

Counseling at GVSU is FREE. FACT

Counseling isn't for religious or spiritual people. MYTH

If I go to counseling I'll have to go on meds. MYTH

1 in 5 adults in America experience a mental illness. FACT

# MYTH OR FACT CONTINUED

Group Therapy is as effective as individual therapy.

FACT

Going to counseling means that I'm out of control or weak.

MYTH

The counselor cannot understand me unless s/he has had a similar experience or is of the same background.

MYTH

I have a great support system, I don't need to talk to a counselor.

MYTH

Counseling can help me deal with racial, social and societal issues.

FACT

It is impossible to prevent mental illness.

MYTH

Some groups of people are more vulnerable to mental illness than others.

FACT

# CONFIDENTIALITY

All services are confidential

Times we can break confidentiality:

- Clear and imminent danger to self or others
- Child or elder abuse/neglect
- Court order
- Student authorization to release records



# WHERE WE ARE

## Allendale Campus

206 Student Services Bldg

Hours: M-Th: 8-5  
Fri: 8:30-5

Urgent Care: M-F 11am &  
3pm

## Pew Campus

101B DeVos Center

Hours: M-Th: 8-5

Urgent Care: M-Th  
11am & 3pm



Office Phone:  
**(616) 331-3266**

<https://www.gvsu.edu/counsel/>

# PROCESS

## Screening Appointment (virtual)

- First step to any additional services
- 30 minute appointment
- Decide next step
- In-person v. virtual



Individual  
Counseling

Group  
Counseling

Outside  
Referral

# SERVICES WE PROVIDE

## Individual Therapy

- Talk to a counselor one-on-one for up to 10 sessions per year.
- We handle nearly all personal issues from stress, family and school issues to more severe mental health problems including sexual concerns, substance abuse, suicide and self-harm.

## Couples Therapy

- If your partner is a student come to the UCC and talk with a counselor who can help you improve your relationship, resolve conflicts and improve communication. (both have to be GVSU students)

## Group Therapy

- Small groups of around 10 people meeting to discuss a variety of issues under the guidance of one or two counselors.
- Can be either psycho-educational or therapy focused.
- Does not count towards therapy sessions limits and is a nice way of getting more out of the UCC.

# SERVICES CONT.

## Medication Management

- Meet with the Psychiatric Nurse Practitioner on staff for medication services
- Must be seeing individual UCC counselor consistently (At least monthly)

## Consultation

- Consult about concerns for others

## Alcohol & Other Drugs Services

- Groups, Recovery Meetings, Education Programs and more!

# GROUPS WE CURRENTLY OFFER

## Skills-Building Groups:

- **Art Therapy**
- **Body Image**
- **Everyday Emotions**
- **Fitness for Wellness**
- **Healthy Relationships**
- **How to Worry Well**
- **Managing Your Depression**
- **Mindfulness 101**
- **Self-Compassion**
- **Social Anxiety**
- **Stress Management**

## Identity Groups:

- **LGBTQ Therapy**
- **Black Voices**
- **Students of Color**

## Process/Support Groups:

- **General Therapy**
- **Grief Support**
- **Circle of Support: Sexual Trauma**
- **Veterans/Military**

## Substance Use:

- **Adult Children of Alcoholics**
- **Healthy Habits**
- **Recovery Meetings**

# EMERGENCY & CRISIS SERVICES

- **Urgent Care hours**
  - Allendale: 11am & 3pm
  - Devos: 11am & 3pm
  - 30 minute same-day appointments for crisis situations
- **Crisis after-hours**
  - There is a counselor on-call during after hours throughout the school year
  - Only LCD's and GVPD can contact on-call counselor in crisis situations
  - National Suicide Prevention Lifeline: 1-800-273-8255
  - 24/7 Crisis Text Line: Text HOME to 741741



# WHEN TO MAKE A REFERRAL

- A student should **always** be referred to the UCC if they are:
  - Suicidal
  - Severely depressed
  - Abusing substances
  - Practicing self-injury behaviors
  - Experiencing physical or emotional trauma
  - Has been sexually assaulted
  - Experiencing an eating disorder
  - Having a panic attack
  - Suddenly or dramatically changing their behavior or mood
  - Unable to care for themselves
  - Severely distorted thoughts
- A student may also be referred for:
  - Depression
  - Stress
  - Career & academic concerns
  - Anxiety
  - Relationship difficulties
  - Grief and loss
  - Personal growth issues
- When in doubt, consult with us!

# HOW TO REFER

- Walk a student over to the front office
- Call UCC for consultation
  - We must maintain confidentiality
  - Student must make appointment themselves
- Submit CARE report
  - Coordination, Assistance, Response, Education
  - <https://www.gvsu.edu/care/>

# OUTREACH

- **Topics:**
  - **Sleep**
  - **Alcohol & Substance Abuse**
  - **Body Image**
  - **Depression, Suicide, Anxiety, & SAD**
  - **Eating Disorders**
  - **Healthy Relationships**
  - **QPR – Suicide Prevention**
  - **Stress Management**
  - **More on request!**
- [https://www.gvsu.edu/counsel/  
outreach-141.htm](https://www.gvsu.edu/counsel/outreach-141.htm)

# QUESTIONS?



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