

# STEPPED-CARE MODEL

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## Off-Campus Mental Health Care

- Longer-term Care
- More Frequent Sessions
- Specialized Services

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## Individual Therapy

- Short-term

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## Identity, Support, and Therapy Groups

- Peer Support
- Personal Growth
- Weekly
- Therapist Facilitated

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## Solution-Focused Sessions

- Brief Individual Sessions (1-3)
- Goal Oriented
- Problem Solving

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## Skills Workshops

- Coping Strategies
- Resiliency
- Short-term
- Common Concerns (e.g., Anxiety and Depression)

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## Prevention and Wellness Programs

- Togetherall Peer Support
- Peer Education Programs
- National Screening Days
- Suicide Prevention Training
- Mental Health Presentations

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## Self-Help Education and Practice

- Self-guided Skills Workshops
- Wellness Videos
- Mental Health Screeners
- Self-help Education and Applications
- Podcasts

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## Referral to Campus Supports/Resources

- LGBT Resource Center
- Health Center
- Student Ombuds
- Center for Women and Gender Equity
- RecWell
- Student Academic Success Center
- Career Center
- And more

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## Screening Appointment

- Quick-access
- Treatment Recommendations and Triage
- Assessment