

**St. Mary's College of Maryland**  
**Wellness Center**  
**Scope of Services**

**\*Covid-19 Update: Please refer to the updated information on the Wellness Center Website at [www.smcm.edu/Wellness](http://www.smcm.edu/Wellness) for updated operating hours and services as we return to campus Fall 2020.**

**The St. Mary's College of Maryland Wellness Center, comprised of both Counseling and Health Services, is located in Ethel Chance Hall. Phone 240-895-4289.**

**Services are offered during regular business hours, 8:00am - 5:00pm on weekdays when the College is in session.**

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## **COUNSELING**

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. Limited psychiatric services are available for students engaged in counseling at the Wellness Center. Wait-times to meet with the psychiatrist often range from 6-8 weeks.

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

- Students who are experiencing
  - 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 referred by the SMCM Judicial Board as part of a judicial sanction
- 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 than what is within the role and scope of The Wellness Center's services. The list below reflects general guidelines and is intended only as a guide. Roles and scopes beyond that of the Wellness Center include the following.

- Students who appear to have longer-term counseling needs. Reasons may include:

- 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
  - Students who need services other than those offered at Counseling Services. Reasons may include:
    - 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
      - 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
  - Students who are unable to comply with treatment (e.g., repeated no shows)
  - Students who are already receiving ongoing therapy with another mental health provider
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## HEALTH SERVICES

Health services provides no-cost RN care and appointments with a prescribing provider for minor injuries and illnesses. Some over-the-counter and common prescription medications are provided free of charge. Lab testing and prescriptions sent out of the Wellness Center will incur costs to the student, either through their insurance or out-of-pocket.

Students with the following health concerns will benefit from the services offered on campus.

- Seasonal allergies, cold symptoms, upper-respiratory symptoms, urinary tract infections, and other common illnesses
- Reproductive health including birth control consults, birth control prescriptions/administration, emergency contraceptives (fee), pregnancy tests, and condoms
- Minor injuries can be treated, major injuries may be referred to a higher level of care and follow up appointments can be scheduled on campus
- Education and support for ongoing health conditions

Students with the following health concerns and characteristics will likely need a different type or level of care than what is within the role and scope of The Wellness Center's services. The list below reflects general guidelines and is intended only as a guide. Roles and scopes beyond that of the Wellness Center include the following.

Students who require interventions or treatments not available at the Wellness Center, including, but not limited to:

- Vaccinations and allergy shots
- Intravenous treatments
- Diagnostic testing that requires x-rays or other specialized equipment
- Prenatal or postpartum care
- Surgery

- Addiction or alcohol treatment
- Active eating disorders that require medical intervention
- Specialized treatment not within the scope of our providers

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Health Services and Counseling may provide triage and referral to local Urgent Care Centers or the 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 health or mental health emergency.

Please note that no health or 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 in person 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.

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*If a student has an existing health or mental health condition that requires services beyond those available at the Wellness Center, contact the Wellness Center Director **prior to the start of the semester** to create the best plan of support.*

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