SEWANEE
THE UNIVERSITY OF THE SOUTH
Counseling & Disability Support
Wellness
UNIVERSITY
Center

resilience
balance
movement
creativity
empathy
connection
strength
growth
empowerment
mindfulness
Support

University Wellness Center

- CAPS (Counseling & Psychological Services)
- Health Service
- Disability Support Services
- Health Education & Wellness Promotion
- Sexual Assault Crisis Response Team
Our specialty and primary concern is the health and well-being of Sewanee Students!
University Wellness Center

COUNSELING & PSYCHOLOGICAL SERVICES
UWC: CAPS

Services (free):

- Individual Therapy
- Group Therapy
- Skills workshops
- Crisis services
- Medication Management
- Case Management Services
- Coordinate referrals for specialized care
  - Neuropsychological Assessment
Common Presenting Concerns

- Anxiety Disorders
- Depression
- Adjustment Problems
- Relationship Difficulties
- Academic Stress
- Learning Differences
- Identity Concerns
- Disordered eating
- Body Image concerns
- Substance use problems
- Stress management
- Family problems
- Social anxiety
- Resiliency Training
CAPS Services

We provide short-term treatment for a wide-variety of presenting concerns and problems.

Scope of Care:

We can assist with coordination of referrals for students who require long-term and/or more intensive treatment.

Please call our Case Manager, Benjamin Craft, at 931-598-1325.

Psychiatry and Medication Management:

Students need to maintain relationship with a provider at home for medication management during summer months.
How Do I Make An Appointment?

• To make an appointment:
  – You can call (931) 598-1325
  – or email ucs@sewanee.edu

• Can I request a specific therapist or a specific type of therapist?
  – Therapist availability is dependent on the amount of students needing services at a given time. Therefore, we will be somewhat limited in our ability to honor specific requests as there may only be one or two therapists available.
  – The Case Manager will work with you during the first appointment to find the best fit for your needs either in the community or at the Wellness Center.

• How much information will I need to provide over the phone?
  – Very little. You can simply report to our front desk and support staff via phone or email that you need an appointment with CAPS and specify if it is a crisis or not. You will be asked about your class schedule and availability, and an initial triage appointment that works with your schedule will be provided.
  – If you feel you need to provide more details over the phone prior to the appointment, the Case Manager will be happy to speak with you and may be able to perform limited triage services over the phone.

• Can my parent/guardian make an appointment for me?
  – No. To ensure our students' needs are being met as well as autonomy and confidentiality, only the student themselves will be allowed to make their appointment.

• How long will I have to wait for an appointment?
  – This is dependent on how many students are seeking services, but generally students can be seen by the Case Manager within a week of asking for an appointment.
Triage Services

- Once an appointment has been made, you will first meet with the Case Manager (Benjamin Craft, MS) for a triage appointment.
  - During the triage appointment, the case manager will ask about the presenting problems or symptoms, discuss what options would be available based on those problems or symptoms, and then work together with the student to decide a treatment plan.

- Based on the treatment plan, the Case Manager will most likely either:
  - provide a referral for treatment in the community
  - make an appointment for the student to see a provider at the University Wellness Center
  - or continue with assisting the student with case management services
How Does Therapy Work?

- Therapist and client collaborate to work through a variety of difficulties (e.g., anxiety, depression, relationship problems, academic stress, etc.).

- Helps client identify and use personal strengths, promoting ongoing growth and enhancement of well-being.

- Relationship b/w therapist and client is fundamental to positive change, invokes environment of nonjudgment, support, challenge.

A Course of Successful Treatment

- 1-3 initial sessions: clarifying desired change.
- Subsequent sessions: development of relationship, goals, and tasks to reach change.
- Working through: Developing new understandings of self and implementing knowledge and related strategies regularly to work toward change.
Group Therapy

• 6 to 10 students meet face to face regularly in group facilitated by trained therapist.
• Advantages:
  – Universality or shared experience of difficulties
  – Working through relational difficulties in a safe, confidential, and professionally facilitated environment.
  – Developing and learning a variety of skills to improve well-being, while providing and receiving further insight about difficulties and successes from other members and facilitator.
  – Receiving and providing direct support and feedback from and to other members around general or more specific topic areas.
• Common Hesitation and Myths:
  – Myth: Group is not confidential. Everyone will know my issues.
  – Myth: Individual therapy is more effective.
  – Myth: I will receive less time and attention in group versus individual therapy.
Skills Workshops

- As part of our group offerings, the counseling center will often have Skills Workshops available for students that will assist them in the development of prevention skills to assist them through the Sewanee academic and social experience.

  - **Stress & Anxiety Skills Groups:**
    - Designed to assist in the discovery and understanding of anxiety and stress provoking stimuli and the implementation of stress and anxiety coping skills and strategies.
      - What is stress? What is Anxiety?
      - Mindfulness & Meditation
      - Emotion Regulation
      - Distress Tolerance
Medication Management

We offer psychiatric medication management services one day per week.

Dr. Randall Brewer - CAPS Psychiatrist

How Do I make an Appointment?

• Students must first complete an intake evaluation with one of our psychologists or counselors who can then facilitate a referral to Dr. Brewer.
• First appointments for psychiatry are not offered until mid-September.
• If you are already on a medication, and want to transition your care, please make sure that you bring enough medication to last through the first two months of the semester.

Can I receive ADHD medications through the UW C?

• Yes, but you must first provide psychological/neuropsychological documentation of your condition.

Where Can I get my Prescriptions Filled?

• CVS Pharmacy
• Fred's Pharmacy
  – Both located in Monteagle (<10 min drive from campus)
Crisis Services - During Business Hours

- **Walk-In Crisis Appointments:**
  - CAPS reserves a limited number of hours to assist students who are dealing with a personal crisis that necessitates immediate attention by a mental health professional.
  - Much like a visit to the emergency room of a hospital, crisis appointments are typically scheduled on the day that a student makes initial contact with us, and the appointment takes priority over the student’s previously scheduled activities (e.g., class, work, meetings).
    - This option is available for students who are unable to wait for an appointment and are in need of services immediately.

- **How Do I know if I’m in Crisis?**
  - Some examples of crisis situations that may necessitate a walk-in appointment:
    - Thoughts of suicide or doing serious harm to yourself that you may act on.
    - Thoughts of doing serious harm to someone else and may act on them.
    - You believe your life is in danger.
    - Hearing voices or seeing things that no one else sees or hears.
    - Recent physical or sexual assault.
    - Death of a significant person in your life.
  - Other situations not listed here may also need a crisis walk-in appointment. If you are unsure if you require crisis services, the Case Manager will be happy to answer any questions and discuss the concern and options over the phone.
UWC: After-Hours Crisis Services

- **Mental Health Emergencies**
  - **(931) 598-1111**
  - You will be connected directly to a Sewanee dispatcher who can then contact the appropriate person or department to respond to the emergency: the fire department, police, EMS, ER, an Area Coordinator, or a Dean on call.

- **SACRT Line**
  - Sexual Assault Crisis Services
  - 7 days/week, 24 hrs/day
  - **(931) 636-4887**

- **Emerald-Hodgson Hospital Emergency Room**
  - ER available for Walk-in 24/7.
  - Located directly next door to the University Wellness Center
  - 1260 University Avenue, Sewanee, TN 37375

- **Suicide Prevention Lifeline**
  - Call **1-800-273-8255**
  - You'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

- **Suicide Prevention Text-line**
  - Text **START to 741-741**
  - The Text Line is free, available 24/7, and offers emotional support and information
Wellness Promotion & Outreach

• Health Education
  – Peer Health Education Program (SWAG)
    • Stress Management
    • Healthy Communication
    • Body Image/Disordered Eating
    • Substance Use
  – Outreach
    • Bringing in the Bystander
    • FEED (ED Prevention)
    • BYOV (Resiliency Training)
  – Wellness Colloquium
Consultation & Training

CAPS staff provide consultation services to faculty and staff, as needed. In some circumstances, we provide consultation to family members.

Training:
• Residential Life Staff
• New Faculty Orientation
• Existing Faculty & Staff (RESPOND)
University Wellness Center

Disability Support Services
What is a Disability?

An individual with a disability is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.
Disability Support Services

How to request accommodations:

1. Call 931-598-1325 to schedule an initial appointment with a UWC clinician.
2. Complete initial DSS paperwork
3. Please bring (or forward) any relevant documentation detailing the nature of the disability.

Documentation:

The University's documentation guidelines are guided by the recommendations of the Association on Higher Education and Disability (AHEAD). AHEAD outlines acceptable sources of documentation for substantiating a student's disability and request for particular accommodations:

- Primary Documentation: the student's self-report
- Secondary Documentation: the disability staff member's observations and interactions with the student during interviews and conversations about their disability and the effectiveness of previously provided accommodations
- Tertiary Documentation: documentation from external or third parties, such as psychological records, medical records, reports and assessments from qualified professionals; included are documents that reflect education and accommodation history, such as Individual Education Program (IEP), Summary of Performance (SOP), and teacher observations
Disability Support Services

Review Process:

After the initial meeting has been completed, and documentation has been provided, the Disability Review Committee meets to determine appropriate and useful accommodations.

If a student qualifies, they receive an accommodation letter.

The student is responsible for providing each professor a copy of their accommodation letter and working collaboratively with their professors in the provision of accommodations.
What if I Suspect that I have a Disability?

If, during the course of your time at Sewanee, you suspect that you have an undiagnosed disability, please call our office to schedule an initial meeting.

What will happen in that meeting?

• The DSS staff member who meets with you will conduct a brief clinical interview and may ask you to complete some short symptom inventories.
• The DSS staff member may refer you for more extensive psychological or medical testing.

Can I get psychological testing at CAPS?

• No, we do not provide comprehensive neuropsychological or psychological evaluations in the Center.
• We will refer you to providers in the local community or assist you with referrals for a provider closer to your home.
Accommodations

Examples of Common Academic Accommodations:
• Extended time on exams
• Ability to take exams in a distraction-reduced environment
• Assistance with note taking
• The ability to use a laptop for note-taking
• The ability to type exams
• Audio books
• Access to Kurzweil (text to speech software)
• Tutoring assistance

Other Types of Accommodations:
• Housing (location and type)
• Dietary (with support of Dining Manager)
• Mobility Support
• Parking
• Support & Service Animals
Modification to Existing Accommodations

The disability accommodations that you receive at Sewanee are issued for the entirety of your time at Sewanee.

If, during the course of your time at the University, you become aware that you need additional accommodations, please contact our office for assistance.

Your original letter can be modified following a brief individual meeting and the standard review process for accommodation requests.
Tips for Transitioning to College

Remember to...

- Prioritize the basics: eat well, get enough sleep, & exercise.
- Get outside - take advantage of the Domain!
- Engage with others.
- Get involved outside of the classroom - join an organization, group, or club.
- Identify your coping skills for managing stress & use them!
- If you had a treatment team at home, make a plan for how you will continue receiving support in college.
- When you need help, ASK!