

## University of Notre Dame 2019

### Scope of Service

The University Counseling Center contributes to the overall academic mission of the University of Notre Dame within the context of the Division of Student Affairs, recognizing that the stress associated with a high pressure academic environment at a critical developmental period often leads to or reveals problems which can be alleviated through therapeutic intervention. At times, though, a student's specific needs for mental health intervention may exceed those services congruent with the UCC's mission.

1. Student demonstrates a need for individual counseling and/or crisis intervention services **more than once a week for an extended period of time.**
2. Student is **unable to maintain prolonged periods without therapy**, i.e., academic breaks.
3. Student **needs/expects extensive treatment.**
4. Student's issues **require expertise or resources not sufficiently available at the UCC.**
5. Student returning for UCC services **has not demonstrated decreased need for or adequate benefit from prior UCC counseling services.**
6. Student **seeks only UCC psychiatric or nutritional services**, and is not interested in counseling.
7. Student is **at risk of self-harm or harm to others, and that risk has not been significantly alleviated** by ongoing counseling or crisis intervention at the UCC.
8. While utilizing UCC services, student **demonstrates a pattern of symptoms and behaviors for which short term counseling is contra-indicated.**
9. Student manifests psychological symptoms **without a willingness to follow a treatment approach** designed to stabilize symptoms.
10. **Student is under the age of 18** and is without the properly authorized permission to engage in ongoing treatment (see Staff Manual for directives).