



Limited Personal Counseling for Academic Success Services Agreement

Purpose of Limited Personal Counseling for Academic Success

Academic flourishing occurs with the care and attention to the whole student. Sometimes, life circumstances may pose challenges that stand in the way of academic success. To assist in addressing these potential challenges, Oakland Community College (OCC) offers limited personal counseling to currently enrolled and otherwise eligible students. The purpose of this limited service is to support the mental health and wellbeing of students as they strive toward academic success in their coursework at the College. OCC counselors collaborate with students to identify current challenges that negatively impact academic success. This collaboration will also attempt to direct students to strategies and resources to optimize student success. Common reasons students may seek limited personal counseling could include, but are not limited to:

more effectively managing mental health wellbeing (e.g., anxiety, depression, frustration, anger, grief and loss, stress, relationship discord); strengthening self-management and coping skills; challenging ineffective and faulty patterns of thinking; identifying and more effectively responding to educational, social and familial obstacles; addressing uncertainties and concerns about education and the “world of work”; and short-term crisis intervention.

Format of Limited Personal Counseling

This service is limited to 4-5 sessions (45-50 minutes each) per semester for each enrolled student (note: the same student is not able to create separate personal counseling services with different counselors and thereby exceed this limit). Counselors who provide this service are licensed in the State of Michigan as either a Licensed Professional Counselor (LPC) or Limited Licensed Professional Counselor (LLPC). Active participation is required from you which may include, but is not limited to: addressing the issues you and the counselor discuss, completing counseling homework assignments in between sessions, and when indicated, following up and initiating services with providers outside of OCC who can assist you in optimizing your well-being and academic success.

External Resources

If your needs for this service exceed OCC's current resources, you will be referred to external resources and outside community providers. Student needs that extend beyond the scope of service could include, but may not be limited to:

ongoing management for suicidal and/or homicidal ideation; long term psychotherapy; ongoing psychotherapeutic support; frequent crisis intervention; crisis response outside of normal business hours; psychiatric diagnostic services; any type of testing service or other assessment requested by parties outside of OCC (e.g., intellectual, personality, achievement, educational, employment); psychotropic and/or other medication management; treatment of certain issues including those requiring a particular type of service outside the expertise of the counselor (e.g., eating disorders); evaluations for legal matters or other matters involving legal proceedings; ongoing domestic violence support; treatment for significant drug and/or alcohol abuse or dependence, and any other issue not covered under scope of services listed herein. In situations such as these, referrals to external resources can be provided upon request.

Note: OCC's limited personal counseling services are not intended to be all inclusive or for long term use. Referral to outside resources is often a critical compliment of this process which may be initiated at any time.

Limited Personal Counseling for Academic Success Services Agreement *(Continued)*

Confidentiality

Counselors who provide both academic and limited personal counseling services at OCC adhere to the American Counseling Association's ethical standards, the State of Michigan's Mental Health Code, and the Family Educational Rights and Privacy Act (FERPA). All counseling records are confidential, stored in an electronic format, and access is restricted to authorized college employees. Such records may only be released when mandated via court order, authorized by your signature (or that of a legal representative), or in very specific situations such as those related to the role of "mandated reporter" or when the counselor, in good faith, determines that there is a "clear and imminent danger" to self or others. *For further information, see Oakland Community College's Counseling Informed Consent document.*

Consent

Your signature indicates that you have read and understand OCC's limited personal counseling scope of services for academic success. By signing, you acknowledge the limited scope of services provided by OCC with the understanding that your needs may not be able to be addressed by current OCC resources. By providing your signature, you furthermore acknowledge you have had the opportunity to discuss any questions and related concerns identified in this document.

Student Signature _____ **Date:** _____