



Welcome to Oakland Community College's limited personal counseling services for academic success. This document will provide you with general information about our services and related policies. Read this information carefully before signing and if you have questions or want a copy of this form, please ask your counselor.

Limited Personal Counseling Services for Academic Success

The Counseling Discipline at Oakland Community College (OCC) provides short term, solution-focused counseling to currently enrolled and otherwise eligible students. The aim of this limited service is to support the health and wellbeing of students as they strive to obtain their academic and career goals. Limited personal counseling services are short term, and no more than 4-5 sessions (45-50 minutes each) per semester. 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). To maximize student success, OCC requires active participation from the student. In order to maximize personal and academic success, you will need to address the issues you and your counselor discuss, be willing to actively complete counseling homework in between sessions, and to possibly consult with other professionals outside of OCC who can assist you.

Risks and Benefits of Limited Personal Counseling

Limited personal counseling for academic success may involve benefits and risks, but can also allow you to discuss distressing aspects of your life and develop a plan to adjust and grow through these experiences, contributing to your overall academic success.

Confidentiality

Counselors who provide academic and limited personal counseling at OCC are professionally licensed through the State of Michigan. They adhere to the American Counseling Association's ethical standards and the State of Michigan's Mental Health Code. 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" including when the counselor, in good faith, determines that there is a "clear and imminent danger" to self or others. *As "mandated reporters", counselors are required by law to report certain situations that are considered "exceptions to confidentiality".*

Limited Personal Counseling for Academic Success Informed Consent *(Continued)*

Exceptions to Confidentiality

While information discussed during limited personal counseling sessions and student records are held confidential in accordance with the standards of the American Counseling Association (ACA), the Mental Health Code of Michigan, and the Family Educational Rights and Privacy Act (FERPA), disclosure of this information may become necessary in the event that the counselor needs to protect the safety of the student, member of the OCC student body, community member, and/or any other party. When a concerning situation where a “clear and imminent danger” to self or others is identified, the counselor is mandated to report such concerns with the goal of protecting others, including the student, from harm. Examples may include, but are not limited to, the following:

- Threat of serious harm to another person which may result in a report to appropriate OCC personnel, a notification to the potential victim, and/or a notification to law enforcement.
- Threat of self-harm which may result in contacting others who can help institute immediate safety including psychiatric/emergency evaluation and potential hospitalization.
- Information regarding the abuse or neglect of a vulnerable party such as a minor or incapacitated adult.
- A court order or subpoena requesting the student record.
- *Special note: if you are a minor and/or dual enrolled student, we may also need to interact with your home school counselor in addition to your guardian, parent or person “in loco parentis” in order to maximize collaborative efforts in ensuring safety and wellbeing.*

Eligibility for Limited Personal Counseling Services and Referrals

Currently enrolled OCC students are eligible for limited personal counseling services following an assessment by their counselor. This counselor will carefully evaluate the student’s immediate needs and the limited personal counseling services available at OCC. When student counseling needs are beyond the College’s scope of services, referrals to external resources will be provided. *For example, frequent crisis appointments will indicate the need for a higher level of care that exceeds the College’s resources.* OCC is not responsible for providing transportation or payment for any cost involved in services received by the student from referral sources.

OCC’s scope of services for limited personal counseling is offered with the understanding that student needs often exceed the resources available through the College. Services beyond our scope of services may include, but are not 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.

Limited Personal Counseling for Academic Success Informed Consent *(Continued)*

Termination of Services

Limited personal counseling at OCC is a short term and results oriented process. Therefore, clarifying achievable goals from the onset will help maximize effectiveness. You and your OCC counselor will work toward these goals and when either you or your counselor determines that sufficient progress has been made, services will end. Limited personal counseling may end for other reasons including, but not limited to: student is not making adequate progress toward academic counseling goals, fails to comply with suggested guidance, or is deemed a threat by the College's Threat Assessment Team and thereby restricted from interacting with a college employee. This service may be voluntarily terminated by you at any time.

Fees

There is no charge for currently enrolled OCC students to receive counseling services.

Consent

I have read and understand OCC's limited personal counseling scope of services for academic success and acknowledge and accept the risks and limited scope of services provided by OCC with the understanding that my needs may not be able to be addressed. I further acknowledge that I have had the opportunity to discuss any questions and related concerns identified in this document, that I have voluntarily requested these services for my own benefit and that I may discontinue receiving services at any time.

Student Signature: _____ **Date:** _____