HOLISTIC WELLNESS MODEL

■ Case Management ■ Diagnostic Assessment ■ Specialized Treatment & Long Term Care **Off-campus Referral** ■ Crisis Intervention: Wellness Hub/Psychiatric Emergency Service & Screening Center BRIEF SCREENING FOR PROPER REFERRAL OF CARE ■ Short-term - Solution Focused ■ Brief Counseling ■ Long-Term Treatment ■ Telahealth: U-Will **Individual Therapy** Topics may include: **Group Therapy** ■ Anxiety management ■ Social Skills ■ Healthy Relationships ■ Self-harm Prevention **Therapeutic Consultation** ■ SCCC Personal Counseling, one-on-one ■ Consultation **Psychoeducation** Topics may include: **In-person Groups** ■ Stress Management ■ Art Therapy ■ How to help a friend **Psychoeducation Self-help** Wellness Apps: ■ Headspace ■ Happify ■ Mediatopia ■ U-Will **Referral to Peer Support** Community Resources ■ NAMI ■ 12 Step Groups ■ Peer Mentors - Campus Life **Referral to other Campus** ■ The Nutrition Center ■ Writing Center ■ Degree UP ■ Tutoring Center Resources Student Accessibilities Services Other **Screening & Outreach** Triage & Assessment Mental Health First Aid Training Prevention Workshops