



STUDENT COUNSELING CENTER

"Myths Debunked"

Myth: Students often have to wait weeks to get an initial appointment.

When a student calls for an appointment, they are offered options for scheduling. That being said, we make it a point to schedule each and every student as soon as possible, whether in-person or virtually via zoom based on the student's preference and/or clinical appropriateness. We find on average we can schedule a student, who does not present with a need for immediate services, an "intake" appointment that will start their formal treatment, within a week or two.

This year we began to offer same day appointments (Monday-Thurs) and we continue to assess the need for more of these appointment as the semester progresses. These appointments allow students, who feel they need to be seen quickly, the opportunity to call in the morning to obtain one of these same-day appointment slots.

These same-day, as well as continued walk-in opportunities, allow a counselor to directly assess what the student needs short term. We find it extremely important to have a counselor talk with them to triage based on presenting needs and crisis level. A student that is experiencing an emergency level concern and/or appears in significant distress are able to walk-in at any point during business hours to obtain needed support.

Myth: Students are only provided with a few sessions before services are terminated.

In order to meet the needs of the BU student population, the Student Counseling Center provides short-term, bi-weekly, services. This short-term approach is effective for this population and is an increasing norm in College counseling. These services typically ...but not always...consist of up to 16 sessions over a 4- year period of time.

However, in the event a student requires a greater level of formal treatment and extension of services may be explored and/or their counselor will engage in a process that facilitates a supportive transition to a community mental health provider as well as additional resources.

Myth: There are never enough counselors to meet student needs.

It is important to acknowledge that student access has historically been a challenge here at BU for a number of years. It is a challenge in many college counseling centers. However, progress is being realized in this area.

Currently we have 4 full-time and 2 part-time counselors at the Student Counseling Center. This represents a consistent complement of counselors over the years even though the enrollment has declined. We continue our efforts to advocate for the right level of clinical staffing. We also recognize that students benefit from a wide variety of clinical and educational efforts. We are working to build more stepped approaches to care and additional options to help meet the varying and changing student requests and need.

Myth: Emergency services are unavailable.

One of our primary goals at the Student Counseling Center is to provide support during instances of emergency or distress. Students are able to walk-in or contact the center at any point when they believe they are experiencing an emergency (as described above). Similarly, in the event faculty or staff have a student they believe would benefit from an emergency consultation, Faculty should call or walk the student over to the center to obtain appropriate services for that student. These on-call emergency services are available during our business hours; *We encourage use of TAPline (1-800-222-9016), a community (24/7) crisis line, during times in which our office is not open.*

Myth: Counselors are unwilling to reach out to students directly.

As counselors, we find it important to respect student confidentiality and boundaries, therefore we traditionally will not reach out to student directly if they have not indicated any desire for support or services. We do know and understand that there are times calling or coming for an appointment is a major step and can be a barrier.

We support faculty encouraging the student to use our resources and we find it may take a couple interactions of support to help a student reach out for professional help. However, if faculty or staff believe that a student needs services, they are encouraged to guide the student to schedule an initial appointment at the Student Counseling Center. Additionally, through Husky Success, faculty and staff now are able to "flag" students of concern. This system now provides counselors with additional information regarding students of concern; as well as, in some cases, actually warrants a counselor to provide a "check in" call with a student of concern. If there are questions on how to help support the referral we encourage faculty to reach out and consult with our on-call counselor.

Student Counseling Center

Room 240,
Warren Student Services Center
570-389-4255
bloomu.edu/counseling

Office Hours

Monday–Thursday 10a.m.–6p.m.
Friday 8 a.m. – 4:30 p.m.
Same Day Appointments Available
**In office or virtual sessions available!*