



Mission: Palomar College provides students with Behavioral Health Counseling Services (BHCS) through the Student Health Services Department. BHCS is a safe place to talk with someone privately about any concern. This may include stress, loneliness, anxiety, depression, adjustment challenges, and relationship difficulties, managing an existing behavioral health condition, questions about identity or other issues. BHCS provides time-limited counseling services, limited crisis support and outreach and referral services. BHCS does not provide long-term therapy, psychiatric medication or on-call or after-hours services. Currently enrolled students, whom have paid the semester's health fee, are eligible for services.

Risks and Benefits of Therapy: Mental health counseling can have both benefits and risks. Participating in counseling may include reduced stress and anxiety, a decrease in negative thoughts and self-harming behaviors, improved interpersonal relationships, increased comfort and success in social, school and family settings or solutions to specific problems. There is no guarantee that counseling will "cure" or improve any condition.

Participating in counseling may also include discussion of personal challenges and frustrations, an increase in uncomfortable feelings such as sadness, guilt, anger or frustration or remembering and discussing unpleasant events. These experiences are considered a normal aspect of counseling.

Confidentiality: The information disclosed by the client is generally confidential and is not be released to any third party without written authorization from the client and/or the client's Representative.

EXCEPTIONS – BHCS HAS A LEGAL RESPONSIBILITY TO DISCLOSE INFORMATION WITHOUT YOUR PERMISSION AS FOLLOWS

- You are likely to harm yourself or someone else or are a danger to the college community.
- A family member/faculty or other college employee informs BHCS that you are a threat to yourself or someone else or are a danger to the college community.
- Reasonable suspicion of the abuse or neglect of minors exists, including sexual exploitation as defined by AB 1775.
- Reasonable suspicion of the abuse or neglect of dependent adults or the elderly exists.
- A valid court order is issued or for the disclosure of your records or required pursuant to a legal proceeding.
- Federal officials conducting national security and intelligence activities may require disclosure of a client's records. By law, BHCS cannot reveal if such a disclosure has occurred.
- Inability to care for yourself regarding food, clothing or shelter.

Note: To ensure the coordination of care and safety for the student/client and the Palomar College community, especially in cases in which the client is a danger to self or others; BHCS clinicians reserve the right to consult with appropriate administrators within department of student services and campus police.

Services:

Intake Appointment

During your first meeting, a counselor will review the concerns and circumstances with respect to your personal history to help understand what led you to seek counseling services. The goal of this session is to decide on a course of action that is clinically suitable and best meet your needs. This may include the following results: your concern has been resolved and you choose not to schedule further counseling, you may be provided other on-campus and/or off-campus resources, or continued services with a therapist at BHCS may be scheduled.

Duration/Type of Services

BHCS incorporates a brief therapeutic model with an emphasis on developmentally oriented therapy directed at helping students succeed in the college environment. A clinical assessment completed by the BHCS counselor/supervisor will determine the number of counseling sessions. When specialized or longer-term services are determined to be appropriate, we can assist in making referrals to off-campus professionals. No counseling will be conducted via email. Counselors do not provide excuses for missing classes. Counselors are not able to be included as personal or professional references for job or school related applications, or provide recommendation letters for students who are clients at BHCS. BHCS does not provide psychological testing; learning disability related testing, and letters endorsing an emotional support animal. No childcare or supervision of minors is available in BHCS, so clients need to attend appointments without minor children being present.

Crisis Policy and Emergencies

In the event of a presenting crisis or emergency, any or all appointments may be shortened or rescheduled. BHCS does not provide afterhours services including Crisis Services. If you are in a crisis or have an emergency, please call:

ON CAMPUS - Campus Police 760-891-7273
OFF CAMPUS - San Diego County Crisis Line 1-888-724-7240 or 911

Scheduling and Cancellation Policy

Please arrive on time for your appointment. If you are unable to keep your appointment, please call to cancel and/or reschedule. We try to arrange initial counseling appointments promptly; however, a wait for appointments is common during busy periods of the year. If you consider your situation an emergency, please let our staff know. It is best to schedule appointments during non-class times.

Billing and Fees

All students who are currently enrolled in classes and have paid the student health fee may utilize BHCS services at no cost.

NOTE: A "no show" fee of \$5.00 will be charged to established clients (clients whom have signed the INFORMED CONSENT) that do not show up for a scheduled appointment and have not called to cancel or reschedule the appointment. If a student is late to their appointment by 10 or more minutes, the staff reserves the right to cancel the appointment and count it as a "no show". Three "no-show" appointments within the academic semester disqualifies you from receiving on-campus therapy appointments for the semester. However, students will remain eligible for crisis appointments and referral services to off-campus resources.

_____ Please initial if you consent to the submission of Information necessary for statistical, licensure, funding and billing purposes, including Medi-Cal and/or LEA Medi-Cal billing option through electronic, paper or computer media.

Hours of Operation/Location

SAN MARCOS CAMPUS

Monday – Thursday 8:00-6:00 pm
Friday 8:00-3:30 pm
NB Building – Room 2
(760) 891-7531

ESCONDIDO CAMPUS

Tuesday 1:00-6:00 pm
Escondido Center
Student Health Clinic – Room 203
(760) 891-7532

SOUTH CENTER –

RANCHO BERNARDO
Tuesday 11:00-6:00 pm
Health Services – 1st floor
(858) 675-6676

CONSENT STATEMENT: I understand that all services provided by Palomar College, Student Health Center-BHCS are confidential and that information contained therein will only be released upon my written consent.

Please sign below to indicate that you understand the above policies, and have had the opportunity to ask questions and agree to participate in mental health counseling in accord with these policies.

Signature of Client and Printed Name

Date

Behavioral Health Counselor’s Signature and Printed Name

Date