Office of Counseling Services

Flexible Stepped Care Model:

Therapeutic options for students

Step 1 Initial Appointment
Includes individualized Care Plan with recommendations for next "steps"

10 — Care Coordination, Stabilization & Referral
- 2-3 Sessions of Crisis Stabilization & Clinical Case Management w/referral for:
  - Long-term therapy, Psychological Assessment,, Recovery Support, Psychiatric Services, etc.

9 — Psychiatric Services
- Time-Limited medication management and psychiatric symptom reduction (**excluding ADHD/stimulants & narcotics**)
- Requires a full diagnostic evaluation with OCS Psychiatrist

8 — Individual Therapy
- Customized session length and frequency
- On-going symptom measurement
- On-Demand option or scheduled
- Service Provision via OCS, CHWC & Mantra Health

7 — Interpersonal Process Groups
- **LGBTQIA+** (HAVEN & Trans* Student IP)
- **WOW** (Women on Wednesdays)
- **Graduate Student** IP
- **Undergrad Student** IP

6 — Brief Therapeutic Interventions & Referral
- **On-Demand option or scheduled single session interventions** (1 Session): Solution & problem focused
- **Same day option or scheduled 60- or 30-minute follow-ups** (2-3 sessions)
- **Referral** to Community Wellbeing & Support Clinic (CWSC); workshops and/or Mantra

5 — Skills-Based Group Therapy
- **Healthy Thinking**
- **Seeking Safety**
- **DBT Skills**

4 — Mental Health Workshops & Self-Serve Wellness Modules
- **Anxiety and Depression Workshops**
- **Self-Paced Online Wellness Modules**
- **Wellness Apps (e.g., Calm.com, CBT-I Coach, Headspace, etc.)**

3 — Peer Support

Peer Support & Mentoring @ ODU
- ODU F1rst Peer Mentors: 1st Gen. Students
- TRiO Student Support Services
- Brother 2 Brother
- **PAVE** Peer Mentoring for Veterans

- Living-Learning Communities
- Themed Living Communities

Student Organizations
- African Caribbean Association
- As(t*)risk Trans* Student Advisory Board
- SAGA & Safe Space
- Black Student Alliance
- Asian Pacific American Student Union
- And more!

2 — On-Campus Supports & Off-Campus Resources

On-Campus Supports
- Office of Educational Accessibility
- Women & Gender Equity Center
- Student Health Services
- Student Outreach and Support
- Student Success Services
- Career Development Services
- Tutoring Central
- Office of Intercultural Relations
- Health Promotion Office
- Housing/Residence Life
- Military Connection Center
- Student Engagement & Traditions
- Center for Global Engagement
- International Student Advising
- University Chaplain's Association

Off-Campus Resources
- LGBT Life Center, Norfolk
- YWCA South Hampton Roads
- Peer Recovery Drop-In Center

1 — Initial Appointment
- **Initial Assessment: 60 minutes**
- **Individualized Care Plan** w/Customized Mental Health Prescription

(e.g., On-Demand/same-day appointments (30-45 minute follow-up), campus support, workshops, group therapy, psychiatric services, etc.)

Resource Intensity/Investment: High — Low

Level of Student Autonomy/Self-Advocacy: High — Low