

high
Resource Intensity / Investment
low

STEPPED CARE MODEL

1 Screening Appointment

Initial Paperwork Same-Day Screening Individualized Recommendations Care Plan

2 Campus Supports

Student Health Services Center for Academic Success Career Development Center
Diversity & Inclusion Accessibility Resources International Student Services & More!

3 Self-Guided/Peer Supports & Seminars

Online, Campus, & Community Resources Self-Help Websites
Single-Session Psychoeducational Seminars

4 Wellness Workshops

3-6 Session Wellness Workshops
Coping Skills for Anxiety, Depression, Stress, Grief, & More!

5 Skill Building Sessions

Academic & Wellness Coping Skill Development

6 Group Counseling

8-14 Session Commitment
Psychoeducational, Support, & Interpersonal Process

7 Individual Counseling

Short-Term Counseling Symptom Measures
Customized Treatment Goals

8 Off-Campus Referral

Specialized, Long-Term Needs
Psychological Testing

high
low Level of Student Autonomy / Self-Advocacy