

SCOPE OF SERVICES

The St. Mary's College of Maryland Wellness Center, comprised of both Counseling and Health Services, is located in Ethel Chance Hall. Phone 240-895-4289.

Services are offered during regular business hours, 8:00am - 5:00pm on weekdays when the College is in session.

COUNSELING

Counseling Services utilizes a brief-therapy model to help students resolve or effectively manage a specific concern, or achieve a desired change in support of their academic and personal goals. Counseling Services also provides consultation, outreach, and referral services. Peer counseling is available. Limited psychiatric services are available for students engaged in counseling at the Wellness Center. Wait-times to meet with the psychiatrist often range from 6-8 weeks.

Students seeking counseling support for the following concerns will benefit from the services offered on campus:

- Difficulties adjusting to college
- Relationship difficulties, including couples' counseling
- Short term issues, even at a crisis level that can be successfully resolved with on-campus supports
- Loss and bereavement
- Family concerns
- Students who would like to begin or continue counseling support for depression, anxiety, or other mood disorders
- Students referred by the SMCM Judicial Board as part of a judicial sanction
- Students who have experienced sexual misconduct, on or off campus, who would like advocacy and trauma recovery counseling
- Students who would like psychiatric medication management with counseling support

Students with the following concerns and characteristics will likely need a different type or level of care. The list below reflects general guidelines and is intended only as a guide.

- a) Students who appear to have longer-term counseling needs:
 - Consistently needing counseling services more than once per week and/or frequent consultation after hours that cannot be stabilized with short-term crisis intervention
 - Active eating disorders requiring extensive medical monitoring
 - Concerns which a brief therapy model of treatment will not appropriately address
- b) Students who need services other than those offered at Counseling Services:
 - Intensive outpatient or inpatient treatment
 - Drug and/or alcohol treatment
 - Medical detoxification and/or medical stabilization
 - On-going mandated treatment
 - Seeking comprehensive psychological assessment or documentation, including the following:
 - Emotional Support Animal requests and Housing Accommodations
 - Diagnoses requiring psychological testing, including learning differences
 - Psychological assessments or evaluations for selection, performance prediction, or forensic purposes (e.g., professional school application, employment security assessment, litigation or legal adjudications)
 - Specialized services beyond the clinical expertise of Counseling Services staff
- c) Students who are unable to comply with treatment (e.g., repeated no shows)
- d) Students who are already receiving ongoing therapy with another mental health provider

HEALTH SERVICES

Health services provides medical care with a provider for minor injuries and illnesses.

Many over-the-counter and prescription medications are available free of charge.

Lab testing that is outsourced will incur costs to the student, either through their insurance or out-of-pocket.

Students are encouraged to seek the care of the Wellness Center for the following:

- Common illnesses and injuries, including but not limited to, concussion/headache, cold symptoms/cough, ear & throat complaints, musculoskeletal injury, sprains/strains, abdominal pain, UTI/STI symptoms, nausea/vomiting/diarrhea, rash, laceration/acute bleed
- Rapid, on-site testing for Flu, Mono, Strep Throat, Covid-19, UTI
- Screening and Treatment for Sexually Transmitted Infections
- Pregnancy testing, Birth Control and Emergency Contraception Consults
- Ordering and Interpreting Lab work and Imaging
- Referrals to specialists or higher levels of care, as needed
- Drawing labs and administering injections from outside providers, excluding allergy shots (order required)
- Covid-19 Clearances
- Sports Physicals
- Education and support for ongoing health conditions

Prescription medications typically dispensed at time of visit. Over the counter medications also available

Certain health concerns require interventions or treatments not available at the Wellness Center. The list identifies some services not offered at the Wellness Center:

- Allergy shots
- On-site imaging (i.e. X-ray, CT, MRI)
- Prenatal or postpartum care
- Surgery
- Addiction or alcohol abuse treatment
- Active eating disorders requiring medical intervention
- Specialized treatment not within the scope of our providers
- Initiation of Hormone Replacement Therapy

Urgent or After-Hours Care

Health Services and Counseling may provide triage and referral to local Urgent Care Centers or the hospital Emergency Department for treatment beyond our scope of practice. Students are encouraged to utilize the Office of Public Safety and local emergency services (911) in a physical or mental health emergency.

Please note that no health or counseling services can be provided when students are off campus during semester breaks or on study tours/study abroad, including renewal of prescriptions. It is our policy to renew prescriptions for students only when they have been seen in person for an appointment. It is the student's responsibility to ensure they make appointments in time to get refills for needed medication and have a plan to cover prescribing over breaks and when abroad.

For any additional needs not listed, please contact the Wellness Center at 240-895-4289.

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