

Wellness Services

Welcome to Wellness Services! We are happy to provide brief counseling and referral services to currently enrolled students. In order to better serve you, we would like to provide you with important information about our services.

Wake Tech does *not* offer intensive psychotherapy or case management. Information concerning community resources is available for students whose needs are beyond the counselor's scope of services. Should an emergency arise, (on-campus) contact Campus Police at 919.866.5911 or (off-campus) Alliance Behavioral Healthcare Crisis & Assessment at 800.510.9132.

- **What should I know about the counseling session(s)?**

Counseling is resourceful and beneficial in helping students address personal and social concerns. Counseling interventions offer potential benefits but also encompass certain risks. These risks include but are not limited to: feelings of guilt, anxiety, anger, and sadness. Despite the risks, counseling may be valuable in enhancing skill development that will ultimately help you achieve your personal and academic goals.

Students are seen for short-term counseling (1-6 sessions) for personal or social concerns that may interfere with their academic success. Students may be seen for additional sessions if separate concerns arise during the semester. This will be determined on a case by case basis and the counselor will discuss this with you. Students who need on-going, therapeutic counseling or intensive psychotherapy are referred to an outside agency.

Counseling sessions are typically 30-45 minutes. If you are unable to keep an appointment, please provide 24 hours advance notice, if possible, or cancel/reschedule your appointment using the online scheduler. Appointments can be made in advance through MS Bookings. Students can meet for virtual and/or in-person sessions. Students choosing teletherapy will need to sign an additional consent form.

If you are dissatisfied with any aspect of the counseling services, please inform the counselor immediately. If you think that you have been treated unfairly or unethically and cannot resolve the problem with the counselor, you may contact Michael Coleman, Dean of Student Engagement and Impact or designee.

- **Are the sessions confidential?**

The content of counseling sessions as well as information about students who seek counseling are kept strictly confidential. Counseling files are not part of academic records and are not accessible outside of Wake Tech unless you provide written permission to release information to a third party.

The general limits to confidentiality include:

1. When students express intent to harm themselves or someone else.
2. When there is reasonable suspicion of abuse/neglect against a minor child, elderly person, or dependent adult.
3. When a subpoena or other court order is received directing the disclosure of information.
4. When consent to release information is signed by the student.
5. When counselor consults with other counseling staff to provide the best possible care.

- **What are Counselors' Credentials?**

Counselors hold a minimum of a Master's degree in Counseling or human services-related field from an accredited educational institution and adhere to their respective code of ethics.

- **How do I contact a Counselor**

You may access a Wellness Counselor in a variety of ways. You may be referred by **faculty, staff, self, or other students**, and may **walk-in, call, or email** a counselor to receive services. If you are experiencing a life-threatening emergency or crisis, you should (on-campus) contact Campus Police at 919.866.5911 or (off-campus) Alliance Behavioral Healthcare Crisis & Assessment at 800.510.9132 or go to the nearest hospital.

In the unlikely event that a counselor is unable to continue the counseling sessions (due to a change in job duties, relocation or illness) another counselor will be assign to work with you.

Contact Information

You may contact a Wellness Counselor at 919.866.5405 (Main and RTP), 919-532-5796 (Northern Wake and PHS), or wellness@waketech.edu. Services are available on the following campuses:

<u>Main</u>	<u>RTP</u>	<u>Northern Wake</u>	<u>PHS</u>
Monday, Tuesday, Thursday, Friday	Wednesday	Monday, Tuesday, Thursday, Friday	Wednesday
SL 128D	RT1 326S	ND 425	HA 111

If you do not receive a response from the Wellness Counselor please contact:

Michael Coleman, Dean of Student Engagement and Impact at 919.866.6226 or mccoleman@waketech.edu

Acknowledgement

I have read the Disclosure Statement in its entirety and discussed this information with my counselor. I have been given the opportunity to ask questions and discuss any concerns about these matters. I understand the risks and benefits of counseling, the nature and limits of confidentiality, and what is expected of me as a recipient of Wellness Counseling and Referral Services.

Print : _____

Signed: _____

(Student)

Date _____

Signed: _____

(Counselor)

Date _____

Note: Wellness Services are available on other WTCC campuses as needed.