UWF Counseling and Psychological Services Stepped Care Model

uwf.edu/counseling

	7 Off-Campus Referrals	Gulf Coast Sexual Assault Program Lakeview Community Health Northwest Florida <i>Counseling, Medical and Dental</i> Personal insurance website	Private practices on referrals list Psychologytoday.com Vocational Rehabilitation
	6 Clinical Services	Crisis Management Psychiatry Group/Individual Therapy Biofeedback roblem-solving / Brief solution-focused sessior	1
Re to		ccess Workshops hops Peer Wellness programs oups (FREE) Student Organization Togetherall	UWF peer support groups 12 Step Program
3 Self-Help Practice		Meditations on CAPS Facebook Mental Health Screenings Self-help practices and Psychoeducation	TAO
2 Referrals to Campus Support	Advising Argos with Autism Campus Culture and Access <i>including Student Ombuds and Title IX</i> Campus Ministries Career Development and Community Engagement Center for Academic Success <i>including Tutoring and Learning Resource</i>	Dean of Students Office including Argo Pantry Financial Aid Housing and Residence Life (RAs) International Affairs Military and Veteran Resource Center Office of Academic Advocacy and Graduation Success	Recreation and Wellness Student Accessibility Resources Student Engagement Student Health Services Emerald Coast Campus Resource TRIO

Level of Student Autonomy / Self-Advocacy