Updated December 20, 2024

UNIVERSITY of WEST FLORIDA

UWF Counseling and Psychological Services Stepped Care Model

uwf.edu/counseling

High

Intensity

Low

7 Off-campus Referrals

- ☐ Gulf Coast Sexual Assault Program
- ☐ Lakeview
- ☐ Community Health Northwest Florida Counseling, Medical and Dental
- ☐ Personal insurance website
- ☐ Private practices on referrals list
- ☐ Psychologytoday.com
- ☐ Vocational Rehabilitation
- ☐ _____

6 Clinical Services

- ☐ Crisis management
- ☐ Psychiatry
- ☐ Group/individual therapy
- ☐ Biofeedback
- ☐ Problem-solving/brief solution-focused session
- ☐ _____

5 Face-to-face Psychoed

- ☐ Academic Success Workshops _____
- ☐ CAPS Workshops _____
- ☐ _____

4 Referral to Peer Support

- ☐ Active Minds
- ☐ Livewell Depression Groups (FREE)
- ☐ NAMI
- ☐ Peer Wellness programs
- ☐ Student Organization
- ☐ Togetherall
- ☐ UWF peer support groups
- ☐ 12 Step Program _____
- ☐ _____

3 Self-Help Practice

- ☐ Apps, websites and books
- ☐ CAPS self-help page
- ☐ LinkedIn courses
- ☐ Meditations on CAPS Facebook
- ☐ Mental Health Screenings
- ☐ Self-help practices and psychoeducation
- ☐ TAO by Uplift
- ☐ _____

2 Referrals to Campus Support

- ☐ Advising
- ☐ Argos with Autism
- ☐ Office of Campus Culture and Access including Student Ombuds and Title IX
- ☐ Campus Ministries
- ☐ Career Development and Community Engagement
- ☐ Center for Academic Success including Tutoring and Learning Resources
- ☐ Dean of Students Office including Argo Pantry
- ☐ Financial Aid
- ☐ Housing and Residence Life (RAs)
- ☐ Office of 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 Resources
- ☐ TRiO Student Support Services
- ☐ _____

1 Triage Appointment

Optional: Schedule a Triage Session to help you identify the level of care that meets your individual needs.

High — *Level of Student Autonomy/Self-advocacy* — Low