Stepped Care Model

CENTER FOR HEALTH & WELL-BEING

SWOSU™ Southwestern Oklahoma State University

11 Emergencies/Crisis
- Seek Immediate Help
- Call 988
- Campus Police 580-774-3111
- Crisis Text Hotline 741741
- Suicide Prevention Lifeline 1-800-273-8255
- Seek Care at Hospital 580-772-5551

10 Off-Campus Referral
- Intensive, Specialized, or Long-term Treatment
- Psychological Testing
- Court-ordered Treatment

9 Individual Therapy
- Accessible by Computer, Tablet, or Smartphone
- Face-to-Face Crisis Management
- Customized Session Length & Frequency
- Customized Treatment Goals

8 Monitoring
- Reassessment
- Continued Monitoring & Case Management

7 Group Therapy
- 4-14 Week Commitment
- In-depth Education, Exploration, & Group Support
- Eight Dimensions of Wellness

6 Problem-Focused Session
- Single Session
- One Problem, One Solution

5 In-Person Psychoeducation
- Emotional Wellness Workshops
- Flourishing Courses: EDPSY 3423 Foundations of Wellbeing/EDPSY 3523 Individual Wellbeing
- Beat Stress for Academic Success

4 Self-Help Resources (timelycare)
- TimelyCare
- Apps & Websites
- Wellness Room/Mindfulness
- Self-Guided Supports

3 Peer Supports
- Active Minds
- Retention Academic Coaches
- Clubs & Organizations
- Student Mentors
- Relaxation Station
- Stress Management
- TimelyCare

2 Campus Supports
- Career Services
- Group Fitness
- Health Services
- Residence Life
- Academic Support Center
- Community Campus Ministries
- Student Mentors
- Counseling Center
- Diversity & Inclusion
- International Students
- Wellness Center
- Dean of Students
- Academic Advisors
- TimelyCare

1 Screening
- Triage & Assessment
- Success Action Plan
- Initial Paperwork
- Same-Day Screening

Time & Energy Invested by Staff: HIGH – LOW

Level of Student Autonomy/Self-Advocacy: HIGH – LOW

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