

Student Health and Counseling

Background

The Health and Counseling component of the Comprehensive Fee was instituted in the fall of 1991 by the SUNY Board of Trustees in an effort to provide health services to SUNY campuses. Stony Brook's services include health care, counseling, wellness promotion and accessibility resources provided respectively through the offices of Student Health Services (SHS), Counseling and Psychological Services (CAPS), Center for Prevention and Outreach (CPO) and Student Accessibility Support Center (SACS).

- ***Student Health Service (SHS)*** is committed to providing quality, comprehensive medical services and education to support the development and academic success of undergraduate, graduate and professional students. Services include primary clinical offerings as well as tobacco cessation and nicotine replacement therapy; specialty health/medical care clinics such as travel medicine, dermatology, women's health; nutrition consultations and programs; and in-house laboratory services and pharmacy.
- ***Counseling and Psychological Services (CAPS)*** offers confidential mental health services to enrolled students which include crisis intervention, personal counseling for individuals, couples, and groups; psychiatric consultation and medication management; and assistance with referrals to community resources. CAPS services help students acquire skills and attitudes for resolving personal and social problems, achieving success in the college environment, and pursuing productive and satisfying lives. Emphasis on increasing student access to services has led to the adoption of a 24-hour counselor support line (CAPS After Hours), and expansion of community-based programming including Let's Talk, Mindfulness Meditation and Animal-Assisted Therapy.
- ***Center for Prevention and Outreach (CPO)*** is the health promotion and harm prevention arm of Stony Brook's Health and Counseling offerings. A combination of strategies are utilized to support student safety and improve personal and public health, including population-level implementation of behavioral change strategies, health education and protection measures, and risk detection and response through bystander intervention programs (Red Watch Band, Green Dot, QPR Suicide Prevention Gatekeeper Training) that incorporate vibrant peer-education components. Inclusive of CPO is a complainant navigator who provides upon request confidential support and resources to individuals that have experienced sexual or interpersonal violence.
- ***Student Accessibility Support Center (SASC)*** is the University's center for coordinating the provision of academic adjustments and auxiliary aids to ensure accessibility and usability of all programs, services, and activities across the institution. SACS values self-empowerment, self-direction, and self-determination and serves as a resource for students and advocates for a campus environment that meets the needs of students with disabilities.

Student Benefits/Impacts

The Health and Counseling Fee provides the following benefits to students:

- Progressive and comprehensive service portfolio utilizing integrated and team-based health delivery models to address multiple dimensions of student wellbeing: behavioral, physical, emotional, special need, and community-focused health.
- Significant offering of preventive services and outreach to address potential needs as well as at-risk populations.
 - Data driven approaches to strategic planning in addressing needs, campus health priorities, access, and outcomes.
 - Prevention, intervention, and post-vention targeted at problems related to alcohol and other drug use, sexual violence, as well as depression and suicidality. Programs utilize best-practices across multiple disciplines to increase awareness, provide protective bystander skills training, and health education that relates individual-level issues to population-level problems.
 - Tailored services and programming to first year students, international students, residential and commuter students, fraternity and sorority students, and student athletes.
- Linkages and collaboration with departments across the institution to provide programs and services that develop in students' academic coping skills, resiliency, and career decision making that promote graduation success in four years.
- Accessibility aids, services and modified conditions for accessing physical facilities, classroom activities, and course requirements.
 - Reasonable modification of University policies, practices and procedures as needed to assure nondiscrimination on the basis of a disability.
 - Accessibility information consultation to faculty and staff as well as external agency referrals.
- Provide university and student compliance with New York State Public Health Law on enrollment immunization requirements; Federal regulations regarding Drug Free Schools (alcohol, tobacco, marijuana and other drugs) and the Campus Sexual Violence Elimination Act (rape, sexual assault and other sexual violence) – SaVE.

Student Access

The Health and Counseling Fee provides the following access to students:

- Direct support and care (one-on-one)
- Individual, couples and group counseling services
- Provide year-round after-hours crisis intervention and consultation
- Programming and outreach offered in a variety of campus locations
- Provide supervised training opportunities for students in social work, psychology graduate programs, health sciences, residency rotations and nutrition services

Over this past year, programs to increase access to care have expanded, including offering a Nurse Practitioner Clinic, PreP (HIV Prophylaxis), and a dietician on site for free consultation. To meet ever increasing student demand, we have also expanded hours of availability and bolstered afterhours services such as our medical advice line and CAPS After Hours. Our Animal Assisted Therapy and bystander prevention programs have also been offered with increased frequency due to student interest.

