

# PSYCHOLOGICAL COUNSELING CENTER



New Paltz  
STATE UNIVERSITY OF NEW YORK

## **THE MISSION OF THE PSYCHOLOGICAL COUNSELING CENTER (PCC)**

The Psychological Counseling Center (PCC) provides preventative and clinical services to the diverse SUNY New Paltz community. The PCC promotes retention of students through interventions designed to enhance their psychological, emotional, social, and intellectual well-being.

The PCC practices in alignment with the Diversity and Inclusion Mission of SUNY New Paltz, and holds a commitment to anti-racist and anti-oppressive values.

We pledge to support our students using interventions that are inclusive and respectful of diverse experiences, including race, ethnicity, gender, sexuality, ability, religion, culture, national origin, military service and veteran experience, and economic status.

PCC services are for currently registered students and are provided at no cost. See our website for additional information about all services described below.

## **WHO WE ARE**

The PCC is staffed by a multi-disciplinary, multi-cultural, and diverse team of licensed clinical social workers, mental health counselors, psychologists, and consulting psychiatrists. The PCC staff has specialized clinical and experiential expertise that is tailored to meet the varying needs of the New Paltz student body.

The PCC serves as a highly competitive training site for graduate Masters programs in Mental Health Counseling and Social Work. All counseling provided by clinical interns is performed under close supervision of licensed clinicians.

## **TO SCHEDULE AN APPOINTMENT**

Currently registered students may call or walk into the PCC to arrange an appointment. All non-crisis services begin with a 1-hour intake session to discuss present and historical stressors, which then informs the creation of a collaborative plan for treatment between clinician and student. Based on this assessment, a determination will be made as to which service is most appropriate for intervention — individual therapy, group therapy, psychiatric consultation, or the provision of referral resources.

Students presenting with urgent needs do not need to schedule an intake appointment, and instead may call or walk into the PCC for crisis support.

## **INDIVIDUAL THERAPY**

The PCC offers the opportunity, when clinically appropriate, for a student to engage in brief psychotherapy with a PCC clinician. During the course of this treatment, students are expected to attend sessions as scheduled, and to actively engage in achieving their treatment goals. Brief psychotherapy is common across college counseling centers, and students may be seen for up to 8 sessions per academic year.

## **GROUP THERAPY**

The PCC offers several groups for students who may benefit most from processing their stressors/anxieties with peers of similar life experience. Group topics are informed by the presenting needs of the New Paltz student body and may vary semester to semester. Current offerings may be found on our website and/or social media.

## PSYCHIATRIC CONSULTATION

The PCC offers psychiatric consultation services and short-term medication management to students who are current clients at the Counseling Center. To be eligible for psychiatric services through the PCC, a student must first meet with a PCC clinician to be referred. The PCC does not dispense medications—prescriptions must be filled at an off-campus pharmacy and students are responsible for the cost of filling their medication.

## REFERRAL SERVICES

Sometimes, a student's needs may best be addressed by external providers. The PCC staff is trained to assess the specific needs and best-fit services for a student seeking support. When referral to an outside resource is clinically determined, the PCC staff will assist a student in connecting to appropriate referral sources that specialize in the student's main presenting stressor.

## CRISIS INTERVENTION

Mental health resources on campus are especially designed to respond to student needs during times of extreme duress/crisis. A PCC clinician is always on-call to respond to these needs.

When a mental health crisis arises during working hours (M-F 8:30am-5pm), students should contact the PCC by calling (845) 257-2920 or by going directly to the PCC office, and requesting a same-day appointment. For crisis support after hours and on the weekend, students should call the PCC and follow the automated prompts to reach our answering service. The answering service will in turn alert a PCC clinician to return the student's call promptly.

For crises involving an immediate threat to life for self or others, students are encouraged to call University Police at (845) 257-2222, or 911.

## OUTREACH / EARLY INTERVENTION

"Let's Talk" is a weekly 2-hour outreach program, located in the Student Union Building, where students can drop-in for one-on-one, informal conversations with PCC clinicians. No appointment is necessary; "first-come, first served."

Workshops and tabling activities designed to foster students' personal growth and academic success are conducted in areas in which students typically congregate, such as the Student Union, library, and residence halls.

## OASIS / HAVEN (PEER CRISIS SUPPORT)

**Location: Lenape Hall (North Entrance)**

Oasis: (845) 257-4945

Haven: (845) 257-4930

OASIS/HAVEN is an affiliate program of the PCC. This crisis intervention center and telephone hotline is staffed by student volunteers trained to respond to student mental health needs. Training includes suicide/crisis response and Title IX protocol.

OASIS provides support for stressors, including depression, anxiety, substance use, friend/family conflicts, etc. HAVEN provides specific support for students who have experienced sexual assault, rape, and non-consensual sexual experiences.

OASIS/HAVEN operates 7 days per week when classes are in session, and works on a late night schedule (typically 8pm-12am).



## **PSYCHOLOGICAL COUNSELING CENTER**

Division of Student Affairs

**Gweneth M. Lloyd, D.S.W., LCSW-R**

Director

**845-257-2920**

Monday – Friday

8:30 a.m. – 5:00 p.m.

Student Health and Counseling Center

State University of New York at New Paltz

1 Hawk Drive

New Paltz, NY 12561-2443



@newpaltzpcc

**[www.newpaltz.edu/counseling](http://www.newpaltz.edu/counseling)**



**New Paltz**  
STATE UNIVERSITY OF NEW YORK