Stepped Care Model

1. Screening
   - triage & assessment
   - action plan

2. Referral to campus supports
   - Campus Ministries
   - Career Center

3. Referral to peer supports
   - Peer Listener Program
   - Active Minds

4. Self-help psychoeducation
   - apps & websites
   - TAO modules

5. In-person psychoeducation
   - Emotional Wellness Workshops
   - Thrive! Seminars

6. Therapeutic consultation
   - single session
   - one problem, one solution

7. Group therapy
   - 5-14 week commitment
   - in-depth education, exploration, & group support

8. Online therapy
   - weekly videoconference sessions
   - TAO modules, logs, mood surveys, text reminders

9. Individual therapy
   - customized session length & frequency
   - ongoing symptom measurement
   - requires full diagnostic assessment

10. Off-campus referral
    - intensive, specialized, or long-term treatment
    - psychological testing

Level of Student Autonomy/Self-Advocacy

Time & Energy Invested by Staff

HIGH

LOW

• customized session length & frequency
• ongoing symptom measurement
• requires full diagnostic assessment

• intensive, specialized, or long-term treatment
• psychological testing

• single session
• one problem, one solution

• 5-14 week commitment
• in-depth education, exploration, & group support

• weekly videoconference sessions
• TAO modules, logs, mood surveys, text reminders

• custom...