**Stepped Care Model**

- **Screening**
  - triage & assessment
  - action plan

- **Referral to campus supports**
  - Campus Ministries
  - Career Center
  - Group Fitness
  - Health Services
  - Intercultural Student Development
  - Mentoring Program
  - Residence Life
  - Student Success

- **Referral to peer supports**
  - Peer Listener Program
  - Student Orgs

- **Self-help psychoeducation**
  - apps & websites
  - TAO modules

- **In-person psychoeducation**
  - Emotional Wellness Workshops
  - Thrive! Programming

- **Therapeutic consultation**
  - single session
  - one problem, one solution

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

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

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

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

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**Level of Student Autonomy/Self-Advocacy**

**Time & Energy Invested by Staff**

- **HIGH**
  - Campus Ministries
  - Career Center
  - Group Fitness
  - Health Services
  - Intercultural Student Development
  - Mentoring Program
  - Residence Life
  - Student Success

- **LOW**

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