Center for Counseling and Well-Being

STEPPED CARE MODEL

10. Off-campus Referral
   - Intensive, specialized, or long-term treatment
   - Psychological testing

9. Individual Therapy
   - Customized session length & frequency
   - Ongoing symptom measurement
   - Requires full diagnostic assessment

8. Monitoring
   - Reassessment
   - Continued monitoring & case management

7. Group Therapy
   - 7-14 week commitment
   - In-depth education, exploration, & group support

6. Problem-focused sessions
   - Single session
   - One problem, one solution

5. Face-to-face Psychoeducation
   - CCWB WELLNESS WORKSHOPS OR GROUPS
   - Walk-ins for Check-ins - Case Management - Skills Coaching
   - Outreach Presentations

4. Self-help Practice & Psychoeducation
   - TAO - Therapy Assisted Online (thepath.taocnect.org)

3. Referral to Peer Support
   - Student Organizations - Community Peer Groups (SMART, DBSA, Equality Center, DBT Institute, etc)
   - Stress Paws - UCO psychology clinic groups - Peer Health Leadership

2. Referral to Campus Support
   - HEALTH PROMOTION PROGRAMS
   - Student Organizations - Residence Life - Title IX - Student Success - Case Management - BELL
   - Career Development - Diversity & Inclusion - Student Support - DSS - Money Coaching

1. Walk in Access
   - Triage/Assessment - Resource Exploration - Self Help
   - Goal Development - Success Planning
   - EXPLORING CHOICE & NEED

Level of Student Autonomy/Self Advocacy

LOW

Time & Energy Invested by Staff

HIGH

Student and Staff Monitoring

LOW