STEPPED CARE MODEL

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

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

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

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

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

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

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

8. Monitoring
   - Reassessment
   Continued monitoring & case management

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

LOW

Level of Student Autonomy/Self Advocacy

HIGH

Time & Energy Invested by Staff

Student and Staff Monitoring