



Mission:

The mission of the Counseling staff(s) is to help students resolve personal difficulties that may interfere with optimal personal and academic functioning; and acquire the skills, attitudes, abilities, and knowledge that will enable them to attain educational and personal goals. The counselor(s) foster a culture where help seeking behavior is normal, encouraged, and supported across campus and the greater community.

Services Provided:

1. Confidential clinical services that help students achieve their academic and personal goals.
2. Education, training, and support to the campus community regarding the needs of students through outreach, programming, and consultation.
3. Prevention programming on range of behaviors pertinent to college population including: high risk alcohol/drug use, domestic and dating violence, suicide prevention.

Eligibility for Services:

Our services are available to all enrolled Lake Area Technical College students whose concerns fall within a range of our scope of practice.

Confidentiality and Limitations:

All contacts with the Counselor(s) are confidential and remain separate from academic records. Staff will not release information about students without written permission unless situation warrants as outlined in the Informed Consent, or as required by lawfully issued court order with appropriate notice to the student.

Issues commonly addressed through brief individual or group counseling:

- Academic related issues
- Mood or self-esteem issues
- Relationship issues
- Adjustment concerns such as dealing with life circumstances
- Grief and loss

Services Limitations:

Some services outside the counselor(s) scope of practice, require specialized providers, or may interfere with our ability to meet many requests for service. Examples included but are not limited to the following: family counseling, significant substance use/abuse, significant disordered eating symptoms, chronic suicidality, or chronic self-injury, psychiatric medication management, court-mandated counseling services (except alcohol diversion programming), assessment for obtaining documentation for academic, employment, or housing accommodations, and comprehensive psychological evaluations. When possible, a referral will be provided.

Denial of Services:

Services may be denied based upon the following situations and will be discussed with the client when possible and referrals will be provided.

- Lack of motivation or engagement in treatment
- Ongoing treatment relationship with another mental health provider
- Inappropriate, harassing, menacing, threatening, or violent behavior(s).

Crisis Counseling and Emergencies:

You may contact the counselor(s) during the Lake Area Tech College's hours of operation if you know someone is in crisis and/or you are uncertain of their ability to keep themselves safe. Counselor(s) are not first responders and are not dispatched off campus to assist with behavioral health crisis. Students who are not willing or unable to get to the counseling office on their own should be referred to Crisis services. (Prairie Lake Emergency Room or call 911 or Human Service Agency 24/7 crisis line: 605-886-0123)

Health Offerings:

Telehealth sessions may be available and appropriate during instances where the student or counselor is unable to attend face-to-face sessions due to health concerns or other mitigating factors. This is provided via a HIPPA compliant platform which offers security features to ensure confidentiality for the student. Some limitations of telehealth include:

- Students who are outside of South Dakota at the time of the counseling session due to restrictions with counselor licensure.
- Acute distress as telehealth is not advisable as in person contact is required for adequate evaluation.

Consultation:

The counselor(s) is available to receive information regarding students who may need support and /or behavioral health care. Once the Consent (for therapeutic services) form is signed by student, due to confidentiality, the counselor(s) will never indicate if the student is receiving services. The information collected will never be shared unless a Release of Information is signed by student.

Outreach and Education:

Classroom presentations, student organizations and department meetings are opportunities to normalize help seeking behavior(s), build relationships, and encourage a healthy concept of behavioral health and prevention programming. For group or class presentations, please email counselors@lakeareatech.edu. During peak times or when staffing is limited, we may restrict our availability for requests as we are required to prioritize individual counseling services for students.

Hours of Operation:

The NET is open during regular business hours all year long. There may be periods of office closures or counselor(s) unavailability but can always be contacted via email or phone.

Fees for Services:

Mental health services and consultations are provided to all eligible Lake Area Tech College students **FREE of charge and will not be billed to insurance.**

Counselor(s):

Counselor(s) employed by Lake Area Technical College are licensed by the South Dakota Board of Examiners for Counselors and Marriage and Family Therapists. This government entity enforces the code of ethics as published by the American Counseling Association (ACA). A copy of the code of ethics can be found by visiting the website: <https://www.counseling.org/resources/aca-code-of-ethics.pdf>

