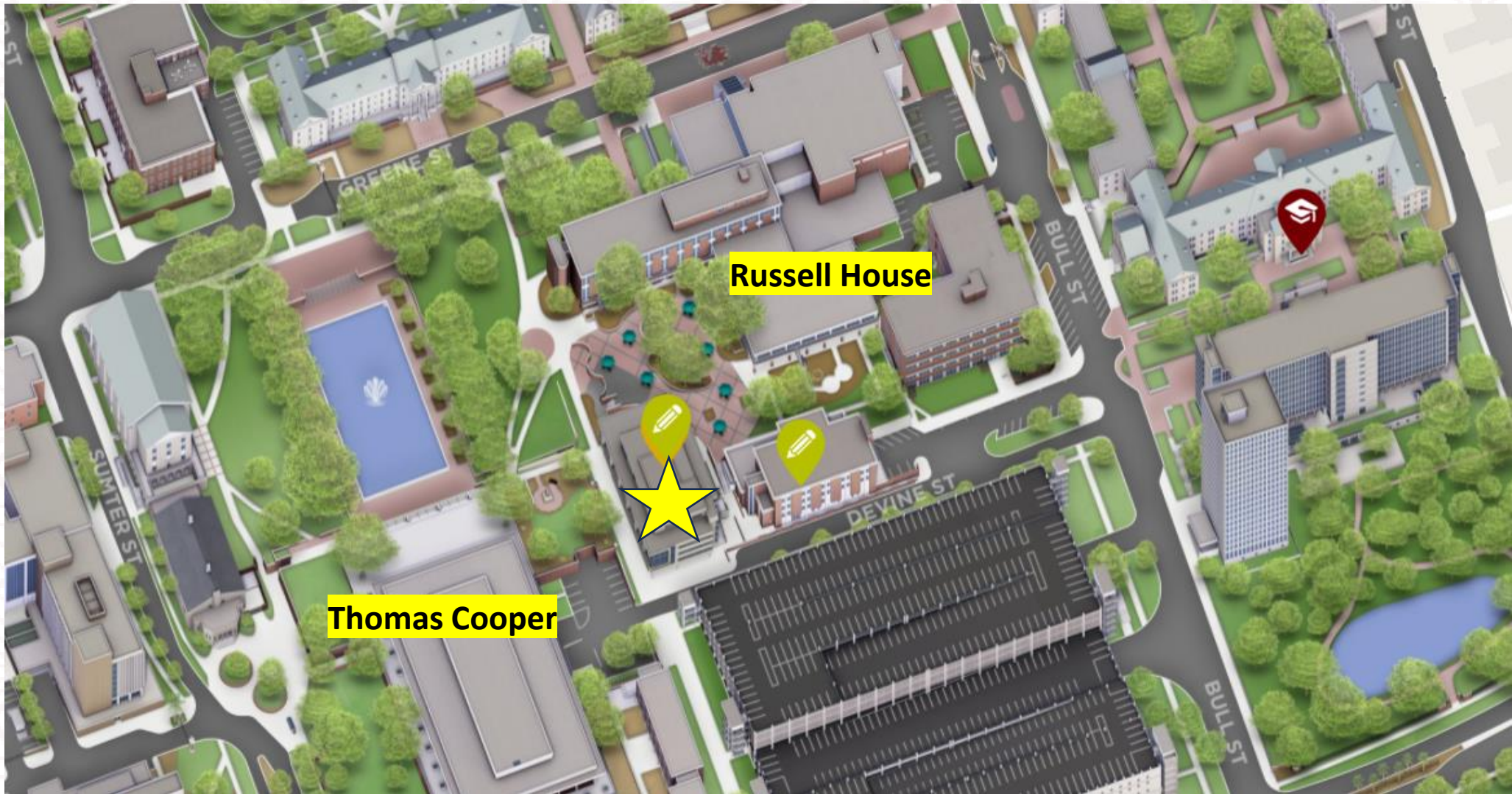




# Counseling & Psychiatric Services

Spring 2025



Where are we located?



**Student Health and Well-Being**  
UNIVERSITY OF SOUTH CAROLINA

# Who Are We?

A multidisciplinary team comprised of:

- Licensed Psychologists
- Licensed Professional Counselors
- Licensed Independent Social Workers
- Case Managers
- Doctoral Interns
- Master's Level Trainees



# Who do we serve?

- We serve undergraduate, graduate, and non-traditional students
  - We do not serve faculty/staff
- Averaged 3,100 students/academic year over the past 2 years (not including the Summer)
- 2,032 unique students this past Fall semester



# How do students enter our services?



Initial Consultation –  
**web-bookable** on My  
Health Space or by calling  
803-777-5223



Referral from Primary  
Care, Women's Care, or  
Sports Medicine



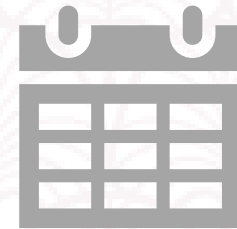
Walk-in, Same Day Single  
Sessions



# Urgent Appointments



**Walk-in hours are first come first serve,  
Monday through Friday from 12 PM – 4 PM**



**Same Day Single Session Appointments**

Web-bookable on My Health Space  
Can be scheduled by telephone 803-777-5223



# Initial Consultation

Complete appropriate consents and screening measures

Evaluation with a CAP provider to determine needs

Referral to appropriate resources

Collaboration with student for next steps



# Where Might Students Be Referred?

Academic Resources:  
Student Success  
Center, Academic  
Advisor

Groups: Skills-based,  
Support, Workshops

TAO (Therapy  
Assisted Online)

Individual Counseling  
within CAP

Health Campus  
Initiatives: Wellness  
Coaching, Stress  
Management, Nutrition

Individual Counseling in  
the larger community

Higher Level of Care:  
hospitalization,  
intensive outpatient, or  
partial hospitalization

Psychiatric Services

Center for Health and  
Wellbeing: Primary  
Care, Womens Care,  
Sports Medicine





# Groups

Managing Strong Emotions (Formerly called Thrive – Dialectical Behavioral Therapy)

Taming Your Worry (Acceptance & Commitment Therapy)

Overcoming Social Anxiety

Mood and Food

Losing Doubt

Stronger Together (Trauma Survivor Support Group)

Graduate level Interpersonal Process Group

Strixhaven on the Spectrum

Drop Ins

- The Living Room (formerly Blackspace)
- Soul Sisters
- IRIS Support Space (awaiting final name)



# Therapy Assisted Online (TAO) Coaching



## What Is TAO

TAO includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health, wellness, and substance use issues. TAO includes interactive sessions, mindfulness exercises and practice tools all aimed at helping you achieve your goals.



# Individual Counseling at CAP

Short-term solution-based therapy

A-Semester-At-A-Time

Most students seen every 2-5 weeks through the semester



# Individual Counseling in the Community

Sc.thrivingcampus.com

**University of South Carolina** Help Guide

**Near** 1409 Devine Street, Columbia, SC 29208 change

**Availability** Apply  
 Recently confirmed accepting new clients

**Meeting Options**  
 Offers in-person sessions

**Telehealth Options**  
 Include Statewide Telehealth Results

**Practice Areas**  
 Addiction  
 ADHD  
 Adoption related issues  
 Alcohol Misuse or Abuse  
 Anger management  
[show all \(76\)](#)

**Insurances**  
 1199SEIU  
 Aetna  
 Aetna Student Health  
 Affinity Health Plan  
[show all \(183\)](#)

**Approaches**  
 Accelerated Resolution Therapy

**Columbia Northeast Counseling Services, LLC**  
Group practice - 5 more  
Columbia, SC  
Anxiety, Behavioral Issues, Bl...  
Anthem, Beacon, Blue Cross Blu...  
0.47 mi

**Sarah Hall**  
Licensed Professional Counselor  
Columbia, SC  
Anger management, Anxiety, Bod...  
Blue Cross Blue Shield  
0.70 mi

**Sarah Knauer**  
Pre-Licensed Professional  
Columbia, SC  
Anger management, Anxiety, Beh...  
0.68 mi

**Constants Adams**  
Licensed Professional Counselor  
Columbia, SC  
Alcohol Misuse or Abuse, Behav...  
Blue Cross Blue Shield, Cental...

**Map** Satellite  
Map showing various locations in Columbia, SC, including Blythewood, Kilaheo, Pomona, Irmo, Seven Oaks, Derby Terrace, Derrieville, Arcadia Lakes, Acree, Capital View, Horrel Hill, Hopkins, Wadesboro, Springdale, Cayce, Darana, South Congaree, Edmans, and W. The map includes a search bar, zoom controls, and a person icon.



# After Hours Support

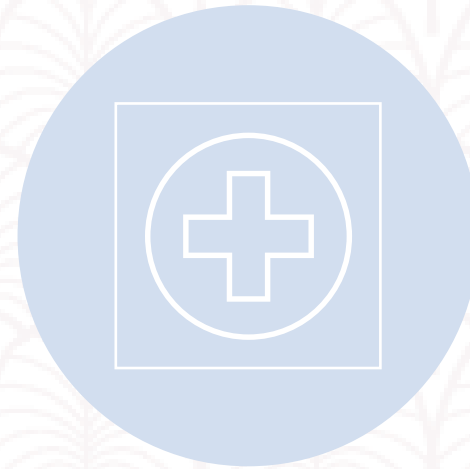
- 24/7 Support line contracted through a 3rd party vendor– 833-664-2854
  - Student can speak with a licensed provider for in the moment support
- Additional hotlines include:
  - 988
  - Trevor Project Hotline – Focus: LBTQIA+ population. Call 1-866-488-7386 or text 'START' to 678-678
  - Asian LifeNet Hotline (24 hours). (Cantonese, Mandarin, Japanese, Korean, Fujianese are offered) - 1-877-990-8585
  - [BlackLine Crisis Line](#) - Focus: Black, Black LGBTQIA+, Brown, Native and Muslim community. Call or text (800-604-5841)
  - [StrongHearts Native Helpline](#) - Focus: Native American or Alaska Natives. Call or text 1-844-7NATIVE (762-8483)
  - The Crisis Text Line offers free support by texting 'HOME' to 741-741



# Higher Level of Care



PRISMA HEALTH



THREE RIVERS BEHAVIORAL



# Psychiatric Services

- Our psychiatric team has two Psychiatric Nurse Practitioners responsible for:
  - Assessing mental health symptoms
  - Diagnosing and prescribing medication, as applicable
  - Managing ongoing medication
  - Can take over med management for students who were prescribed from out of state provider



# Collaborative Care

- The implementation of the collaborative care model within Student Health has allowed more options for our students to have their psychiatric medication needs managed.
- Students can meet with primary care instead of a psychiatric provider for medication management so long as they meet the appropriate inclusion criteria below:
  - Do not plan to follow with a community psychiatrist
  - Mild-moderate depression
  - Mild anxiety
  - Are not having active SI, mania, hallucinations, active substance use, self-harm, personality disorders, or bipolar disorder.
  - No psychiatric hospitalization within the last 2 years.
- Primary Care is also able to offer a bridge of care/30 day supply to students who have an active prescription.





# Other Ways We Are Meeting Needs

- Outreach events to connect and engage
  - Coffee & Conversations with Counselors
- Mental Health First Aid Training for Faculty/Staff
- Embedded Counseling Offices
  - First Gen Center
  - Law School
  - Engineering
  - Global Carolina/ISSS
  - Coliseum/SAPE



# Thank You!

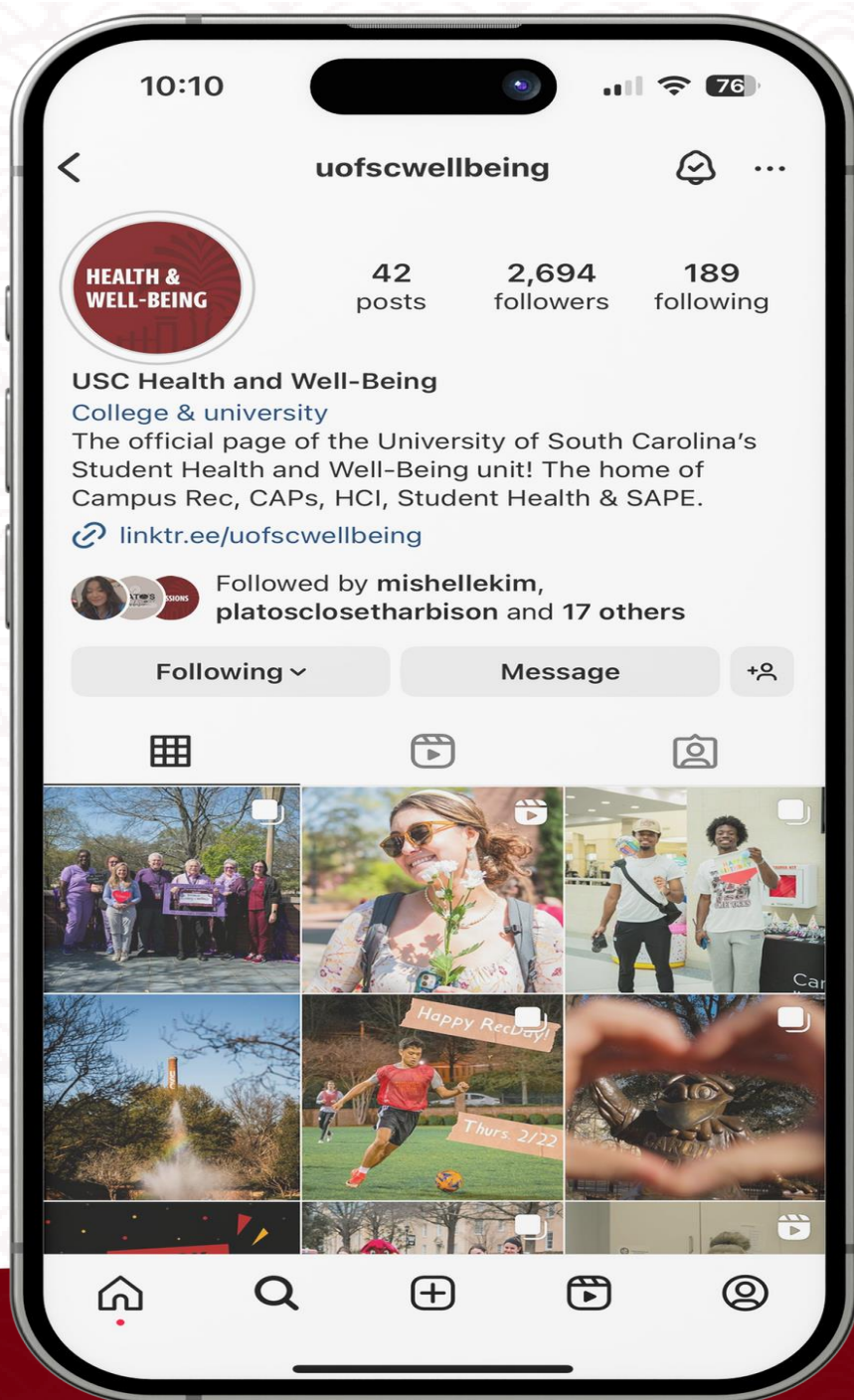
- [CAP Website](#)
- Phone: 803-777-5223
- Book Appointments on [MyHealthSpace](#)

For any questions, please email our Director of Outreach and Campus Engagement, Tiffany Howard ([howardt6@mailbox.sc.edu](mailto:howardt6@mailbox.sc.edu))

## Additional Resources:

- 24/7 Crisis Line: 833-664-2854
- [Thriving Campus](#)
- [The Trevor Project for LGBTQIA+ Support](#) or call 866.488.7386





# STAY CONNECTED!

*For all things health and well-being!  
Updates, events, hours of operation, and lots of  
Gamecock Pride!*



**Student Health and Well-Being**  
UNIVERSITY OF SOUTH CAROLINA

Questions?

