

## Therapy Services at The Student Wellness Centre

### Who works at the SWC?

We are a multi-disciplinary team comprised of the following professionals who work together to offer coordinated care:

- dietitian
- physicians and psychiatrists
- nurses (registered nurses and community mental health nurse)
- therapists (psychology, social work, specialized clinical backgrounds)

### How do I access therapy services?

- In order to access therapy services at the SWC, you must be a student who is currently enrolled in at least one course. In the context of couple's therapy, a non-student partner can be seen with the registered student.
- You may call 306.966.5768 or drop by the 3<sup>rd</sup> or 4<sup>th</sup> Floor, Place Riel Student Centre to request an appointment. If you have not met with one of our therapists in the past (or it has been a year since you were last seen), you will be asked to complete a Student Information Form and meet with an intake therapist. The intake therapist will work with you to determine the best course of action (e.g., referral to a SWC therapist, referral to another U of S or community resource, etc.)
- In the event that you discontinue your studies at the University of Saskatchewan, your therapist can help you to connect with community-based support.

### What do I need to know about my appointments?

- The University provides this service for registered students. You will not be asked to pay a fee.
- Though we do not have a charge for late cancellations or missed appointments, if you do need to cancel or reschedule we request **48 hours notice** to make the appointment available for other students.
- Therapy appointments are in very high demand at the Student Wellness Centre and there are often other students waiting for services. Students are expected to attend their booked appointments consistently. In situations where students do not attend their scheduled appointments or cancel their appointments regularly, they may be asked to speak with the manager of the SWC about receiving further services.
- Appointments are approximately 50 minutes in length.
- Therapists have been trained to use the Partners for Change Outcome Management System (PCOMS). You will be invited to complete two short questionnaires each session. This system provides the opportunity for direct clinical and client feedback over the course of sessions which is important to increase effectiveness.
- Most students typically use 3 to 6 sessions per year, although a maximum of 10 may be offered.

### What happens to the information that I provide in sessions?

- Your therapist will keep a written record of the information you provide and the work completed in each session. Your therapy record will also include information received from other professionals (e.g., referrals) and the outcome of any consultations regarding your care.
- Your therapy notes become a part of your medical record within our secure Electronic Medical Record (EMR) system and will be held indefinitely. Professionals at the SWC and Student Affairs and Outreach utilize the EMR.
- During your first appointment, your therapist will provide you with information about the confidentiality of your record and your options for consent for the sharing of information.

If you have any questions or concerns about your therapy services please contact the Manager of the Student Wellness Centre, Jocelyn Orb at (306)966-5773 or [Jocelyn.orb@usask.ca](mailto:Jocelyn.orb@usask.ca)