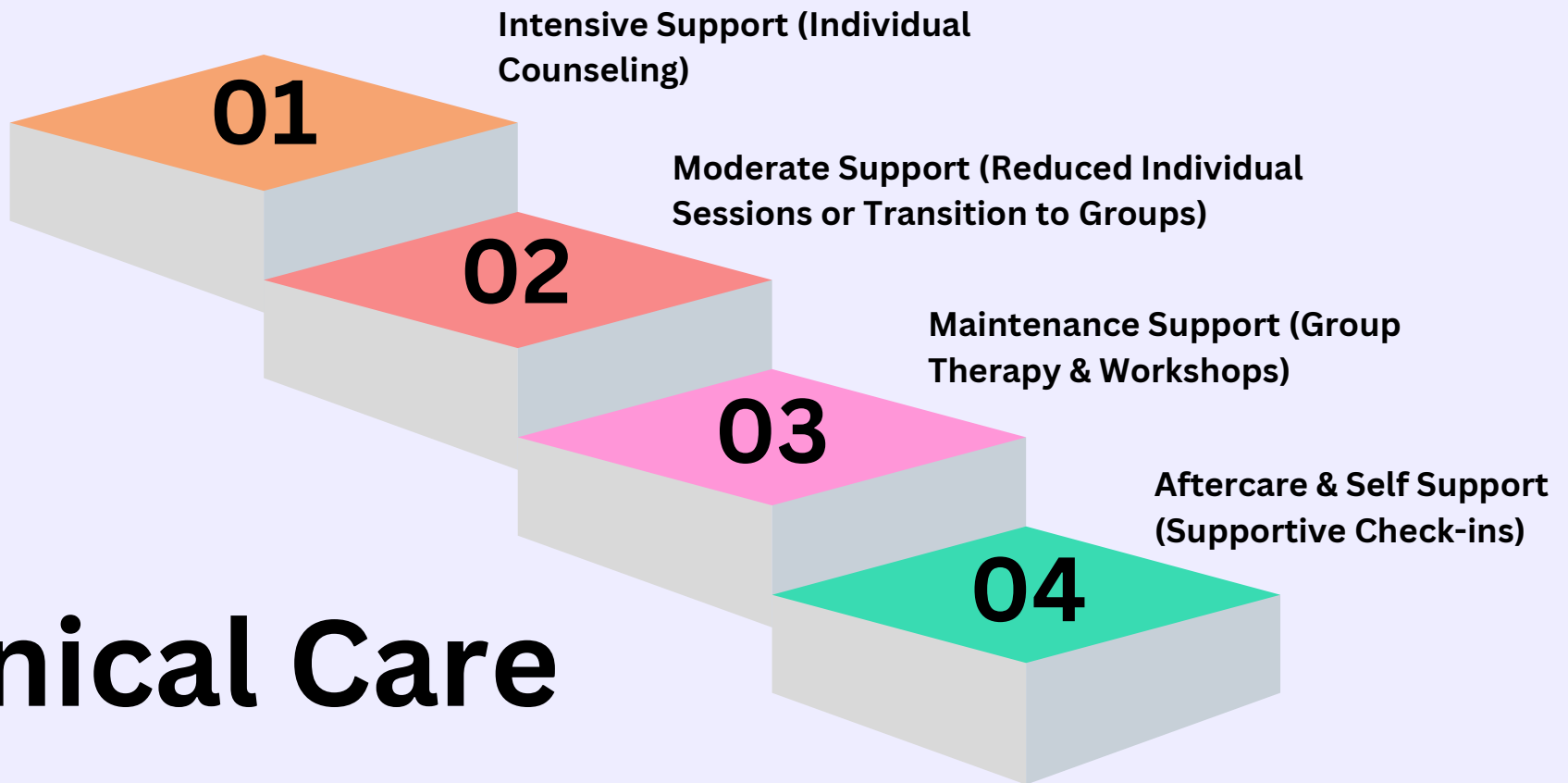


Clinical Care Tier Process





01

Intensive Support

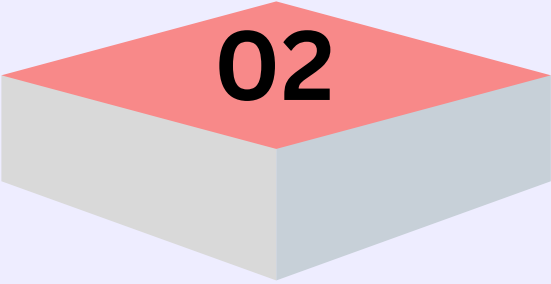
Frequency: Bi-monthly sessions (2x a month or as frequently as needed).

For students who:

- **Acuity:** High severity (e.g., ongoing crises, severe depression, anxiety, suicidal ideation, trauma responses).
- Require constant monitoring and intervention.
- Dealing with recent trauma, high-risk behaviors, or serious mental health conditions.
- Show difficulty functioning in daily activities (academic, social, personal).
- Are actively engaged in crisis management (e.g., suicidal thoughts, self-harm).

Transition Criteria:

- **Acuity Level:** Significant reduction in distress, improved functioning, and stabilization of symptoms.
- **Student Progress:** Demonstrates consistent use of coping skills and willingness to engage in therapy.
- **Timeframe:** Typically after 6–8 weeks, but may vary based on individual needs.



02

Moderate Support

Frequency: Every 3 weeks or once a month (as appropriate).

For students who:

- **Acuity:** Moderate severity (e.g., moderate depression or anxiety, ongoing stressors, some difficulty managing life events, but no active crises).
- Have made progress in therapy but still require regular intervention.
- Struggling with academic or social stressors but not in crisis.
- Starting to show increased self-efficacy, coping skills, and resilience.
- May benefit from group therapy and peer support in addition to or instead of individual sessions.

Transition Criteria:

- **Acuity Level:** Symptoms significantly reduced but still present at a manageable level.
- **Student Progress:** Student can manage day-to-day activities with some support and demonstrates autonomy in coping strategies.
- **Timeframe:** There is usually 2–3 months of progress in individual counseling, with the student able to handle 3–4 weeks without a session.



03

Maintenance Support

Frequency: Monthly or as needed in tandem with group sessions/workshops.

For students who:

- **Acuity:** Low severity (e.g., mild or occasional stress, low-level anxiety/depression, non-acute issues).
- Have shown significant improvement and no longer need frequent one-on-one counseling.
- Functioning well academically and socially but could benefit from maintaining their mental health with supportive services.
- Can manage life events with minimal assistance but might need ongoing peer support and group settings for maintenance.

Transition Criteria:

- **Acuity Level:** Student is symptom-free or managing symptoms with minimal intervention.
- **Student Progress:** Demonstrates autonomy in handling emotional stressors with coping tools. Engages positively in peer support or group settings.
- **Timeframe:** Can be transitioned after 3–6 months, depending on individual progress and capacity to maintain mental health independently.