

SUNY Oneonta Counseling Center
Informed Consent Statement for Minors

The statements below provide information about treatment at the SUNY Oneonta Counseling Center. *Please read and sign your name at the bottom. Your signature indicates that you understand what is written below.*

Availability of Counseling Services

The Counseling Center provides free counseling and/or referral services, available for all currently enrolled students. In some cases students may benefit from services not provided by the Counseling Center. In such circumstances the counselor will discuss options and help to make a referral which will best serve the student.

Initial appointment and treatment plan

The purpose of the initial meeting with a counselor is to determine how, and by whom, the student can best be helped. The meeting involves assessing various aspects of the problem (for example, when it started, how intense it is, what solutions have already been tried). Counselors will treat the student as a whole person and not simply a problem, so they may ask about other areas of the student's life beyond their specific problem. At the end of the appointment the student and their counselor will discuss a plan for follow-up. If the follow-up meetings are here, the student and their counselor will discuss how often and how long the meetings will be. In some situations the initial counselor may help the student by making a referral to a different agency, or a different counselor, that has specific expertise or services that would be of particular benefit. Sometimes students have a preference to meet with a counselor other than their initial counselor, and this can be arranged at the end of the initial meeting or at a later date.

Scheduling and Attendance

Scheduling is typically done through the Counseling Center secretary; students can stop by the secretary's desk or can phone 436-3368. To make the most of our services, attendance is important. (We can't help you if you're not here!) If students are unable to make an appointment, we ask that they call in advance to reschedule or cancel. This allows us to serve other students or to use the time in other ways. However, if a student realizes that they have forgotten an appointment, they may still call to schedule a new appointment.

Privacy

Student contacts with the Counseling Center are confidential in accordance with New York state law and ethical standards of American Psychological Association and the National Association of Social Workers. Counseling Center staff do not release information, on or off campus, without prior permission of the student involved (and, in the case of minors, the parent involved). However, there are some legally mandated situations in which the Counseling Center may be obligated to release counseling information without consent. These situations are: if the student is conducting him or her self in a manner which is likely to result in serious harm to self or others, or if there suspected abuse or neglect of a child or elder. These situations do not arise often, but if they do apply to a student, their counselor will discuss it with them. For students who are minors, their parents may legally have access to student counseling information, although in most situations the Counseling Center recommends that the parents allow the student some degree of confidentiality for therapeutic purposes.

Data Collection

The Counseling Center does collect data and surveys to improve the services we provide. There is no individual data reported, nor is there any identifying information attached to it. Data is gathered in "aggregate" form, meaning that only overall numbers are presented (for example, total % of students reporting depressed mood).

Complaints

Students have the right to quality services delivered professionally and respectfully. If a student (or parent) feels that they are not being helped, or if there are any other complaints or concerns, they can be brought up with the assigned counselor, or you may contact the Counseling Center Director, Dr. Mark Rice, at 436-3368, or Dr. Jeanne Miller, Associate Vice President for Student Affairs, at 436-3353.

I have read and understood the above information and I voluntarily give consent for
_____, *to receive treatment at the SUNY Oneonta Counseling Center.*

Student name

Parent/ Guardian Name and Signature

Date