

PARENTS AND THE COLLEGE COUNSELING CENTER

There may be occasions when you feel that your son or daughter is experiencing more emotional turmoil than usual - and you wonder how you might be able to help. The College Counseling Center will respond to parents who are concerned about their child; however, such contacts must be in compliance with established College Policy and professionally prescribed confidentiality requirements.

The Counseling Center maintains student-client records in a confidential manner consistent with federal and state law, as well as guidelines from professional organizations such as the American Counseling Association, and the National Board for Certified Counselors. Therefore, with the exception of serious medical or psychological emergencies, the Counseling Center is not free to divulge any information regarding the student. In non-emergency cases, where the student is struggling with or seeking help for psychological reasons, including substance abuse treatment, the Counseling Center will abide by the relevant state and federal laws. Accordingly, it is recommended that parents/guardians discuss in advance with their child if and how they might involve themselves in communication with university administration, faculty, or Counseling Center staff. Release of Information Forms are available at the Counseling Center for this purpose.

It is also important to remember that students living in the Residence Halls on-campus are under the watchful eye of the Residence Life staff – Area Coordinators, Head Residents, and Residence Assistants (RA), who live in the Residence Halls with your student, are also always available to offer assistance or added attention to potential problems. Our trained RAs are in continual contact with the Counseling Center and serve as an important resource in offering assistance to those students who otherwise may neglect to seek help on their own.

Whenever possible, however, it is best to establish a good basis of communication with your student regarding these personal matters. You may want to invite them to contact the Counseling Center for an appointment with a counselor for an initial assessment. In that way, the counselor and your student can together determine what services, if any, would be most beneficial. Alternatively, if your student would like to know more about our services before deciding to come in, please urge them to check out this web site.