

CENTER FOR STUDENT COUNSELING AND WELL-BEING

Student Counseling Services

Every Shark deserves to be their best self as they chase their dreams. Nova Southeastern University (NSU) provides students the opportunity to focus on their mental health and benefit from working on personal concerns with experienced professionals.

Henderson Student Counseling Services offers individual, couples and/or family counseling to NSU students at the NSU Center for Student Counseling Services and Well Being (CSCW). You can work on academic and career development, relationship challenges, adjustment to student life, depression, stress and time management, problem solving and goal setting, test and seminar anxiety, eating, body image, anxiety, substance abuse and more.

Student Counseling Triage Screening Process

Student Counseling uses a triage screening process to ensure that services are easy to access and responsive to your needs. Triage/Screening appointments are available Mon.-Fri., although appointment times vary by day.

Getting Started

1. Complete information required for registration at <https://www.hendersonbh.org/t-student-counseling-services/nova/>
 - a. *At the bottom of the portal page, you will be asked to submit 3 documents, your submission will not work unless you complete the 3 uploads:*
 - i. *Government-issued ID (i.e. driver's license, ID, passport)*
 - ii. *School ID*
 - iii. *Copy of official school schedule (must be a screenshot from WEBSTAR that includes your name)*
2. Within one business day, you will receive a phone call to be scheduled with a Triage/Screening appointment. Triage/Screening appointments can be made up to 24 hours in advance and the available times for appointments vary by day and location. **The best time to call is at 8:30 a.m.**

3. Henderson Student Counseling Services are provided at the NSU Center for Student Counseling Services and Well Being located on the Davie Campus in the Student Affairs Building on the third floor.
4. **Show up on time** for your appointment. If you show up **more than 10 minutes late** you will forfeit your appointment and have to reschedule.
5. Please be prepared for up to a 45-minute variance on your appointment time for the screening appointment.
6. Your Triage/Screening session will last for 30 minutes. Please be prepared to complete a few forms before the start of the session.
7. **IMPORTANT** - If you schedule for two screening appointments and then do not show up for them, in order to access services, you will be required to attend an in-office, walk-in session that will be held once a month on a Friday.
8. For cancellations, if you are unable to attend your Triage/Screening appointment, please call us as soon as possible at (954) 424-6911 so that we may provide the time to another student as well as to avoid a no-show.

Please register through the portal to make yourself eligible to schedule your Triage/Screening Appointment. Office Hours and Triage Screening hours will be altered for holidays and school vacations. Please consult the office staff for more information.

Student Counseling Office Hours

- Monday: 8:30 a.m. - 6:00 p.m.
- Tuesday: 8:30 a.m. - 8:00 p.m.
- Wednesday: 8:30 a.m. - 8:00 p.m.
- Thursday: 8:30 a.m. - 6:00 p.m.
- Friday: 8:30 a.m. - 5:00 p.m.

The Counseling Process Overview

1. Following the Triage/Screening appointment, the counselor will get you set up with one of the following appointments:
 - a. *Post Screening Appointment: to check-in due to the level of need, you will come back within ten days to meet with the same counselor for an additional 30-minute screening session prior to your assessment.*

- b. Assessment Appointment: you will meet with your assigned counselor for a 60-minute session in order to complete an in-depth assessment and help you determine the goal(s) you wish to focus on during counseling.*
 - c. Psychiatric Evaluation: you will meet with the psychiatrist to establish medication management services.*
2. Counseling Services: you are able to utilize his/her allotted ten sessions for free within the following year.
 3. Psychiatric Services: students are able to engage in medication management services for the entirety of their enrollment. There is no session limit. A nominal fee applies; covered by most insurance plans.

Frequently Asked Questions (FAQs)

How does counseling work?

A student counseling professional will help you to clarify problems, set goals and take steps to achieve the goals. The assessment gives your counselor a picture of not only the way you think and feel but also helps them to understand your history and background that has contributed to how you perceive your surroundings and environment. It is important to know that counseling is a very individual process and the length of services (regardless of the number of allotted sessions) will vary based on a person's needs.

How many sessions do I get?

All full and part-time students receive ten free sessions per year, plus the Triage/ Screening Session and the Assessment. The service years begin on the day of your first Triage/Screening Session and this date becomes your anniversary date. On every anniversary date, you will once again be given ten free sessions to be utilized within the following year. The remaining sessions from the previous service year do not roll over into the new service year.

Will my information be kept private?

Information you provide to a student counseling professional will be kept private and confidential unless you give written permission to release information in ways that benefit you. There are some exceptions that allow information to be released without

permission but these exceptions will be described to you before you begin services.

How do I access the Video Counseling for Regional Campus Students?

You will access the registration option through the portal and then you will be set up to participate in services on your campus. Video services are offered via a video counseling room located on each Regional Campus.

How do I request a letter?

All letter options are based on the individual's needs, so you will need to speak to your clinician to discuss letter content. Please keep in mind that following your completion of the Authorization to Release Information, it will take seven to ten business days for your letter to be completed and available for pick.

What information do I need when seeing the psychiatrist?

Psychiatric services are provided for a nominal fee that is covered by most insurance plans. The front office staff will work with you to determine costs and coverages and, if needed, we do provide a sliding fee scale based on income and ability to pay. As a dedicated psychiatric provider, we will work with every student so that he/she is able to see the doctor. If you have had previous therapeutic care, psychiatric care or psychological testing, we will request your previous treatment records be provided for review. If you can bring them in yourself, we will ask you to do so. If you are unable to do so, the office staff will work with you to obtain the records for the psychiatrist to review prior to your first appointment as this will allow our doctor to provide continuity of care.

What is the Center for Student Counseling and Well Being's Emotional Support Animal Protocol?

To provide students receiving services at the center the required clinical documentation requested to justify the need for an emotional support animal.

1. You are an established patient engaged in therapeutic services and are also receiving psychiatric services for a minimum length of stay to include at least four psychiatric visits.
2. You are engaged in current on-going treatment without interruption.

3. You qualify as a person with a disability (i.e., has a mental impairment that substantially limits one or more major life activities); and that the emotional support animal may be necessary to afford you an equal opportunity to use and enjoy specific environments and/or activities (i.e. that the animal would provide emotional support or other assistance that would ameliorate one or more symptoms or effects of the disability).
4. Psychiatrist believes the prescription of an emotional support animal is an appropriate option for treatment.
5. CSCW Psychiatrist must be the prescribing doctor for any letter to be initiated by this office.
6. Emotional Support Animal documentation will only be provided on an annual basis contingent on you being in on-going treatment, without interruption, for the previous 12 months.
7. You will be required to sign a document that states you recognize that the emotional support animal will be utilized as set forth by college/university/community entities and that this accommodation does not supersede restrictions set forth in other environments.
8. In the event you discontinue treatment after receiving the accommodation, the accommodation may be reviewed for revocation.
9. If Emotional Support Animal documentation is requested for an airline, there will be a \$25 charge per letter.