**Laramie County Community College**

**Counseling and Campus Wellness**

1400 E. College Drive, PF 207

Cheyenne, WY 82007

Phone: 307.778-4397

Fax: 307-778-1282

***Disclosure Statement***

***College Mission:***

***“Transforming lives through the power of inspired learning”***

**LCCC strives to treat all students with dignity and concern. To help with this, we adhere to the following standards**:

**Services:** Laramie County Community College Counseling and Campus Wellness (CCW) provides direct and indirect support services to help students with mental health and wellness needs. Services are provided through developmental, preventative, and remedial modes of intervention. Services may include individual counseling, couple’s counseling, group counseling, psychological assessments, interest inventories, workshops, seminars, crisis intervention and referral. All services are provided free to currently enrolled students on a short-term basis.

Counseling and Campus Wellness uses a brief counseling model. Brief counseling has several important features: (a) the focus is on identifying specific and attainable goals, (b) attention is given primarily to the present rather than the past, and (c) both counselor and client are active in the process. For those who may require more intensive or long term counseling, the CCW can provide referral options that are available locally. A counseling session is typically 45- 50 minutes in length and sessions are commonly scheduled once weekly. Clients who arrive 15 minutes late for their appointment may be required to reschedule. Clients have a minimum of two no shows before being put on a wait list. A no show is defined as a student not physically attending a scheduled session and/or not calling at least an hour before the scheduled appointment.

Counseling and Campus Wellness provides counseling to discuss any personal concerns students may be facing and works with students to develop new ways of resolving problems. Most problems are resolved within six sessions or less. Some clients may also benefit from group counseling and we strive to offer a variety of support groups every semester. For most groups there is no limit to the number of group sessions a student may attend.

**Confidentiality:** Student conversations and records will be maintained in the strictest of confidentiality according to guidelines established by state statute W.S. 33-38-113. Without your explicit written consent, no personal information will be released to anyone on the LCCC Campus. CCW records will never be a part of the educational record. We will not answer questions about any client from parents, family, friends, significant other, professors, employer or anyone else outside of the CCW staff. Parents and guardians are not contacted unless we have permission from the client or if there is a risk to the client’s safety (ie: suicide risk/attempt, emergency room evaluation and/or a threat to themselves or others.) If there is a risk, information may only be shared that aids in obtaining ongoing care and ensuring safety. In cases where there is a risk to the student or the community, the Counseling & Campus Wellness reserves the right to notify the Dean of Students, Campus Safety and/or the Care Team especially if the student is an active danger to themselves and/or to others. Additional exceptions by law may include:

1. known or suspected cases of abuse or harmful neglect of children, the elderly or disabled or incompetent individuals;
2. the validity of a will of a former client is contested;
3. substantial or immediate danger of physical violence to self or other readily identifiable persons;
4. information related to counseling is necessary to defend against a malpractice action brought by a client;
5. the client alleges mental or emotional damages in civil litigation or his/her mental or emotional state becomes an issue in any court proceeding concerning child custody or visitation;
6. the client is examined pursuant to a court order;
7. In the context of investigations and hearings brought by the client and conducted by the board, where violations of this act are at issue.

If you are currently working with a counselor, psychologist, or psychiatrist at another agency, you may be asked to sign a release of information form permitting the sharing/exchanging of confidential information that is in your best interest.

For purposes of consultation and/or training, counselors or interns may discuss their therapeutic work with other counselors in our office. If you are working with an intern, as part of their training, interns also consult with their LCCC supervisors and their university program advisors, supervisors, and internship classmates. If you are working with a counseling intern, he/she will have additional paperwork for you and will discuss unique aspects of his/her training program during the first session.

You may also be contacted by front office staff since they schedule and change appointments for all counseling staff. All these consulting individuals and our front desk staff are also held to the same standards in order to maintain the highest level of respect for our clients’ rights to confidentiality.

**Philosophy, Possible Benefits, and Possible Risks:** Counseling and Campus Wellness typically works with students who we believe have the capacity to resolve their own problems with our assistance. In general, counseling can be most useful for helping clients help themselves by addressing and changing thoughts, feelings and/or behaviors. Most counselors have additional philosophical or theoretical approaches that guide the way they work with clients. You may ask about these at any time.

Although there are often benefits to counseling and most people find some improvement to the concerns that brought them in, there may be some risks associated with counseling. One of these risks may be possible discomfort talking about and/or working through uncomfortable or problematic issues. Another risk might include new levels of awareness that could also cause discomfort. Although we strive to help students achieve the best possible results, there are no guarantees of any specific results regarding your counseling goals.

**Ethics and Rights**:  It is our goal to provide the highest quality, professional service to our clients.  Licensed Professional Counselors will adhere to the Code of Ethics of the American Counseling Association, and Licensed Marriage and Family Therapists will adhere to the Code of Ethics of the American Association of Marriage and Family Therapists. Clients have the right to ask questions about a therapist’s credentials, approach and interventions.  Clients may accept or reject any suggested counseling intervention and have the right to a second opinion. The relationship between client and counselor is strictly professional. Sexual intimacy with a client is never appropriate. To respect your privacy, no social media contact is allowed between client and counselor. Email communication can be used only to schedule or reschedule appointments.

**Nondiscrimination Statement:**

Laramie County Community College does not discriminate on the basis of race, color, national origin, sex, disability, religion, age, veteran status, political affiliation, sexual orientation or other status protected by law, in its educational, extracurricular, athletic or other programs or in the context of employment. The College has a designated person to monitor compliance and to answer any questions regarding the College's non-discrimination[*policy*](http://policies.lccc.wy.edu/Files/Procedure%206.2P%20Nondiscrimination%20Anti-Harassment.pdf). Please contact: Title IX and ADA Coordinator, Room 205B, Clay Pathfinder Building, 1400 E College Drive, Cheyenne, WY 82007, 307.778.1217,*TitleIX\_ADA@lccc.wy.edu*.

**Counselors:**

**Mindy Falkner, MS, LMFT**

Licensed Marriage and Family Therapist (WY LMFT #185)

MS Marriage and Family Counseling, University of Phoenix

BS Psychology, University of Wyoming

**Amanda Brown, MS, LPC**

Licensed Professional Counselor (WY LPC# 1635)

MS Counselor Education, University of Wyoming

BS Psychology, Chadron State College

BS Human Biology, Chadron State College

Please contact your counselor at (307) 778-4397 and/or your counselor’s supervisor (307) 778-1261, for any questions or concerns you have about the counseling process.

The disclosure statement is required by the Mental Health Professions Licensing Act and by the Mental Health Professions Licensing Board, *2001 Capitol Ave Room 104, Cheyenne, WY 82002, 307.777.3628.*

“I have read the **Disclosure Statement** and consent to participate in therapy. I acknowledge that I understand my rights and limitations regarding confidentiality as a client.”

Signature of Client: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name Client: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Counselor Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Supervisor Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_