

Enhance or Modify Campus Counseling Services

Modifying your campus counseling services may involve setting up new systems and alternative counseling options. While setting up new systems can take more time initially, it should ultimately help focus your resources more efficiently. Often, counseling alternatives are not any more expensive to operate than traditional one-on-one counseling and can even serve more students.

Here are some options to consider:

- Clinical triage
- Group counseling
- Just-in-time /Informal counseling
- Peer counseling
- Ministry counseling
- Biofeedback
- Alcoholics/Narcotics Anonymous
- Telemental health

Strategize how you can modify or enhance your campus' mental health services.

Proposed Service	Potential Enhancement or Modification	Potential Benefits	Potential Challenges	Next Steps
<i>Example: Peer counseling</i>	<i>Offer a peer counseling group for first-generation students</i>	<ul style="list-style-type: none"> • <i>Students respond more to peers than faculty/staff</i> • <i>Peer counselors understand students' lives better than counselors</i> 	<ul style="list-style-type: none"> • <i>Have to train students in counseling</i> • <i>Concern about making sure peer counselors aren't making unsafe suggestions</i> 	<ul style="list-style-type: none"> • <i>Talk to students about becoming peer counselors</i> • <i>Talk to stakeholders who work with first-generation students about their thoughts</i> • <i>Talk to other campuses who have used peer counseling to find out what they did</i>