

Dear Campus Community,

Recent questions and concerns have been raised about access to student counseling resources. Below I provide some key information that I hope is of some help for those of you seeking support from our campus counselors in the days and weeks ahead. We want to be sure we are providing the support you need to thrive here at Wooster, and understand that mental health is a crucial part of wellness.

Since Aug. 1, 2019, our counselors have served 239 students, including 44 crisis meetings and 696 appointments.

There has been no waitlist for students seeking counseling support so far this fall, thanks in part to the hiring of an additional counselor last spring.

As of this week, we have filled up our existing in-take spots for new students/clients. However, counseling staff have opened their calendars for the two days prior to Thanksgiving Break to accommodate additional in-take appointments. (Once students have an intake appointment, they will be able to be seen for their follow-up care as well.) Additional intake spots will continue to be made available going forward. Students who are not able to schedule for any reason may come in to the Center and wait for potential cancellations, be connected to community resources, or drop in for one of our brief solution-focused appointments known as ‘Let’s Talk.’

Students in crisis will always be seen immediately or referred to appropriate emergency resources.

In spring 2018, we introduced ‘Let’s Talk’ as a way of opening up greater access to our services. These 15-minute free, individual meetings with professional therapists are held every Tuesday from 10:15am – 11:45am in the Babcock Formal Lounge; Wednesdays from 2:15pm-3:45pm in APEX – Longbrake Room E; and Thursdays from 2:15-3:45pm in the Recruiting Lounge in the Scot Center. They are confidential and there is no appointment necessary. So far this fall, we have served 107 students in ‘Let’s Talk’ sessions, a significant uptick from the 87 we served throughout the entire previous academic year.

In addition to questions about counselor availability, we have heard strong student concerns regarding representation among counselors, and how counselors meet the needs of students of color and LGBTQ+ students. It is crucial that all students have counseling resources that support them well, and we are working to ensure that is always the case. One approach is to train all counselors extensively in supporting students across identities. All counselors at Wooster have undergone Department of Health and Human Services training on multicultural counseling competencies and cultural humility, and regularly discuss these trainings formally to extend their expertise. Additional trainings specific to transgender health, international student mental health, and care for students on the spectrum are planned. We are also continuing to seek ways to ensure that we have enough hours of counseling coverage and a breadth of counselor identities and experiences.

If you are a student, you may schedule an appointment with a counselor at the Longbrake Student Wellness Center by calling 330-263-2319. Regular hours are 9 a.m.–4 p.m. Monday through Friday. The Wellness Center is open 24/7 while classes are in session and staffed by a Registered Nurse. Students who walk into Wellness without an appointment are screened for safety and linked with a counselor on call, as needed. You may receive 5 free counseling visits per semester as a current student. After 5 visits, a \$20 fee will be charged. If you are in need of support and are worried about cost please speak with your counselor, who will be able to assist you.

For more information on the types of services provided by the Wellness Center as well as a list of additional available resources, please visit <https://wooster.edu/offices/health/counseling/>. And, please don't hesitate to contact me, or any member of the Wellness, Deans' Office or CDI staff if you have questions or concerns. We want to be sure you have the support you need.

With best regards,  
Dean Brown

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