

ELIGIBILITY

Any (full-time or part-time) student enrolled in credit coursework at Allegany College of Maryland.

COST

There is NO COST to the student for any of these services includes the initial five (5) counseling sessions. If additional sessions are necessary, Western Maryland Health System/Behavioral Health Services will work with the student to develop the best method of payment based on ability to pay, etc.

CONFIDENTIALITY

The student is assured of complete privacy and confidentiality when using the services provided by this program.

REFERRALS

In some cases, the student may be directed to private practitioners, community agencies, or other resources for additional services. The student is strongly encouraged to follow-up with the referral.

SCHEDULING AN APPOINTMENT

A student who is in need of personal counseling may call **Western Maryland Health System/Behavioral Health Services** at **240-964-8585** or drop by the office of Student & Legal Affairs (College Center Building, room 152).

When contacting one of the mental health agencies, please identify yourself as an Allegany College of Maryland student and indicate that you would like to arrange an interview with a counselor as part of the **ALLEGANY COLLEGE OF MARYLAND STUDENT COUNSELING PROGRAM**.

The mental health agency intake staff person will then arrange a date and time for you to meet with a professional counselor. Counseling sessions can be held on the Cumberland Campus. At the time of your appointment, please be prepared to show agency intake staff your student photo ID.

If for any reason you cannot make a scheduled session, you must notify the mental health agency of your desire to cancel/reschedule at least twenty-four (24) hours in advance. Any student who does not cancel a counseling session in such a proper and timely manner will be denied future services under this program, unless the student can provide a plausible explanation based on extenuating circumstances or personal considerations. (Even if this is the case, the "no show" session is counted as one of the five counseling sessions.)

ADDITIONAL INFORMATION

If you need additional information or have questions about this program, please contact the Office of Student & Legal Affairs at 301-784-5206.

Allegany College of Maryland does not discriminate against any individual for reasons of race, ethnicity, color, sex, religion or creed, sexual orientation, gender identity or expression, national origin, age, genetic information, familial status, disability or veteran status in the admission and treatment of students, educational programs and activities, scholarship and loan programs, or to terms and conditions of employment, including but not limited to, hiring, placement, promotion, termination, layoff, recall, transfer, leave of absence, compensation and training. Allegany College of Maryland complies with applicable state and federal laws and regulations prohibiting discrimination and Maryland prohibits retaliation in any form against any person who reports discrimination or who participates in an investigation.

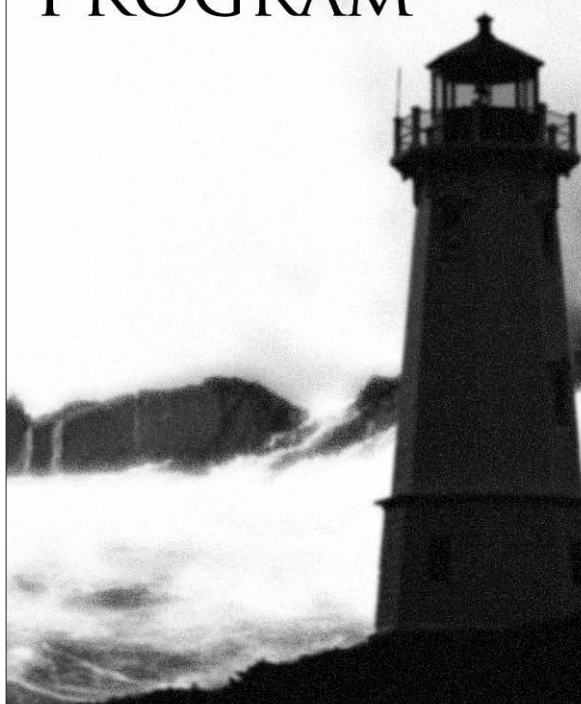
Allegany College of Maryland prohibits sexual misconduct and sex discrimination by or against all students, employees, and campus guests. If you have any questions or concerns or if you need to make a complaint, contact ACM's Title IX Coordinator, Dr. Renee Conner in CC-152, by email at rconner@allegany.edu, or by phone at (301) 784-5206. For detailed information about policy, procedures, and prevention education, see www.allegany.edu/titleIX.

February 2016



IMPORTANT INFORMATION ABOUT THE
ALLEGANY COLLEGE OF MARYLAND

STUDENT COUNSELING PROGRAM



OFFERED IN CONJUNCTION WITH
**WESTERN MARYLAND HEALTH SYSTEM
BEHAVIORAL HEALTH SERVICES**
12502 WILLOWBROOK ROAD • CUMBERLAND, MD 21502
240-964-8585

ALLEGANY COLLEGE OF MARYLAND STUDENT COUNSELING PROGRAM

The process of education encourages a student to achieve academic motivation, personal adjustment, a balanced social life, and emotional stability. At some point in the student's career, he/she might be faced with a problem or decision which he/she would like to discuss with someone apart from family or friends. Allegany College of Maryland offers comprehensive counseling services for its students – free of charge. By offering the varied menu of services described in this brochure (at no charge), Allegany College of Maryland is committed to supporting students, faculty, and staff *when life sometimes gets in the way*.

SERVICES PROVIDED

1. PERSONAL COUNSELING: Allegany College of Maryland contracts with **WESTERN MARYLAND HEALTH SYSTEM** (Cumberland) to provide counseling to individual students. Any eligible student is entitled to receive up to five (5) hours of counseling per semester for any mental health issues with which s/he needs assistance. Counselors are also available for urgent and crisis situations. Couples and family counseling are also available. All services provided by the WMHS are completely confidential and provided by qualified, licensed mental health professionals.

These areas of problem/concern may include:

- marital
- personal: depression, grief, anxiety, stress, suicidal risk
- peer relationships
- family and/or children concerns
- health related crisis
- alcohol or drug abuse
- trauma aftermath

WMHS can be reached by calling (240) 964-8585.

(The Pennsylvania campuses contract separately with MH/MR; for more information, contact Student Services offices in Bedford at (814) 652-9528 ext.6202 and in Somerset at (814) 445-9848 ext.6106.)

2. ON-SITE CAMPUS COUNSELOR: To supplement the traditional counseling program, Allegany College of Maryland is establishing a second contracted service

to provide an additional, routine presence on campus to assist any student who is in crisis, to offer therapeutic problem-solving, to make referrals for personal counseling, and to provide educational/outreach programs. This new partner will be a qualified, properly licensed counselor who understands the community college culture, the unique needs of ACM students, and the campus qualities that make ACM special. The partner will be on campus on dedicated days approximately 10 hours per week during the fall and spring semesters in the Center for Diversity and Student Engagement (CC-150).

Lorri Dunn, LCSW-C (ldunn2@allegany.edu)

Tuesdays 1:30 pm - 4:30 pm

Wednesdays 10:30 am - 2:00pm

Fridays 12:30 pm - 4:00 pm

or by appointment

3. FAMILY CRISIS RESOURCE CENTER: Allegany College of Maryland has partnered with the Family Crisis Resource Center (Cumberland) to provide easily accessible domestic violence and sexual assault support services to students. FCRC is a non-profit, nongovernmental sexual assault and domestic violence victim services organization. FCRC is available by appointment and in emergencies to any ACM student [or employee] who has experienced past or present domestic violence, dating violence, child abuse, sexual abuse, rape, sexual assault, incest, or stalking. All FCRC services are free.

4. SCREENING FOR MENTAL HEALTH: Starting Fall 2014, students can complete an online screening programs for depression, generalized anxiety disorder, PTSD, bipolar disorder, alcohol/drug use disorders, and eating disorders. These personal assessments by *College Response* can be completed by any student from any internet connection; if the results indicate treatment or services may be needed, the student will be given appropriate referral information.

5. MENTAL HEALTH FIRST AID: Several ACM faculty and staff members have been trained to assist students who are in distress. These employees will be able to help a student at the moment s/he is in distress and to guide the student toward appropriate resources. Look for the KOALA sticker.

MEDICAL OR MENTAL HEALTH EMERGENCIES

Any employee who witnesses a medical or mental health emergency requiring immediate intervention should **CALL 911 AND THEN CALL CAMPUS SECURITY @ x5555**. Health and safety are too important to hesitate, and you do not need permission to call 911. The Office of Student & Legal Affairs strongly discourages any employee from transporting a student to the hospital. Students should be transported by ambulance in an emergency.

(NOTE: ACM does not pay for transportation and/or hospitalization costs.)

