



SAINT FRANCIS MEDICAL CENTER COLLEGE OF NURSING

Peoria, Illinois

INFORMED CONSENT FORM

Welcome to the College of Nursing (CON) counseling service! Our service offers easily accessible, confidential counseling support tailored to the unique needs of each student. Please review the following information about our counseling process and retain this copy for your records.

Eligibility for Counseling Services:

All currently enrolled CON students (full or part-time) are eligible to receive counseling services through the CON counseling office.

Professional Fees:

The CON counseling office provides free services to all registered CON students. If you are referred to an outside mental health provider and you engage in treatment with that provider, you will be expected to pay for those services unless you have insurance coverage.

Scope of CON Counseling Services

Our CON counselor is a licensed mental health provider who assists students in addressing their issues and achieving their goals. A variety of counseling interventions may be used during the counseling process, including cognitive behavioral strategies and mindfulness techniques.

Our counselor will encourage you to become your own mental health advocate and will collaborate with you throughout the entire counseling process.

Some of the most common issues addressed during counseling include:

- mood issues (e.g., anxiety, depression, grief and loss);
- academic issues (e.g., test taking anxiety, perfectionism, and motivation);
- relationship issues with friends, significant others, families, and others (e.g., development of healthy relationships, conflict resolution, assertive communication, and creation and maintenance of boundaries);
- developmental issues (e.g., adjustment and life transitions)

In the event that counseling staff determine at any point during counseling that your primary issues fall outside of their expertise or available resources, staff may refer you to an outside

mental health provider(s) that staff believe would best meet your needs. You have the right to follow-up on the referral(s) or decline to pursue outside treatment.

If you are in the midst of a mental health crisis and feel you need immediate assistance and the CON counselor is not available, call 911 or Peoria ERS (309) 671-8084.

You can also contact these on-line resources to talk with a trained mental health professional:

- National Suicide Prevention Lifeline – 800/273-8255
- **You can also text 988, a 3-digit code available 24/7, and your call will be connected to trained counselors who are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how your problems are affecting you, provide support, and connect you to resources if necessary.**
- National Alliance on Mental Illness (NAMI) Helpline – 800/950-6264; helpline@nami.org

Benefits and Risks

There are benefits as well as risks involved with participating in counseling. Counseling can be beneficial in helping people address issues and make healthy changes in their behavior that can strengthen their ability to cope with life stressors. Many people report that counseling has helped them enhance their mental health, become more resilient, and achieve their goals. However, benefits and specific outcomes are not guaranteed. In addition, people may experience some emotional distress during counseling as they discuss and work through their issues. Our counselor offers support to you as you process any overwhelming emotions you may experience during counseling.

Confidentiality

Information you share during your counseling sessions with the counselor is confidential. No members of CON faculty, staff, or students will be informed that you are receiving counseling services without your written consent.

Your right to confidentiality does *not* apply in the following situations:

- Reporting imminent danger to yourself or others;
- Reporting suspected child abuse or neglect;
- Reporting suspected elder abuse or neglect;
- Reporting suspected abuse or neglect of a person with a disability.

Counseling Records

A confidential written/electronic record of counseling sessions will be maintained by the counseling office. This record will not be released without your written permission (please see above limits to confidentiality). This record will be destroyed seven years after your final counseling session.

Student Rights and Responsibilities

You have the right to:

- Be treated with respect by counseling staff and receive treatment tailored to meet your needs;
- Confidentiality (see above section on confidentiality);
- Be informed of any potential benefits and risks of participating in counseling;
- Refuse counseling as well as referrals to external mental health providers;
- Be an active participant in goal setting and throughout the treatment process;
- Ask the counselor about their professional training and qualifications, and theoretical framework/interventions used;
- Discuss your counseling work with the CON counselor with anyone you choose, including another mental health professional;
- Ask the counselor to review your file with you; and
- Request that a summary of your file be submitted to another professional.

You are responsible for:

- Attending scheduled counseling sessions and notifying the counselor in a timely fashion when you need to cancel or reschedule a session;
- Making a good faith effort to fully engage in counseling and completing suggested homework assignments; and
- Openly communicating your thoughts and emotions related to your counseling experience.

Your First Appointment

Your initial visit may last up to 60 minutes. During this visit, you will sign a consent form and meet with the counselor to discuss your issues, your counseling needs and explore several goals you would like to achieve. If you and the counselor believe CON counseling services would be helpful, you will schedule a follow-up appointment with the counselor at the end of your first appointment. If the counselor believes that your needs can be better met by an external mental health provider, you and the counselor will discuss possible referrals.

Additional Sessions:

If you and the counselor decide that CON counseling services are appropriate, you will participate in additional sessions that last from 30 to 60 minutes. Sessions may be scheduled on a weekly or bi-weekly basis, based on your needs. You will regularly review your progress with the counselor and determine your need for additional counseling appointments.

Location of Counseling Sessions:

You can meet with the counselor in the counseling office (room 112) or via distance (online) counseling. All distance counseling sessions are provided via Doxy.Me, a HIPAA-compliant platform. See separate information and informed consent form related to distance counseling.

Scheduling, Rescheduling or Cancellation of Appointments:

Counseling sessions are scheduled for up to 60 minutes. You will work with the counselor to determine the most appropriate location (either in-person or distance counseling), time, and frequency of your sessions. If you need to cancel or reschedule your appointment, please notify the counselor the day prior to your appointment via email or telephone. If an emergency situation

arises and you are unable to keep your appointment, please notify the counselor as soon as possible.

Office Hours

Normal counseling hours are from **8:30 a.m. to 4:30 p.m.** Monday through Friday. The counselor is typically available during school breaks and throughout the summer (with some exceptions).

Counselor: Sofia Hoeft, MS, LPC, NCC

(Supervised by Michelle Baker, LCPC)

Emergencies:

During office hours:

- Come to Sofia's office in Room 112.
- Email Sofia at sofia.l.hoeft@osfhealthcare.org
- Call Sofia's office number at (309) 655-7 100.
- If you cannot reach Sofia, contact Dr. Brown (309) 231 -9607 or Kevin Stephens (309) 530-9662

After office hours:

- If you live on campus. reach out to your R.A. or the R.A. on duty (see schedule posted in dorm hallways)
- Call Emergency Response Services (ERS) at (309)671-8084 (available 24/7)
- Call 911 or go to a local emergency room

I have reviewed the above information related to the CON counseling policy and process; my rights and responsibilities throughout counseling; and emergency contact information.

Student Signature Date

Counselor Signature Date