UNC UNIVERSITY OF NORTHERN COLORADO

Counseling Center Stepped Care Model

8 — Off-Campus Referral
- Long term treatment
- Intensive, specialized

7 — Individual Therapy
- Brief therapy

6 — Group Therapy
- IP
- DBT

5 — Follow-Up Screening
- Re-Evaluate
- Check-In (Options: done, revise IWP, steps 6-8)

4 — Workshops/Wellness Groups
- Mindfulness*
- ACT
- Coping Skills Group (DBT)
- Anxiety Workshop

3 — Solution-Focused Intervention
- Apps (Phone/Tablets)
- Hand-Outs
- Tools/skills
- Solution Focused Session

2 — Referral
- On-Campus and/or Off-Campus
  - Draw from resource list (e.g. Health Center, Center for Career Readiness, SOS, ASA, BEAR pantry, VET Services, etc.)

1 — Initial Consultation
- Individualized Wellness Plan
- Referral (Psychological Service Clinic/North Range)
- Skip to 6-8 as Clinically Indicated
- Other Steps