STUDENT HEALTH SERVICE (SHS)

Informed Consent for Substance and Alcohol Use Counseling

The information below provides details about some of the procedures and guidelines of the SHS Substance and Alcohol Use Counseling. Individuals requesting these services are asked to read this material and sign to acknowledge that they understand and accept the conditions of these services.

Eligibility for Services: Services are available to all currently enrolled Reynolda Campus full-time undergraduate, graduate, law, divinity, and MBA students by the substance abuse coordinator and graduate student interns and practicum students. All graduate level intern and practicum students are fully supervised by the Substance Abuse Coordinator.

Substance and Alcohol Use Services: SHS provides brief motivational and skills based interventions for alcohol and substance abuse problems on an individual and group basis. Individual sessions are held on a weekly, bimonthly, or less frequent basis, depending on what best meets the student’s treatment needs and the current level of demand. The counselor will ask you to complete confidential questionnaires to assess your level of substance use. Determination of length and type of intervention will be determined during your initial interview or assessment recommendations from an off campus provider. The Substance Abuse Prevention Coordinator reserves the right to determine what services to provide. If it is our assessment that your counseling needs warrant more intensive or longer-term therapy, or requires resources/competencies other than what we can provide, we will assist you with a referral to an appropriate off-campus counselor/clinic/facility.

Confidentiality: Your attendance and all communications between you and your counselor are confidential and are not released without your signed consent. Authorization-to-release information forms are available for this purpose. Your records are kept separate from your medical and counseling records. The records are housed in a secure and confidential location in the Wake Forest University (WFU) Counseling Center. The records will be maintained for at least seven years from the last day of service. In order to keep with professional standards, medical staff at SHS or counselors at WFU Counseling Center may consult to coordinate care and to provide best practices.

Limits to Confidentiality:
1) When there is a clear and present danger of harm to either yourself or others, we may act on your behalf by arranging hospitalization or notifying others.
2) If you disclose actual or possible current child abuse or neglect, or the abuse, neglect, or exploitation of a disabled adult in need of protection, we must report the information to the appropriate department of social services.
3) If we are ordered by a court of law to release information about you, we must do so.

If you are referred as part of a WFU disciplinary or administrative matter, there are further exceptions to the confidentiality policy which your counselor will discuss with you.
Because of confidentiality, in the event we need to reach you, which of these methods may we use to contact you:

Phone: Y or N    Voicemail: Y or N   US/Campus mail: Y or N    Email: Y or N

**Substance and Alcohol Use Services:** Brief motivational and skills based interventions will help you understand your substance use more fully, so that you can examine your options more clearly and make healthy decisions for yourself and the community. It is useful to know that this process may be challenging for you as we explore emotional pain, stress, and life changes. Although brief substance abuse interventions have proven effective for college students, there is no guarantee that it will be beneficial for you. Additionally, sometimes substance use can be related to an underlying medical or psychological issue which needs to be addressed. In those cases, we refer you to consult with the medical professionals at SHS or counselors at the Counseling Center. You have the right to discontinue counseling at any time. You are, however, encouraged to talk to your counselor. In lieu of our services, you may request a referral to an off campus agency or directly contact them yourself.

**Appointments:** Appointments are made Tuesdays 9 AM – 4 PM and Wednesdays 1 – 4 PM. To set up an appointment, please call 758-4371 or email rushcc@wfu.edu to set up an appointment. Voicemails will be returned in 24 hours except on weekends or holidays.

If it is necessary to change or cancel your appointment, please do so 48 hours in advance by telephone or email. It is often difficult to reschedule appointments so please keep your appointment if possible. Since there is limited appointment times available, if you miss two appointments the counselor will work with you on the appropriate referral to an off campus agency.

Substance Abuse Prevention Coordinator **DOES NOT** provide emergency services. If you are experiencing a life-threatening emergency please contact 911. You can also contact SHS (758-5218) afterhours or on the weekends. During summer and when the WFU is not in session, you may contact the following services:

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<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>WFU Baptist Medical Center ER</td>
<td>713-9000</td>
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<tr>
<td>Forsyth Medical Center ER</td>
<td>718-2001</td>
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<tr>
<td>National Suicide Prevention Lifeline</td>
<td>800-273-8255</td>
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<tr>
<td>Sexual Assault Response Team</td>
<td>722-4457</td>
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<tr>
<td>Wake Forest University Police</td>
<td>758-5911</td>
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<tr>
<td>National Hopeline Network</td>
<td>800-784-2433</td>
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Please sign below to indicate that you have read, understood, and accept the information and conditions contained in this document. Please keep the unsigned copy for your own reference.

Signed: ___________________________    Date: ___________________________  

Print Name: ___________________________