

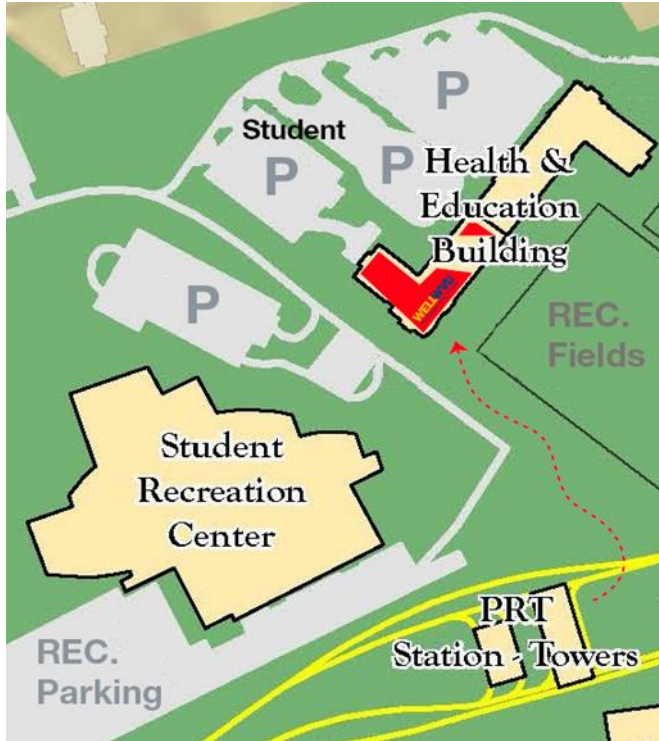
Carruth Center for Psychological and Psychiatric Services Health & Education Building/(CPASS)

- ▶ Ground Floor – Urgent Care/Student Health
- ▶ 1st Floor – Wellness & Health Promotion, multipurpose room (yoga), Greenhouse Café
- ▶ 2nd Floor – Carruth Center

CPASS side contains classrooms, labs, faculty offices



Traveling to Us



- ▶ Physical Address: 390 Birch Street
- ▶ Behind the Rec Fields and adjacent to the Student Rec Center
- ▶ Parking for patients
- ▶ Closest PRT Station is Towers, walk the path around the Rec Fields

Stressors Specific to Graduate Programs

- ▶ Intense labor expectations
- ▶ Financial stressors
- ▶ Lack of self-care
- ▶ Lack of social life/isolation
- ▶ Time management
- ▶ Power struggles
- ▶ Poor mentorship
- ▶ Professional pressures
- ▶ Lack of time, energy, and resources for other aspects of life (family, friends, hobbies, etc.)
- ▶ Post-graduation employment
- ▶ Social drama within small class sizes
- ▶ Lack of understanding and empathy from others
- ▶ Race and culture-related issues

Carruth Center Basics

- ▶ Confidential services for WVU students
- ▶ Free*
- ▶ carruth.wvu.edu
- ▶ **304-293-4431** (24/7)
- ▶ After hours line begins at 4:45pm
- ▶ Hours: Monday – Thursday 8:15 am – 8:00 pm,
Fridays 8:15 am – 4:45 pm
- ▶ **Drop In Hours: Monday – Friday, 8:15 am – 4:45 pm**
= **no appointment needed**



Services Overview

▶ Counseling

- ▶ Individual
- ▶ Group – vary by semester (special populations or concern of focus)
- ▶ Substance Abuse (Student Assistance Program - SAP)

▶ Psychiatry (medication)

▶ MindFit Clinic

- ▶ Learning Disability/ ADHD Assessment
- ▶ Cognitive/Academic Enhancement

▶ Outreach

▶ Consultation

▶ Crisis Intervention

How to Utilize Drop-In Hours

Is this a crisis?
(recent assault, death in
the family, suicidal
thoughts or self-harm)

Please come see us as soon as possible during drop-in hours:

8:15 AM - 4:45 PM

Are you looking to begin
counseling?
Do you have a problem or
concern you need
assistance with?

You may call to **schedule an appointment** or utilize drop-in hours between **8:15 AM - 4:45 PM** to initiate care.

Waiting times may be long depending upon the number of students who have already come in. Students arriving after 3 PM may be scheduled for another day unless experiencing a crisis.

By scheduling an appointment you will alleviate the possibility of a wait. 304-293-4431

What Happens During the First Appointment?

- ▶ Greeted by the front desk
- ▶ Complete paperwork on iPad
- ▶ 30 minute meeting with a clinician
- ▶ Discuss options regarding available services
 - ▶ Short term, community provider, group, MindFit, psychiatry, etc.



Individual and Group Counseling

- ▶ Short-term individual therapy:
 - ▶ First session: paperwork, triage (about 30 min.)
 - ▶ Referral decision (counseling? SAP? Psychiatry? Community?)
 - ▶ Weekly/biweekly sessions with counselor, as needed
- ▶ Groups:
 - ▶ Vary from semester to semester, offered weekly

Examples of Groups we typically offer...

- ▶ Q-munity
- ▶ Social Anxiety
- ▶ Anxiety 101
- ▶ Women's Process
- ▶ Men's Process
- ▶ Graduate Student
- ▶ Sexual Assault Survivors
- ▶ Mindfulness-Based Stress Reduction
- ▶ Grief Group

A yellow starburst graphic with a black outline, containing text about upcoming groups.

**New Fall 2019 Groups
coming soon!**

All interested students need to have an initial appointment with Carruth to be placed in a group

Service Limitations



Outreach

Requesting a program:

<https://carruth.wvu.edu/outreach-and-consultation>

Blog:

<https://carruth.wvu.edu/resources/self-help>

Self Help:

<https://carruth.wvu.edu/resources/self-help>

Life Hacks

Workshop presentations for all students geared towards decreasing the stigma of mental health and providing psychoeducation about a variety of mental health related topics, including:

- Healthy relationships
 - Self-care
- Managing depression
- Transforming stress
 - Sleep
 - Confidence

A yellow starburst graphic with a black outline, containing the text "ALL STUDENTS WELCOME!".

**ALL STUDENTS
WELCOME!**

Grad Hacks

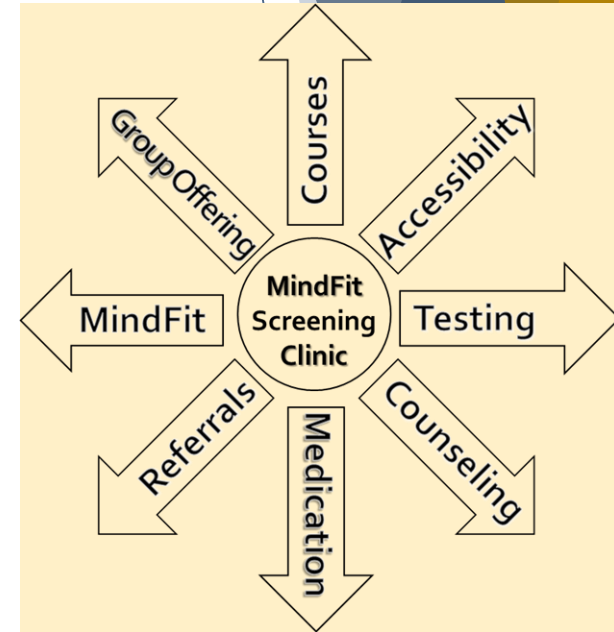
Workshop presentations **specifically for graduate students** that focus on **graduate student concerns**, including managing self-care, developing healthy communication with your advisor, and ...

Well, what are your needs?
Help us shape this new workshop series! 😊

MindFit* & Psychiatry*



- ▶ MindFit Clinic
 - ▶ ADHD/LD assessment
 - ▶ Cognitive enhancement
 - ▶ Academic enhancement
- ▶ Psychiatry for continued treatment of depression, anxiety, ADHD, etc.



* Costs may be associated with these services

Substance Use Resources

Student Assistance Program

- ▶ Mandated* and self-referred clients
- ▶ Individual counseling
- ▶ Psychoeducational groups
- ▶ Education & Consultation
- ▶ AlcoholEdu programs

Collegiate Recovery Program

- ▶ Drop in/hang out spot – Serenity Place (former Arnold RFL house)
- ▶ Campus AA, NA, OA, SA liaison
- ▶ Adult Children of Alcoholics (ACOA)
- ▶ Positive Recovery (all recovery)
- ▶ Events!

* Costs may be associated with these services

Questions ?

Carruth Center for Psychological and
Psychiatric Services

304-293-4431

carruth.wvu.edu