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## SPCC Mission

The Student Personal Counseling Center (SPCC) is committed to enhancing the educational experience of Thomas Jefferson University students and Thomas Jefferson University Hospital residents by addressing the social, emotional, developmental, interpersonal and cultural needs of students and trainees. Continued goals of the SPCC are to assist students and House Staff in identifying problems early, promote efforts towards wellness and balance, and help students and residents to learn skills which will help them to effectively meet their career and life goals. The SPCC counselors strive to uphold strict confidentiality and hold themselves to the highest level of clinical and ethical standards. The SPCC respects, supports and embraces diversity and diverse populations.

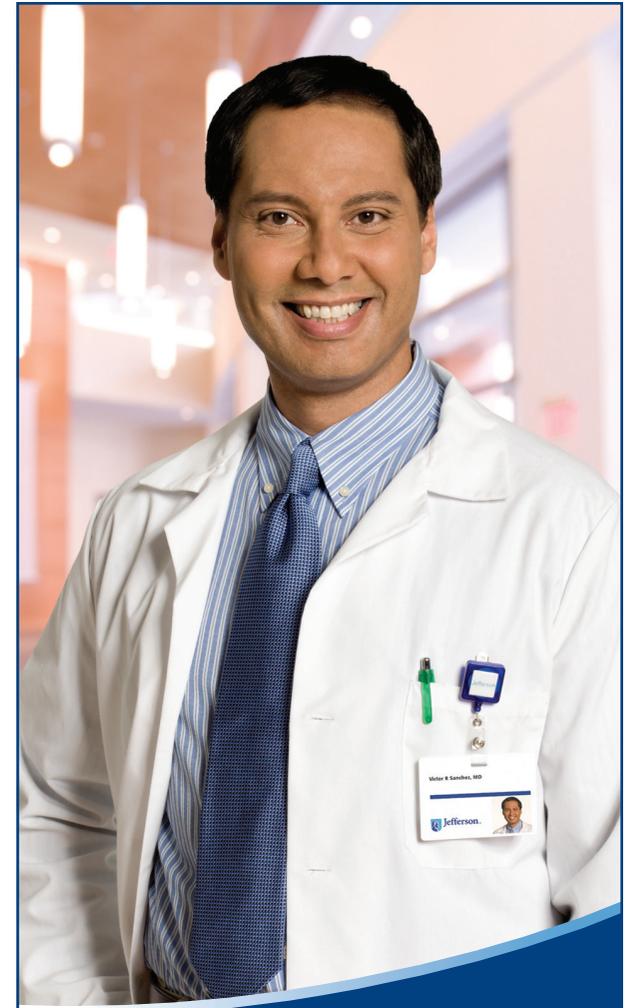
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## Student Personal Counseling Center (SPCC)

Aiding Students in Distress:  
A Guide for Faculty



THOMAS JEFFERSON UNIVERSITY

### Introduction

The years of college, post-graduate, and medical training can be among the most exciting and gratifying of a person's life. However, being a student can also cause significant amounts of stress and uncertainty. As faculty or staff members, you may encounter some of these distressed students. Your role can be a positive and important one in identifying students who are having personal or academic difficulties and helping them to utilize the resources available to assist them. The purpose of this brochure is to provide a brief overview of the Student Personal Counseling Center (SPCC) and to provide some suggestions for assisting distressed students and making referrals.

### SPCC Services

The SPCC is designed to meet the needs of the undergraduate, graduate and medical student community with compassion and honesty. The SPCC is located at 833 Chestnut Street, Suite 210 and offers crisis consultation, individual counseling, couples counseling, group therapy, and psychiatric consultation. To make an appointment, students should call **215-503-2817**. Appointments last for approximately fifty minutes and are scheduled based on counselor availability. All information about a student's counseling is confidential, except in situations where there is a threat or danger to life.

### When to Refer

Many faculty and staff members have contact with students on a frequent basis and consequently have many opportunities to observe some of the signs and symptoms that could be indicative of the need to refer for professional assistance. Below are common reasons to suggest a student get help:

- Overwhelming stress or anxiety
- Depressed mood
- Verbal/written references to suicide or homicide
- Grief, loss, or traumatic event
- Career or academic concerns
- Marital or relationship problems
- Eating or body image concerns
- Alcohol or drug problems
- Behavior that is disruptive or threatening
- Erratic class attendance or academic performance
- Difficulty dealing with physical illness or disability
- Marked change in appearance and hygiene
- Marked disorientation, paranoia, and/or bizarre behavior

### Appointments

- All Thomas Jefferson University students are eligible for three visits without charge.
- During the initial meeting, students will develop a course of action with their counselor, which may include continuing therapy on campus or receiving a referral to an off-campus provider.
- Occasionally, one session proves sufficient. Some students decide to see a SPCC counselor on an ongoing basis.
- For students who desire or need ongoing treatment, SPCC counselors are in network with a limited number of insurance providers. Students may call the SPCC to receive further information.

### How to Refer

Students can schedule an appointment to see a counselor by calling the SPCC at **215-503-2817**. Students should leave their name and contact information on the confidential voicemail and a SPCC counselor will return their call.

### Location and Hours

The SPCC is located at 833 Chestnut Street, Suite 210. Hours are Monday – Friday, 9 a.m. to 5 p.m. *Early morning and evening appointments are sometimes available.*

### Urgent Situations

SPCC counselors are available for in-person crisis evaluations from 9 a.m. to 5 p.m. After hours, all students experiencing an emergency should call **911** or go to the nearest emergency room. On-campus students should go to the Thomas Jefferson University Hospital Emergency Room, located in the Main Hospital Building at 10th and Sansom (**215-955-6060**) and ask to speak to the Psychiatry Resident On-Call. Dr. Nobleza is also available after hours for urgent phone consultations for students and concerned faculty by calling the SPCC phone number at **215-503-2817** and then dialing “1” and then “0.”