

## **CONTACT INFORMATION**

Counseling & Psychological Services  
Director: Dr. L. Muggeo

St. Thomas Aquinas College  
125 Route 340  
Sparkill, NY 10976

Tel: (845) 398-4065

Fax: (845) 398-4151

Web: <http://www.stac.edu/student-life/counseling-psychological-services>



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## **COUNSELING & PSYCHOLOGICAL SERVICES**

The Office of Counseling & Psychological Services (CAPS) is a component of the Office of Student Development. CAPS offers a wide range of services to the St. Thomas Aquinas College community including psychotherapy, counseling, crisis intervention, consultation, diagnostic assessment, outreach, and training programs. CAPS is located on the upper level of the Romano Student Alumni Center and is open 9 a.m. to 5 p.m. Monday through Friday, when the college is open. Appointments can be scheduled in person or by calling 845-398-4065.

## **CLINICAL SERVICES**

CAPS offers time-limited psychotherapy sessions with a qualified mental health professional to currently matriculated students of St. Thomas Aquinas College. Students that are determined to require long-term or intensive treatment, and/or present with issues that require services beyond the scope of CAPS will be referred to appropriate treatment services off-campus. Referrals are also provided for students who opt to seek outside services.

## **CONSULTATION & OUTREACH**

CAPS is available for consultation to college faculty, administration, and departments for issues related to mental health, psychotherapy, and performance. CAPS staff can also make presentations and provide training on a wide variety of mental health related topics.

## **CLINICAL TRAINING**

CAPS offers a Clinical Internship/Externship Training Program for trainees currently enrolled in graduate programs in mental health disciplines including psychology doctoral candidates and mental health counseling students. The clinical training also encompasses weekly supervision and didactic seminars adapted for the individual student's professional development and skills.

## **CONFIDENTIALITY**

All communications between the student and CAPS are confidential and will not be disclosed to anyone unless the student gives written authorization to release the information. Legal and ethical exceptions to confidentiality are reviewed during the initial appointment.

## **CLINICAL RECORDS**

Counseling & Psychological Services documents are not part of a student's academic records. In addition, only CAPS staff has access to them. If the student submits an Authorization to Release Information form, clinical information can be disclosed to the individual, individuals, and/or agency listed in the release.

## **EMERGENCIES**

Should a crisis or emergency situation arise and Counseling & Psychological Services staff are not available, students that are on campus are encouraged to call Campus Safety at extension 4080 for emergency support. On-campus residents may also contact a member of the Residence Life staff. Additional resources for all students include:

- 911
- Behavioral Health Response Team (Mobile Crisis)  
845-517-0400  
or 1-844-255-BHRT (2478)
- Rockland Crisis Services  
(845) 364-2200
- Rockland Suicide Hotline  
(845) 354-6500
- Bergen County CarePlus NJ  
(201) 262-HELP (4357)
- Center for Safety & Change (Domestic Violence/Sexual Assault Services)  
845-634-3391 (Information)  
845-634-3344 (Hotline)