

---

**POLICY TITLE: MENTAL HEALTH SERVICES FOR STUDENTS POLICY****Date of Initial Approval:** 10/1/2018**Date Revised:** 12/19/2024**Category:** University Policy**Responsible Office:** Departments of Student Affairs, Mental Health & Wellness Services**Stakeholders Involved in Review:** Directors of Mental Health and Wellness Services, Associate Deans of Student Affairs Dean, RVUCOM; Dean, MCOM, Leadership Council

---

**PURPOSE & SCOPE**

The purpose of this policy is to ensure that all Rocky Vista University (RVU) students have access to mental health and wellness services and to outline the system that provides confidential, 24 hours a day, 365 days a year access from each location at which RVU students receive education. The goal is to enhance student well-being through accessible, evidence-based care and prevention services, inspiring students to serve with compassion, integrity, and excellence by maintaining and enhancing their personal well-being and mental health.

**POLICY STATEMENT** Rocky Vista University is committed to the mental health and well-being of its students. The University provides confidential, accessible mental health and wellness services 24 hours a day, 365 days a year, and from all locations at which students receive education. This care is provided by mental health care professionals.

Mental health and wellness services include:

1. Individual outpatient counseling, psychotherapy, and crisis intervention.
2. 24/7 access to in-the-moment support through a third-party service platform.
3. Referrals to off-campus providers for extended care.
4. Life-enhancing resources such as financial coaching, health coaching, legal consultations, and educational outreach programs.

**ROLES & RESPONSIBILITIES**

<b>Role</b>	<b>Responsibilities</b>
Directors of Mental Health and Wellness Services	Maintenance, implementation, and communication of policy

**RELATED PROCESSES, PROCEDURES, AND/OR DEFINITIONS**

APPENDIX 1: INFORMATION TO ACCESS MENTAL HEALTH AND WELLNESS SERVICES

**POLICY REVISION HISTORY**

12/10/2024	Policy revised to focus solely on Mental Health and Wellness Services with updated information
01/13/2023	Policy revised to new RVU template and updated information
10/01/2018	Policy created

**Appendix 1:**  
**ACCESS TO MENTAL HEALTH AND WELLNESS SERVICES**

1. Mental Health and Wellness (MHW) Services are available 24 hours a day, 365 days a year, and from all locations at which students receive education in the United States. Services are provided by master's-level or above clinicians, who are either independently licensed mental health clinicians or licensure candidates under clinical supervision. Services are provided in a culturally sensitive and confidential manner through a combination of resources, which include:
  - a. Individual outpatient, brief, counseling/psychotherapy/crisis intervention/referral services provided by campus MHW Services clinicians either in person on campus or via telehealth;
  - b. 24/7/365 In-the-moment/crisis intervention services provided by WellConnect® via telephone in which concerns are triaged and local emergency services (such as 911) engaged in the case of mental health crisis and in-the-moment support and referral to MHW Services clinicians or local resources when concerns do not rise to the level of mental health crisis;
  - c. Off campus, individual and couple's outpatient, brief, counseling/psychotherapy either in person or via telehealth and for concerns outside of the brief model, referrals to local mental health providers where the student resides who are part of the student's health insurance network provided by WellConnect®;
  - d. Financial coaching, health coaching, legal consultation, and student/life services (including referrals to local physicians, dentists, , and other healthcare providers where the student resides who are part of the student's health insurance network) provided by WellConnect®;
  - e. Mental Health Outreach (i.e., educational presentations, awareness events, support groups, and self-guided resources such as the [myStrengths mobile app](#));
2. MHW Services are encouraged for the well-being of all students, especially those with acute needs such as anxiety, suicidal thoughts, academic stress, alcohol and/or substance use, concerns related to adjustments to school, depression, disordered eating/body image concerns, identity development, interpersonal conflicts, loneliness, relationship problems, trauma, test anxiety, etc.
3. Students may either self-refer or may be identified by and referred to MHW Services by others.
4. Household members of students may access all services provided by WellConnect®.
5. To request an appointment, learn about Mental Health and Wellness Services for students and their household, and access local resources including an off-campus referral list, visit [www.rvu.edu/mentalhealth](http://www.rvu.edu/mentalhealth) or [the Mental Health and Wellness Services University Portal Pages](#).