Counselor-In-Residence Program

A collaboration of Counseling & Psychological Services & the Department of Residential Housing at Ohio University

“We Are Here To Help”

A Guide to Assist Residence Life Staff in Making Referrals and Requesting Services

Counselors-In-Residence (CR) Program:
The Counselors-In-Residence program is a collaborative effort between Residential Housing and CPS designed to provide timely psychological interventions to students living on campus. A CR provides extended after hours consultation, crisis intervention, and preventative & psycho-educational outreach programming.

Referring Students for a Consultation with CRs

Emergency services:
* Call OUPD in the event of an imminent danger, such as attempted suicide, serious suicidal thoughts, or violence toward others. The OUPD will determine whether to call the Counselor-on-Call or transport the student to the ER or a safe facility. Then, contact the senior staff on call to alert them of the situation. The senior staff member can also assist you in contacting the CRs if other residents are affected/become concerned during this crisis situation. CRs may meet with students individually or as a group.
* Call CPS to access the Counselor-on-Call when a resident presents with crisis (suicidal thoughts, bizarre behavior, etc) but there is no imminent threat to the resident or to other residents. Counselor-on-call may then determine whether to call the OUPD or get the CR involved.
* You can also consult with the CRs during CR office hours when you are unsure if the student’s circumstances may require an immediate crisis intervention. CR will assist you in determining what to do/who to call.

CR Office Hours:
A CR will be available for consultation and brief counseling during the office hours (see office hours).

In referring a student to our office hour services, please follow these suggestions:
* Invite the student to meet with the CRs and provide them with the relevant information (i.e., office location and hours of availability).
* Assure the student that our counselors are competent, well-trained individuals.
* Offer to accompany the student to the CR office.
• Please do not offer the student any guarantees about whom he or she will see. Let your student know that particular staff may not be available.

• If possible, alert the CR in advance, either by e-mail or leaving a brief voice mail message on the office phone. (Please do not include identifying information of the student)

**Non Emergency Consultation with CRs:**
The CRs are available for consultation about student concerns that may arise. You may contact the CR and set up a meeting preferably during their office hours. You may email us and be sure to include your name, position, how to contact you and general nature of your request.

**Requesting Training/Outreach Presentation:**
You may request a CR to provide training activities or educational workshops for students or staff on a variety of topics, such as:
* Adjusting to college life * Adjusting to life back home * Alcohol/drug use * Body image
* Combating winter blues * Culture shock
* Diversity training * Homesickness
* Relationship compatibility * Relaxation/stress management * Test anxiety

Please plan what programming you would like to see in your hall/floor for the semester and please let the CR know at least two weeks in advance. You are encouraged to consult with the CR as you plan the topic, dates and times of the program.

Please note that the CRs will only get your phone messages during CR office hours. The CRs strive to return all such calls in a timely manner.

Any questions, concerns regarding the CR program and/or CRs please direct them to:

CR Program Clinical Supervisor:
Paul Castelino, Ph.D.
castelin@ohio.edu 593-1616

**Counselors-In-Residence**

**Let’s Talk Hours:**
Sunday – Friday
5 pm – 10 pm

**Office Location:**
160 Living Learning Center (LLC)

**LLC office phone:**
740-593-4014