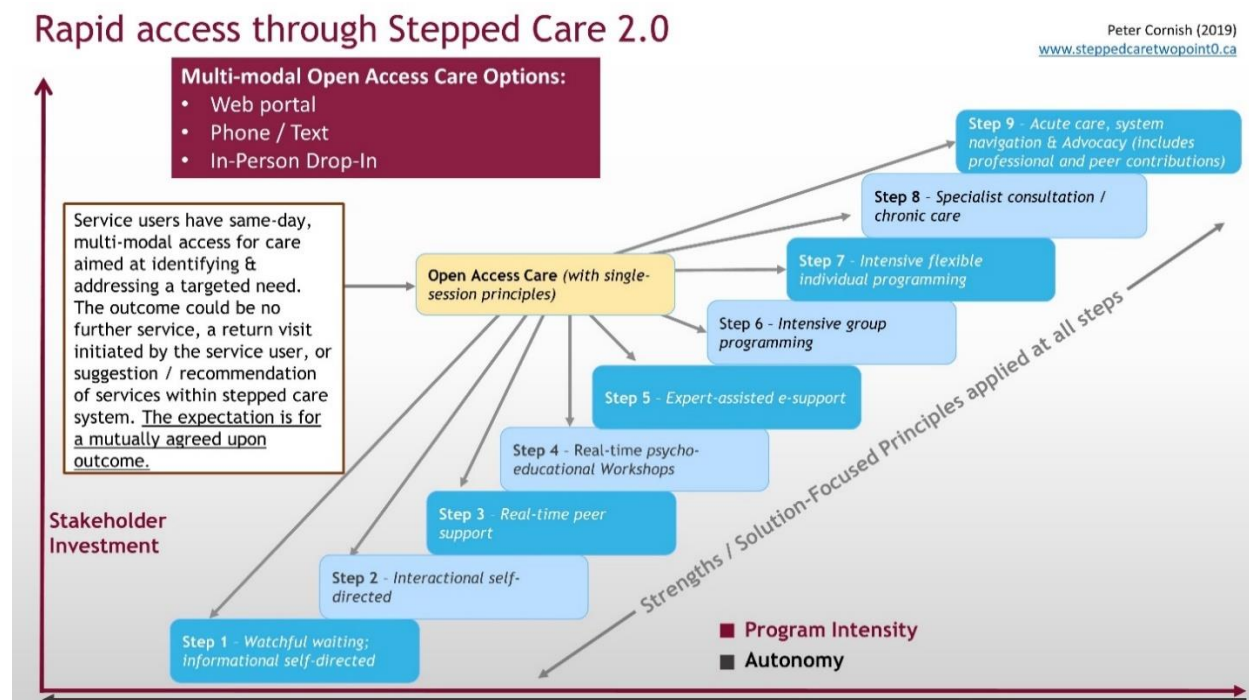


## WHAT IS THE STEPPED CARE MODEL?

It is a sustainable, multi-tier system which expands care options and programs to ensure students get access to the help they need when, how, and where they need it. The most-effective, yet least-resource intensive, intervention is typically offered first. Care is only “stepped up” to the next level with evidence or prediction of program failure. In other words, stepped care models recognize that not every student needs individual counseling, and so it offers a wide array of options to better match the student’s needs.

A Stepped Care approach may look like this:



## Benefits of the Stepped Care Model

- Provides program options that meet the students where they are at based on each student’s needs, readiness, and strengths
- Provides options for students whose treatment method of choice may not be individual or group counseling and is thus more inclusive and culturally sensitive – access for all!

- Empowers students to manage their own mental health and promotes student autonomy and self-efficacy
- Reduces wait time and wait lists by ensuring open access to care and tailoring care to increase availability of specialists but only for those who need it
- Conserves staff time and resources by expanding low cost, low intensity alternatives and reorganizing program options efficiently

## The Difference

The Stepped Care model is different from what counseling centers are currently doing, because it:

- Requires less up-front assessment
- Focuses on strengths
- Improves risk management
- Provides students with a variety of care options, making it culturally sensitive
- Adjusts care more rapidly to promote recovery
- Outcome and therapeutic measurement are built into every care encounter