

COUNSELING SPORT PSYCHOLOGY

DESCRIPTION OF SERVICES

Eligibility:

Mississippi State University (MSU) Counseling and Sport Psychology Services (CSP) offers a variety of services: individual counseling, couple counseling, group counseling, support groups, workshops, mental skills training, and performance enhancement. These services are provided by a provider licensed and trained in counseling and sport psychology. Student-athletes are eligible for these voluntary and confidential services.

Treatment Model:

CSP follows a brief counseling model. You and your provider will discuss service goals and determine the length of your services to meet those goals. Typically, clients visit CSP from 4 to 8 sessions in a semester. We expect clients to actively work toward agreed-upon service goals to remain in services. Together, you and your provider will explore your service options. While some clients will move from individual services to a group modality after several sessions, it may be clinically indicated for other clients to begin group or other higher level of care services beyond the scope of practice within CSP.

Risks and Benefits:

Counseling can have both risks and benefits. The counseling process may include discussions of your personal challenges and difficulties, which can elicit uncomfortable feelings such as sadness, guilt, anger, and frustration. However, counseling has also been shown to have many benefits. It can often lead to better interpersonal relationships, improved performance, solutions to specific problems, and reductions in your feelings of distress. These benefits are dependent on your motivation for change.

Confidentiality and Privacy Practices:

In keeping with ethical standards of the Association for Applied Sport Psychology, American Counseling Association, the American Psychological Association and State and Federal law, all services provided by CSP and related records are kept confidential except as noted below. Providers have a legal responsibility to disclose client information without prior consent in the following situations:

- *If you are likely to harm yourself or others unless protective measures are taken,*
- *If you lack the capacity to care for yourself,*
- *When there is a reasonable suspicion of abuse of children or vulnerable adults,*
- *When there is a valid court order for the disclosure of client files.*

Fortunately, these situations are normally infrequent and all measures of security possible are taken to ensure your confidentiality is maintained. Any information stored on paper is locked; data stored electronically is encrypted.

CSP Staff operates as a team to provide the best services to students. As professionals, we confer with each other within the department as well with campus-based partners with clinical training. These consultations are for professional and/or training purposes only.

By providing an Emergency Contact pursuant to an executed Release of Information Form, you give permission to communicate with that person if we believe you are at risk. Please consult with your provider if you have questions about your confidentiality.

Your records remain confidential pursuant to applicable Mississippi law and the Family Educational Rights and Privacy Act of 1974 (FERPA). For more details about your rights under FERPA, please refer to the following website: <https://www.oci.msstate.edu/focus-areas/ferpa/>.

Communicating with CSP:

Although we try to arrange initial appointments promptly, there may be a waiting list during busy periods of the year. If you consider your situation an emergency, please inform our staff. For after-hours emergency, please call the Student Counseling Services (SCS) after-hours crisis line at (662) 325-2091, Dr. Joseph C. Case at (662) 648-9548, go to the nearest hospital emergency room, or contact the MSU Police at (662) 325-2121. Please be aware that email to CSP cannot be guaranteed to be private or confidential and may not be read by the CSP recipient in a timely manner. CSP communicates via SMS text for appointment reminders only and cannot respond to any texts received.

Referrals:

Many issues typically encountered by student-athletes can be addressed with the short-term services we provide. Your initial meeting is an assessment session devoted to defining your concerns, developing a service plan, and determining whether CSP can meet your needs. If at any point it is determined that other services are more suitable, we will help you obtain assistance from appropriate outside providers. Non-compliance with the plan we develop to assist you could result in the termination of services at CSP.

No-Show Policy:

Your active participation in the counseling process is necessary for progress to be made. Sessions typically last for 30-50 minutes. Your promptness for these sessions will allow you to take full advantage of your appointments. A late arrival of 15 minutes or more may be considered no showing your appointment and you may be required to reschedule.

If you miss a scheduled appointment with your provider and have not canceled in advance, you are responsible for calling to reschedule the appointment or for informing the provider that you are no longer interested in receiving services. If an emergency arises, please cancel your appointment by calling staff, preferably one day in advance. If you miss two scheduled appointments without rescheduling, we will assume you are no longer interested in our services and your case will be closed. You may, of course, request services again at any time, although during peak times you may be placed on a waiting list.

Feedback:

Our goal is to provide the most effective service experience. If you feel that your provider is not a good match for you, we encourage you to discuss this matter with your current provider or sports medicine administration.

We are interested in any feedback you may have regarding the services you receive. You will have an opportunity to provide feedback at various times during the semester on our evaluation form. You are, of course, welcome to provide us with feedback at any time during the therapy process.

Staff Qualifications:

Your clinician may be a psychologist, licensed professional counselor, licensed clinical social worker, professional seeking a license, or a graduate level trainee. Any graduate level trainee or professional seeking a license will be supervised by licensed staff. We may seek written consent to video or audio record your sessions. This is done so that your provider and their supervisor can review sessions to aid in the service-delivery process. These recordings are confidential, kept in a secure location, and erased after use.

If you believe your rights have been violated in any way, contact the CSP Director at (662) 325-7831.

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Mississippi State University Counseling and Sports Psychology Services NOTICE OF PRIVACY PRACTICES

THIS NOTICE DESCRIBES HOW MENTAL HEALTH INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU MAY OBTAIN ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

All information describing your mental health treatment and related health care services ("mental health information") is personal, and we are committed to protecting the privacy of the personal and mental health information you disclose to us. We are required by law to maintain the confidentiality of information that identifies you and the care you receive. This Notice is effective as of August 23, 2019.

WE MAY USE AND DISCLOSE YOUR MENTAL HEALTH INFORMATION:

To You for APPOINTMENTS AND SERVICES to remind you of an appointment or tell you about treatment alternatives or health related benefits or services.

To MSU CSP and SCS STAFF INVOLVED IN YOUR CARE. We may use or disclose mental health information for purposes not described in this Notice only with your written authorization pursuant to an executed Release of Information Form, provided, however, if your records are considered "treatment records" under FERPA, we may disclose your records without your written consent as necessary to provide continued treatment to you.

WE MAY USE YOUR MENTAL HEALTH INFORMATION FOR OTHER PURPOSES WITHOUT YOUR WRITTEN AUTHORIZATION:

As REQUIRED BY LAW when required or authorized by other laws, such as the reporting of child abuse, elder abuse or dependent adult abuse.

In JUDICIAL PROCEEDINGS in response to court/administrative orders.

To PREVENT A SERIOUS THREAT TO HEALTH OR SAFETY of an individual. We may notify the person, tell someone who could prevent the harm, or tell law enforcement officials.

YOU HAVE THE FOLLOWING RIGHTS:

1. To be treated with dignity and respect.
2. To personal privacy and to receive your care in a safe setting.
3. To not be discriminated against because of race, creed, sex, age, national origin, sexual orientation, gender identity, gender expression, or disability status.
4. To know the names and professional status of people serving you.
5. To know the effectiveness, possible side effects, and problems of all forms of treatment.
6. To information about services and any related costs.
7. To Receive a Copy of this Notice when you obtain care.
8. To Request Restrictions. You have the right to request a restriction or limitation on the mental health information we disclose about you for pursuant to an executed Release of Information Form unless such restrictions or limitations would prohibit MSU from exercising its rights under applicable law. You must put your request in writing. We will comply with your request except to the extent that restrictions or limitations on disclosure would prohibit an appropriate response to an emergency or would otherwise prohibit MSU from exercising its rights under applicable law.
9. To Inspect and Request a Copy of your Mental Health Records except in limited circumstances, including, but not limited to, disclosure of your Mental Health Records to you would be detrimental to your physical or mental health. A fee may be charged to copy your records. You must put your request for a copy of your records in writing. If you are denied access to your mental health records for certain reasons, we will tell you why and what your rights are to challenge that denial.
10. To Request an Amendment and/or Addendum to your Mental Health Record. If you believe that information is incorrect or incomplete, you may ask us to amend the information or add an addendum (addition to the record) of no longer than 250 words for each inaccuracy. Your request for amendment and/or addendum must be in writing and give a reason for the request. We may deny your request for an amendment if the information is already accurate and complete. Even if we accept your request, we do not delete any information already in your records.
11. To receive an accounting of certain disclosures we have made of your mental health information. You must put your request for an accounting in writing.
12. To Request That We Contact You by Alternate Means (e.g., fax versus mail) or at alternate locations. Your request must be in writing, and we must honor reasonable requests.

CHANGES TO THIS NOTICE: We reserve the right to change this Notice. We reserve the right to make the revised or changed Notice effective for information we already have about you as well as any information we receive in the future. We will post a copy of the current Notice on our website: <http://hailstate.com/sports/2013/9/23/209265837.aspx>

CONTACT INFORMATION: If you have any questions about this Notice, or to file a complaint, please contact the Assistant Athletic Director of Counseling & Sport Psychology Services, Dr. Sedaria Williams, Ph.D., in writing at P.O. Box 5327, Mississippi State, MS 39762 or by telephone at (662) 325-7831. You will not be penalized for filing a complaint.