University of Rochester Counseling Center

INTAKE FORMS PACKET

<table>
<thead>
<tr>
<th>Included in this Packet</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) Information &amp; Consent Form (2 copies, pp. 2-5)</td>
</tr>
<tr>
<td>(2) Intake Questionnaire (pp. 6-7)</td>
</tr>
<tr>
<td>(3) AUDIT Questionnaire (p 8)</td>
</tr>
<tr>
<td>(4) OQ-45 (p 9)</td>
</tr>
</tbody>
</table>

Instructions

**Before your Appointment:**

(1) Read and Sign/Date the *Office Copy* of the *Information & Consent Form*  
(Keep the *Student Copy* that is printed for you)
(2) Complete the *Intake Questionnaire*

**Bring to your Appointment:**

(1) The signed *Office Copy* of the *Information & Consent Form*  
(2) The completed *Intake Questionnaire*, AUDIT, and OQ-45
INFORMATION AND CONSENT FOR ASSESSMENT AND TREATMENT

Name _______________________________ Date of Birth __________________

ID# ________________________________

Services Provided
As a subscriber to the University of Rochester Student Health Program, you are eligible to receive a comprehensive mental health assessment, an individualized treatment plan, and support to put the plan into action from the University Counseling Center (UCC). The goal of the assessment process is to determine the best course of treatment for you. The type and extent of services that you will receive will be determined following the assessment and discussion with your counselor. The treatment plan may include: UCC group or workshop, individual brief therapy at UCC, Therapist Assisted On-Line (TAO), psychiatry services at UCC/UHS, case management, referrals for longer term therapy or specialized treatment with a community provider, and/or referrals to other campus resources.

A range of mental health professionals provides UCC services. All professionals-in-training are supervised by licensed staff. A listing of all UCC supervisors is provided at the end of this document.

Psychotherapy can have both risks and benefits. Psychotherapy may elicit uncomfortable thoughts and feelings. However, psychotherapy can also lead to better interpersonal relationships, improved academic performance, solutions to specific problems and reductions in your feelings of distress. There is no assurance of these benefits.

Confidentiality
In keeping with ethical standards of our professional staff as well as state and federal law, all services provided by the staff of UCC are kept confidential except as noted below. All information shared with the clinicians at UCC is confidential. No information will be released without your consent. UCC treatment records are electronic and stored on a secure server as part of your UHS treatment records. Access to UCC records by UHS providers and vice versa is done only on a need to know basis for purposes of collaborative care (e.g., referral for medication, evaluations for eating disorders, etc.). In all other circumstances, consent to release information is given through written authorization. Verbal consent for limited release of information may be necessary in special circumstances. There are specific and limited exceptions to this confidentiality which include the following:

A. When there is risk of imminent danger to myself or to another person, the clinician is ethically bound to take necessary steps to prevent such danger.
B. When there is suspicion that a child or elder is being sexually or physically abused or is at risk of such abuse, the clinician is legally required to take steps to protect the child, and to inform the proper authorities.
C. When a valid court order is issued for medical records, the clinician and the agency are bound by law to comply with such requests.
D. If you consent to participate in Therapist Assisted On-Line (TAO) treatment, TAO Tech Support will have some identifying information while you are in treatment so that it can provide technical support and facilitate interaction with your counselor via video conference. Identifying information includes your name, e-mail address and telephone number. When you have completed the treatment this identifying information will be de-identified.
E. UCC does not provide clinical information or release records to government agencies, current or future employers or others. We highly recommend that you talk with your therapist about the potential consequences of releasing your own records for purposes other than continuity of care by other health care professionals. We will, at your request, provide clinical information to another health professional for the purposes of your further treatment.

Counseling Policies
Although UCC tries to arrange initial assessments promptly, longer wait times are common during busy periods of the year. If you consider your situation an emergency that will not allow a delay, please inform our staff. For after-hours urgent needs, call our main number at 585-275-3113 and request to speak to the Counselor On-Call. Please be sure to wait for the return call which will appear on your phone as an unidentified number or 000-0000. If you have an emergency where you or someone else is at risk, call Public Safety at *13 from any U of R phone (if on campus) or dial 911 (if off campus) or go to the nearest emergency room.
Many issues typically encountered by university students can be addressed with the brief therapy we provide. Your initial comprehensive assessment will be devoted to defining your concerns, developing a treatment plan, and determining whether UCC or other university partners 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 off-campus providers utilizing your comprehensive healthcare insurance that is required while attending UR.

Non-compliance with the plan we develop to assist you may result in the termination of services.

UCC therapists routinely record individual and group sessions. These recording(s) will be used only for training and supervision purposes within UCC. The professionals involved will respect and protect the confidential nature of the sessions. The recordings will be the property of the University Counseling Center, are stored on a secure network and deleted on a regular basis. If you object to being recorded, it will in no way jeopardize your relationship with the University Counseling Center, but may result in having to change therapists.

Appointment Accountability
Both UHS/UCC utilize a text messaging appointment reminder service. This is a generic message that you have an appointment and to acknowledge that you will be keeping the appointment or need to cancel. You must have text service to receive this message. If you wish to opt out, you’ll need to respond “stop” to the text message.

Please arrive on time for your appointments. Missed appointments reduce our capacity to provide services to you and other students. If you are unable to keep your appointment, please call to cancel as far in advance as possible. No-showing or canceling appointments with less than 24 hours’ notice more than two times may result in discontinuation of UCC based services. In the event of a cancellation or no-show, you are responsible for confirming or scheduling your next appointment.

I have read and understand the above information. I consent to participate in a comprehensive initial assessment which will result in an individualized treatment plan. This may include referral to group therapy, case management, workshops, brief individual therapy, referral to campus or community agencies and more. I understand that I may stop treatment at any time.

__________________________  ______________________
Signature                          Date

REV 2/21/17
INFORMATION AND CONSENT FOR ASSESSMENT AND TREATMENT

Name ____________________________ Date of Birth ____________

ID# ______________________________

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F. When there is risk of imminent danger to myself or to another person, the clinician is ethically bound to take necessary steps to prevent such danger.

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UHSCConnect
In order to assure your privacy, UCC staff communicate with students via UHSCConnect. This is a secure web portal fully integrated in the UHS/UCC electronic health record. UHSCConnect is designed to provide secure NON-URGENT e-communications between UCC/UHS providers and you. You can access UHSCConnect on your computer or mobile device. UCC will contact you, if needed, primarily through UHSCConnect. You will be sent a generic e-mail alerting you that you have a message waiting. We highly recommend that you register for UHSCConnect. If you are not registered, please ask the receptionist for details.

Disability Accommodation Assistance
Although UCC does not provide documentation, diagnosis or recommendations for disability accommodations, we will help provide referral help and information about other campus or community resources that could assist in this process.

If you have any questions regarding this consent form or about the services offered at UCC, you may discuss them with your therapist.

University Counseling Center Supervisors
Joellen Popma, Ph.D., Director
Brigid Cahill, Ph.D., Associate Director
Arjan Berkeljon, Ph.D.
Scott Kaplan, Ph.D.
Dagmar Kaufmann, Ph.D.
Mike Kemp-Schneider, LMSW
Vanessa Peavy, LMSW
Felicia Reed-Watt, LCSW
Ronke Lattimore Tapp, Ph.D.
Kelly Willson, Ph.D.

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____________________________________  __________________________
Signature                                      Date

REV 2/21/17
University of Rochester Counseling Center (UCC)  
Student Information Form  

**SECTION A: STUDENT INFORMATION**

**PREFERRED NAME:** _________________________  
**SEXUAL IDENTITY/ORIENTATION:** _____________________  

**ETHNICITY:**  
- □ African American  
- □ American Indian/Eskimo  
- □ Asian American  
- □ Caucasian  
- □ Hispanic  
- □ Mexican American  
- □ Multi-Ethnic  
- □ Native Hawaiian/Pacific Islander  
- □ Puerto Rican  
- □ Other _________________________  
- □ International (list your country): ______________________________________

**RELATIONSHIP STATUS:**  
- □ Single  
- □ Partnered  
- □ Married  
- □ Separated  
- □ Divorced  
- □ Widowed  
- □ Other (specify): _________________________

**CONTACT INFORMATION (check all that apply):**  
- Cell Phone #: _________________________  
- □ OK to phone  
- □ OK to leave message  
- Home or other Phone #: _________________________  
- □ OK to phone  
- □ OK to leave message  

We highly recommend that you sign up for UHSCConnect. This is a secure web based program that you can access on your computer or mobile device and allows both UHS and UCC providers to confidentially communicate with you. UCC will contact you, if needed, primarily through UHSCConnect. You will be sent a generic e-mail alerting you that you have a message waiting. If you are not signed up, ask the receptionist for details.

**ACADEMIC STATUS:**  
- □ 1st year  
- □ SO  
- □ JR  
- □ SR  
- □ Take 5  
- □ Student’s Spouse/Partner  
- □ Medical Student  
- □ Graduate Student  
- □ Other _________________________

**ACADEMIC INFORMATION:**  
- Major/Academic Department _________________________ enrolled primarily at  
  - □ River Campus  
  - □ ESM  
  - □ SMD/MCO  
- Number of Credits this Term _________________________

**REFERRED BY:** (check all that apply)  
- □ Self  
- □ Academic Advisor  
- □ CARE  
- □ Dean  
- □ Friend  
- □ Parent  
- □ Spouse/Partner  
- □ UHS  
- □ Medical Provider  
- □ Other (specify) _________________________

**HEALTH INSURANCE COVERAGE:**  
- □ AETNA Student Health (University Plan)  
- □ Private Insurance (specify name of insurance plan) _________________________

**SECTION B: PRESENTING CONCERNS**

**Briefly describe what brings you to the University Counseling Center (UCC)?:**

**During the past year, what kind of stressors have you had?**

**Approximately how long has this concern been bothering you?**  
- □ Day  
- □ Week  
- □ Month  
- □ Several months  
- □ Year  
- □ Several years  
- □ Most of my life

**Approximately how many counseling sessions do you think you will need?**  
- □ 1-3 sessions  
- □ 4-6 sessions  
- □ 7-9 sessions  
- □ 10+
Thank you for completing the Intake Questionnaire.

SECTION C: MENTAL HEALTH HISTORY

Have you received counseling or psychotherapy in the past (check all that apply):
☐ Never ☐ Prior to high school ☐ High school ☐ after High School ☐ at UCC

Previous therapist(s)/treatment facility(s):

Have you ever participated in group therapy? UCC? ☐ Yes (specify below) ☐ No
If YES, where, and what was the focus of the group(s):

Have you purposely injured yourself without suicidal intent? (e.g., cutting, hitting, burning, etc.) ☐ Yes ☐ No
If YES, please explain:

Have you made a suicide attempt? ☐ Yes (specify below) ☐ No
If YES, please describe when and the nature of the attempt:

Do you consider your alcohol consumption or drug use a problem? ☐ Yes ☐ No ☐ Not Applicable

Would you be interested in an assessment with a substance use specialist? ☐ Yes ☐ No

SECTION D: FAMILY

Family Information: Complete for all members of your family, including yourself. Circle your own rank among the siblings (1st, 2nd, 3rd, etc.)

<table>
<thead>
<tr>
<th>Relationship</th>
<th>Marital Status</th>
<th>Living or Deceased</th>
<th>Age</th>
<th>Sex</th>
<th>Occupation</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent 1</td>
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<tr>
<td>Parent 2</td>
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<tr>
<td>Parent 3</td>
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<tr>
<td>Parent 4</td>
<td></td>
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<tr>
<td>1st Sibling</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>2nd Sibling</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>3rd Sibling</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>4th Sibling</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Others living in Family Home

Current Family

<table>
<thead>
<tr>
<th>Relationship</th>
<th>Marital Status</th>
<th>Living or Deceased</th>
<th>Age</th>
<th>Sex</th>
<th>Occupation</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spouse/Partner</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>1st Child</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2nd Child</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
Alcohol Use Disorders Identification Test (AUDIT)

Please respond to these questions about your use of alcoholic beverages. Standard drink sizes are shown in the pictures below. Place an X in one box that best describes your answer to each question.

<table>
<thead>
<tr>
<th>Question</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How often do you have a drink containing alcohol?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newer</td>
<td>Never</td>
<td>Monthly or less</td>
<td>2 to 4 times a month</td>
<td>2 to 3 times a week</td>
<td>4 or more times a week</td>
</tr>
<tr>
<td>2. How many drinks containing alcohol do you have on a typical day when you are drinking?</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>1 or 2</td>
<td>3 or 4</td>
<td>5 or 6</td>
<td>7 to 9</td>
<td>10 or more</td>
<td></td>
</tr>
<tr>
<td>3. How often do you have five or more drinks on one occasion?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newer</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td></td>
</tr>
<tr>
<td>4. How often during the last year have you found that you were not able to stop drinking once you had started?</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Newer</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td></td>
</tr>
<tr>
<td>5. How often during the last year have you failed to do what was normally expected of you because of drinking?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newer</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td></td>
</tr>
<tr>
<td>6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Newer</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td></td>
</tr>
<tr>
<td>7. How often during the last year have you had a feeling of guilt or remorse after drinking?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newer</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td></td>
</tr>
<tr>
<td>8. How often during the last year have you been unable to remember what happened the night before because of your drinking?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newer</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td></td>
</tr>
<tr>
<td>9. Have you or someone else been injured because of your drinking?</td>
<td>No</td>
<td>Yes, but not in the last year</td>
<td>Yes, during the last year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?</td>
<td>No</td>
<td>Yes, but not in the last year</td>
<td>Yes, during the last year</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total for #s 1-3: 1-3

Total:
**INSTRUCTIONS: Looking back over the last week, including today, help us understand how you have been feeling. Read each item carefully and circle the number which best describes your current situation. Circle only one number for each question and do not skip any. If you want to change an answer, please “x” it out and circle the correct one.**

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Frequently</th>
<th>Almost Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>1</td>
<td>6</td>
<td>4</td>
<td>2</td>
<td>3</td>
<td>1</td>
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<td>3</td>
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<td>7</td>
<td>9</td>
<td>11</td>
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<tr>
<td>3</td>
<td>4</td>
<td>2</td>
<td>6</td>
<td>8</td>
<td>10</td>
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<td>11</td>
<td>5</td>
<td>4</td>
<td>2</td>
<td>3</td>
<td>1</td>
</tr>
</tbody>
</table>

1. I get along well with others.
2. I tire quickly.
3. I feel no interest in things.
4. I feel stressed at work/school.
5. I blame myself for things.
6. I feel irritated.
7. I feel unhappy in my marriage/significant relationship.
8. I have thoughts of ending my life.
9. I feel weak.
10. I feel fearful.
11. After heavy drinking, I need a drink the next morning to get going (If you do not drink, mark “never”).
12. I find my work/school satisfying.
13. I am a happy person.
14. I work/study too much.
15. I feel worthless.
16. I am concerned about family troubles.
17. I have an unfulfilling sex life.
18. I feel lonely.
19. I have frequent arguments.
20. I feel loved and wanted.
21. I enjoy my spare time.
22. I have difficulty concentrating.
23. I feel hopeless about the future.
24. I like myself.
25. Disturbing thoughts come into my mind that I cannot get rid of.
26. I feel annoyed by people who criticize my drinking (or drug use) (if not applicable, mark “never”).
27. I have an upset stomach.
28. I am not working/studying as well as I used to.
29. My heart pounds too much.
30. I have trouble getting along with friends and close acquaintances.
31. I am satisfied with my life.
32. I have trouble at work/school because of my drinking or drug use (if not applicable, mark “never”).
33. I feel that something bad is going to happen.
34. I have sore muscles.
35. I feel afraid of open spaces, of driving, or being on buses, subways, and so forth.
36. I feel nervous.
37. I feel my love relationships are full and complete.
38. I feel that I am not doing well at work/school.
39. I have too many disagreements at work/school.
40. I feel something is wrong with my mind.
41. I have trouble falling asleep or staying asleep.
42. I feel blue.
43. I am satisfied with my relationships with others.
44. I feel angry enough at work/school to do something I might regret.
45. I have headaches.