

# STUDENT COUNSELING CENTER

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## Contact Information

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## Overview

The Student Counseling Center assists students to improve their emotional, psychological and relational well-being while also supporting their academic success, personal autonomy, and developmental growth.

## Counseling Services

The Student Counseling Center provides free mental health counseling to both full and part-time students at LC State. At any age, adjustment to college represents a major life transition and counseling is a collaborative learning process that assists students in taking responsibility for their lives and education. Licensed counselors, social workers, and psychologists are available to assist students with a variety of personal and mental health issues that may impede academic progress and personal growth.

Services typically involve individual or couples therapy, but time-limited and topic-focused therapy groups are available based on need or interest. Substance abuse assessment and career counseling services are also provided. The Student Counseling Center may also respond to students in crisis, resolve emotional distress, establish client safety and work with the student to facilitate referral to other campus or community medical/behavioral health support services as needed. The providers at the Student Counseling Center adhere to Idaho state law and their respective professional ethical codes governing their practice.

## Confidentiality

All student information is kept confidential according to Idaho and federal laws and ethical guidelines governing professional counseling practices. Generally, the student must provide written permission to Student Counseling Center staff authorizing the release of information to anyone other than those professionals directly involved in the students care, except for any limited exceptions as allowed by law.