

THE COUNSELING CENTER IDYLLWILD ARTS COUNSELING AND MENTAL HEALTH SERVICES FOR STUDENTS

MISSION AND VISION

The Idyllwild Arts Academy (IAA) Counseling Center provides high quality, supportive services to promote the well-being, resilience, and success of our diverse student community. We foster a safe, welcoming, and inclusive environment where students are supported in navigating personal, social, emotional, and academic challenges.

Our work is guided in ethical practice, professional standards, respect for confidentiality, and appreciation for the diverse backgrounds of our students. We are committed to maximizing student success through access to mental health resources, education, consultation, and referrals that support students’ growth and development. Through responsive, compassionate, and collaborative care, we help students build the skills, insight, and support they need to thrive at Idyllwild Arts Academy and beyond.

Supervised by the Assistant Head of School for Student Life, the IAA Counseling Center offers short-term, one-on-one support for a wide range of personal concerns, such as adjustment, stress management, dorm or class challenges, and relationships. These services are provided at no additional cost in a professional, private, and confidential setting for all students who wish to address any potential obstacles or barriers to their success at school. IAA mental health services operate in accordance with all applicable laws and regulations.

COUNSELING CENTER SUPPORT OFFERINGS INCLUDE:

- Individual, short-term counseling for personal, social, and emotional concerns.
- Educational programming regarding alcohol, drugs, suicide prevention, healthy relationships, and other mental health and wellness topics.
- Referrals to an appropriate community resource for students whose needs are more intensive or long-term in nature, beyond the scope of the Counseling Center, or beyond the scope of practice or competency of the counseling staff.
- Development and facilitation of small group sessions and workshops centered on shared issues or problems.
- Referrals to outside providers for psychological testing, psychiatric evaluations, medication management, and accessibility evaluations.
- Management of student departures and returns to campus that emerge from mental health needs, and limited on-call crisis intervention after hours.

EXAMPLE GROUPS AND WORKSHOPS

Coping Skills	Eco-therapy	Intuitive Eating
Rest and Destress	Grief Support	Mindfulness
Sleep Hygiene	Organizational Skills	Student Leaders in Wellness

REFERRAL PROGRAM

The Counseling Center is committed to connecting students with resources that best meet their individual needs. When making referrals, we thoughtfully consider factors such as cultural responsiveness, clinical needs, insurance and financial factors, location, and the likelihood of long term success. For this reason, we strive to connect students with providers who are a good fit for their unique needs and circumstances. We value collaborative partnerships with ethical, high-quality organizations and providers who share our commitment to supporting the well-being and success of our students.

