

# Creighton UNIVERSITY

## Division of Student Life

### Steps for Re-Entry After a Short-Term Break

#### Overview

Creighton University's Division of Student Life seeks to empower and "accompany" students in their journey to persist towards graduation. Student Life and Student Counseling Services provide a transitional bridge for students as they re-start their academic journey following a temporary leave for mental health (generally less than a week). The following instructions provide students with the steps needed to re-enter Creighton University after a short-term break.

#### Step 1: Ask Provider(s) for a Written Recommendation and Grant a Full Release

After discharge and/or treatment from your temporary leave, ask your provider(s) to send a written recommendation to Student Counseling Services (or if hospitalization, send discharge summary) and give your approval for a full release to Student Counseling Services. Please reference the "Re-Entry Instructions for Providers" for this recommendation. Ask your provider(s) to send this written recommendation (or if hospitalization, send discharge summary) prior to contacting Student Counseling Services to schedule an assessment. (Please note: When a student has a temporary leave due to mental health, a student will receive a formal notification from the University that they are asked to focus on their own health and not attend classes or be on campus until these steps are all complete.)

#### Step 2: Schedule an Assessment with Student Counseling Services

When you have confirmed that your provider(s) have sent a written recommendation to Student Counseling Services (or if hospitalization, send discharge summary) and you have approved for a full release to Student Counseling Services at Creighton University, please contact Student Counseling Services to schedule an assessment. (Student Counseling Services at Creighton University can be reached at 402.280.2735 voice.)

#### Step 3: Meet with Student Life

One to two days after meeting with Student Counseling Services, you will meet with Dr. Wayne Young, Jr., Associate Vice Provost for Student Life, or his designee, to complete a Student Life Student Support Plan. This meeting will be scheduled after a student meets with the Director of Student Counseling Services or his/her designee. The Student Support Plan will include recommendations from Student Counseling Services and is an agreement between the University and the student. Students will be asked to agree to a student support plan and a limited release of information at this meeting.

#### Questions?

Questions? The University has assigned students an important resource to help support and accompany them during these steps in their academic journey. Ms. Sangeetha Kumar, Associate Director for Student Care and Outreach, is a clinical social worker and licensed mental health practitioner (LCSW) working out of Student Counseling Services. Ms. Kumar can be contacted at 402.280.3271 or via email at [sangeethakumar@creighton.edu](mailto:sangeethakumar@creighton.edu).