

## SCC BIPOC Let's Talk FAQs

### **What is Let's Talk?**

Let's Talk is a counseling center program designed to engage students by providing informal drop-in consultations with counselors to gain support, perspectives. The purpose of Let's Talk is to provide a pre-counseling opportunity for students to try out talking to a counselor. Many students are helped by one visit. Others stop by occasionally. Some could benefit from ongoing counseling and are encouraged to come to the counseling center. Most do. Once a connection is made with a counselor and the process is demystified, it's much easier to make a referral for formal counseling.

Let's Talk program was originally developed by Cornell University for historically marginalized student groups to help lower the barrier to get access to mental health support. At Pacific Student Counseling Center, we are delighted to announce the BIPOC Let's Talk program via Zoom to reach out our BIPOC communities and provide support.

Let's Talk is considered different from counseling and is not a "clinical" service. We call it "informal consultation" or "consultation and support." There is no paperwork to fill out, no formal intake, no appointments, and no fees. Students are encouraged to drop by and talk about whatever is important to them. They are also allowed to meet anonymously if they prefer. Meetings have no set time length.

### **What happens at a visit to BIPOC Let's Talk?**

Appointments are first-come, first served. When you connect to the zoom during the scheduled times, you will be placed at the waiting room and the counselor will speak shortly. The length of the session would vary depending on the counselor's availability, waitlist and your needs.

### **How is BIPOC Let's Talk different from counseling at SCC?**

Students who access counseling through SCC schedule appointments to meet with a counselor, and sometimes participate in ongoing counseling through scheduled regular frequency appointments. In contrast, BIPOC Let's is not formal counseling and is not intended to be a substitute for mental health treatment; it is a convenient drop-in service where students can have an informal consultation with a counselor via Zoom.

### **Who could benefit from BIPOC Let's Talk?**

This service is open to all Pacific undergraduate and graduate students who self-identify as BIPOC. BIPOC Let's Talk can be a good fit for the following situations:

- BIPOC students who are not sure about counseling and wonder what's like to talk with a counselor
- BIPOC students who are not interested in ongoing counseling but would like the perspectives of a counselor
- BIPOC students who have a specific question and would like someone with whom to talk it through

**I think I might benefit from counseling, but I am not familiar with counseling in my culture values. Would going to BIPOC Let's Talk help me figure out what to do?**

Absolutely. The counselor you meet at BIPOC Let's Talk will talk through your concern and help you determine the best way to get support. If you feel comfortable with the counselor, it is sometimes possible to meet with them at SCC in an ongoing way.

**I scheduled a counseling appointment at SCC for a week from now. Can I stop by BIPOC Let's Talk in the meantime?**

If you believe you need to be seen sooner than the appointment you were given, it's best to call SCC directly at 503-352-2191 or email at [counselingcenter@pacificu.edu](mailto:counselingcenter@pacificu.edu) so that the clinical staff can help support your needs. You can also utilize SCC 24/7 Support & Crisis Line for additional support as needed.

**I heard BIPOC Let's Talk visits are confidential. Are there any limits to confidentiality?**

Conversation with BIPOC Let's Talk counselors are confidential, with a few rare exceptions. Counselors may need to share information in an emergency when there is an immediate risk to harm to self or others. Counselors keep brief written notes of their contacts with students, and in the event that there is an emergency or a student is referred to SCC, other clinical staff at SCC may see these notes. Additionally, these notes can be released in the unlikely event of a court order. BIPOC Let's Talk visits are never noted on a student's official university record. We don't want anything to be a barrier to the BIPOC students accessing help. If you have further questions about confidentiality, we encourage you to discuss them with a BIPOC Let's Talk counselor.