

CENTER FOR WELLNESS AND WELLBEING

SANTA MONICA COLLEGE

The Center for Wellness & Wellbeing provides a broad range of services, including brief individual psychotherapy, crisis intervention, and referral services, to enhance the personal well-being, psychosocial development, and academic advancement of a diverse student population, as a means to promote student retention and graduation from **SMC**.

Office Hours: Monday – 9:00 a.m. – 4:00 p.m.
Tuesday – Friday - 9:00 a.m. – 5:00 p.m.

Location: Liberal Arts Building, Room 110

Phone: (310) 434-4503

Staff: Alison Brown, Ph.D., Coordinator, Licensed Psychologist
Todd Adamson, Psy.D., Licensed Psychologist
Roxana Zarrabi, Psy.D, Psychologist
Martha Whitfield, Student Services Assistant
Margaret Donovan, Psy.D, Post Doctoral Intern
Deborah Matian, Ph.D, Post Doctoral Intern

HOW TO MAKE AN APPOINTMENT

- To schedule an appointment, please come to our office, Liberal Arts Building, Room 110.
- Counselors are available each day, Monday through Friday, 10:00am to 12:00pm and Monday through Thursday, 1:00pm to 4:00pm, to provide a walk-in appointment to review your current situation and determine how best to meet your needs, either through short-term individual counseling or a referral off-campus.

EMERGENCIES:

- For on-campus emergencies, i.e., a student is a danger to himself or herself or others, during office hours or outside office hours please contact **Campus Police at Ext. 4300**
- For off-campus emergencies, please **call 911.**

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Mission Statement

The Center for Wellness & Wellbeing provides a broad range of services to enhance the personal well-being, psycho-social development, and academic advancement of a diverse student population, as a means to promote student retention and graduation from **SMC**.

Services Provided:

- **Personal Counseling**

The primary mode of counseling to students is brief individual psychotherapy. Our individual counseling services are designed for students who can benefit from short-term, problem-focused counseling. If long-term therapy is indicated, the student may be referred to an appropriate off-campus resource.

- **Crisis Intervention**

The Center for Wellness & Wellbeing will provide immediate intervention in crisis situations (e.g., assisting a student in need of hospitalization, gravely depressed students, students who may be harm to themselves).

- **Referrals**

Community referrals to appropriate agencies are made for students in need of medication evaluations and/or long-term care beyond the scope of services provided by The Center for Wellness & Wellbeing. The Center for Wellness & Wellbeing collaborates with several community agencies, and students in need of specialized services (e.g., psychiatric medication, psychological testing, eating disorder program, domestic violence intervention) are referred to such agencies.

- **Consultation**

The Center for Wellness & Wellbeing offers faculty, staff and administrators the opportunity to get assistance dealing with challenging students, difficult circumstances and disruptive situations involving students.

- **Workshops and Trainings**

We offer a wide variety of workshops and trainings on topics such as stress management, test anxiety, mindfulness, healthy relationships, mental illness, suicide prevention, and substance use.