

STUDENT COUNSELING AND WELLNESS

The MCAD Student Counseling and Wellness Service provides assistance with the developmental, situational, and adjustment concerns common to many college and graduate students, as well as with some of the more serious mental health issues students may struggle with.

*The Student Counseling Service provides short-term counseling, coaching, consultation, mental health and wellness resources, crisis intervention, and referrals to community providers.

*No concern is too big or small.

*Common concerns include adjustment to college, relationship dilemmas, anxiety, loneliness, academic concerns, stress, depression, sexuality, alcohol and drug use issues, coping with family situations, and many more.

CONFIDENTIALITY

A feeling of trust and safety is critical for students to grow and learn about themselves. Appointments with MCAD Counseling Staff are confidential, which means no one outside the Counseling Office is given any information without a student's written permission. No information becomes a part of a student's academic record. There are required legal and ethical exceptions to confidentiality should the life and safety of the student or someone else be in imminent danger. Confidentiality exceptions will be discussed during the first counseling visit.

STUDENT COUNSELING AND WELLNESS STAFF

Beth Stockinger, MS, LP, LMFT (she/her) is the Director of Student Counseling and Wellness at MCAD. Beth is a Licensed Psychologist and a Licensed Marriage and Family Therapist. Beth has been at MCAD for 12 years. In addition to counseling, Beth provides training for MCAD Resident Assistants and assists in training student Peer Mentor Orientation Leaders. Beth works with the student wellness staff and the counseling staff in developing campus wellness programs and events. She has provided counseling services in her St. Paul private practice for 25+ years and has worked in hospital, community, and corporate health care settings. Beth enjoys spending time with family and a new foster puppy, walking and laughing with friends, reading at a beach, music/dancing, exploring new places.

Arielah King, MSW, LICSW, (she, her) is a Licensed Independent Clinical Social Worker. Arielah has been a member of our counseling staff for 4+ years. Arielah has worked in a variety of settings providing mental health therapy for 14 years. Arielah previously provided student counseling services at a college in St Paul. In addition to her work at MCAD, Arielah maintains



a practice at a local mental health clinic. In her free time, Arielah enjoys baking, reading mysteries, and spending time with friends and family.

Mitch Paradise MSW, LICSW (they/them) is a licensed clinical social worker and a new resident of Minneapolis. Mitch holds a BA in History of Art and Architecture from DePaul University, as well as a Master of Social Work from the University of Michigan. Their therapeutic practice centers the power of storytelling and co-creating safe affirming spaces to explore identity and trauma, working with individuals towards a place of radical self-acceptance and healing. In their free time, Mitch enjoys crafting, experiencing live music (safely!), and spending time with their nephews and niece.

APPOINTMENTS AND HOURS

To make an appointment:
bstockinger@mcad.edu
612.874.3776

Additional Assistance:
MCAD Student Affairs Office, Morrison 104
student_affairs@mcad.edu
612.874.3738

Hours:
M–F, 9:00a.m.–5:00 p.m.
During Fall and Spring semesters (closed for Summer semester).

Location:
Counseling and Wellness Offices are located in Morrison, lower level, rooms M02, M04, M06.

STUDENT/COLLEGE RESOURCES

intranet.mcad.edu/department/student-counseling-and-wellness
lifeline.org
988lifeline.org
loveisrespect.org
mentalhealthishealth.us
mcad.campuswell.com