Requests for Supporting a Private Room in Student Housing

The position of the Counseling and Psychological Services Center regarding a request for a private room for psychological reasons is:

Regardless of one’s psychological diagnosis, one must still “live in the world.” Living in a residence hall can be stressful, but it also prepares one to compromise, negotiate, and learn to get along with others. In residence halls, students are exposed to a diversity of people and ideas.

From this position, the following criteria must be met before a recommendation will be made supporting a private room for psychological or mental health reasons:

1. The student must demonstrate that life in a shared room is a major source of his/her emotional distress or psychological condition.

2. The student must demonstrate that he or she has taken constructive steps to address this mental health condition, as evidenced by participation in counseling prior to the request for the release, consultation with Student Health Service physicians, or other actions intended to counteract the effects of the psychological condition.
   - A letter in support of the need for a private room from the treating clinician would be required for students who have seen a mental health professional outside of the university. The letter must explain how the residence life living experience is a major contribution to the student’s condition, and include the number of therapy sessions, and dates, the student has attended. Treatment records demonstrating the student’s efforts to cope with his/her living situation must be provided. One or two visits will not be sufficient.
   - If the student suffered from the condition prior to living in student housing, then residence hall living is not the source of the problem.
   - The existence of a mental health diagnosis is not sufficient for a private room (e.g. Depression, ADD, OCD, Bipolar Disorder).
   - A problem with a roommate is not a sufficient reason for a private room.

3. The student must meet with the Director or an Associate Director to discuss these issues.

Counseling and Psychological Services Center
Appalachian State University