Lupine Wellness Center

- What services are provided at the Lupine Wellness Center?
- What are the operating hours of the Lupine Wellness Center
- How can I refer myself for services?
- How do I pay for services at the Lupine Wellness Center?
- Does the Lupine Wellness Center accept insurance?
- What is the Lupine Wellness Center?
- Who operates the Lupine Wellness Center?
- Who can receive services at the Lupine Wellness Center?
- Where is the Lupine Wellness Center located?
- How do I contact the Lupine Wellness Center?
- Does the Lupine Wellness Center offer virtual appointments and telehealth?
- How does the Lupine Wellness Center handle confidentiality?
- Will I have access to my records at the Lupine Wellness Center?
- What is the Lupine Wellness Center's Mission Statement?
- What do I do if I am experiencing a crisis outside of working hours?
- What are the qualifications of the Lupine Wellness Center's supervisory staff?
- Does the Lupine Wellness Center accept walk-ins?
- How are clients transferred to new clinicians?
- What is the policy on cancellations?
- Is the Lupine Wellness Center HIPAA and FERPA Compliant?
- How do I make an appointment?
- Where can I find parking?

What services are provided at the Lupine Wellness Center?

Services provided at the Lupine Wellness Center include

-Individual Counseling

-Play Therapy

-Couples or Marriage Therapy

-Family Therapy

-Group Counseling (School Counselors Group, College Experience, Emotional Regulation (Adults), Social Skills Group, Parenting Groups)

-Consultation Services

-Psychoeducational Workshops or Events

What are the operating hours of the Lupine Wellness Center

Fall 2026

The operating hours of the Lupine Wellness Center are 9 am to 5 pm, Monday through Thursday. Appointments may be made after 5 pm or on Fridays if necessary.

How can I refer myself for services?

To refer yourself for services, please give the Lupine Wellness Center a call at 870-972-2000 with a few minutes to fill out a Service Request Form.

How do I pay for services at the Lupine Wellness Center?

At Lupine Wellness Center, payments are processed through the Astate Marketplace, which can be accessed via a QR code link.

To complete a payment, simply scan the QR code below to be directed to the Lupine Wellness Center page on the Astate Marketplace. Enter the desired payment amount, add the item to your cart, and proceed to checkout.



Does the Lupine Wellness Center accept insurance?

The Lupine Wellness Center does not accept insurance. Fees are calculated using a sliding scale, which considers household income and the number of dependents. The sliding scale fee schedule is included below.

50-Minute Session Fee Scale

	Number of family members supported by income:			
Annual Household Income	**1**	**2**	**3**	**4 or more**
Under $15,000	$5	$4	$3	$2
$15,001 – $18,000	$8	$6	$5	$3
$18,001 – $20,000	$10	$8	$6	$4
$20,001 – $22,000	$12	$10	$7	$5
$22,001 – $24,000	$14	$11	$8	$6
$24,001 – $26,000	$16	$13	$10	$6
$26,001 – $28,000	$18	$14	$11	$7
$28,001 – $31,000	$21	$17	$13	$8
$31,001 – $34,000	$24	$19	$14	$10
$34,001 – $39,999	$28	$22	$17	$11
$40,000 – $74,999	$35	$28	$21	$14
$75,000 – $99,999	$45	$36	$27	$18
$100,000 – $149,999	$55	$44	$33	$22
$150,000 – $199,999	$70	$56	$42	$28

$200,000 and over	$95	$76	$57	$38

What is the Lupine Wellness Center?

The Lupine Wellness Center is a student operated mental health and wellness clinic that provides a range of outpatient services to children, adolescents and adults in the community. These services may include:

- Behavioral Parent Training
- Behavioral Therapy for Children
- Consultations
- Psychoeducational Workshops

- Individual Therapy
- Play Therapy
- Marital or Couples Therapy
- Family Therapy
- Social Skills Training

Clinicians address a broad range of issues such as autism, depression, anxiety, relationship and interpersonal problems, emotional and behavioral problems, academic issues (e.g., reading, mathematics, writing, etc.), and problems with stress and coping. In-person and/or telehealth sessions are available.

A-State students receive free services.
A-State faculty, staff, and their immediate families also receive free services.
Services for the Northeast Arkansas community are available on an affordable sliding scale - no insurance required!

The Lupine Wellness Center is operated by the faculty and staff of Arkansas State University. The facility includes six rooms for individual or couples therapy, a larger room for family therapy, group counseling and supervision. The center also has a play therapy room equipped with a variety of tools used for interventions with clients. There is a waiting area for clients and guardians.

The facility is a training and research service center utilized to enhance and enrich the learning experiences of our undergraduate and graduate students.

Who operates the Lupine Wellness Center?

The Lupine Wellness Center is operated by graduate students in the Clinical Mental Health Counseling Program.

Who can receive services at the Lupine Wellness Center?

A-State students receive free services.
A-State faculty, staff, and their immediate families also receive free services.
Services for the Northeast Arkansas community are available on an affordable sliding scale - no insurance required!

Where is the Lupine Wellness Center located?

The Lupine Wellness Center is located at 330 University Loop West, Jonesboro, AR 72401 in Room 133 of the Education & Communication Building on the campus of Arkansas State University.

How do I contact the Lupine Wellness Center?

The Lupine Wellness Center can be contacted via phone number 870-972-2000 or via email by way of lupine@astate.edu.

Does the Lupine Wellness Center offer virtual appointments and telehealth?

Yes! The Lupine Wellness Center can accommodate telehealth sessions via the online HIPAA complaint platform Supervision Assist.

How does the Lupine Wellness Center handle confidentiality?

All staff are bound by confidentiality. Client information is only disclosed with the written consent of the client. However, there are exceptions to this rule. Confidentiality can or must be breached when:

- Duty to warn and protect others and self:

1. Clients or a supervisee are likely to do physical harm to himself, herself or a third party.
2. Any physical or sexual abuse or neglect is reported to a member of a vulnerable population (i.e., children, the elderly, those with cognitive delays, etc.).

- Disclosure is ordered by the court.
- Consultation with other professionals is necessary.
- To obtain payment through third parties (insurance companies).
- Clients file complaints against their counselors.
- Supervision of student clinicians

Confidentiality and the limitations thereof are to be explained in both written and oral form to all clients receiving clinic services. Both clinical and non-clinical personnel are expected to abide by the rules of confidentiality and privacy. Should confidentiality be violated by clinic staff, the acting Clinical Director will determine the proper actions to take with both the staff member(s) and the client(s).

All files and records will remain confidential. No information included in any hardcopy or electronic files will be disclosed without the client’s consent. Only relevant personnel will have access to client records and files. Access to electronic information will be password protected.

Will I have access to my records at the Lupine Wellness Center?

Clients are permitted full access to their records at any time. However, before any information is disclosed, the client must sign an agreement acknowledging their request for their information. Custodial parents have access to their children’s records.

What is the Lupine Wellness Center's Mission Statement?

Arkansas State University aims to educate leaders, enhance intellectual growth, and enrich lives. Congruent with this global goal, the mission of the Lupine Wellness Center is to prepare students to become culturally competent clinicians with a strong professional identity who lead through empirically validated service and advocacy and can effectively work with diverse populations in various settings.

The Lupine Wellness Center embraces the diversity embodied within individual and group differences. We offer culturally competent and empirically supported services in a safe and affirming space. Our therapeutic, assessment, outreach, and educational programs are delivered in a caring and compassionate manner that recognizes the unique characteristics and experiences of the individual.

Our faculty and student clinicians are committed to the promotion and affirmation of diversity in its broadest sense. We recognize that prejudice and discrimination based on sex, gender identity and expression, ethnicity, race, sexual/affectional orientation, age, physical and mental abilities, size, religious beliefs, and socioeconomic class, have historically impacted mental health practices, both in terms of defining mental health issues as well as in the provision of care that is informed by cultural awareness and identity-affirmation. Prejudice and discrimination run counter to our professional ethics as a clinic, and are viewed as detrimental to the practice of psychotherapy, assessment, outreach, and educational programs.

What do I do if I am experiencing a crisis outside of working hours?

Call the University Police Department (870) 972-2093 or 9-911. Let them know that you have a mental health crisis and request to speak to a counselor. UPD will contact an on-call counselor who will respond as soon as possible.

Students experiencing a medical emergency or life threatening mental health situation should call 911 or go to the nearest emergency room.

Local Area Hospitals:

NEA Baptist Memorial Hospital 4800 E Johnson Ave Jonesboro, AR 72401 (870) 936-1000	**St Bernards Medical Center** 225 East Jackson Jonesboro, AR 72401 (870) 207-4100
Arkansas Methodist Medical Center 900 W Kingshighway Paragould, AR 72450 (870) 239-7000	**Lawrence Memorial Hospital** 1309 West Main Walnut Ridge, Arkansas 72476 (870) 886-1200

What are the qualifications of the Lupine Wellness Center's supervisory staff?

Dr. Savannah Cormier is an Assistant Professor in the Mental Health Counseling program at Arkansas State University as well as the director of the A-State Play Therapy Education and Research Center and coordinator of the Graduate Certificate in Play Therapy. Dr. Cormier earned her Masters of Science degree from the University of Louisiana and her Doctorate degree in Counselor Educational and Supervision from the University of Northern Colorado. She is currently a Licensed Professional Counselor (Colorado) and a Registered Play Therapist. Her clinical focus is on children, adolescents, parents, and families—specifically through play therapy, expressive arts, and creative counseling modalities. However, she also works with individuals, couples, and groups. Her research interests include neuroscience in counseling, teaching, and supervision; play therapy; and creativity.

Dr. Yun-Ru Huang is an Assistant Professor in the Clinical Mental Health Counseling program at Arkansas State University. She completed her master's degree at the Pennsylvania State University and her doctoral degree in Counselor Education and Supervision at University of North Texas. Dr. Huang is also a National Certified Counselor (NCC) and Licensed Professional Counselor–Associate (LPC-A) in the state of Texas. Her clinical and research focus involves complex trauma and substance use.

Dr. Patrice Parkinson is a Counselor Educator and Assistant Professor at Arkansas State University in the Clinical Mental Health Counseling Program. She currently serves as a clinical supervisor at Lupine Wellness Cente holding certification as a National Certified Counselor (NCC). She earned her Masters of Arts in Clinical Mental Health Counseling from Liberty University and went on to complete her doctoral degree in Counselor Education and Supervision and Play Therapy specialization from the University of Wyoming. Her clinical experience includes working with individuals, couples, families, children, adolescents, and groups regarding a variety of issues. She has provided both group and individual supervision to master's level clinical mental health and school counseling students in a university clinic setting. Her research interests focus on disability identity and advocacy (specifically invisible/non-apparent), international concerns, leadership, multiculturalism, and trauma.

Dr. Asher Pimpleton-Gray is a Counselor Educator and Associate Professor at Arkansas State University in the Department of Psychology and Counseling. She also serves as Chair of the Department of Psychology and Counseling. She earned her Masters of Arts in Professional Counseling from Central Michigan University and went on to complete her doctoral degree in Educational Psychology, with an emphasis in Counselor Education and Clinical Mental Health, from Southern Illinois University Carbondale. She is a Licensed Professional Counselor in the state of

Arkansas. Her clinical experience includes working with individuals, couples, families and groups regarding a variety of issues. Her research interests include sexual health and decision-making and issues surrounding cultural competence and social justice. She has presented on these topics at the state, regional and national levels and has served on various committees within the Counseling profession.

Dr. Blake Sandusky is an Associate Professor in the Mental Health Counseling program at Arkansas State University. He is also licensed professional counselor and marriage and family therapist in the state of Arkansas and coordinates the Clinical Mental Health Counseling program. He earned a doctoral degree in counselor education and supervision from Auburn University and a specialist's degree in mental health counseling from Arkansas State University. His clinical experience consists of two years practicing with middle and high school aged clients and their families in a public-school setting. Additionally, he has one year of supervised experience practicing with adults in an inpatient setting. He has provided both group and individual supervision to master's level clinical mental health and school counseling students in private practice, community mental health agency, public school, and university settings.

Dr. Ashley Williams-Whitley (Pronouns: She, Her, Hers) is an Assistant Professor at Arkansas State University in the Clinical Mental Health Counseling Program. She currently serves as Education and Professional Development Director at Lupine Wellness Center. Professionally, Dr. Ashley holds certifications as Licensed Professional Counselor (GA), National Certified Counselor (NCC), Approved Clinical Supervisor (ACS), and Clinical Supervisor at Lupine Wellness Center. She holds a Ph.D. in Counselor Education and Supervision from Mercer University, a Master of Arts in Community Counseling from Clark Atlanta University, and a BA in Psychology from the University of Central Arkansas. She has ample research interest and counseling experience that focuses on anxiety, relationship issues, major life adjustments, multiculturalism, and sexual trauma.

Does the Lupine Wellness Center accept walk-ins?

Lupine Wellness Center will accommodate walk-ins as scheduling permits.

How are clients transferred to new clinicians?

The clinician will inform a Lupine Wellness Center Director when a client needs to be transferred. This information must be in written form and should include the client’s name, the supervisor’s name, and the reason for transfer. If the current clinician has particular interest in transferring the case to a specific (new) clinician, this information should also be included. The client’s case notes should also indicate the request for transfer.

The director will assign the client to a new clinician. The director or a Lupine Center staff member will inform both clinicians of the transfer. The current clinician and the new clinician will discuss with the supervisor how best to facilitate the transfer so the transition is as smooth as possible. The new clinician should review previously recorded sessions and when possible sit in on at least one session prior to the transfer. Once the transfer is arranged and another clinician accepts this transfer, the current clinician must complete client’s file as if the client is being terminated. The client’s file is then placed behind the new clinician’s name in the “Active File” file.

What is the policy on cancellations?

Session Cancellation

From time-to-time clients need to cancel appointments, and this is to be expected. The Lupine Wellness Center has the policy that a client needs to cancel an appointment within 24 hours of the scheduled time.

When a client has excessive cancellations, it will be determined if there needs to be a schedule change, a new clinician is needed, or if services need to be terminated. Excessive cancellations within less than 24 hours (consecutive or non-consecutive) are seen as a disruption to treatment and clients may be terminated or a cancellation-fee policy may be implemented.

“No Shows”

A “no show” means that the client did not come to the session and did not notify the Lupine Wellness Center of the cancellation. It is policy of the Lupine Wellness Center that clients may be terminated if they “no show” for three appointments (consecutive or non-consecutive).

When a clinician has been waiting for a client for 15 minutes, they will call the client to inquire about the missed appointment. If the client cannot be reached, and they have given permission for messages to be left, the clinician will leave a message stating that the appointment was missed, and the client should call the Lupine Wellness Center to reschedule.

Is the Lupine Wellness Center HIPAA and FERPA Compliant?

Yes! The Lupine Wellness Center is fully compliant with HIPAA and FERPA guidelines.

How do I make an appointment?

To make an appointment at the Lupine Wellness Center, simply give us a call at 870-972-2000 to set up services. Appointments will be scheduled with the assigned clinician upon first communication. Further appointments can be booked via communication with the assigned clinician.

Where can I find parking?

Visitor parking can be located at the south side of the parking lot, near the entrance. Additional metered parking can be located near the rear entrance of the Dean B. Ellis Library.

Additional information on parking can be located here.

A map of campus can be located here.