

PLEASE NOTE

The Counseling Center psychiatric consultant sees currently enrolled Skidmore students who are in active therapy at the Counseling Center. Our psychiatric consultant is not able to see Skidmore students who are in treatment with community providers or students who are interested in medication treatment without concurrent therapy. We are happy to help you find referrals to clinicians in Saratoga Springs who can provide medication treatment under those circumstances. Please know that the Counseling Center is open with reduced hours over the summer and with no psychiatric coverage. Students who are taking classes during summer sessions and/or who are doing research or working on campus are eligible to access our services over the summer. Please let us know about your summer plans as soon as you can, and we will help you plan for continuity of care accordingly.

SKIDMORE COLLEGE COUNSELING CENTER

Phone: 518-580-5555

Website:

www.skidmore.edu/administration/counseling

MEDICATION

MAKING INFORMED DECISIONS.



SKIDMORE COLLEGE
COUNSELING CENTER

STARTING PSYCHIATRIC MEDICATION

WHAT WE WOULD LIKE YOU TO KNOW

Medications do not make you a different person or “change your personality”. Most medications prescribed at the Counseling Center are aimed at helping students re-establish better mood, energy and sleep patterns. The medications are not meant to replace your own problem solving efforts; rather, they should help you help yourself.

Medications are not dangerous. Used as prescribed, under your doctor’s supervision, medications are safe. They are not habit-forming or addictive when taken as prescribed, and their side effects are generally mild. Most students feel they adjust to the medications well.

Medication and alcohol or drugs do not mix well. If you are using drugs or alcohol, please talk openly with your doctor and therapist about your use. In general, the more you use drugs or alcohol, the less effective your medication will be. Interaction effects may also be a problem.

Medications take time to work. Typically, it will take between 1-4 weeks on a new medication before students begin to feel better. Please don’t give up if you don’t feel better right away. Talk to your doctor if you have side effects that make you want to stop the medication.

TAKING PSYCHIATRIC MEDICATION

WHAT WE WOULD LIKE YOU TO DO

Ask questions. Get answers. Please talk with your doctor and your therapist about medication as an option for you. Make sure that you understand the benefits and potential risks of taking medication and have a clear and realistic sense of how the medication may or may not help you. We are happy to answer all your questions and want your decision to be right for you.

Take the medication as prescribed. Make taking your medication part of your daily routine, like brushing your teeth. If you miss a dose, do not double up your dose; instead, take your next dose at the regular time.

Do not stop the medication without talking with your doctor. When you begin feeling better, it can be tempting to discontinue the medication immediately. Always talk to a doctor before discontinuing medication. Stopping medication prematurely or too abruptly can be difficult for your body to tolerate and can result in unwanted side effects.

Call us if you need a refill ahead of time. If you will be running out of your medication soon and need a refill, call us several days ahead so we can assist you in a timely manner. Please don’t wait until you are out of your medication. We can be reached during business hours Monday-Friday at 518 580 5555.

Contact us if you have any concerns. If you have any problems tolerating your medication or feel that your

symptoms are getting worse, please let us know right away. In the event of an emergency, please contact Campus Safety at 518 580 5566 and ask to speak with the on-call counselor.

Come to your appointment on time. Our psychiatric consultant is typically scheduled back to back for 15-minute medication check appointments and 30-minute evaluations. If you are more than 5 minutes late for an appointment we will need to reschedule most likely for the following week.

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