

PLEASE NOTE

The Counseling Center hours during the Fall and Spring semesters are: Monday through Friday from 9:00am-12:00pm & 1:00pm-5:00pm.

The Center's Summer hours are: Monday through Friday from 9:00am-11:30am & 12:00pm-3:00pm.

In case on an emergency:

- Please contact the Counseling Center Monday through Friday at 518-580-555 for emergency appointments which are available daily.
- For emergencies after hours and on weekends, when the college is in session, please call 518-580-5555 and follow the prompt to access the appropriate resource.
- You may also contact the National Suicide Prevention Lifeline at 1-800-273-Talk (8255)

SKIDMORE COLLEGE COUNSELING CENTER

Jonsson Tower
815 North Broadway
Saratoga Springs, NY 12866

Phone: 518-580-5555

Website:
www.skidmore.edu/counseling

CHOOSING A LOCAL CLINICIAN

HOW TO ACCESS QUALITY CARE.



SKIDMORE COLLEGE
COUNSELING CENTER

SEEKING CARE IN THE COMMUNITY

SOME THINGS TO CONSIDER AT THE OUTSET...

If you're planning to use your health insurance, obtain a list of the participating clinicians in the local area. Most insurance company web-sites allow you to access a list of treatment providers in the local area. For those that don't, you can call the number on your insurance card and ask to have a list emailed to you. Once you have a list, you can pass it along to Counseling Center—we'd be happy recommend clinicians who might be a good options for you.

Call around before making a first appointment. Typically, we will offer several recommendations, rather than providing just one name. It's a good idea to call 2 or 3 clinicians and ask a few questions of each before you schedule a first appointment with someone. Helpful things to ask in advance of scheduling are:

Do you participate in my specific insurance plan?

How soon are you available?

Does your schedule fit with mine?

How do you usually work with my kind of problem (depression, anxiety, etc.)?

Most clinicians are familiar with this kind of initial inquiry, so please don't feel awkward about not scheduling right away. After speaking with a few different people, you should have a sense of who might be a good fit for you. Call that person back and schedule a first appointment.

ONCE YOU'VE MADE AN INITIAL APPOINTMENT

HOW TO TELL IF THIS IS THE RIGHT FIT FOR YOU...

Ask questions. Give feedback. If you are confused or unsure about how things are working, let the clinician know. Ask them what you should expect, and be honest about how you feel it's going. A little feedback from you can guide them about how best to help. Do you need your therapist to be more active...to ask you more questions...to challenge you more? If you're not comfortable or are uncertain about something, say so.

Be patient...but not too patient. It can take some time to feel like you and the clinician are understanding each other and working together well. Often, it can be a few visits before this occurs. However, it shouldn't be a prolonged process. If you're not feeling like it's a good fit after the first couple sessions—and talking with the clinician about it hasn't helped—consider seeing someone else, with whom you might have a better connection.

There are some other things we can do to help you connect with local treatment. If you or the clinician feel it would be helpful, we'd be happy to speak with them about our impressions or previous work with you (with your written permission). We could also provide a copy of your treatment record to them. And, of course, we can offer additional recommendations if you'd like more options or are looking for a different kind of resource (e.g., a group, couples therapy, or medication).

We can help with urgent situations or emergencies. Even after you're connected with a local clinician, the

NOW THAT YOU'RE CONNECTED

WHAT'S THE ROLE OF THE COUNSELING CENTER...

Counseling Center remains available for situations that may warrant a same-day urgent appointment or an emergency on-call contact. Following such a contact, we will communicate with your treatment provider in order to collaborate about your care.

Think of us for other services that might be helpful. You and/or your clinician might wonder if participating in a therapy group could be helpful to you. Or maybe you're concerned about a friend and would like a consultation about how to help. You are welcome to access continue accessing us for these kinds of needs for as long as you are enrolled as a full-time student at Skidmore. Give us a call!

A final thought. Please do let us know how things are going. We really value the feedback we receive about clinicians and practices to whom we refer, as it enhances our ability to provide the most appropriate and beneficial referrals for future students. Thank you.