



ENDICOTT COLLEGE

COUNSELING CENTER



jedfoundation.org

TRANSITION OF CARE GUIDE

Welcome to Endicott! We're so glad that you have made the decision to live in the community with us. We have developed this Transition of Care Guide* to make your move from both high school and home as smooth as possible. If you have previously received treatment for a mental health condition there are several things you can do to continue to stay healthy throughout college. As you review this guidance, it's also helpful to remember that many of these areas can also be applied to other chronic or ongoing medical conditions.

COUNSELING CENTER:

The best place to begin your search for assistance with mental health support on campus is the Endicott College Counseling Center, located in lower Callahan Center. All services provided through the Counseling Center are free and confidential to the fullest extent provided by law.

SERVICES:

- Individual counseling services are available Monday through Friday from 9am-5pm (with some evening appointments available up until 7pm) to all Endicott students. Students can call **978-232-2106** or come by our center in Lower Callahan to make an appointment.
- When students are on campus, and therefore, on the student network, you can complete the [Intake Paperwork](#). If we are remote in the Fall of 2020, we will inform students how to complete the information on our website. During your first appointment your mental health provider will develop an understanding of your concerns, help you determine the appropriate level of care, and make recommendations for further care. Any provider can also help you find the right provider in the local community when requested.

If you still have unanswered questions after looking at our website, feel free to give us a call at 978-232-2106

*Adapted with permission from The Jed Foundation's [Transition of Care Guide](#). [The Jed Foundation \(JED\)](#) is a nonprofit that exists to protect emotional health and prevent suicide for our nation's teens and young adults. The Transition of Care Guide was developed as part of [Set to Go](#), a JED program that helps high school students prepare for the transition to college and life after high school.

CONNECTIONS TO OTHER CAMPUS RESOURCES

There are other campus resources that would be useful as you make your transition to Endicott College.

[Center for Accessibility Services](#) - Endicott seeks to provide a supportive environment for students and is committed to providing equal access to educational programs and services to our students with disabilities. Students requesting accommodations must self-identify and provide appropriate documentation of their disability.

- Remember, even if you had an IEP (Individualized Education Plan) or 504 Plan at your high school, these accommodations will not automatically transfer to college. To request an accommodation, please complete [our online request form](#) (you will have to provide your Endicott email and Endicott email password to begin the process). If you have problems with the form, please contact Haley Calabro (Program Coordinator) at 978-816-7657 or the Division of Academic Success Front Desk at 978-998-7769 and someone will be happy to assist you.

[The Center for Academic Coaching](#) is a place where students on the undergraduate or graduate level can form an engaging and proactive relationship with a professional academic coach who is connected to the college and its culture. We coach, model, and mentor by customizing academic strategies to help students reach their goals. The Center provides a caring and consistent environment to support academic progress at Endicott.

[The Tutoring Center](#), located on the second floor of the Diane M. Library (Room 204), has professional and peer tutors representing a variety of disciplines. Certified by the College Reading and Learning Association (CRLA), the Tutoring Center helps students prepare for exams, address homework assignments, tackle projects, and review and reinforce material presented in class.

[The Writing Center](#) provides individual and group writing support for all members of the Endicott community – students, faculty, and staff alike. Through collaborative face-to-face or online sessions, we encourage you to identify your strengths and weaknesses and understand how and why changes can improve your work. The Writing Center is available for support at any stage, whether to help you get started or to help you edit and polish your submission.

[Family Medicine Associates at Lahey \(FMA\)](#) (Endicott's On-Campus Health Center) is a community based family practice group with additional offices located in Hamilton and Manchester, Massachusetts. Endicott's health center is a full-service center with an FMA site coordinator, medical assistant/phlebotomist, nurse practitioner and supervising physician who provide a full range of medical services to the Endicott community.

[Spiritual life](#) is devoted to creating and ensuring energetic, thoughtful, and supportive contexts for the Endicott community to pursue their spiritual interests. Through a range of programs and services held throughout the year, the Director of Spiritual Life works to promote faith development, personal reflection, and religious understanding.

[Clubs and Organizations](#) - Endicott has more than 50 clubs and organizations geared for academic enrichment, special interests, and social interaction. Getting involved early allows students the chance to connect with others who share similar interests and goals.

[Dining Services](#) - Students seeking support around food allergies, dietary concerns or navigating history of eating disorders/disordered eating can seek out support through Sodexo, our dining services provider. Students have access to Sodexo's dietitian to assist students on campus that have dietary restrictions, helping them become more comfortable in their new dining environment.

[The Center for Student Success and Retention](#) is available to help students adjust to college life and successfully navigate their Endicott experience. Sometimes certain life events or unforeseen circumstances may arise that can have an impact on your education. Should circumstances dictate that a student must transfer, take a leave of absence, or leave the College for any reason, this office will guide students and their families through that process. Families may also want to review the information regarding Endicott's [refund schedule](#) and the [Academic Insurance Plan](#).

TAKING CONTROL OF YOUR CARE PLAN

As you prepare for your first days at Endicott College, talk to your family and care providers. Think about taking as many notes as you need and organize them in a way that makes you feel comfortable. **Focus on the following steps to inform yourself:**

IN GENERAL

- Know the name of your condition(s).
- Be able to describe the problems or symptoms you have (e.g., excessive worrying, difficulty concentrating, poor sleep, not as interested in things as I used to be, etc.).
- Be able to describe how these problems affect your life (e.g., I have a hard time paying attention to conversations and feel left out, I'm avoiding social situations, I'm not interested in eating at all, etc.).
- Be able to describe the treatment you've received up to now (e.g., group therapy, medication, academic coaching, etc.).
- Be able to describe your reactions and responses to your treatment, including what has and has not been helpful.
- Have the names and contact information of your treatment provider(s).

IF YOU TAKE MEDICATION

- Know the **name** of your medication(s) and when you started it (e.g., Feb. 2015).
- Know the **dosage** of your medication(s).
- Know **how frequently** you take your medication(s) (e.g., as needed, every morning, etc.).
- Have a **clear understanding** of how your medication is impacted by alcohol and other drug use.
- Remember **not to share/give your medication** to anyone else, and safely & securely store it.
- Begin to take responsibility for taking your medication as prescribed. The Student Health Center can fill many common prescriptions and can also arrange for other prescriptions to be delivered there for your pick up.
- Be able to describe how medication makes you feel - pay attention to side effects and intended effects. This sometimes requires a level of body focus and noticing skills that we don't always use.
- Be able to describe any side effects or problems you've had with medicine (current and/or past).
- It's also helpful to have your medication history available: what medication have you used in the past? Why was it changed?

INTEGRATE YOUR TREATMENT AND EDUCATION PLANNING:

- As much as possible, be a part of discussions about your treatment plans and goals in order to develop a clear understanding of your treatment.
- Be able to simply describe the goals of treatment.
- Be a part of discussions about your accommodations at school.
- Be able to simply describe the purpose (what problems are being addressed) and goals of your IEP.
- Bring a copy of your IEP or 504 plan to The Center for Accessibility Services to help them have a better idea of what your accommodations and goals were in high school.
- If you're not sure if you have an IEP, ask a parent or guardian.

EMERGENCY RESOURCES

If you or a friend is having a mental health emergency there is a counselor available 24 hours a day, 365 days a year for a Crisis Evaluation. See below for more information:

Between the hours of 9am – 5pm Monday-Friday , walk-in and same-day urgent appointments are available for students who may be at an elevated mental health risk, including:

- **Current or recent thoughts of harm to self or others**
- **Concerns about the safety of another person**
- **Experience of a recent trauma**
- **Experience of hallucinations, delusions, disorganized thinking and/or behavior, or have been unable to sleep for two or more days.**

Outside of normal business hours call the Office of Public Safety at 978-232-2222. They will then connect you with one of our counselors, who will provide both assessment and support while assisting you with a short-term plan for managing the situation.

MANAGING CARE BEFORE YOUR TRANSITION

There are three main options for care management to keep in mind as you decide which methods are right for you:

OPTION A: ENDICOTT COLLEGE COUNSELING CENTER

- This option makes sense if you require face-to-face visits. (Zoom Sessions may be necessary as a result of Covid-19)
- You should make sure that your treatment team from home has shared necessary information and records with the campus counseling service (See below).
- The Counseling Center is free to all currently enrolled full-time & part-time students.

This option might be best for you if: the Counseling Center has the full range of services you need and/or you need only intermittent or short-term supportive visits. If needed the Counseling Center staff can consult with your treatment providers at home to help you determine this.

OPTION B: OFF-CAMPUS CLINICIAN NEAR ENDICOTT COLLEGE

- The Counseling Center can help with referral suggestions that fit your clinical needs, as recommended either by Counseling Center staff or your clinician(s) at home.
- Assistance and support in identifying mental health resources and providers in your area that are offering services online through [Thriving Campus](#).
- Make sure you have insurance and/or adequate funds to pay for this private care.
- Make sure there is an adequate handoff of clinical information (see below) between your home clinician and your new local clinician.
- If you choose to keep in touch with your clinician from home for advice, you should work out parameters for communication with home clinician and your new clinician.
- Even if you obtain care off campus, you should still establish relationships with the campus counseling service and disabilities offices, in case of emergencies.
- If possible, you and your family can try to meet the off-campus clinician before going to school and have a plan set up in advance.

This option might be best for you if: you need long-term and regular face-to-face visits and you have the resources (e.g., insurance, funds, transportation) to seek services off campus.

OPTION C: CONTINUE CARE WITH CLINICIAN(S) FROM BACK HOME

- You and your family should discuss with your care team whether this is an option.
- Things to consider include:
 - Will you be too far from home?
 - If you take medication, how will you get it?
- Even if you choose this option, you will still want to have a connection with the Counseling Center and Learning Assistance/Disability Services because:
 - You might have an urgent need that they can help with
 - You may need them to help with academic accommodations or planning your specific transition to college
- There should be an arrangement to share information as needed between your home clinician and campus-based providers.

This option might be best for you if: you are addressing a concern that needs a specific type of treatment and/or and are very comfortable working with your current treatment team and it is convenient to be in regular contact. *This also may be good idea if learning is or becomes remote due to Covid-19.*

SOME KEY THINGS TO DO REGARDLESS OF THE OPTION YOU CHOOSE:

- Regardless of your choice, the Counseling Center is always available to you for any crisis or consultation services you might need.
- Make sure everyone involved is clear on all the details for your follow-up care.
- Make sure there is agreement all around about specific parameters of care: how often, who is lead clinician, how will changes in treatment be handled, etc.
- Make sure a communication plan is agreed to and clearly spelled out.
- Make sure proper releases of information are filed with necessary clinicians and offices. Be specific as to when, under what circumstances and how information will be shared in the event of a problem or emergency. These should also specify when family or other guardians will be contacted.
- Make sure everyone knows what to do in case of an emergency.
- In addition to a general communication there should be a clearly written plan for managing crises should they emerge. Questions regarding who will make clinical decisions, who is primary family contact and when should they be called must all be clearly agreed upon.
- Make sure you know how to describe your prior care, current needs, and medications, and that your records are sent to the offices and clinicians with whom you'll be working.
- Make sure to know what insurance you have and how to use it.