

# Mental Health and Well-Being at Georgia Tech

Center for Assessment, Referral and Education (CARE)

Counseling Center

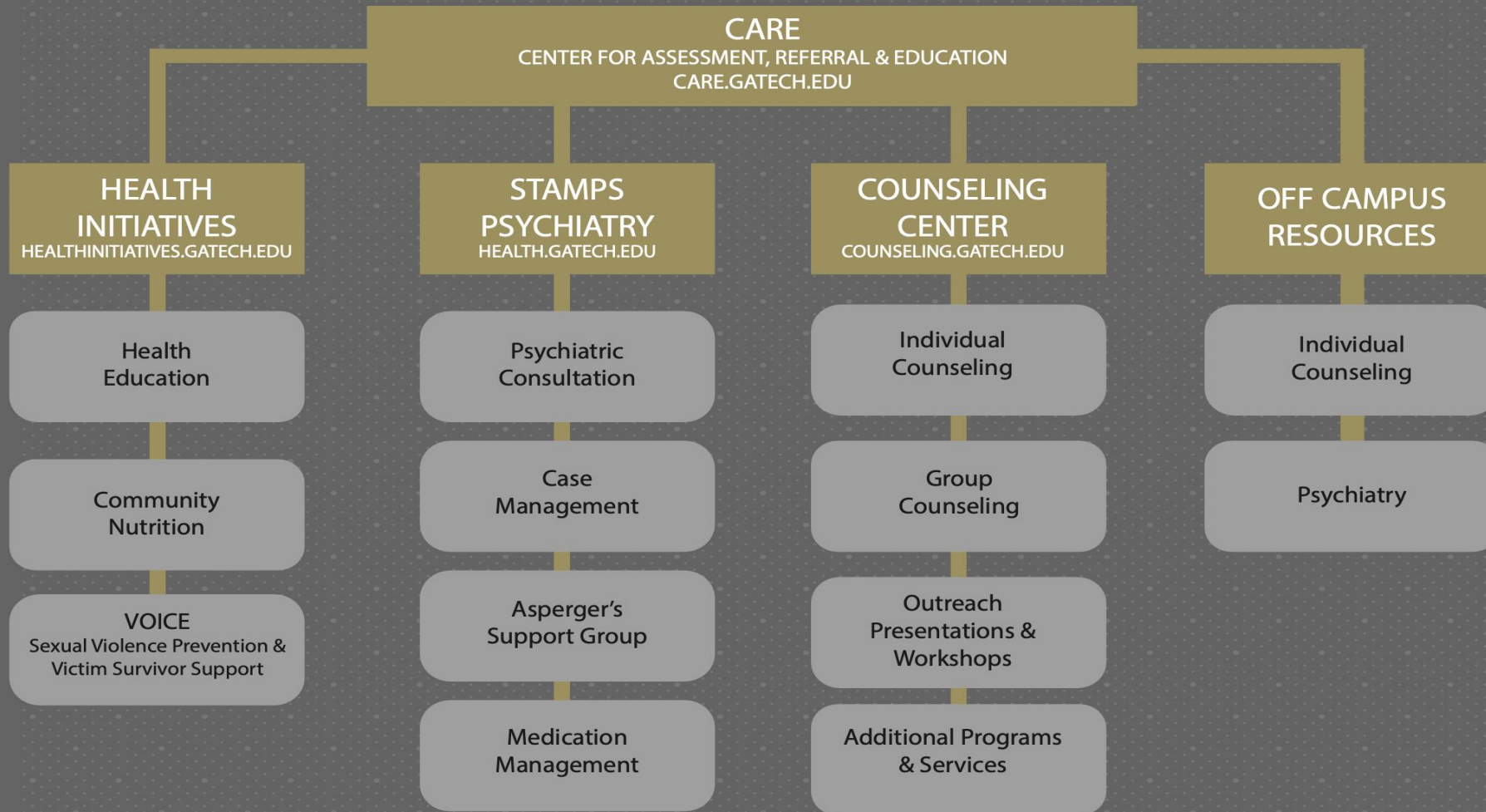
STAMPS Psychiatry

Health Initiatives



# Mental Health & Well-Being Resources

VISIT CARE (CENTER FOR ASSESSMENT, REFERRAL & EDUCATION), THE CENTRAL POINT OF ACCESS FOR ALL YOUR MENTAL HEALTH AND WELLNESS NEEDS. CARE CAN HELP YOU GET CONNETED WITH ALL OF THESE RESOURCES & MORE (CARE.GATECH.EDU)



# Center for Assessment, Referral and Education (CARE)

## Overview of CARE

- Central point of access for mental health & well-being resources
- Communicates and collaborates with on and off campus mental health and well-being resources
- Professional Staff: Licensed Psychologist, Counselors, and Social Workers
- Goal to reduce barriers and obstacles into finding the correct mental health and well-being resources

# Center for Assessment, Referral and Education (CARE)

## CARE Services

- Rapid Access to mental health support, resources and education
- Mental Health Assessments
- CARE Plan
  - Action plan including appropriate referrals either on or off-campus
- Case Management & Follow-up
- Crisis intervention
- Free and confidential services

# Center for Assessment, Referral and Education (CARE)

## Community Served

- Undergraduate and Graduate Students seeking mental health and well-being support
- Undergraduate and Graduate Students who need support but are unsure where to go
- Faculty and Staff who meet with a student who could benefit from mental health or well-being support

# Counseling Center (GTCC)

## Overview of Center

- Professional Staff: Licensed Psychologists, Counselors, Social Workers
- Doctoral interns and advanced practicum students
- Center is accredited by the International Association of Counseling Services (IACS)
- Uses a short-term model for individual counseling

# Types of Client Services

- Individual/Group
- Couples Counseling (one in the pair must be enrolled)
- Outreach
- Clinical Case Management
- Selected Testing and Assessment Services
- Consultation
- Referral—in-house/external for additional services
- Triage and After-Hours Services
- Online Self-Help resources on our website

# More GTCC Services

- *Let's Talk*- Walk-in Consultations
- Suicide Prevention- QPR training and other Tech Ends Suicide events
- Mindfulness Program/Koru Mindfulness Classes
- Collegiate Recovery Program - Support for students in recovery from alcohol and substance use
- Peer Coaching Program - One-on-one support & education by trained Peer Coaches. The PCP is for GT students by other GT students
- Wellness Workshops
- Mental Health Screening Days
- WellTrack - App for tracking anxiety, stress, depression



# Satellite Counselor Program

## Background

- Officially launched October 2019
- Initially partnered with College of Engineering and College of Computing
- Actively partnering with remaining Colleges to host a satellite counselor

## Program

- Offices in accessible locations that also allow for privacy
- Available to all students but serve more students from host departments

# Satellite Counselor Program

- Improves accessibility to counseling
- Destigmatizes/normalizes seeking mental health support
- Reaches students who may not have otherwise sought out services
- Walk-in consultation hours provide immediate access without an appointment
- Faculty/staff can consult with a counselor more easily regarding student of concern
- Counselors can serve as consultant to mental health initiatives within the departments
- Team of 9 satellite counselors

# STAMPS Psychiatry: Who We Are

## Who We Are:

- 3 Clinical Care Coordinators
  - Master's level mental health clinicians assisting in new patient intake, case management, and continued patient care.
- 6 Board Certified Psychiatrists
  - Most are board certified in children and adult psychiatry

## Who We See:

- All current undergraduate and graduate students
- Partners and spouses of undergraduate and graduate students
- Language Institute students

## Who We Do Not See:

- GT faculty, staff, or post-doc employees
- Primary ADD/ADHD patients

# STAMPS Psychiatry: What We Do

- Transfer medication management
  - For incoming students transitioning from providers at home or previous schools, if clinically appropriate.
- Psychiatric consultations and evaluations
  - Care Coordinator assessment and doctor's evaluation that includes treatment recommendations and appropriate referrals.
- Asperger's Support Group
  - Weekly group for students on the Autism Spectrum
- Consultation with campus partners
  - Eating Disorder Treatment Team, GTCC, CARE, Dean of Students, Office of Disability Services, Stamps Primary Care
- Consultation with off-campus partners
  - Therapists, previous mental health providers, medical team

# Health Initiatives

## Well-Being Series

Mindful Mondays

TEDx Talk Tuesdays

Well-Being Wednesdays

Voice Message Thursdays

Flavorful Friday

## Health Initiatives Programs

Mindfulness Book Club- Fit to Thrive

Healthy Jacket Peet Educators

Voice Peer Educators

Well-Being Activators

## What We Do:

- Offer educational opportunities & 1-on-1 guidance for pro-active well-being support - Physical, Emotional, Social, Professional, Spiritual.

## 3 Focus Areas:

1. Health Education

2. Community Nutrition

3. VOICE – Sexual Violence Prevention and Victim-Survivor Support

## Health Education:

- Wellness Coaching – 1-on-1 Support - Virtual & In-Person
- Workshops - Self-Care, Mindfulness, Sleep, Resilience, etc.

# Health Initiatives

## Nutrition Programs

Tuesday Tastes

Flavorful Fridays

Body Positive GT

## VOICE Programs

VOICE Peer Education

Bringing in the Bystander

Greeks Against Violence

Men (re)Constructing Masculinities

## Community Nutrition

- Nutrition Counseling – 1-on-1, Virtual/In-Person
  - Provided by 2 Registered and Licensed Dietitian Nutritionists who practice an Intuitive Eating approach.
- Outreach
  - Cooking Demos
  - Intuitive Eating
  - Body Positive GT

## VOICE

- VOICE Advocacy– 1-on-1, Virtual/In-Person
- 24/7 confidential support for victim-survivors of sexual and relationship violence and stalking.
- Sexual Violence Prevention
  - Consent
  - Bystander Intervention
  - Survivor Support
  - Healthy Relationships

# Contact: CARE

## Location:

- Smithgall (Flag Building) 1st Floor Suite 102B

## Phone:

- **404-894-3498**, Call to start assessment process
- Services for GTCC or STAMPS Psychiatry start with a CARE assessment.
- Website: [www.care.gatech.edu](http://www.care.gatech.edu)

## Office Hours:

- Monday, Wednesday, Thursday and Friday 8:00 a.m. – 5:00 p.m.
- Tuesday 9:00 a.m. – 5:00 p.m

# Contact Us: GTCC

## Location:

- Smithgall (Flag Building) 2nd Floor Suite 238

## Address:

- 353 Ferst Drive Atlanta, GA, 30332

## Phone:

- **404-894-2575**

Website: [www.counseling.gatech.edu](http://www.counseling.gatech.edu)

Follow Us on Social Media: @gatechlife



# Contact Us: STAMPS Psychiatry

## Location:

- Stamps Health Services Building, 2<sup>nd</sup> Floor (next to the CRC)

## Address:

- 740 Ferst Drive NW, Atlanta, GA 30332

## Phone:

- **404-894-2585**
- Website: <https://health.gatech.edu/services/psych>

# Contact Us: Health Initiatives

## Location:

- Stamps Health Services Building, 2<sup>nd</sup> floor Suite 232

## Address:

- 740 Ferst Drive NW, Atlanta, GA 30332

## Phone:

- **404-894-9980**
- Website: <https://healthinitiatives.gatech.edu/>

## Follow Us on Social Media:

- Facebook: [www.facebook.com/GTHealthInitiatives](http://www.facebook.com/GTHealthInitiatives)
- Instagram: @GTHealthInitiatives

# Emergency Resources

- Campus Police: 404-894-2500
- Office of the Vice President and Dean of Students: 404-894-6367
- Victim-Survivor Advocate: 404-385-4464/4451
- Georgia Crisis and Access Line: 1-800-715-4225
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Trevor Lifeline: 866-488-7386
- **[CrisisChat.org](https://www.crisischat.org)**