

# Berry College Counseling Center – Frequently Asked Questions

## Spring 2021

Where is the Counseling Center and what are the hours?

The Counseling Center is located in room 20 of the Kate Macy Ladd Center. Hours of operation are 8:00 am – 5:00 pm, Monday-Friday. There is a counselor on-call for life-threatening emergencies after hours and on weekends.

How do I make an appointment?

To make an appointment call 706-236-2259 or visit Room 20 in the Ladd Center.

Is there a session limit?

No. Our primary emphasis is on relatively short-term counseling designed to meet an individual's personal, social, and educational concerns. Students who would benefit from longer term counseling or counseling outside the scope of practice of our Center will be assisted with a referral to an off-campus provider. These may include chronic or severe mental health problems, or other conditions that may require close monitoring, or specialized counseling that we do not offer in our Center. The student is responsible for any fees involved with off-campus treatment.

My student has been seeing a counselor. Could the counselor share information with the counseling center for continuity of care?

Yes. The student would complete paperwork authorizing the sharing of information between counselors.

Does my student have to have a mental illness to receive services?

Not at all. While some of the students we serve have diagnosable problems, we see students for decision-making, relationship conflicts, grief, self-understanding, and other normal developmental needs.

Are psychiatric services available?

We do not contract with a consulting psychiatrist at this time. Like most of America, Rome has a shortage of psychiatric hours available. As needed, we assist students on referrals and on ways to consult with medical professionals for psychotropic medication locally or in their home communities. For continuity of care and patient benefit, if a student is currently under the care of a psychiatrist, we recommend they continue working with that medical provider if at all possible.

If there is a life-threatening emergency, are parents contacted?

We cannot guarantee immediate contact due to the student's right to refuse that, but in the vast majority of cases, they consent to contact with parents while decisions are being made about their safety and care. We want the family in the loop quickly, and we make sure students understand the advantages of contacting parents.

How have we responded to COVID-19?

In response to COVID-19, we began providing teletherapy to students located in Georgia and in states that permit services from out-of-state providers (when students were not on campus). During the 2020-21 academic year, counselors continued utilizing teletherapy to meet with students. The availability of in-person counseling sessions during the 2021-22 academic year will be dependent on Covid-19 conditions.

Call 706-236-2259 if you have additional questions and would like to discuss with a provider.