

AUTHORIZATION FOR RELEASE OF DATA

NAME _____

P# _____

I hereby authorize

To release general medical psychological and psychiatric information including a treatment summary, to SUNY Potsdam College Counseling Center for the purpose of planning and coordinating services. I understand that I have the right to refuse to sign this authorization and understand that I am authorizing the release of information from records whose confidentiality privileged status is protected under Title 42. This authorization is for a continuing disclosure.

Signed _____

Date _____

Witness _____



THE STATE UNIVERSITY OF NEW YORK

Potsdam

TRANSITIONING TO COLLEGE: MAKING IT WORK

AN INSTRUCTION MANUAL FOR FAMILIES AND STUDENTS WHO HAVE BEEN IN PSYCHIATRIC OR PSYCHOLOGICAL TREATMENT

You are welcome to stop by or call to make an appointment:
131 Van Housen Hall
315-267-2330
8:30 – 4:30 p.m.

College Counseling Center
State University of New York at Potsdam
44 Pierrepoint Ave.
Potsdam, NY 13676
Email: counseling@potsdam.edu

If you have been in psychiatric treatment prior to arriving at SUNY Potsdam, and especially if you are on medication for a mental disorder, the transition to college life offers some extra challenges. This manual is designed to help students who are on medications for mental disorders and their families make the transition to college life a smooth, seamless change.

Here is a step-by-step guide to most effectively plan the transition.

SUNY Potsdam is located in a remote part of upstate New York. Like any other small rural village, resources are limited, especially in the area of psychiatric and counseling services. The College Counseling Center is staffed by three professional counselors and we have a consulting psychiatrist on staff on a very limited basis. With this in mind, it is important that you plan ahead with your doctor at home to make a referral and to arrange appointments prior to coming to campus.

STEP ONE

Make an appointment with your home doctor. Take this manual with you and let the doctor read it. Sign the release of information form on the reverse of this pamphlet. That will give your doctor permission to discuss your needs with someone at the Counseling Center.

Even if you and your family plan to continue treatment with your doctor at home, please consider sharing treatment history with the staff of the Counseling Center.

This information is held in strictest confidence and will not be shared with any other offices on campus. It does not become part of a student's academic record.

Things change when you arrive at college. Sometimes students forget to take their medications. Sometimes they change their eating and sleeping habits and this can affect how well the medication works. Often times the stress of the changes and new living arrangements cause anxiety. If we know in advance that you have certain tendencies, we can work with your doctor and your family to organize a 'safety net' in case there is a problem.

We can also work with your doctor to find appropriate services either at the Center or in the community. This is important to plan prior to arriving on campus.

STEP TWO

MAKE PLANS

The prescription issue is important. How are you going to refill prescriptions?

Remember the drugstores in town close at 9 pm Monday through Saturday and 6 pm on Sundays. Families need to arrange necessary student insurance cards and information and make sure the student has a way to pay for the medications.

****We do not have a pharmacy on campus.****

LAB WORK

Some people will need to have periodic lab tests done to measure blood levels. Ask your doctor for a written order for the necessary lab work and deliver this order to the Student Health Services in Sisson Hall.

The student will then be able to have their blood drawn at Student Health Services (267-2377), and a copy of the report will be sent to your home doctor.

MAKE APPOINTMENTS

Call the Counseling Center and set up an appointment for the first week of the semester.

STEP THREE

ASK "WHAT IF" QUESTIONS

What If I Lose My Medication?

Keep your medication in the same place every day, say, the top drawer of your dresser. If you do lose it, contact your doctor immediately. Ask if s/he will be willing to call in a prescription to your drug store. Have the phone number of the drug store available when you call.

What If my Son/Daughter Becomes Ill While At School?

If you know that the student is starting to feel less well, contact us immediately. We will ask the student to visit our office so we can make an assessment. If you are still using the services of a doctor at home we will try to contact that doctor for direction. If your student is considered harmful to self or others, we will ensure their safety by transporting them to a local hospital.