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Transition of Care Guide

Welcome to Wake! We're so glad that you have made the decision to live in 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 can also be applied to other chronic or ongoing medical conditions.

UNIVERSITY COUNSELING CENTER:

The best place to begin your search for assistance with mental health support on campus is the University Counseling Center (UCC). All services provided through the UCC are free and confidential to the fullest extent provided by law.

SERVICES:

- Group and individual counseling services are available Monday through Friday 8:30am-5:00pm to all full-time Reynolda Campus students. Students can call (**336.758.5273**) or come by (**117 Reynolda Hall**) to make an appointment. 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.
 - Unsure of what else to expect in a counseling appointment? Click below for a primer on what to expect and how to make an appointment: [What To Expect - Initial and Follow Up Counseling Appointments](#)

*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.

- We also offer various workshops and other trainings pertinent to mental health. If you'd like to learn more or schedule one for your organization/event click here: [Outreach Programs](#)

If you still have unanswered questions after looking at the website, feel free to give us a call at **336.758.5273**.

CONNECTIONS TO OTHER CAMPUS RESOURCES

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

[The Learning Assistance Center & Disability Services](#) (LAC-DS) is a great place for any student interested in improving their academic performance. In addition, students with disabilities who wish to request accommodations must register with the LAC-DS.

- Remember, even if you had an IEP (Individualized Education Plan) at your high school, these accommodations will not automatically transfer to college. Click here to complete the [Request for Consideration](#) form, which will initiate the process of requesting accommodations for any documented disabilities you may have.
- [Click here](#) to learn more about the disability accommodation process at WFU in general, including information about implementing your accommodations and accessing other helpful resources.

[The Office of Wellbeing](#) has an array of programs that focus on helping students develop a holistic sense of health and wellbeing.

- Every month, the Office of Wellbeing focuses on a different aspect of wellbeing in a series called [Dimensions by the Month](#). For example, during the month of April they focused on emotional wellbeing by offering a workshop on positive thinking and a “make your own sugar scrub” activity.
- Ready for a spa day? The Office of Wellbeing offers hour and half hour-long [massage therapy sessions](#) to students at \$50/hour and \$30/half hour.
- If you feel as if you need some advice on how to get the most out of your college experience, feel free to take advantage of the [Wellbeing Coaching services](#) where you can have professional assistance in developing your wellbeing goals and strategies on how to achieve them.

[The Office of the Chaplain](#) provides spiritual and pastoral care for those who desire it as well as connections to campus spiritual events and organizations. Click here to learn more: [The Office of the Chaplain: Pastoral Care](#)

[The Intercultural Center](#) (sometimes referred to as the “IC”) provides support for racial and ethnic minorities as well as international students by sponsoring several events throughout the year to enrich students’ understanding of other cultures. Click here for more information: [IC Programs and Services](#) A few programs the IC offers include:

- World Cultural Festival
- Martin Luther King Jr. Annual Event (co-hosted w/Winston-Salem State University)
- Peer Mentoring programs for incoming students from underrepresented backgrounds.

[International Students and Scholars Office](#) offers immigration resources as well as various different trainings and events that focus on learning about adjusting to life in the United States.

[The Women's Center](#) promotes gender equality by offering educational and professional programming.

- [The Women of Color Discussion Space](#) is co-sponsored by the IC and occurs twice a month. It is open to all graduate and undergraduate women of color as a space to make your voice heard and to participate as little or as much as you feel inclined to do.
- [L. E. A. V. E.s](#) (Leaders who Educate, Advocate, and lift Voices for gender Equity) meets weekly to discuss ways to “leave patriarchy behind.”

[The LGBTQ Center](#) is a resource hub for members of the lesbian, gay, bisexual, transgender, and questioning (LGBTQ) community and those who would like to learn more about topics relating to sexual orientation and gender identity through a number of special programs like [Pride celebrations](#).

- The Center hosts a weekly [Coffee Hour](#) to have casual and safe space to talk about whatever is happening in your life.
- In addition to their various social programs, the Center provides a training program called [Safe Zone](#) to educate students, faculty, and staff on how to be allies to the LGBTQ community.

[The Student Health Service](#) is a great campus resource to be familiar with if your primary care provider is far away or you want the convenience of being able to make an appointment with a health care provider and have access to a pharmacy on campus. To find out about all of their services, hours of operation, and how to set up an appointment, click here: [Student Health Service: Make an Appointment](#)

[The Safe Office](#) is a resource that specializes in sexual assault, intimate partner violence, interpersonal violence, and stalking. Not only do they provide [24/7 access](#) to a staff person ready to talk to anyone who needs help related to sexual or relationship trauma or abuse, but they also offer [trainings](#) in knowing the signs of assault and how to prevent them when possible.

TAKING CONTROL OF YOUR CARE PLAN

As you prepare for your first days at Wake Forest, 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.).

- Begin to take responsibility for taking your medication as prescribed. The pharmacy at the Student Health Service 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 Learning Assistance Center-Disability 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 the University Counseling Center is available 24 hours a day, 365 days a year. You can call the UCC (336.758.5273) anytime to get help. See below for more information:

Between the hours of 8:30am – 5:00pm 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 calling the UCC will connect you with a crisis counselor who will provide both assessment and support while assisting you with a short-term plan for managing the situation.

Always keep your emergency contact information up to date and make sure that you save these numbers in your phone:

WFU Resources:

For Life-Threatening Emergencies Anytime: 911 or 336.758.5911

For Urgent Mental Health Crises Anytime: 336.758.5273

Student Health Service: 336.758.5218

University Police: 336.758.5911

Other Assistance

Crisis Text Line: 741741

National Suicide Prevention Lifeline: 1.800.273.8255

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: WAKE FOREST UNIVERSITY COUNSELING CENTER

- This option makes sense if you require face-to-face visits.
- You should make sure that your treatment team from home has shared necessary information and records with the campus counseling service (See below).
- The UCC is free to all currently enrolled full-time Reynolda Campus students

This option might be best for you if: the University Counseling Center has the full range of services you need and/or you need only intermittent visits. If needed the

UCC staff can consult with your treatment providers at home to help you determine this.

OPTION B: OFF-CAMPUS CLINICIAN NEAR WAKE FOREST UNIVERSITY

- The University Counseling Center can help with referral suggestions that fit your clinical needs, as recommended either by UCC staff or your clinician(s) at home.
- 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 University 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.

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

- Regardless of your choice, the University 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 should all be clearly agreed upon. These plans are called advance directives and you can read about them by clicking here:
<http://www.mentalhealthamerica.net/psychiatric-advance-directives-taking-charge-your-care>
- 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.