

A Message From the *Counseling Center* at Montreat College

The *Counseling Center* at Montreat College provides services that enable students to be emotionally healthy and academically successful.

All students are encouraged to come to the *Counseling Center* and introduce themselves to the counselor when they arrive on campus. The *Counseling Center* provides a comfortable, confidential environment for students to come to receive encouragement, discuss issues, get questions answered, pick up information, or just ‘hang out’ while exploring who they are and what they need to do to be the best person they can be.

Students with a history of any type of learning disability, attention deficit disorder, depression, emotional distress, mental illness, or other issues that have required counseling, treatment, and/or medication are encouraged to share that information with the college counselor upon their acceptance to the college. This information, which will be kept confidential, allows the counselor the opportunity to assist the student in the development of a management plan while at the college and to provide more appropriate services for the student should the need arise.

Services to establish/continue treatment plans with a provider in the Asheville area may be coordinated through the *Counseling Center*. Students requiring medication as part of their management plan should notify the counselor of this information. Arrangements should be made to transfer prescriptions to a local pharmacy prior to the student’s arrival on campus. Consideration should be given to having a connection to a local medical professional who can monitor the medication while the student is on campus. The *Counseling Center* can assist the student in making these local connections. (Often there is a 3-month wait for appointments with the psychiatrists in Asheville. The more advanced notice that we have about this need, the more effective we can be in helping make these arrangements.)

If you have questions or concerns that you would like to discuss directly with the counselor, please call the college at 828-669-8011, extension 3538, leave a message, and the counselor will return your call. The counselor may also be reached via e-mail at counselor@montreat.edu. In addition, the *Counseling Center* has a web page on the Montreat College web site.

It is the intent of the *Counseling Center* to provide the opportunities and support necessary for students at Montreat College to have a rewarding and successful experience. With your trust and cooperation, together, we can meet this goal.

Attached is the *Counseling Center Student Information Sheet*. You have the *option* of providing information that will be used by the counseling department to facilitate your medical care plan. As with all medical information, it will be treated with confidentiality.

Counseling Center Student Information Sheet

Please provide the following optional information as accurately and completely as possible, and return to: Counseling Center, Box 807, Montreat College, P.O. Box 1267, Montreat, NC 28757. This information is considered confidential.

Date form completed: _____

Student Name: _____

Home Address: _____

phone/cell/e-mail: _____

Emergency contact Name: _____

Relationship: _____

Phone # 1. _____

2. _____

Please list any issues you would like to discuss with the counselor: _____

Please describe services that the Counseling Center could provide that would assist you in having a successful college experience: _____

Please list services that you have received within the past five years to address learning problems, emotional/mental health issues such as counseling, therapy, consultations, and/or medication prescribed.

Type of Service	Name of Provider	Are services currently provided?

Please list all current medications:

Name of Medication	Dosage	Prescribing Doctor	Contact Number for doctor