From: Rosen, Lee
Subject: Reminding about mental health resources, and WellConnect in particular
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Hello Students! As you know, we are inclined to periodically remind you about our mental health resources. As we hurtle -- or stumble or schlep -- into the holidays, this is a great time to make sure you know about the available offerings. You'll see all those listed at the bottom of this message. If you are ever confused about which resource to explore, I'm glad to meet and talk you through that. Also, Dr. Leigh Ann Holterman or representatives from the Wellness Committee are glad to have to those conversations, too.

In particular, this time, we wanted to make sure you know about *all* the resources services offered through **WellConnect**, which all LCOM students have access to. Because WellConnect has a number of self-help resources, this might be a good time of year to take a peak.

Here's a summary of what WellConnect offers:

> Wherever you are (VT, CT, on vacation, an away rotation), whatever time of day, WellConnect offers access to free online, phone, and in-person counseling sessions with a licensed mental health professional. They also provide services around financial and legal counseling, and support for all kinds of life situations.
>
> Call **866-640-4777** (or visit WellConnectForYou.com, code: UVMCOM).

Mental Health Services

- You can meet for up to 5 sessions about a single issue (those 1-5 sessions will be **with the same person**)
- They use a short-term model, and if it seems like longitudinal care is needed (>5 sessions), they can help find someone for you to work with.
- If you need services again for a different issue, you can receive another 5 sessions (They can't guarantee it would be with the same provider, but they'll try)
- Appointments can be in-person, on zoom, by telephone, synchronous chat or asynchronous chat
- **Bonus**: *ANYONE* in your household is eligible for these exact same benefits

Non-clinical Support

- They offer support (e.g., locating resources and services) for all kinds of life situations, too.
    - Such as: Finding summer camps, housing, elder care for aging family members, daily living challenges.
- Legal and financial counseling
    - 30 minutes free, then a 25% discount for time needed after that
    - WellConnect helps prepare you ahead of time so you get the most of your free session
- Appointments can be in-person, on zoom, by telephone, synchronous chat or asynchronous chat
- **Bonus**: *ANYONE* in your household is eligible for these exact same benefits

Resources provided by WellConnect:

- Coaching Services
- Counseling Services
- Student Life Services
- Financial Services
- Legal Services
- MyStrength Online Self-Management Tool
- A video overview of WellConnect services: https://vimeo.com/344623471

And, here are a couple of other self-help resources we might recommend:

- For starting a *meditation practice*, The Waking Up app:
    - The app features a great introductory meditation course. It's free for a month. (If you try it and love it, but the cost is a barrier to continuing with it, please reach out to me or Dr. Holterman).
    - Also many free meditations are available on the Insight Timer app
- And, for self help CBT, try the Woebot app, which will bring you through a number of empirically supported therapy concepts.

And, as promised, here's the rest of the array of mental health and support resources:

- UVM's Counseling and Psychiatric Services (CAPS). Available to all UVM students, for free, **regardless of which insurance you have**.
- Cognitive Behavioral Therapy from the training clinic (Vermont Psychological Services) in the UVM psychology department (reach out to Dr. Rosen or call them directly). There is a long (6-8 month) waitlist right now, but get on there if you think you'd like some CBT down the road. Time goes by fast.
- Referrals to local mental health providers in CT (reach out to Dr. Kulaga) or community providers in VT (reach out to Dr. Rosen or your Wellness Committee reps).
- Referrals for psychiatric care (reach out to CAPS, Dr. Rosen, or the Wellness Committee).

And other LCOM and UVM Campus resources that are so very helpful:

- Dr. Nathalie Feldman, Director of the Learning Environment
- The Office of Diversity, Equity, and Inclusion
- Drop-ins with Deans for Students (Dr. George, Dr. DeAngelis, Dr. Kulaga, Dr. McNamara)
- Dr. Moynihan, the Director of Academic Achievement
- Prism Center at UVM for LGBTQ+ identified students
- The Mosaic Center for Students of Color
- The UVM Women and Gender Equity Center
    - Partnering with H.O.P.E Works
- Student leadership groups, like The Wellness Committee

Dr. Lee Rosen and Dr. Leigh Ann Holterman

Take care, everyone.
Lee

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