

Mental Health Resource Guide for Parents of College Students

Timeline and Steps for finding Off-Campus Supports



RESEARCH COMMUNITY RESOURCES

Check campus to see if they have a Psychiatrist on staff and if they are accepting new clients. Ask how many counseling sessions are included in Student Fees, and know what the Student-to-Counselor ratio is on campus. Also research if there is an Intensive Outpatient Program (IOP) in the local community. This is something you would want to know if your young adult was already in treatment (substance abuse, eating disorders, mental health, etc.) and will want to continue intensive work while in school. **Know that schools near metropolitan areas have the most resources.**



KNOW YOUR INSURANCE COVERAGE

Don't waive the University's health insurance just yet! Call your Insurance provider [or check online] to ask what Mental Health resources are available in-network in the area of your student's college. If there is a list of providers, call them to see if/when they have openings. **It is recommended to schedule these appointments 6-8 weeks before the start of college!** You may find that these Therapists aren't taking new clients at all. If you haven't waived the University's health insurance, ask what Mental Health benefits are available off-campus. If nothing, **then** consider buying a supplemental mental health plan for your young adult! It's better to know this now than to wait until there is a crisis.



FINDING THE RIGHT FIT

If the first Therapist your young adults sees isn't a good fit, suggest they try someone else. Encourage them to keep looking until they find a Therapist they jive with! Finding someone in the community will allow for more long-term care. **Dialectical Behavior Therapy (DBT) is the treatment of choice for college-aged students.** Reconsider supporting your young adult continuing to see their Therapist from high school via Skype, Zoom, or any other video-conferencing platform. **This type of therapy is inferior and allows young adults the ability to not be accountable.**



SUPPLEMENTAL RESOURCES

Consider on- and off-campus resources to supplement mental health supports. Some examples, consider a life coach, mentor, or community integrated program that provides licensed staff to help with young adult life transitions. **It's cheaper to pay for Coaching than intensive treatment.**



BUILDING RESILIENCY

Support your young adult to make these calls, instead of you doing it for them. By doing that you are helping them build resiliency. **Resiliency is what young adults need in higher education.** They need to be able to call to schedule and cancel appointments, coordinate transportation, and fill prescriptions. If they can do that, they can be successful in college.

