Welcome to CAMHS
Welcome to Harvard!

“I miss not seeing you all in person, but I want you to know that we’re always here to help as you transition to studying at Harvard, whether on campus or from afar. We know that your first year at Harvard ordinarily poses stresses and challenges, and this year, we’re standing here to support you.”

- Dr. Barbara Lewis, Chief of CAMHS

“We are so glad you are joining the Harvard community this fall, no matter where you might be located! This Orientation module will introduce you to our CAMHS team, the services and resources we provide, and how you can access us for consultation and support from wherever you are. We hope this is a meaningful and productive year for you at Harvard. Welcome to CAMHS!”

- Melanie Northrop, LICSW, CAMHS Director of Acuity Services
Let’s review the basics about the Counseling and Mental Health Service, known as ‘CAMHS’:
We are...

Clinicians of color

~ 40 clinicians

BGLTQ

Licensed Mental Health Clinicians

Psychiatrists

Social Workers

Psychologists

First-gen

Immigrants from around the world

Spanish, German, French, Portuguese, Farsi, Chinese-dialect speaking

Varied in our approaches

Nurse Prescribers

An amazing team of support staff
All of CAMHS is fully functioning REMOTELY* via telemedicine this fall

*Our usual home is the 4th floor of HUHS in the Smith Campus Center, and ordinarily we provide satellite services at HLS and Longwood, but we are not there right now!
We are more than one-to-one counseling by telemedicine (but that too)
Schedule an Initial Consultation online or by phone

Patient Portal: huhs.harvard.edu
Call CAMHS: 617-495-2042
What happens in an Initial Consultation?

The Initial Consultation typically is conducted by phone. Based on an Initial Consultation with a clinician and consideration of a student's individual circumstances, a student may be referred to short-term individual treatment and/or workshops and groups within CAMHS—all on harvardhipaa.zoom—or be educated and coached on locating a provider in their area of residence.

The majority of students benefit from short-term therapy, while some students may receive more frequent and longer-term therapy with a provider they can continue to see throughout their time at Harvard.
CAMHS provides short-term, goal-focused care

(with an emphasis on developing skills and strategies for life)

The number and frequency of CAMHS visits ultimately depends on a student’s particular circumstances.

If a new situation arises, a student can return to CAMHS for further assessment.

* average number of therapy sessions for students who receive care within CAMHS is 6–8
CAMHS workshops and support groups are provided remotely and can help students build emotional skills and reach personal goals, and can also alleviate feelings of separation and loneliness. They are great opportunities for students who are remote from campus to join in a shared experience with other students living on campus.

**Workshops:**
- are usually 1 - 4 **drop-in** sessions
- cycle through the semester frequently
- are led by a therapist who focuses on skills and strategies
- include a variable number of students

**Groups:**
- meet regularly to provide organized peer support and processing
- typically may have 6 - 20 members
- are facilitated by a therapist
- vary in frequency
Workshops and Groups

CPR for Mental Wellbeing
Managing Emotions
Nourish your Mind and Body Workshop
Overcoming Procrastination
Perfectionism and Self-Compassion

…and more this fall, all on harvardhipaa.zoom …

We also offer tailored workshops for cohorts of students upon request by their student services offices.

Being at Home Support Group
Students of Color Support Group
Recovery Support Group
Transcend Group

…and more this fall, all on harvardhipaa.zoom …
Psychiatry and Prescribing

• Psychiatrists and nurse specialists provide medication consultation and management, as well as urgent care for acute medication issues.

• It is important for students to learn to be responsible, proactive and communicative with their prescriber about any concerns, side effects, prescription renewals, and travel issues.

• Students living on campus or in the Boston/Cambridge area can choose to have their prescriptions filled at the HUHS pharmacy (or not).

• Prescribing for students who are not living in Massachusetts may be limited by licensure and type of medication and practice standards. This will be reviewed in your Initial Consultation.
On the CAMHS website, you can find the following:

1. A link to the patient portal to schedule an initial consultation
2. Descriptions of our services
3. Listings of our latest workshops and groups
4. A staff directory to learn more about our team
5. Self-assessment resources
6. Information about accessing Urgent Care and our mental health on-call services
To schedule an Initial Consultation, click on “patient login,” located at the top of the CAMHS website.
To view workshops and group offerings, and get instructions to sign up, click on “our services,” located at the top of the CAMHS website.
To view the CAMHS team and search by their specialties and interests, visit “our team,” located at the top of the CAMHS website.
We offer anonymous and confidential online screening for depression, eating disorders, alcohol, and anxiety and PTSD, which you can complete confidentially and privately at any time, whether you are on campus or living elsewhere...

https://screening.mentalhealthscreening.org/harvard-university-health-service-counseling-and-mental-health-service
The Student Health Fee covers the cost of CAMHS services.

Services in CAMHS are covered by the Student Health fee, so there are no fees or co-pays within CAMHS.

When students are referred to or choose community clinicians outside of HUHS in their local area, a student will use their insurance or home-country medical health care system.
Do you have private insurance?

If you are covered by your family’s or a personal insurance plan, you may need to consult that plan about eligibility and participating mental health providers in your local area.

Do you have SHIP?

Harvard’s Student Health Insurance Blue Cross/Blue Shield Plan allows 52 mental health visits per year, with visits 1-8 having no co-pay, and visits 9 through 52 are ordinarily $35 with a participating BC/BS provider.

At the present time, in the context of COVID-19, those co-pays under the SHIP BC/BS are currently suspended and waived.
Special considerations around licensure laws and regulations:

Due to licensure laws and regulations, CAMHS is unable to provide individual therapy or medication management to students residing outside of the US, or in certain states that prohibit.

However, we welcome participation in our CAMHS workshops by students who are residing anywhere, and we also provide Initial Consultations remotely and may make suggestions on how to pursue counseling or medication management locally in your area of residence.

If you are an international student studying remotely from your home country, you may need to engage with your country’s health care system protocols and processes to receive mental health services there.
For full information about eligibility and the Harvard SHIP Blue Cross-Blue Shield plan:

hushp.harvard.edu

HUHS Member Services
617-495-2008
CAMHS URGENT CARE IS ALWAYS AVAILABLE:

- Urgent Care is always available remotely during the business day: a student just calls 617-495-2042 to arrange to speak with a clinician either via Zoom or by phone about an urgent mental health situation.

- We also provide mental health on-call urgent consultation by phone every evening from 6pm to 8am the next morning, and also on Saturdays, Sundays and holidays. Just call 617-495-5711 to speak by phone with our mental health on-call service after-hours.
CAMHS helps you build safety nets, umbrellas, and teams at Harvard.

"WE ALL NEED A SAFETY NET TO FALL INTO DURING A CRISIS, WE ALL NEED AN UMBRELLA OF RESOURCES TO OPEN IN A STORM, AND WE ALL NEED A TEAM OF SUPPORTERS. SOMETIMES WE MAY NEED TO STRENGTHEN THE NET, RAISE THE UMBRELLA, AND ACTIVATE OR ADD SOMEONE TO OUR TEAM."
and breathe
You've got this!