Mental Health Resources

Who can Students Access for Help?

Olin provides options for mental health services through Colony Care Behavioral Health group practice. Students also have the option of utilizing private insurance to access mental health services independently, but should check with their provider for information about coverage terms and conditions.

Students who need help are encouraged to contact Alison Black, Assistant Dean of Student Life, to discuss options and concerns. However, students are also free to contact any of these providers directly and confidentially.

Colony Care Behavioral Health

11 River St., Wellesley, MA 02481 (near the intersection of Rtes. 16 & 128)
781-431-1177 x. 213 (this is Laura Kinney’s #, which is the preferred number for Olin)

Colony Care is a multi-disciplinary group of psychologists, social workers, and psychiatrists. A variety of providers offer a wide array of treatment approaches including short and long term psychotherapy, stress management counseling, cognitive behavioral therapy, medication management and hypnosis. A core group of providers work with Olin students. These providers are shown later in this document.

How to schedule an appointment at Colony Care:

For most practitioners at Colony Care (except as noted below), students should call the number listed above, identify him/herself as an Olin student, and leave a message and reliable call-back number. If the call is urgent, the on-call counselor can be paged by following the instructions given on the message. For a standard appointment, students will usually get a call back within the same business day to discuss the issue, urgency, and needs. Students are welcome to request to see a specific provider; if they do not have a particular provider in mind, then Colony Care will try to match them up appropriately.

Students can also email Laura Kinney directly to provide contact information to schedule an appointment. The student can write to Laura at Lkinneylicsw@yahoo.com and provide his/her telephone number. Laura will then contact the student to schedule.
Exceptions to the above procedures: There are two psychiatrists available through Colony Care, mostly for medication consultations. It is more efficient to call the psychiatrists directly to schedule an appointment. Dr. Ethan (Sam) Rofman can be reached at 617-378-8477 and Dr. Elizabeth Ross can be reached at 508-699-7555.

Transportation to Mental Health Services

Students should try to arrange their own transportation but if they are unable to do so, they may use Wellesley Transportation by calling 781-235-2200. Olin covers this cost; students just need to sign the receipt given to them by the cab driver.

Confidentiality

Communications between students and mental health providers will remain entirely confidential within the boundaries of state law. They will not be shared with College officials unless students explicitly request that they be and/or if the student’s safety is in question.

Payment of Mental Health Services

If the student sees a provider at Colony Care, then the cost is covered by the college during the academic year. Bills to the college will not include personally identifiable information.

Colony Care Providers

Ethan (Sam) Rofman, M.D.

Hello, my name is Ethan Rofman and I am a graduate of the Columbia University College of Physicians and Surgeons and was a resident in psychiatry at Massachusetts Mental Health Center (Harvard Medical School). In carrying out an initial assessment, I work with people to assess the degree to which their biology, current stressor(s), underlying values and existential realities interact to produce the psychological challenges they face. Treatment plans may include psychotherapy designed to help people better understand how their previous life experiences can lead to distortions in their current feelings and perceptions that can lead to undue tension, stress or depression. Where an underlying biological condition may be producing these distortions I may suggest a therapeutic trial of medication that may prove helpful.

My office is located with Colony Care Behavioral Health in Wellesley. I have been a recipient of the “Pride in Medicine Award” of the Massachusetts Medical Society and in 2009 was one of 41 physicians nationwide who were cited by the National Alliance for the Mentally Ill as
“Exemplary Psychiatrists”. In the past I have served as Chief of Mental Health at Metrowest Medical Center and as Service Line Director for Mental Health for the VA New England Healthcare system.

Elizabeth Ross, M.D.

Hi, my name is Dr. Elizabeth Ross. I graduated from Tufts University School of Medicine and completed my training at the University of California, San Francisco. I am a board certified psychiatrist who tries to help people through medication in addition to your therapy. My goal is to work with you and your therapist to alleviate symptoms related to attention issues, substance use, depression, anxiety, and eating disorders among other things. I believe it is critically important to join together to figure out the best way to move things in a more positive direction. YOU hold the key to understanding how to best help you. I bring my love of Science and my background as a Chemistry major at Cornell to the science of healing. However, Behavioral Health is more art than science and there isn't just one way or one medication that I can tell you to take to resolve the issues you're facing. I like to give students options of medication and share with you what I know about different drugs and treatment including benefits, risks and potential side effects in order to help you make the right choice for yourself. Working together is critical in achieving desired outcomes. When to stop medication is also a big part of treatment planning. Together, I believe we can get you feeling better soon and give you the confidence you need to achieve your goals.

Mark Geer

Hello. My name is Mark Geer and I am a Licensed Psychologist and Co-Director of Colony Care. I received my doctorate in Counseling Psychology from Boston University. I work with individuals and couples and can work in short term and long term models of treatment.

I have a special interest in hypnotherapy and its application for treating problems with anxiety, phobias, and post traumatic stress disorder. There are many ways to think about the human personality. One way, that directs my work with clients, is to think of one's personality as composed of parts and being much like a family of influencers inside. The traditional way of thinking about personality is to think of it as unified or undivided. Frequently
however, we make mental comments about how, "I don't like myself when I do that" or "I don't know why I did that." "I couldn't stop myself." I enjoy working with people to help them resolve these internal opposing forces that undermine self contentment, optimal achievement, and harmony in their relationships.

**Dan Jaquette**

My name is Dan Jaquette and I am a psychologist and co-director of Colony Care in Wellesley. I approach counseling from the perspective of human development, that each age, or developmental stage, in a person’s life poses unique challenges and opportunities. I am less likely to view my clients from the perspective of some underlying psychiatric “disorder” and more from the perspective of being stuck with issues related to their development. My job is to help the client get unstuck by finding new and more successful coping strategies for dealing with the internal and external barriers to their development.

There’s plenty going on in those college years to get stuck on, improving one’s independent academic skills, deciding on career paths, developing and maintaining important relationships, establishing intimacy, negotiating with rules and authority, and creating successful ways of dealing with stress. While the symptoms might be defined as depression or anxiety, I tend to focus on helping the student solve some of the problems that might be creating those emotions.

My approach might be more informal than most, hopefully more conversational. While the topics are often intense and serious, I also like to find a few laughs in our human condition. It is important that the client feel comfortable and can begin to trust me as not just another critical adult. I like to call myself a “Quality of Life Consultant”, and who couldn’t use one of those! I tend to draw examples from my own life and my own rather jarring experience as an undergraduate at Harvard coming from a much more laid-back Seattle in 1969. I think the real therapy is in how we change the patterns of our life to deal more effectively with the barriers and stressors. The one hour meeting focuses on concrete changes one can make in their daily living. I try to practice what I preach in terms of life patterns for dealing with stress. I enjoy boating, beaching and fishing on Cape Cod in the summers and cross-country skiing during those damn New England winters.
Katie Eyre

My name is Katie Eyre. I attended and graduated from Wheaton College in Norton, MA in 1973 with a major in psychology. I spent my junior year on exchange at Williams College in Williamstown, MA. I received an MSW degree in 1975 from Virginia Commonwealth University in Richmond, VA. During my graduate training, I counseled many undergraduate and graduate students at the University of Virginia. I enjoy seeing clients who are dealing with problems coping with stress related to personal and academic concerns, and those who are having problems with adjustment to college and peer relationships. I also see many clients who are depressed and/or anxious for a variety of reasons and I try to help clients find an appropriate balance between their competing priorities and responsibilities (work, school, relationships). My approach is to explore the nature of the problem, see what influences family/friends/peers might have on the issue, explore the support system available to a student, and to work with the student to formulate a strategy for positive goal-setting. I try to focus on the strengths rather than the weaknesses of a client. I have three children who are college graduates who are either in or have attended graduate school. Thus, I am quite familiar on a personal level with many of the concerns and stresses that affect college students today. In my spare time, I enjoy exercise classes, biking, tennis, and reading.

Janice Furlong

Hi, my name is Janice Furlong. I’m an LICSW (licensed independent clinical social worker) at Colony Care. I earned a bachelor’s degree in psychology from Duke University in 1975, an MSW from Simmons College Graduate School of Social Work in 1979, and a certificate in family therapy from the Family Institute of Cambridge in 1982. I have thirty years of clinical experience, and truly love my work. In addition to my practice at Colony Care, I am on the faculty at the Boston University School of Social Work. I’d describe myself as warm, down-to-earth, direct, kind, and flexible. I make it a point to learn about each person’s strengths and talents, as well as their problems. I also try to collaborate with each person to figure out that kind of therapy would be the best fit for them. For example, when a person prefers a practical problem-solving approach, I can offer cognitive-behavioral therapy, which focuses on helping people learn new coping skills to solve current problems, such as academic difficulties, stress/anxiety management, depression, or substance abuse. Other people want an opportunity to address how past experiences, such as trauma or difficult family relationships, continue to bother them in the present, and want to explore these issues in the context of a safe and non-judgmental relationship with a therapist. Still other people come in around a very particular crisis (eg: adjusting to life away from home, coming out as gay/lesbian, a relationship break-up, death of a loved one) and want some immediate support in coping day by day. As you can see, therapy may be short or longer term, depending on your needs. Many people are ambivalent about starting
therapy: they want to, and they don’t want to at the same time. If this is the case, I would encourage you to come in for an initial consultation, so you can meet me, explain what you are looking for, ask me questions about the way I work, then decide for yourself how to proceed.

**Stephanie Johnson**

My name is Stephanie Johnson. I am a Licensed Independent Clinical Social Worker. I received a Bachelors in Psychology from The University of Massachusetts at Amherst in 1995 and a Masters in Social Work from Salem State College in 2001. I also have a postgraduate certificate in Cognitive Behavior Therapy (CBT) from Boston University.

I have found CBT to be a very effective model of treatment and it is a central part of my work with clients. CBT is a therapy that focuses on working with clients to make positive changes in their thinking and behaviors in order to resolve current problems. I work with clients on a range of issues including Anxiety Disorders, Depression and Mood Disorders, and ADHD. I also work with clients around a variety of adjustment issues including school, family, and relationship concerns. I have particular experience using CBT to treat Anxiety Disorders.

I take a client centered approach to my work. It is important for clients to feel that I understand their views, how they are feeling and what they want to get out of therapy. I believe that therapy works best as a collaborative process.

**Laura Kinney**


I work with adolescents, adults, couples and families but am particularly interested in young adult issues (i.e. leaving home, establishing life goals, relationship choices, etc.) I am also interested in helping couples achieve optimal communication and working with parents in effectively balancing nurturance, structure, and discipline.

In my approach and style, I would describe myself as an active and involved therapist, working constructively with clients to help them achieve their "best self." I facilitate people making
healthy choices for their lives, guided by goals for the future, but paying attention to past influences. This involves looking at behavioral patterns, how they are impacted by familial, social, and cultural factors and modifying them to achieve one's current objectives.

**Tina Kraus**

Hello. My name is Tina Kraus and I am a Licensed Independent Clinical Social Worker. I graduated from Syracuse University with a B.A. in psychology and received my Master’s Degree in Social Work from Simmons College School of Social Work.

I feel privileged as a therapist to have the opportunity to work with adolescents and young adults. The college years are such an exciting time in life for personal growth, independence and forging new relationships. Not surprisingly, this remarkable time in life can also be a time of self-doubt, insecurity and worry about social/academic choices and pressures. Anxiety, depression, irritability and sleep difficulties may all be symptoms of the challenges faced during this time. As a therapist my approach is to focus on helping each person clarify their reasons for coming into therapy and to then gain the strategies and coping skills needed to resolve these concerns. Supporting people as they discover new ways to achieve a more satisfying balance in their lives. While working together to problem solve I believe it is also important to recognize the strengths and unique qualities in each individual.

I would describe my style as a therapist to be “actively engaged” during each session. I like to think of myself as sincere, compassionate, down to earth and easy to talk with. A sense of humor is important, and so when appropriate, I think mine comes through.

**Stacey Mastromatteo**

Hello, my name is Stacey Mastromatteo. I am a licensed independent clinical social worker, LICSW. I graduated from Hobart and William Smith College with a BA in psychology in 1985 and I received a Masters in social work from Columbia University in 1990. I have a special interest in working with college age individuals as they face the challenges of transitioning from High School and the variety of struggles encountered throughout the college years. I have a particular expertise with substance abuse and all other addictions. Additionally, I enjoy providing counseling to couples and I am very comfortable addressing the issues of self harm, anxiety and mood disturbances.

College is often a time of self-exploration and new awareness. Psychotherapy can be very helpful in assisting students as they
confront choices in their relationships with peers, cope with separation from family members and navigate through the stress of a more demanding academic life.

My therapeutic style tends to be a combination of emotional support, validation of feelings and help to identify patterns of behavior that may have led to feelings of anxiety, sadness or general distress. I am flexible regarding my approach and always wish to work collaboratively to set achievable goals. I am comfortable with both shorter and longer term counseling depending on the needs of the client. The first session is usually a time for both client and therapist to get a good sense of each other and to discuss a plan for further work together.

Outside of my work as a therapist, I enjoy hiking, tennis, reading, dance and time at the ocean.

**Cathy Spear**

My name is Cathy Spear, and I am a licensed clinical social worker. I received my BA from Smith College and my MSW from Simmons College School of Social Work.

I have always enjoyed working with late adolescents/young adults. I think this is one of the most interesting, often profound, times in life, and counseling can be a place to explore some of the challenges that will inevitably arise during the college years.

My approach to counseling is to be interactive and supportive, while being pretty straightforward. I try to offer clients a chance to look at the relationships that matter most to them- family, friends, partners- and to understand what works and what doesn't in those relationships. Depression and anxiety are often experienced during an academic year and these are also problem areas that I have treated regularly.

Another area of particular interest to me is grief and bereavement. In addition to working with clients who have lost someone close to them, I also help run a girls' grief camp program in the summer.

Having a balance in life between work and play is important for everyone, and I enjoy tennis and swimming, theater and reading, and Sudoku!
Amanda Wislocki-Wasecki

My name is Amanda Wislocki-Wasecki and I am a licensed Independent Clinical Social Worker. I graduated from Boston University with my bachelors in Psychology in 1992 and Boston College School of Social Work with my Masters in Clinical Social work in 1995.

I work with a large age range, including adolescents, families, couples and adults. I pride myself in creating a warm, comfortable, trusting environment where the client feels heard and understood. I tend to be an active participant in the therapy process, seeing myself as part of the solution or change process, realizing that clients are coming for help after perhaps having difficulty doing it on their own. Taking the client’s lead, I can take a solution-focused, direct approach, or simply provide a judgment–free, comfortable place for support.
Mental Health Resources
Quick Reference Guide

Colony Care Behavioral Health
11 River St., Wellesley, MA 02481
(near the intersection of Rtes. 16 & 128)

Laura Kinney, LICSW
(main Olin contact for most appointments)
Lkinneylicsw@yahoo.com
(email only to ask Laura to schedule appointment)
781-431-1177 x 213

Ethan S. Rofman, M.D.
617-378-8477

Elizabeth Ross, M.D.
508-699-7555

Wellesley Transportation
(free taxi ride to mental health care providers)
781-235-2200