

Mental Health Resources

Who can Students Access for Help?

Olin provides options for mental health services through Colony Care Behavioral Health group practice. Appointments made through Colony Care are confidentially billed to the college at no cost to the student. 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 Adva Waranyuwat, Assistant Dean of Student Affairs, 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 with Colony Care by phone:

1. Unless otherwise noted below, students should call the number listed above, identify themselves as an Olin student, and leave a message and reliable call-back number.
2. For urgent matters, an on-call counselor can be paged by following the instructions given on the voicemail message.
3. For a standard appointment, students will usually get a call back within the same business day to discuss the issue, urgency, and needs.
4. 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.

How to schedule an appointment with Colony Care by email:

1. Students can email Laura Kinney directly at laurakinney@colonycare.net to schedule an appointment.
2. In the email, the student should provide their telephone number.
3. Laura will then contact the student to schedule an appointment.

Exceptions to the above procedures: There is one psychiatrist available through Colony Care, mostly for medication consultations. It is more efficient to call the psychiatrist directly to schedule an appointment. 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 Public Safety - (781) 239-5555 or Wellesley Transportation - 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.

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Colony Care Providers

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.



Hello. My name is Carol Anne Marchetti. I am a Psychiatric-Mental Health Nurse Practitioner (PMHNP) and Clinical Associate Professor at the William F. Connell School of Nursing at Boston College. I earned baccalaureate degrees in Management and Nursing from the University of Massachusetts Boston, and an MS and PhD degree in Nursing from Boston College. As a PMHNP, I endorse a holistic approach that is rooted in psychological, social, and biological principles. While teaching at BC is my full-time job, I am employed on a part-time basis at Colony Care Behavioral Health in Wellesley, where I provide psychotherapy and pharmacological treatment to patients.

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Mark Geer

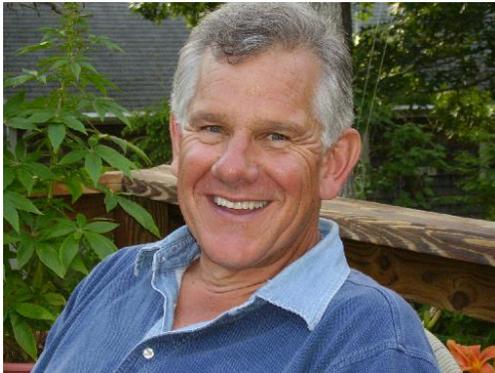


Hello. My name is Mark Geer and I am a Licensed Psychologist and Co-Director of Colony Care. I received my doctorate in Counseling Psychology from Boston University. I work with individuals and couples and can work in short term and long term models of treatment.

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.

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Who can Students Access for Help?

Tanya Cherkerzian



Looking to reach your personal, academic, and wellness goals? Hello! My name is Tanya Cherkerzian, and I am a Licensed Independent Clinical Social Worker (LICSW) and co-director of Colony Care in Wellesley. I received my Bachelor's degree in Psychology from Boston College and my Master's degree in Social Work from Smith College. I see adults, adolescents, and children in my practice for brief as well as long-term work. My approach and style is to create a safe, non-judgmental, and caring space for you to establish your own goals at your

own pace. I tend to be actively involved and use a bit of humor, as it's important to have a healthy ability to laugh at the human condition.

The college years are a time of discovery about ourselves and our relationships with others and the world. Transitioning into adulthood while carrying a demanding academic workload can be a stressful, complex experience. Together, we'll assess your own unique situation and help you to lead a happier, healthier life – dealing with issues ranging from simple adjustment issues to ones involving sexuality, anxiety, and depression. I look forward to meeting you and supporting you on your journey.

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.

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Who can Students Access for Help?

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 Bachelor's 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.

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Who can Students Access for Help?

Laura Kinney



Hello. My name is Laura Kinney and I am a Licensed Independent Clinical Social Worker. I graduated from Bowdoin College with my Bachelors in Psychology in 1995 and Simmons School of Social Work with my Masters in Social Work in 1997.

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.) It is a privilege to help and support Olin students as they navigate the transitional college years.

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.

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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.

Caitlin Noone



Hi, my name is Caitlin Noone and I am a Licensed Independent Clinical Social Worker at Colony Care Behavioral Health. I received a Bachelor's degree in Psychology from the University of Maryland in 2004 and a Masters degree in Social Work from Boston College in 2009. I would describe myself as active and engaged therapist since I believe therapy should be a collaborative process. My goal is to provide you with a space where you feel acknowledged and accepted. I aim to support you in achieving the goals you have identified for yourself. I do this by helping you reflect on your life in a non-judgmental way, understand your feelings, and identify patterns of negative thoughts and/or behaviors that are preventing you from reaching your goals.

I use a variety of therapeutic approaches with clients but am particularly influenced by cognitive behavioral therapy, solution-focused therapy and strength-based approaches. I often work with clients experiencing anxiety, depression, difficulties in relationships, and self esteem issues. I also am trained in Trauma Focused Cognitive Behavioral Therapy and have extensive experience working with clients who have experienced childhood abuse, sexual abuse or assault, unhealthy and/or abusive relationships, or loss of a loved one.

College is often a time filled with transitions, change, and new experiences. While exciting, this can also create feelings of uncertainty, loss, and confusion. My role is to help you process these events so that you can move forward in a healthy and successful way.

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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



Hello, 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 adolescents, adults, couples and families, but have a special interest in working with college-age and young adults.

Common issues that I work with are anxiety (with a special interest in social anxiety), mood disorders and ADHD. I also work with clients around a variety of adjustment issues including managing being away from home, friendship and relationship issues, time management and transitions into and out of college.

Personality wise, I would describe myself as warm and laid back, taking a straight forward approach, balanced with warmth and a good deal of humor. I strive to create a therapeutic relationship where my client feels respected and most importantly, understood.

Style wise I would say that I take an active role in the therapy process. I think that a lot of people are coming to therapy because they have tried to "solve things" on their own and are now looking for something else. When someone comes to meet with me, we work collaboratively to figure out what the client wants out of therapy, what approach would be most helpful and how to get them to where they want to be; whether that is regarding relationships, time management, learning to manage stress better, or reducing symptoms of depression or anxiety. Sometimes, clients just want a second set of eyes on something, someone to help "figure everything out" or someone to simply listen.

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Mental Health Resources Quick Reference Guide

Colony Care Behavioral Health

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

www.colonycare.net

Laura Kinney, LICSW
(main Olin contact for most appointments)

laurakinney@colonycare.net

(email only to schedule an appointment)

781-431-1177 x 213

Elizabeth Ross, M.D.

508-699-7555

Wellesley Transportation
(free taxi ride to mental health care providers)

781-235-2200