

2023



GRADUATE STUDENT RESOURCES

This booklet provides resources that are offered to graduate students. Ranging from mental health, food insecurity, and health insurance, to accessibility! This booklet is an ongoing project allowing GPSA to upload new resources as they are discovered!

If you have a resource that you would like featured in this booklet, please email GPSA with more information at gpsaoffice@gmail.com!

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BUS TICKETS



The committee on Justice & Equity in student government has worked on a project to provide roughly 300 highly discounted end-of-year bus tickets to major airports/cities!

Buses run May 6-7th (2023) to Newark, Philadelphia, or Baltimore Tickets are \$28

[Click here to buy a ticket](#)

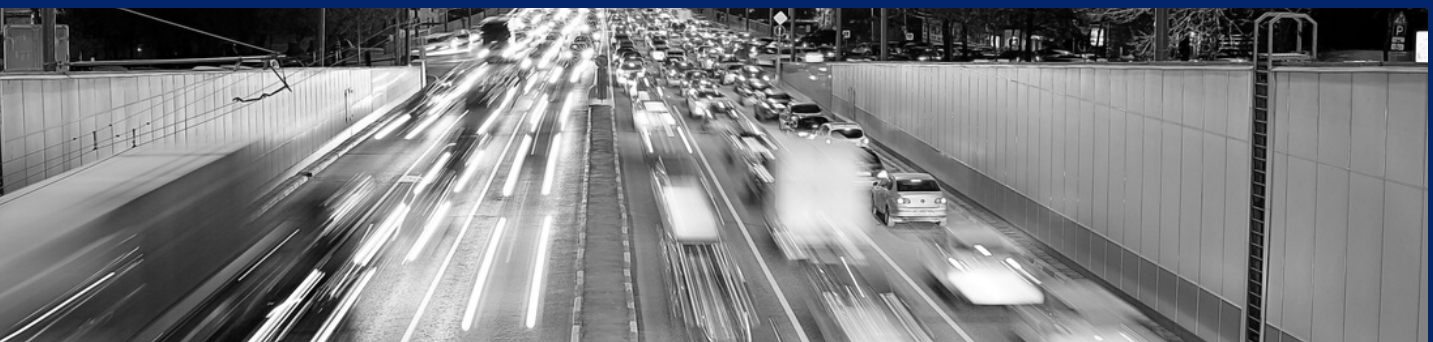
SCHEDULED TIMES

May 6th

- Bus 1 – 7:30 AM, From – Redifer Commons, To – (EWR) Newark Airport, 11:30 AM: 45 tickets
- Bus 2 – 8:00 AM, From – Redifer Commons, To – (PHL) Philadelphia Airport, 11:30 AM : 45 tickets
- Bus 3 – 8:30 AM, From – Redifer Commons, To – (BWI) Baltimore-MD Airport, 11:45 AM: 45 tickets

May 7th

- Bus 4 – 7:30 AM, From – Redifer Commons, To – (EWR) Newark Airport, 11:30 AM: 45 tickets
- Bus 5 – 8:00 AM, From – Redifer Commons, To – (PHL) Philadelphia Airport, 11:30 AM: 45 tickets
- Bus 6 – 8:30 AM, From – Redifer Commons, To – (IAD) Dulles Airport, 12:15 PM: 45 tickets



General & Mental Health



Talk to a doctor or therapist by **phone or video.**



UnitedHealthcare StudentResources and HealthiestYou have partnered together to provide access to doctors and mental healthcare from anywhere you are, even while traveling internationally. All services are free for students covered under the UHCSR insurance plan; services are available for all other students for a fee, as noted below.

Supports over 250+ languages!

From the HealthiestYou app, you can:

General Medical

Talk to a licensed doctor 24/7 by phone or video from anywhere

\$0 for UHCSR students

\$40 for non-UHCSR students

Mental Health

Choose a therapist and schedule an appointment by phone or video (7 a.m. to 9 p.m.)

Therapist Psychiatrist

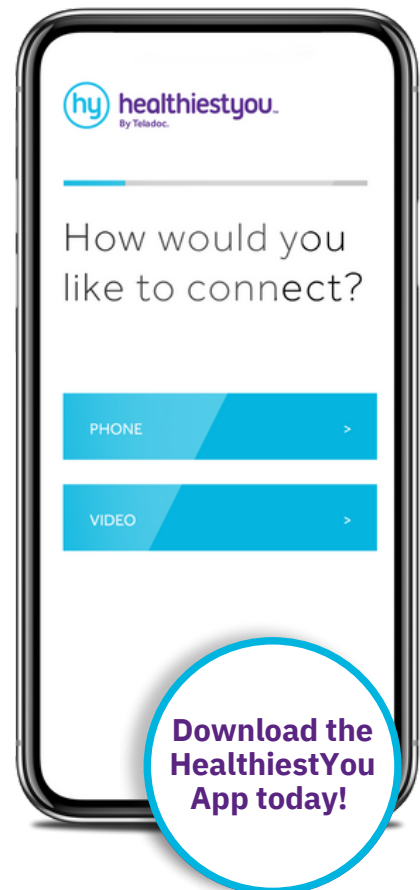
\$0 for UHCSR student

\$0 for UHCSR student

\$85 for non-UHCSR student

\$200 for non-UHCSR students' first visit

\$95 for non-UHCSR students' ongoing visits



Download the app. Get care when you need it.

Download the app | Call 855-870-5858

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SEXUAL & GENDER SUPPORT

Sexual and Gender Diverse Student Support Group

This is a semi-structured, drop-in support group for sexual and gender diverse (SGD) students who are looking to improve their wellbeing. The group aims to empower its members by providing opportunities to connect with others, discuss the unique challenges that SGD students often face, increase self-worth, strengthen sense of self, and process new and ongoing social and political unrest.

Mondays

5:00 p.m. to 6:00 p.m.

HUB LL011 or Zoom

Meeting ID: 956 2599 6612

*Join anytime during
the semester!*



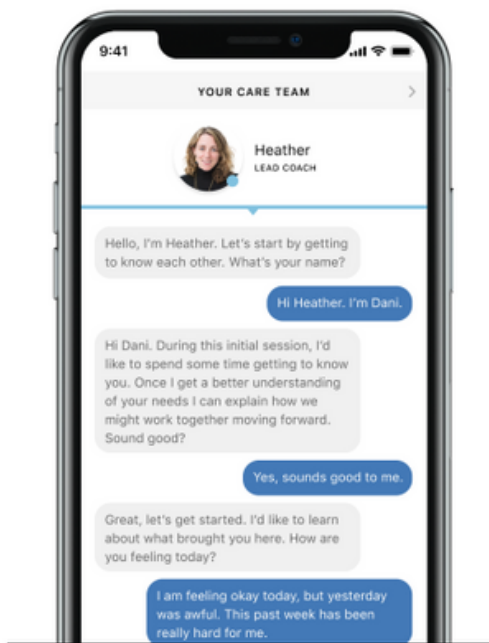
Counseling & Psychological Services
Center for Sexual and Gender Diversity

MENTAL HEALTH SUPPORT

ginger

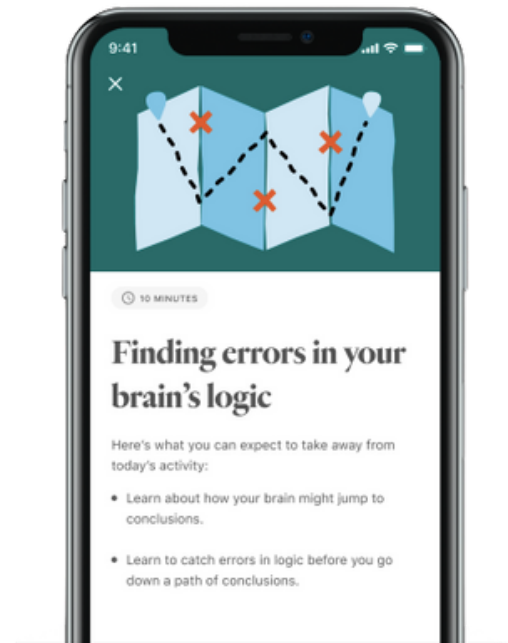
Everyone can use mental health support at some point in their lives. At Ginger, we believe that everyone deserves access to incredible mental healthcare. So we've created the world's first integrated mental healthcare system where coaches, therapists, and psychiatrists work as a team to coordinate the best, personalized care for members right from their smartphone, whenever they need it, in seconds. It's like a virtual clinic without the waiting room.

All your care. All in one place.



Behavioral health coaching

Within seconds, members can chat live via text with trained behavioral health coaches, to receive 24/7 emotional support for day-to-day life challenges such as managing anxiety or improving sleep.



Skill-building activities

Activities are clinically-validated to teach a wide range of life skills, like deep breathing to reduce stress. They are hand-picked for members by their coaches based on individual needs and goals.

Get started now.

To get started, call CAPS at 814-863-0395 to schedule a screening to be connected to Ginger services. CAPS is open Monday through Friday between 8am and 5pm.

Available on Android & IOS.

ginger

Questions? Email help@ginger.io or visit us at ginger.io.

BEHAVIORAL HEALTH PROVIDER PANEL

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PSYCHOLOGICAL TESTING INFO & OPTIONS

Quick Tips:

- 1) Your health Insurance may not pay for psychological testing, or may only pay for a portion of it, so please check with your health plan about specific coverage. Some health insurance companies may require prior authorization before testing will be covered. Always contact your insurance for more information before scheduling.
- 2) Testing can be expensive, expect a minimum \$100 co-pay (with UHC-SR), often considerably more. You will be expected to pay your portion at the time of your appointment(s).
- 3) If testing is for accommodations through PSU's Student Disability Resources (SDR), notify the psychologist you are seeing FIRST, as there are specific steps and information required by SDR. Refer to "Documentation Guidelines" on [SDR's website linked here](#).

Ben Darling

(814)-208-9248 ext. 4
474 Windmere Drive, Suite 301D

- Assessment Psychologist and former psychologist at CAPS.
- Self-pay, does not take insurance, will provide bill to submit to insurance for reimbursement.
- Evaluations are completed within 2-3 visits.
- Free 15-minute phone consultation to discuss testing and options - [Rates available on website linked here](#).

Centre Psychology Group

(814)-231-8820
1993 Cato Avenue

- Testing by Dr. Michael Keil, Ph.D. and Dr. Dilgot Sachdeva, PsyD
- Dr. Sachdeva does all testing in one appointment on Tuesdays (typically a 3-hour in-person appt)
- Accepting multiple insurances - including Geisinger, Highmark, Medicare, UHC-SR, Capitol, and Aetna, (MA is pending)
- Please call the office to inquire about availability/schedule.
- As of 8/2022 & scheduling into Nov & Dec 2022



PSYCHOLOGICAL TESTING INFO & OPTIONS CONT.



Dr. Peter Arnett (Private Office) (814)-404-3113
Arnett.Pete@gmail.com

- Accepting multiple insurance plans including UHC-SR, Cigna
- Dr. Arnett will typically meet with private practice testing clients in his office on campus in the Moore Building
- Please contact Dr. Arnett in regards to availability for scheduling

The Psychological Clinic (814)-865-2191
3rd Floor Moore Building

- This is a training clinic and testing is provided by supervised graduate students.
- There is a several-month waiting list.
- Anyone can call & have their name placed on the waitlist. They will contact you when space is available.
- Most insurances are accepted, including UHC-SR (student health insurance plan) and Medical Assistance (CCBH).

Geisinger Medical Group (570)-271-6516
200 Scenery Drive

Anthony Junod, Ph. D.

- Part-time office located at Geisinger Scenery Park location; and main office located at Geisinger in Danville, PA.
- Accepting most major health insurance plans - As of 8/2022.
- Schedule is closed for new appointments until possibly mid-fall (unknown for now).
- Fax # 570-271-5814; (Medical Assistant Breanna Barlett assists with testing).

GENDER & DIVERSE CARE TEAM (GDCT)!

We are a team of medical and mental health providers and case managers dedicated to supporting transgender and gender-diverse students contemplating or pursuing gender-affirming therapies. GDCT is a collaboration between Counseling and Psychological Services (CAPS) and University Health Services (UHS).

Who can benefit from GDCT?

Any student who feels a mismatch between their current gender identity and the gender assigned at birth may benefit from GDCT. Whether you are ready to start gender-affirming hormones, wish to pursue surgical treatments or desire help exploring your gender identity, we can help.

What is part of a GDCT consultation?

We help students understand their goals and concerns regarding gender affirmation. We follow the World Professional Association for Transgender Health (WPATH) guidelines and the informed consent model. To provide holistic support, we recommend a team-based approach with:

- Mental health evaluation to address emotional concerns and provide support around gender exploration and/or challenges unique to transitioning. A case manager helps with getting past medical records, coordinating with any outside providers, and understanding insurance coverage. In some situations, we may suggest a psychiatric evaluation.
- Medical evaluation of your health status and potential prescription of gender-affirming hormones called hormone replacement therapy (HRT).

How does GDCT work together?

Your primary team members communicate regularly regarding ongoing questions and concerns. This communication may be via Zoom, phone, secure message, or in person at team meetings. The whole team meets on a routine basis to discuss students' treatment plans and offer additional suggestions for how we can best support you.

The Gender Diverse Care Team are medical providers, mental health providers, and case managers dedicated to supporting transgender and gender-diverse students contemplating or pursuing gender-affirming therapies.

GENDER & DIVERSE CARE TEAM (GDCT)! CONT.

What can I expect from a mental health evaluation?

At CAPS, evaluation starts with a 15-minute phone call. Next, you meet with a mental health professional for a 50-minute initial consultation to better understand you, your current gender concerns, and any other mental health challenges you may have. Together we will develop a treatment plan. This may involve short-term counseling at CAPS or referral to community providers for ongoing therapy. If needed, you can meet with the case manager at CAPS or UHS to explore which providers fit your needs and health insurance. Your team members at UHS and CAPS will involve your community-based therapist in treatment planning and care coordination.

What can I expect from a medical evaluation?

Students work with a medical provider to develop a treatment plan based on the individual goals of treatment and any medical and mental health care needs. The goal of the initial medical evaluation is to understand your past medical history and your current health status so we can assess and discuss the risks and benefits of gender-affirming hormone therapy. At the atypical medical evaluation, a nurse will check your blood pressure, heart rate, and weight. The clinician will ask questions about your medical history, your health habits, and any physical symptoms you are having. A physical exam may be performed. You may be asked to get bloodwork done. Your provider will discuss the informed consent process, and your gender identity development history, and review the effects, and possible risk factors for hormone therapy before writing a prescription. This process normally requires a second visit. If students begin taking gender-affirming hormones, medical visits are generally every few months to review changes, and side effects and monitor hormone levels and other labs. Once hormone levels are stable, bloodwork and medical visits are less frequent. If you already are on HRT, we will take over your previous care if indicated. Also, we will want to establish care for gender nonbinary individuals who just want surgery to affirm themselves.

Do I need a letter to get hormones?

We do not require a letter from a therapist before starting gender-affirming hormones, however, a student must be able to demonstrate an understanding of both the risks and benefits of hormone therapy and receive a recommendation from someone on our team. If and when we decide to move forward is dependent upon a student's specific situation and needs.

GENDER & DIVERSE CARE TEAM (GDCT)! CONT.

What does GDCT cost?

There are no extra fees for the team-based, coordinated care provided by GDCT. The individual care you receive from your treatment team members may have associated fees:

- Most CAPS services are provided free to full-time students. Fees are charged for certain services (e.g. psychiatry) and individual therapy after the 6th visit.
- UHS office visit fees vary depending on the medical issues addressed. There are additional charges for some procedures and all ancillary services, such as laboratory tests and pharmacy. Your insurance company may cover these charges. Please check with your insurance company to determine your coverage! If you have trouble paying your bill our Finance Office may be able to assist you.
- Community mental health providers accept a range of fees and insurance plans.
- If you do not have insurance, our case managers can help you explore your options.
- If you have privacy or security concerns regarding insurance, you may be able to access funds via the basic needs and assistance fund ([click this link here](#)).

Does GDCT share my information?

Your privacy is important to us. Information shared with your treatment team is held in the strictest confidence consistent with professional and ethical standards and state and federal law. We will not release information without signed consent except in rare instances where sharing is required by law, such as to save a human life, to report child abuse, or to comply with a court order.

How do I get started?

To start, call 863-0774 or go online to myUHS and schedule an appointment with the case manager.

What can I expect from my GDCT team?

- Respect and compassion regarding your care
- Dedication and knowledge by the professionals serving you
- Communication and collaboration with you and among your team members
- Confidentiality and privacy concerning your treatment.

We look forward to working with you!

THANK YOU

IF YOU HAVE A RESOURCE YOU
WOULD LIKE FEATURED,
PLEASE EMAIL:
GPSAOFFICE@GMAIL.COM

gpsaoffice@gmail.com

www.gpsa.psu.edu

