

# Yale HEALTH

News from Yale Health Spring 2018



## Mental Health & Counseling's Student Plan for Reauthorization of Magellan 2018-2019

As we come to the end of the 2017-18 academic year, we want to update you about our plans for continuing weekly psychotherapy in 2018-19 through the Yale Magellan Behavioral Health (Magellan) network. During the past year the Mental Health and Counseling (MHC) Department at Yale Health has seen a 15% increase in students requesting services. This growth in demand has posed challenges for students starting individual therapy. In an effort to meet student's needs MHC began offering some students the option of seeking individual therapy through the Magellan network. This option has enabled us to keep the time frame to start therapy within reasonable window. We are planning to continue the Magellan option for students in the 2018-19 year. **A new referral is required for each academic year for students for whom the program is appropriate.**

The procedure for making the referral is as follows:

- Students who obtained therapy through Magellan this year were initially authorized for weekly therapy through June 30, 2018. **This has been extended until July 31, 2018.**
- Students who wish to continue therapy after July 31, 2018 will need to get a **new referral from MHC** for the next year.
- Students who have met with a therapist through Magellan **can get a new referral by calling 203-432-0290 and asking to be reauthorized for Magellan.** Students will then be scheduled for a 30 minute, in-person interview with a therapist at MHC who will review their clinical needs and provide a new referral if appropriate.
- **Reauthorization appointments are available starting July 1, 2018.**
- Once referred, students can meet with the therapist they select for weekly sessions.
- There are no specific session limits, however, from time to time Magellan may perform a clinical review.
- MHC will continue to provide medication consultations and management for students who are being seen by therapists in the Magellan network.
- If you have any questions, please call Paul Hoffman, Ph.D., 203-432-0290.