Parton Welcomes First Year Students!

When you come to campus there are many adjustments to make. To assist you, Parton offers both acute health care and confidential counseling services for students. Our excellent medical and counseling staff are here to help as you navigate a demanding academic and social schedule.

If we can be of help, just call or stop by. We hope you have a great year!

Gus Jordan, Ph.D.
Executive Director

Parton Counseling offers short-term counseling, support groups, and referrals to area therapists and to our consulting psychiatrists. Hours are Monday-Friday, 8:15 a.m. to 5:00 p.m. Emergency counseling can be obtained on evenings and weekends. The Center also organizes outreach programs dealing with substance abuse, stress, grief, and other issues related to life at Middlebury.

Parton Health Services is staffed with Registered Nurses from 8:00 a.m. to 9:00 p.m. Monday–Friday, and from 12:00 to 4:00 p.m. on weekends during the academic year. Appointments are available during regular business hours with a physician and a nurse practitioner. The care provided at Health Services includes but is not limited to: acute care outpatient clinic; allergy shots; immunizations; men’s and women’s health care including contraceptive management, STI testing and sexuality counseling; comprehensive travel clinic; limited laboratory services; a limited range of over-the-counter medications; and referrals to counseling and appropriate local practitioners.

For a complete list of services offered by Parton, please visit our website. More information is also included below.

For information about Porter Medical Center Hospital, located less than a mile from campus, visit www.portermedical.org.

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More about Counseling

Sometimes it helps just knowing there is a safe place and person available to you so you can ask questions and talk about how you are experiencing college. Of course, there may also be important issues you bring with you from other life experiences. Counseling professional staff will be there when you need them.

We want your experience here to be one of connection and enjoyment which will result in your feeling successful on many levels at college. In the first few weeks after you arrive on campus, take time to meet with a counselor to talk about your experiences and how we can support you. Of course, we are also available throughout your time at Middlebury College.

Counselors can help with:

- Relationship issues
- Adjusting to a new living situation
- Homesickness
- Depression
- Anxiety
- Identity issues
- Previous trauma
- Grief and loss
- Sexuality
- Sleep problems
- Stress
- Worry
- Obsessions
- Eating disorders
- Anger
- Body image issues
- Suicidal thoughts
- Screenings for alcohol and drugs
- Referrals for psychiatric assessment

Guidelines for Students with a Mental Health History:

These guidelines are offered to help students who either have had a past mental health concern or who currently are dealing with mental health challenges while preparing for the transition to college:

- Start planning early for a healthy transition to college.
- Prevention works.

The State of Vermont is experiencing a mental health provider crisis, which means that the resources for psychiatric support are limited, unlike larger states or urban areas.

- Meet with your current psychiatrist, medical doctor, and/or mental health professional to review medications and discuss anticipated stresses related to the transition to college life and leaving home.

- Develop relapse prevention strategies. Plan follow-up appointments during breaks from college.

We encourage students to continue working with their current psychiatrist, physician, or a mental health provider at home for continuity of care and for immediate access to support.

- Take your medication as prescribed. Do not self-medicate using alcohol, other drugs, or food.

- Develop a stress management plan, and get adequate sleep. Increased stress and lack of sleep often are factors in the recurrence or enhancement of a mental health concern.

- Have a plan to follow if symptoms of your condition begin to recur or intensify. Respond quickly rather than putting off action. This can help you feel better more quickly and minimize the possible negative impact of a relapse on academic and social activities.

- Contact Counseling at 802-443-5141 (or extension 5141 if you are on campus) and make an appointment with a counselor who will assist you in developing your action plan.

- If you need ongoing specialized treatment while at college, we encourage you to call us for referrals in advance. The closest specialized treatment might only be available in Burlington you may need to arrange transportation.

More about Health Services

The staff at Parton Health Services welcomes you to Middlebury College! Here’s a glimpse of our services in a nutshell.

Staffing:

We are staffed by registered nurses during our regular hours for walk-in first aid and minor acute care. Prescriber appointments with our doctor or nurse practitioner are scheduled by our nurses for Monday - Friday, 8:30 a.m. - 3:00 p.m.

General Services:

Parton Health Service offers care for acute illness and injury. We will also coordinate with your primary care providers at home to help provide continuity of care for chronic health concerns.

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Examples of Services Provided:

- Cough, sore throat, ear pain
- Minor injuries
- Women’s and Men’s urgent and routine health care including contraceptive advising and prescribing, STI testing, and Emergency Contraception (the Morning After Pill)
- Urinary tract infection symptoms
- Bug bites and other minor skin infections
- Vomiting, diarrhea
- Travel immunizations and physicals if traveling for Middlebury College credit
- Allergy shots
- Coordination with your primary care providers for surveillance for chronic health concerns, lab testing, follow-ups, medication refills, etc.

For Medical Emergencies

- Call 9-1-1
- Call Public Safety: 802.445.5911 (x5911 from campus phone)
- Call Porter Hospital Emergency Department: 802.588.4701

For health care that cannot wait until the following morning, you may be evaluated at Porter Hospital Emergency Department (802.588.4701). Porter Hospital is located on South Street in Middlebury, about one mile from campus. Please bring your health insurance card with you for any visits to Porter Hospital.

Medical Transportation

The Department of Public Safety will assist students with transportation for non-emergency needs from the campus to Porter Hospital. Students must find their own transportation for all other off-campus medical appointments.

Prescription Medications

Local Pharmacies:
- Rite Aid 263, Court Street, Middlebury
  Tel: 388.9573  Fax: 388.3047
- Hannaford, The Plaza, Route 7
  Tel: 388.6349  Fax: 388.6375
- Kinney Drugs, Village Court
  Tel: 388.0973  Fax: 588.4105
- Marble Works Pharmacy, 2 Maple Street
  Tel: 388.3784  Fax: 388.1720

Prescriptions From Off-Campus Sources:

Parton Health Center does not maintain a pharmacy to fill your prescription medications and Middlebury pharmacies are independent of Parton Health Center. You must take your prescriptions to the pharmacy or have your health care provider call or fax the prescription to the pharmacy of your choice.

Delivery:

You may have medications delivered to Parton Health Center by either Marble Works Pharmacy or Kinney Drugs. Before the pharmacy will deliver your medication, you must have your insurance and payment information available to them. You can do that over the phone. Please plan ahead—their schedules allow same day delivery, but only if you call early.

Transferring Prescriptions:

You may also transfer a prescription from your home pharmacy to a local Middlebury pharmacy. To do this, contact the pharmacy of your choice to make those arrangements.