

Middlebury College

# Integrated Care

Fall 2022

Monday-Friday  
8:15 am - 5:00 pm ET  
integratedcare@middlebury.edu

802-443-5141  
[go/integratedcare](https://middlebury.edu/go/integratedcare)

**Integrated Care coordinates holistic clinical care and provides safety oversight for students experiencing complex health and wellness needs including coordinating with students' network partners at Middlebury, their communities, and interpersonal family systems.**

## **Our Commitment**

Integrated Care facilitates timely support in navigating complex situations and crises with a focus on students' whole selves, in addition to the most pressing or concerning symptoms by centering student's voices in their own care plans.

## **Our Approach**

Informed by Dialogic Practice developed in Western Lapland, Integrated Care uses the Collaborative Network Approach (CNA). CNA is a flexible, person-centered approach that highlights the importance of family and social supports in a student's life at Middlebury, also known as their "network." CNA offers immediate help by identifying and activating students' support networks and then leverages peer support and recovery-oriented care strategies.

This model of care increases transparency and communication through the practices of dialogue and reflection. This directly challenges the common clinical practices of top-down care plans and separating individuals from their experiences and communities. Research shows that CNA substantially lowers rates of hospitalization and medication use, aligns with a human rights-centered paradigm, and can result in substantially altered, or entirely diverted, trajectories of negative mental health outcomes.

## **Our Goals**

Through work with Integrated Care Specialists, students will gain a greater sense of agency and responsibility for themselves and their communities. We seek to produce plans for care that are clear to all involved, thoughtful about bias and power dynamics, and offer the greatest likelihood of success as defined by the students at the center of concern. Because the worries of the community are directly addressed in therapeutic collaboration, we will also see increased support and empowerment for network members that are involved, and perhaps distressed, in any given crisis.

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## Our Services

- Facilitated support network meetings
- Safety consultation, planning, and support for health needs
- Confidential clinical case management
- Support for student leaves related to health
- Advocacy, referral, and resource navigation
- Neurodiversity exploration and resource development
- Staff and faculty trainings for supporting students, safety considerations, and resource navigation

## Need Help Now?

TimelyCare provides 24/7 access to on-demand mental health support through TalkNow to enrolled students. Visit [go/TimelyCare](https://middlebury.edu/go/TimelyCare) to download the app or initiate a browser-based visit. Students located outside of the United States are subject to local internet and service restrictions which may impact access to TalkNow, as well as licensing restrictions for all other TimelyCare services.

Sarah Binshadler, Director of Integrated Care



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