

Referral to Thomas E. Cook Counseling Center at Virginia Tech

Please see the below request for services at Thomas E. Cook Counseling Center. Please note that referrals should not be sent for individuals in acute crisis that require inpatient admission or crisis stabilization. Thomas E. Cook Counseling Center does not assume treatment for individuals referred until intake assessment.

Fax completed form with Release of Information and Treatment Summary to: 540-231-2104

Name of Provider and Agency requesting referral: _____

Phone Number of Provider and Agency: _____

Address of Provider and Agency: _____

Re: Full name and pronouns of Individual being referred: _____

Phone Number **and** VT Email Address of Individual being referred: _____

Virginia Tech Student ID Number of Individual being referred: _____

Date of Birth: _____

Please indicate what type of services you are providing for the individual you are referring:

- | | |
|---|------------------------------------|
| ☐ Individual Counseling | ☐ Psychiatry |
| ☐ Group Counseling | ☐ Primary Care |
| ☐ Assessment | ☐ Other _____ |

Type of Service requested from Cook Counseling Center:

- ☐ Individual Counseling (therapy appointments are typically one every 2-3 weeks)
- ☐ Group Counseling

I have included

- ☐ **A Release of Information**
- ☐ **Treatment Summary**

Forms received without a Release and Treatment Summary will not be processed.

By signing this form, I confirm that I have discussed this referral with the individual above and they have agreed for Thomas E. Cook Counseling Center to contact them to discuss the referral.

If you have urgent concerns related to this referral, please contact Thomas E. Cook Counseling Center at 540-231-6557 and ask to speak with the psychiatry nurse for psychiatry referrals or the Assistant Director for Clinical Services for counseling referrals

Signature of Provider: _____ Date of Referral: _____

Internal processing information

Date Referral was received: _____ Received by: _____

Responded to by (provider name and date): _____

- | | |
|---|---|
| ☐ Contacted the Referral source | ☐ Contacted the Individual Referred |
|---|---|

Thomas E. Cook Counseling Center Virginia Tech

220 Gilbert St., Suite 2400 Blacksburg, VA 24061

Main number: 540-231-6557

Fax: 540-231-2104

All currently enrolled Virginia Tech undergraduate and graduate students who have paid the Student Health Fee are eligible for services at Cook Counseling Center. Spouses / partners (who are not enrolled VT students), other family members, faculty, staff, or alumni are not eligible. Students are not eligible in the semesters following resignation, academic relief, after graduation, or in semesters that they are away from VT on academic or disciplinary suspension. As a counseling center in a university setting, service availability often depends on the time of the semester. Groups typically close after filling by mid-semester and individual services may pause prior to or during semester breaks.



The **Cook Connect Model** is designed to provide students with tailored planning, more support options, and faster response. We have designed our services so that students can be seen as quickly as possible to discuss what is going on and what services inside and outside of Cook can help holistically address their needs.

Students begin by calling to schedule a **Cook Connect Session at 540-231-6557**. At this brief appointment, the clinician will listen to student concerns, discuss available resources, and collaboratively develop recommendations and plans for support.

Services at Cook: campus outreach and prevention education, support groups and workshops, referrals to off campus providers or campus offices, brief and focused individual therapy, group therapy, and psychiatric services.

Students in the following categories may have an **embedded clinician** they can request to schedule with:

- Residential Students
- Graduate Students
- Students on the Northern VA Campus or Roanoke Campus
- College of Business
- College of Engineering
- College of Liberal Arts and Human Sciences
- College of Science
- Corps of Cadets
- Veterinary Medicine Students

TimelyCare: students now have free, 24/7 access to virtual care services

- **Talk Now:** unlimited on-demand mental health support 24/7
- **Health Coaching:** unlimited access to health coaching
- **Scheduled Counseling:** 12 sessions per academic year

Register online at timelycare.com/virginiatech or download the app

Community providers can refer students to Cook for therapy.

- Off campus providers should send the **Thomas E. Cook Counseling Center Referral Form**, a **Release of Information** and a **Treatment Summary** to (FAX) 540-231-2104.
- Cook Counseling Center psychiatry does not accept referrals for ADHD stimulant medication treatment only.
- Cook Counseling Center will respond to referral requests by attempting to contact the individual referred two times. The referring provider will be notified of the outcome of the referral.

Specialized services including but not limited to: Emotional Support Animal letters, ADHD testing or medication, disability or military evaluations, weekly or long-term individual therapy or intensive outpatient services are outside the scope of Cook Counseling Center. Cook providers will assist with connection to these resources.

Crisis support is always available by calling the main number: 540-231-6557 or by calling ACCESS at 540-961-8400