From High School to College: Your Transition of Care

Welcome Webinar Series 2026

EMORY UNIVERSITY

2026 Welcome Webinar Series



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Associate Dean
Emory College of Arts + Sciences

From High School to College:
Your Transition of Care

ATL + OXF
June 12 at 12 p.m. EDT

Your Emory Arrival:
Move-in, Housing, + Orientation

OXF: July 17 at 12 p.m. EDT
(Register here)

ATL: July 17 at 12 p.m. EDT
(Register here)

Agenda

- What is “transition of care”?
- Transition of Medical Care
- Real World Readiness
- Coming Up



Meet Today's Presenters



ANJALI AMIN, MS
Accommodation Specialist
Accessibility Services
Office of Institutional Equity and Compliance



TENILLE R. GAINES, PhD
Executive Director
Counseling and Psychological Services (CAPS)
Campus Life



SHARON RABINOVITZ, MD
Executive Director
Student Health Services (SHS)
Campus Life

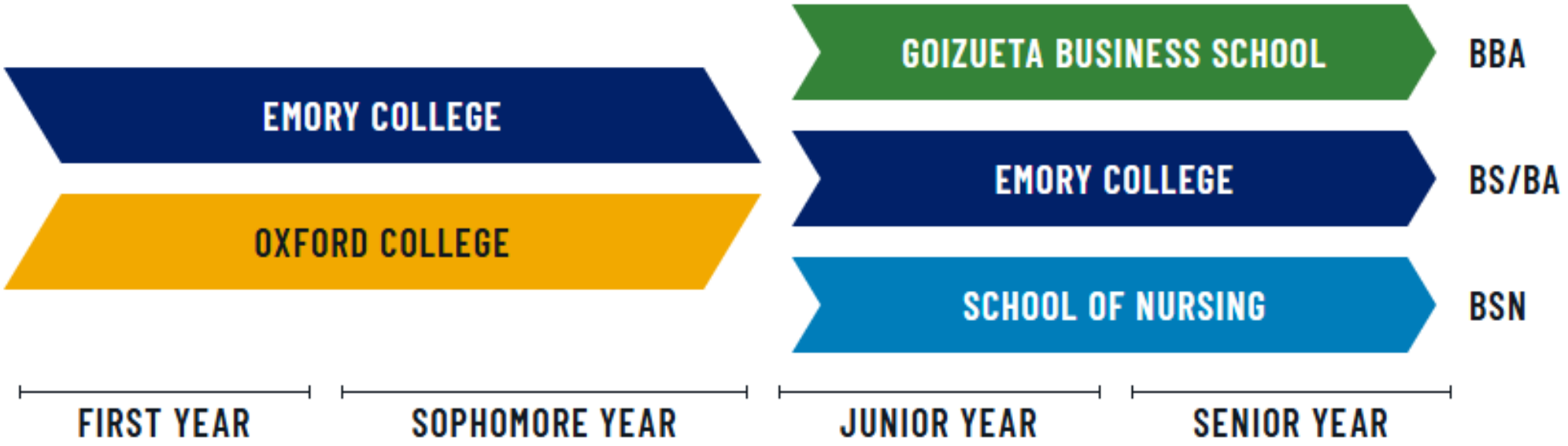


DAISJA D. DUKES, MEd, LPC, NCC, CPCS
Director
Center for Counseling and Wellbeing (CCW)
Oxford Campus Life



MEGAN BROWN, PhD
Executive Director
Center for Student Wellbeing (CSW)
Campus Life

Two Campuses…One Emory



Transition of Care

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Everyone's Role is Evolving

- **Being comfortable with some discomfort**
- Families, parents, supporters transition to consultants (while still loving on their student!)
- Conversations to have this summer:
  - Communication expectations
  - Access to information
  - Student agency
  - When in conflict or need help, what to do

Transition Of Medical Care

Transition of Medical Care: Step 1

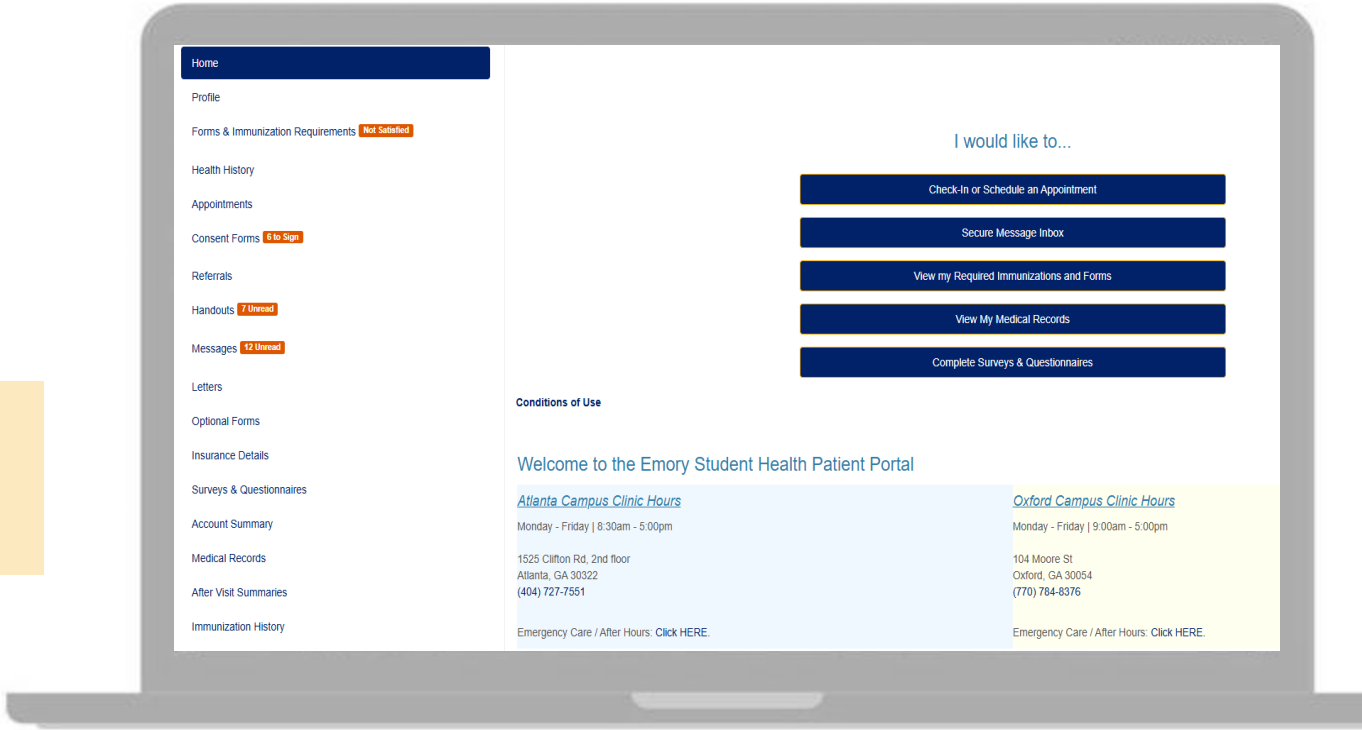
1. See your provider one last time
2. Update prescriptions
3. Health management
4. Insurance coverage
5. Understand Emory's services

- Review transition plan with your current provider
- Letter from provider for transition guidance including the diagnosis, medication, treatment plan and cadence of visits, and emergency plan
- Request immunization records – **due July 1**
- Transfer of prescriptions or ensuring enough to get through the semester

Use the Student Health Portal

- One portal for Atlanta and Oxford
- Submit Health Forms, including Immunizations
- Schedule appointments *(you can also call)*
- Secure messaging and more!

BOOKMARK:
www.shspnc.emory.edu



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Transition of Medical Care: Step 2

1. See your provider one last time
2. Update prescriptions
3. Health management
4. Insurance coverage
5. Understand Emory's services

Come to campus with enough medication.

Have prescriptions sent to a local pharmacy in Atlanta or Covington.

Transition of Medical Care: Step 3

1. See your provider one last time
2. Update prescriptions
3. Health management
4. Insurance coverage
5. Understand Emory's services

Support student agency and ownership

Do you know how to schedule your own doctor's appointments?

Which routine visits will be done at home? Which will be done at Emory? Who will schedule them?

Management of chronic conditions. Make an appointment with a Student Health provider now.

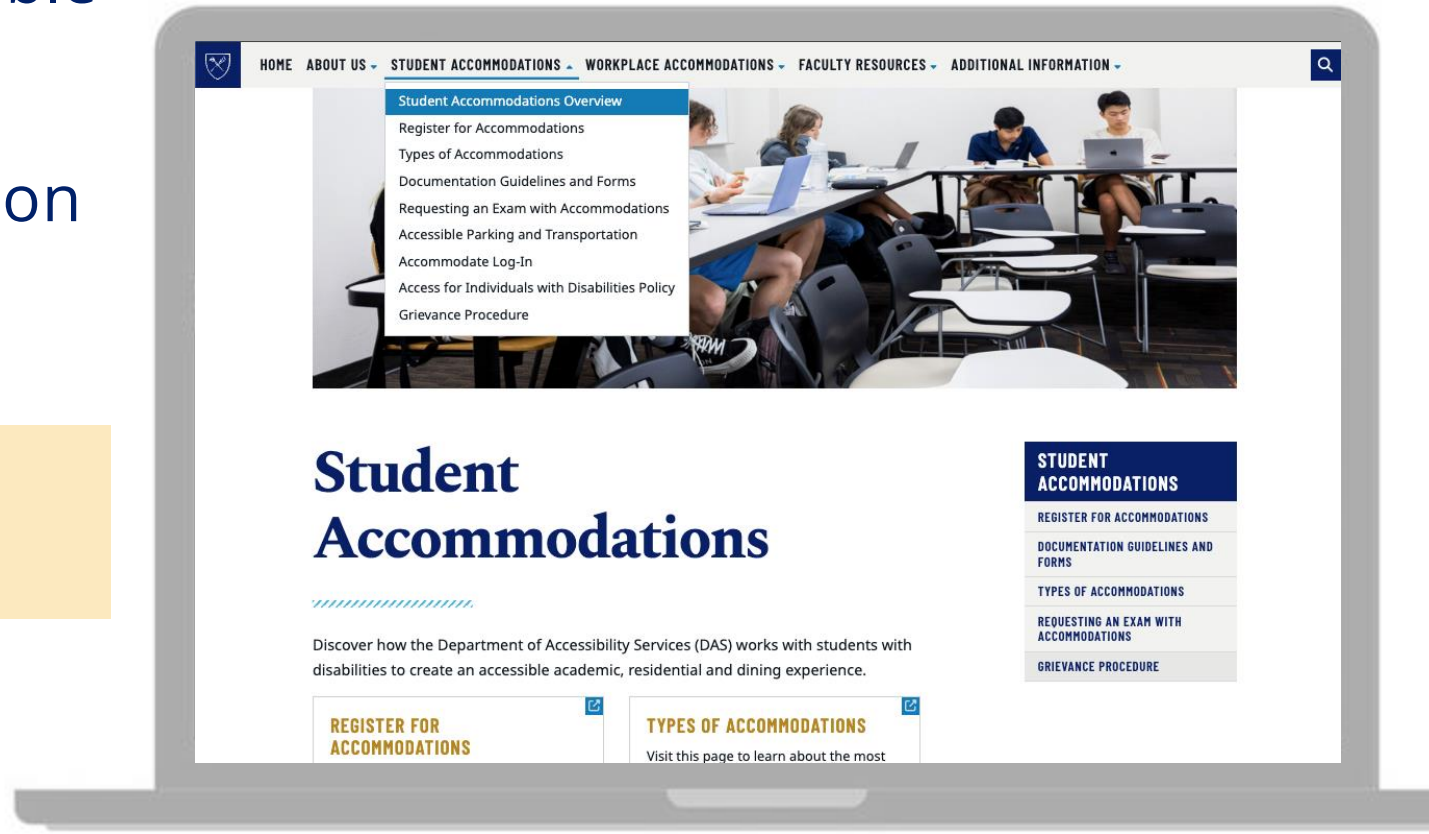
Do you need health or academic accommodations on campus?

Medical Power of Attorney

Accessibility Services

1. Registration – as soon as possible
2. Consultation
3. Accommodation Implementation
4. Iterative Communication

GET STARTED:
accessibility.emory.edu



Medical Power of Attorney

- Clear guidance as to the healthcare decision maker is always helpful
- **Not a required document**
- Can upload the POA to the Student Patient Portal which only assists internally and is not automatically sent to the hospital
- FERPA document is required to be filled out in the Student Patient Portal if a student want to permit providers to communicate with parents/guardians

Example: Georgia Advance Directive for Health Care
https://aging.georgia.gov/document/document/georgia-advance-director-health-care/download

Transition of Medical Care: Step 4

1. See your provider one last time
2. Update prescriptions
3. Health management
4. Insurance coverage
5. Understand Emory's services

Compare family insurance to Emory's insurance: plan premium, provider network, and the level of cost sharing.

View Emory's insurance plan info: **studentinsurance.emory.edu**

Understand your benefits: network, deductible, co-insurance

Do you know where your insurance card is? *(Upload it to the Student Patient Portal.)*

Submit **ANNUAL** Insurance Waiver - **due by Aug 14**

Transition of Medical Care: Step 5

1. See your provider one last time
2. Update prescriptions
3. Health management
4. Insurance coverage
5. Understand Emory's services

Comprehensive, **full-breadth primary care**, sexual and reproductive health, psychiatry, nutrition, immunization, allergy, and telehealth.

Labs, vaccines, medications, procedures, immunizations, travel visits, and some annual visits are fee-for-service. *(Covered according to your insurance plan benefits.)*

After hours coverage: medical and mental health phone support, local urgent cares, and TimelyCare

Counseling services at Emory

Student Health resources on each campus

	ATLANTA	OXFORD
General Primary Care	X	X
Sexual & Reproductive Health	X	X
Allergy Clinic	X	X
Psychiatry	X	
Nutrition Services	X	
Travel Medicine	X	
Immunizations Clinic during Move In/Orientation	X 8/17-22, 9a-4p daily	X 8/24-29, 9a-4p daily

Counseling Services at Emory

ATLANTA	OXFORD
Counseling and Psychological Services (CAPS)	Center for Counseling and Wellbeing (CCW)

- Committed to honor the unique needs and concerns of each student.
- Connect students with the most available and appropriate level of care/resources.
- Consists of licensed mental health providers, including social workers, counselors, and psychologists, and *may include* doctoral/post-master's fellows.

ATLANTA

Counseling and Psychological Services

- All services are hybrid (in-person or virtual)
- 24/7/365 phone-based support available
- **Services include:**
  - Short-term Individual & Couples Counseling (*flexible session model)*
  - Group Therapy (e.g. *psychotherapy/process groups, skills-based groups, psychoeducational workshops)*
  - Urgent/Crisis Mental Health Support
  - Referrals to Community Providers: **emory.thrivingcampus.com**

Connect with us by calling or emailing: 404-727-7450 | caps.info@emory.edu
Students can also schedule an initial consultation online: counseling.emory.edu/appointment/index.html

OXFORD

Center for Counseling and Wellbeing

- Services offered primarily in-person w/virtual options as needed
- 24/7/365 phone-based support available
- **Services include:**
  - Ongoing short-term Individual Counseling
  - Consultation *(for self, others, or supports)*
  - Daily drop-in hours *(M-F 1-4 p.m.)*
  - Group Therapy *(e.g. psychotherapy/process groups, skills-based groups, psychoeducational workshops)*
  - Urgent/Crisis Mental Health Support (same day)
  - Campus Community Outreach

Connect with us by calling or emailing: 770-784-8394 | OxfordCounseling@Emory.edu

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TimelyCare

- TalkNow: 24/7, unlimited, global access
- Scheduled Counseling: 12 counseling sessions/year
- Medical Care: access within 1 hour
- Psychiatry Visits-need a site code for access

SIGN UP: timelycare.com/emory

Students must use their Emory email address and authenticate with Emory NetID and password.



Well-being Coaching

- Provided by the Center for Student Wellbeing (CSW)
- Free for all students
- 1-on-1
- Action-oriented
- Solution-focused
- Not therapy
- Provided by certified well-being coaches



Jennifer Hart Knapp, MS, NBC-HWC



Michael Eberhard, MEd, NBC-HWC

LEARN MORE: wellbeing.emory.edu/coaching/wellbeing-coaching.html

Real World Readiness

Daily Living

- Laundry
- Cleaning
- Hygiene
- Taking care of common spaces
- Roommate dynamics: roommate agreement

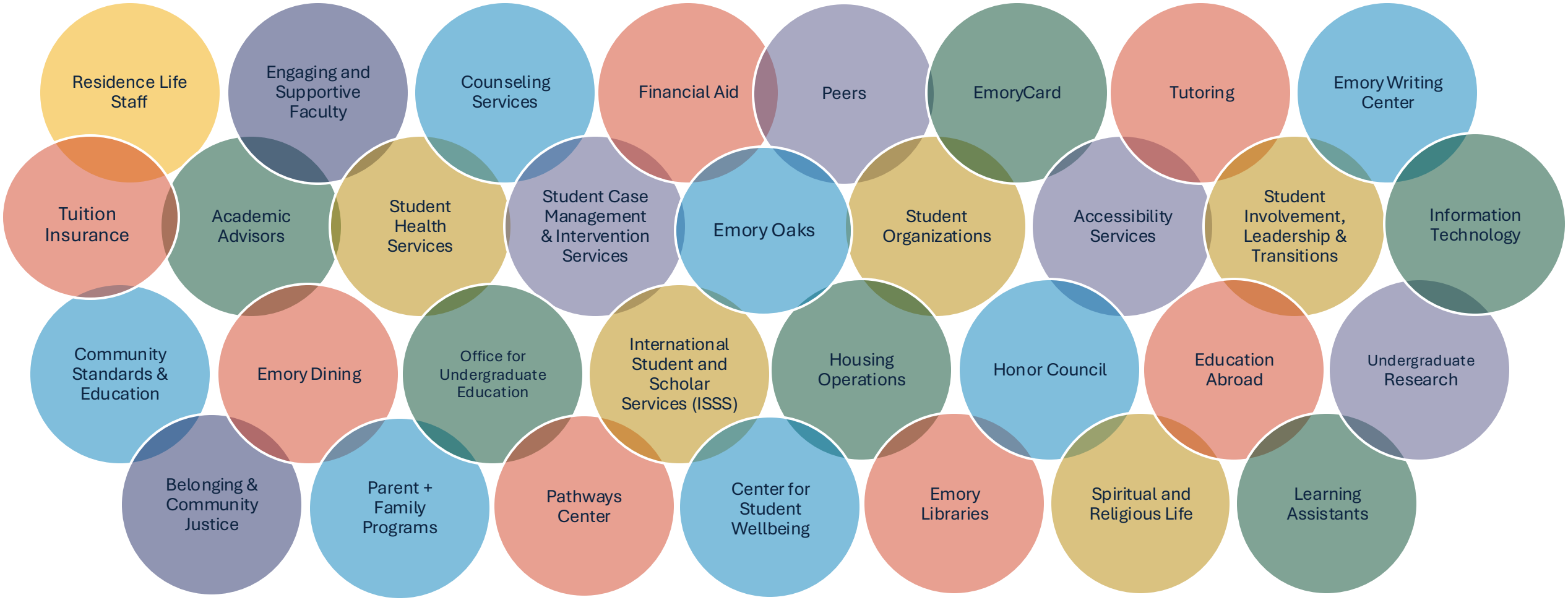
Financial Care

- Financial literacy
  - Budgeting
  - Credit cards
- Eating off campus
- Using ride shares
- On-campus jobs

Life Management

- Prioritize well-being
- Calendaring
- Ask for help
- Emailing professors
- Show up on time for class and meetings
- Social media

Resources + Support at Emory



Where do I start?

STAFF

Residence Hall Staff
Emory College Academic Advisor
ECS 101 Teacher (ATL)

PEERS

Residence Advisor
Sophomore Advisors (ATL)
Peer Tutoring
Learning Assistants

STUDENT CASE MANAGEMENT AND INTERVENTION SERVICES

Personalized support for students facing challenges with:

- Academic difficulties
- Financial hardship
- Basic needs (housing, food, etc.)

Have a concern? Anyone can submit a Student of Concern Form

LEARN MORE: success.emory.edu

Consider Tuition Insurance

- **Completely optional**
- Consider tuition insurance if there is history of mental or medical illness with your student or in your family.
- Primary age of onset for most mental illness is 18-25 years old.
- Insurance must be purchased prior to the first day of classes (Aug. 26, 2026).

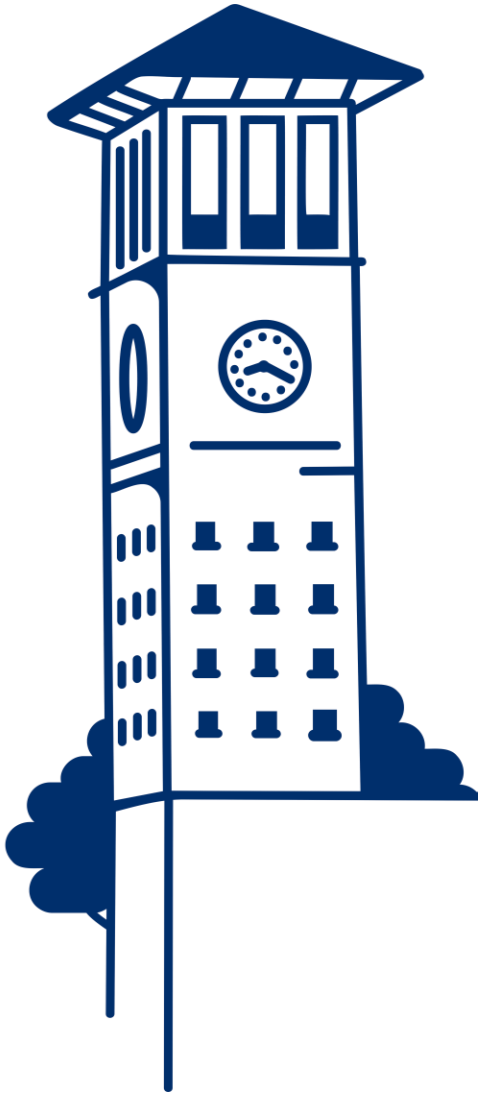
LEARN MORE: gradguard.com/emory

Important Deadlines

Follow the Atlanta or Oxford To-Do Lists!

- ❑ **JULY 1: Immunization Requirements**
  - Must be uploaded in the Student Patient Portal

- ❑ **AUGUST 14: Health Insurance waiver submission deadline**
  - If you wish to use your own insurance, your student must submit a waiver on OPUS.
  - Be sure to also upload your insurance card into the Student Patient Portal.



Upcoming Webinar

Your Emory Arrival:
Move-in, Housing, + Orientation

ATL: July 17 at 12 p.m. EDT

OXF: July 17 at 12 p.m. EDT

All webinar recordings will be posted on the Orientation websites:

Atlanta: oue.college.emory.edu/orientation

Oxford: oxford.emory.edu/family-welcome-webinars

Questions + Thank You!

ATLANTA

- **General Questions:** ec.orientation@emory.edu
- **Housing:** housing@emory.edu
- **Counseling and Psychological Services:** Visit counseling.emory.edu

OXFORD

- **General Questions:** leadership@emory.edu
- **Housing:** res@emory.edu
- **Center for Counseling and Wellbeing:** Visit counseling.oxford.emory.edu

BOTH CAMPUSES

- **Immunization Compliance:** Send a message through the Student Patient Portal
- **Student Health:** Visit studenthealth.emory.edu
- **Health Insurance:** Visit studentinsurance.emory.edu
- **Accessibility Services:** Visit accessibility.emory.edu
- **Financial Aid:** Visit studentaid.emory.edu