

Mental Health Service Staff

Burton Lerner, M.D.
Associate Director, SHS; Director, MHS

Mental Health Services

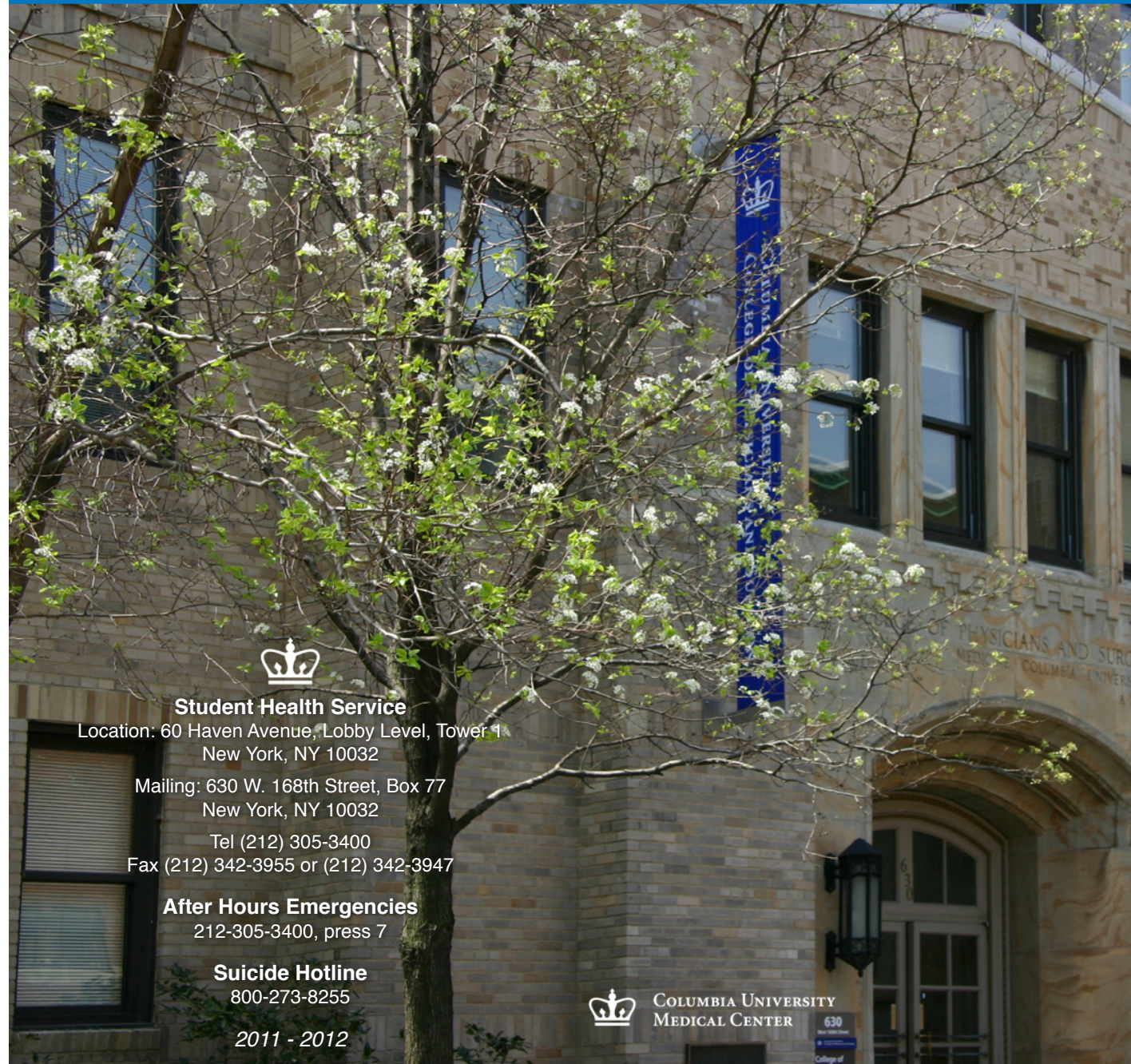
Even if you have a preference for a specific clinician, the most efficient way to make an appointment is by contacting Dr. Burton Lerner, Director of the Mental Health Service at (212) 496-8491.

Clinician

Burton Lerner, M.D.
Albert Banta, Ph.D.
Phillip Blumberg, Ph.D.
Diane Burhenne, Ph.D.
Lisa Cohen, Ph.D.
Ragy R. Girgis, M.D.
Gayle Goren, M.D.
Clemens Heiderhoff, M.D.
Hina Irshad, M.D.
Nina Katzander, Ph.D.
Helene Keable, M.D.
Louis Kurlansky, M.D.
Christine Li, Ph.D.
Goksin Ozkarahan, M.D.
Karen Perkins, Psy.D.
Jen Pula, M.D.
Ricardo Rieppi, Ph.D.
Sarita Singh, M.D.
Peter Van Roessel, M.D.

Office

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(347) 524-6935
(718) 834-1313
(646) 522-7496
(646) 671-3668
(917) 673-6269
(917) 774-3725
(646) 515-5159
(347) 644-9799
(212) 472-6358
(212) 737-0164
(914) 584-2470
(212) 213-4129
(917)-952-8588
(212) 799-4039
(917) 338-7431
(212) 828-5336
(646) 504-0032



Student Health Service

Location: 60 Haven Avenue, Lobby Level, Tower 1
New York, NY 10032

Mailing: 630 W. 168th Street, Box 77
New York, NY 10032

Tel (212) 305-3400

Fax (212) 342-3955 or (212) 342-3947

After Hours Emergencies

212-305-3400, press 7

Suicide Hotline

800-273-8255

2011 - 2012



COLUMBIA UNIVERSITY
MEDICAL CENTER

630

College of

Confidential and Convenient Mental Health Services

The Mental Health Service offers confidential consultations, counseling, psychotherapy and pharmacotherapy for individuals and couples. We are available for support throughout your time at the Columbia University Medical Center.

We are staffed by psychologists and psychiatrists experienced in the issues arising for students in the course of their professional training—for example:

- Normal developmental concerns that may be triggered by the intensity of the educational process
- Anxiety and panic symptoms
- Problems with mood:
 - Ordinary sadness, minor depression
 - Major depression
 - Seasonal affective disorder (SAD)
- Loss and grief
- Interpersonal difficulties—relationship problems and family issues
- Sexual and intimacy issues
- Social shyness
- Disordered eating and eating disorders
- Substance abuse—alcohol and other drugs

Appointments are scheduled promptly to accommodate academic, laboratory and work schedules. As part of your Student Health Service fee, you are entitled to 10 Mental Health Service visits annually without charge.

Services and Treatment

Decisions about the optimal course of treatment are a joint endeavor between the student, fellow, spouse or partner and the clinician.

Treatments available in the Mental Health Service include brief dynamic psychotherapy, cognitive behavioral therapy, couples counseling and pharmacotherapy. Coordination of specific treatment interventions is also offered for a range of syndromes including eating disorders, drug and alcohol problems and other addictive behaviors.

Referrals are available for treatment beyond the 10-visit base benefit. These can be to an outside clinician or to the clinician you are already seeing. Again, this, as well as the timing of the referral, is a decision you will make jointly. Forty additional visits are covered by the Aetna Student Health Plan. There is a \$20 co-pay per visit for visits to an in-network (Aetna) clinician. Visits to an out-of-network clinician are reimbursed at a lower rate. If the referral is for a non-biologically based condition, there is a \$500 deductible.

Please see your insurance brochure for detailed information about benefits for mental health services both inside and outside the Aetna Insurance network.

Confidentiality

All contacts with a Mental Health Service clinician are entirely confidential.* No information is shared with your deans or professors unless you request it in writing. Similarly, no information is shared with friends, family or other clinicians without your explicit consent.

Mental Health Service records are not accessible to anyone other than Mental Health Service staff and are securely stored separately from your medical records.

*Except in those rare instances of imminent risk of harm to self or others, or where otherwise required by law.

“The personal life of every individual is based on secrecy and perhaps it is partly for that reason that civilized man is so nervously anxious that personal privacy should be respected.”

- Anton Chekhov

Making An Appointment

The most efficient way to make an appointment is by contacting Dr. Burton Lerner, Director of the Mental Health Service at (212) 496-8491. Leave a message with your contact information and he will return your call promptly. If you have a preference for a specific clinician this is still the optimal way to arrange an appointment.

1

Contact any Mental Health Service clinician directly. Contact information is available in this brochure and on the SHS Web site, www.cumc.columbia.edu/student/health.

2

Contact an Aetna network or out-of-network clinician directly **after** obtaining a referral. These referrals are available either in the Student Health Service or from a Mental Health Service clinician. The Mental Health Service has a list of clinicians who participate in the Aetna network. You can locate additional in-network clinicians by going to www.aetnastudenthealth.com.

3

Daytime Emergencies

Call (212) 305-3400, or come to the Student Health Service, 60 Haven Avenue, Lobby Level.

After Hours Emergencies

Call (212) 305-3400, press 7

Suicide Hot Line

Call (800) 273-8255