LOCAL MEDICAL SERVICES

Please note: what follows is not an exhaustive list. It is meant to provide students and faculty with reference points from which they can then go on to coordinate their own plan(s) of care. It is meant to provide you with an idea of what services are in the area. Students and faculty are ultimately responsible for any and all medical arrangements that need to be made prior to as well as during the semester program. And the general director is available to help, when asked. Also recognize that some medical conditions might require transfer and/or referral to facilities/practioners out of our immediate service region, such as to Plattsburgh, NY or Burlington, VT, where there exist extended scopes of care.

Physical Health Services

The following resources are for acute and chronic physical medical conditions. Students and faculty in need of continuing care for a chronic condition are advised to make the necessary arrangements prior to their arrival on site in August. Your physical health care should be in place by the start of the fall semester. You are also advised to make arrangements for any and all current medications to be filled automatically at a local pharmacy (e.g. Kinney Pharmacy, in Lake Placid or Elizabethtown). Do not rely on the local physical health services to fill prescriptions dictated by your home or school services (e.g. allergy medication, prescription painkillers, physical therapy, etc.).

ADIRONDACK HEALTH
http://adirondackhealth.org/
518 891 4141
The website includes listings for all regional hospitals and community health centers, including emergency care, within the Adirondack Health Network.

MOUNTAIN HEALTH CENTER, Keene NY
http://adirondackhealth.org/home/our-services/facilities/mountain-health-center/
518 576 9771
Open Mon, Wed, Thurs 8:30am – 5:00pm; Tues 8:30 – noon.
This is the closest primary care facility to our program site, and is part of the Adirondack Health Network. This office maintains 1 – 2 “open” appointments per day for acute (sudden onset) illness. The Mountain Health Center is open Monday – Friday, 9:00am – 5:00pm, and is staffed by an MD and a FNP.

MOUNTAIN MEDICAL SERVICES, Lake Placid NY
http://www.mountainmedical.net/
518 523 7575 (Lake Placid office)
This is the closest urgent care facility to our program site. Open 7 days a week, 365 days a year. Mountain Medical Services has another office located in Saranac Lake, NY.
ELIZABETHTOWN COMMUNITY HOSPITAL, Elizabethtown NY
http://www.ech.org/
518 873 6377
This is the closest hospital to our program site, and includes a 24-hour emergency department. Elizabethtown Community Hospital is part of the University of Vermont Health Network.

Mental Health Services (Outpatient)
The following resources are primarily for maintenance appointments, and include both community centers and private practitioners. Students and faculty needing and/or required to utilize continuing mental health services while in residence in the Adirondack Park are advised to make the necessary arrangements prior to their arrival on site in August. Your mental health care should be in place by the start of the fall semester. You are also advised to make arrangements for any and all current medications to be filled automatically at a local pharmacy (e.g. Kinney Pharmacy, in Lake Placid or Elizabethtown). Do not rely on the local mental health services to fill prescriptions dictated by your home or school counseling services. Should a mental health crisis arise, students and faculty will most often first be accompanied to the local emergency room. Then, the matter of treatment and (where needed) medication will be handled through an appropriate resource—and (when available) in consultation with your home or school counseling services.

ESSEX COUNTY MENTAL HEALTH SERVICES, Elizabethtown NY
http://www.co.essex.ny.us/MentalHealth.asp
518 873 3670 (general info and scheduling)
888 854 3773 (emergency services)

NORTH STAR BEHAVIORAL HEALTH SERVICES, SARANAC LAKE NY
http://www.citizenadvocates.net/behavioral-health-outpatient-treatment
518 891 5535 (general info and scheduling)
518 483 3261 (crisis hotline)

NADINE CASE, PhD (licensed psychologist), Saranac Lake NY
518 891 3053
*Note: Dr. Case will be away from her office for a couple of weeks in September 2015.

KAREN A. WHITE, PhD (licensed psychologist), Saranac Lake NY
518 891 0900
73 Church Street
Saranac Lake, NY 12983

ELIZABETH (BETSEY) THOMAS-TRAIN, LCSW, Keene Valley NY
518 576 9219
32 Smith Way
Keene Valley, NY 12943
(also a yoga instructor)