

# Counseling Center Services

DUE TO RECENT HEALTH ADVISORIES FROM NEW YORK CITY AND STATE, WE WILL BE CONDUCTING ALL SERVICES THROUGH THE COUNSELING CENTER REMOTELY THROUGH TELEHEALTH VIDEOCONFERENCING. WE ARE DOING VIDEO MEETINGS THROUGH A SECURE PLATFORM.

STUDENTS NEEDING CRISIS COUNSELING CAN TALK TO A THERAPIST 24/7 BY CALLING 718.687.5356.

TO SCHEDULE A CONSULTATION, PLEASE CALL 718.687.5356 OR EMAIL AT [THERAPY@PRATT.EDU](mailto:THERAPY@PRATT.EDU)

The Counseling Center will also be offering different groups for students, including the Students of Color and Allies Support Series, All Recovery Meetings, Grief Support, and more. Please go to our website for the latest information on groups and our services:

<https://www.pratt.edu/student-life/student-affairs/counseling-services/>

You can also follow @healthypratt and @prattcrc.

We offer a number of services for those who are concerned about their use of alcohol and drugs, including our College Recovery Community, Clean Cats (see below).

You can see a full list of our services at this link:

<https://www.pratt.edu/student-life/student-affairs/counseling-services/alcohol-drugs/>

## CLEAN CATS, THE PRATT COLLEGE RECOVERY COMMUNITY

(offered remotely/virtually until further notice)

Clean Cats is a community of students who are interested in recovery from alcohol or substance misuse, eating issues, self-harm &/or any behavior they deem to be addictive. All forms of recovery are supported. This includes abstinence, moderation and harm reduction.

The Clean Cats community enjoys:

- Relationships with like-minded students
- 24-hour access to a private Clean Cats lounge

- Weekly All Recovery Meetings
- Fun Social Events
- Academic support/advocacy, connection to mental health services, .
- Recovery Planning
- Volunteer/Service Opportunities to help others
- Access to AA meetings, Recovery Dharma meetings, ACA meetings, and Smart Recovery Meetings

Clean Cats' mission is to provide incoming students, returning students, and existing students with peer support, advocacy, and a sense of community around their recovery. It includes supporting its members as they pursue a balance between an academically successful, socially engaged, well-rounded college experience, and the achievement of their recovery goals. We strive to destigmatize the experience of addiction and recovery.

Visit the website link above or contact Jernee Montoya, LCSW CASAC at [jmontoya@pratt.edu](mailto:jmontoya@pratt.edu) for more information about Clean Cats.