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Spring 2020 Teletherapy Registration Form

Please email completed registrations to Dana Ellis, LMHC, at dana@nsyc.com.

** In an effort to support our community through this challenging and stressful time, NSYC's counselors are offering free teletherapy counseling services to our greater North Shore community. This service is an opportunity for individuals in our community who would like to discuss current stressors and receive support in a safe, nonjudgmental space with a licensed mental health professional. These services will be available during the declared state of emergency for COVID-19 for youth (and their parents), through April 1, 2020 or until the conclusion of the state of emergency.

Sessions will be 1x weekly approximately 25 minutes in length. After an initial intake over the phone, you will be assigned a counselor and meet with them on the Doxy.Me online video platform (there will be an instruction page given to you via email after the intake on how to access the video platform). From there you will confirm a weekly meeting time, short-term counseling goals, etc. Please note you can cancel counseling at any time. **

Individual/Child's Name: _____ Age: _____ DOB: _____

Parent/Guardian's Name (if applicable): _____

Phone(s): _____

Email(s): _____

Address: _____

School District and Grade (if applicable): _____

Availability/Schedule (please outline your preferred availability):

Days:	Morning	Afternoon	Evening
Monday:	_____	_____	_____
Tuesday:	_____	_____	_____
Wednesday:	_____	_____	_____
Thursday:	_____	_____	_____
Friday:	_____	_____	_____

Any comments/concerns regarding schedule?

Please provide us with the following information:

Who currently resides in you/your child's place of residence?

How do you or your child manage challenging emotions (anger, sadness, frustration, anxiety)?

What are the main sources of stress/anxiety presently for you or your child?

How do you/they typically manage life stressors?

Have you noticed any significant changes in behavior/emotional expression since the quarantine?

What are the main reasons/concerns you have for seeking teletherapy services for either yourself or your child?

What are some things you are hoping to achieve by enrolling in NSYC's short term teletherapy program?

How did you find out about us?

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