



SAP STUDENT ASSISTANCE PROGRAM

Understanding your Student Assistance Plan (SAP)

Access to quality mental health is important to your school. **Ancilla College** provides the **Student Assistance Plan (SAP)** as a benefit to students. The SAP provides prepaid counseling sessions through the Bowen Center. There is no co-pay or preauthorization required.

Onsite & Telecounseling Options

Bowen Center has many outpatient counseling locations & provides Telecounseling statewide. Telecounseling allows you to access therapy without the need for going to an office. For a complete list of Bowen Center outpatient counseling locations go to www.bowencenter.org

Private and Confidential

The school is not informed of your decision to access this program. At times school staff may assist you in setting appointments. Privacy laws protect you and your protected health information.

Common Reasons for Accessing the SAP

You may apply your sessions towards individual therapy for issues related to school or not. While anxiety & depression are common reasons to utilize the SAP many students seek help for finding clarity in decision making or developing life skills as they pursue their academic goals.

Summer Coverage & Exclusions to Coverage

You may access your prepaid SAP sessions during the summer vacation break. Please be aware that medication management, psychological testing, inpatient care and any court ordered treatment are excluded from coverage.

NOTE: You have a designated Bowen Center SAP Coordinator that can answer your questions directly. You may contact your SAP Coordinator by calling **Julie Kelch** at **574 933 1839**

SCHEDULING AN APPOINTMENT



Call **1 800 342 5653** to speak with a Registration & Scheduling Specialist. Explain to the Specialist that you have prepaid counseling through your Student Assistance Plan. If all Specialists are serving other clients, please leave **your name & contact number**. You will be contacted as soon as a Specialist is available.



Go to www.bowencenter.org and click on “**Schedule an Appointment**”

NOTE: Any insurance information will be gathered to make sure you are properly paired with a therapist if you decide to continue beyond SAP coverage. You are not obligated to continue beyond SAP coverage.