

Counseling services for winter 2023

OVERVIEW

Virtual counseling sessions are available to USAP participants throughout the winter season with Dr. Jaclyn Miller, Dr. Trey Cole, and other Nicoletti-Flater clinicians. Sessions are available to participants deployed at all three stations (McMurdo, South Pole, and Palmer) and the two vessels.

Counseling is free and confidential. Nothing will be shared with USAP or UTMB (unless someone is having a psychiatric emergency and is a danger to themselves/others, which makes safety a top priority).

Participants may seek services for anxiety, stress, mood changes, sleep problems, work stress, work/life balance issues, preparing for life after McMurdo, or any number of issues. They may also come in for a “wellness check” – an overall check-in on different areas of health.

Participants can make one-time appointments or schedule multiple/weekly sessions throughout the winter season. Individual or couples sessions are available. Counselor bios are available on the [Nicoletti-Flater website](#).

SCHEDULING A SESSION

Schedule a counseling session by emailing MCM-Counselor@usap.gov or NFAdirector@aol.com. Be sure to state that you are a USAP participant and include the station at which you are deployed. The clinician you are working with will email you a Zoom link to join your session.

JOINING A SESSION

McMurdo: Virtual therapy sessions at McMurdo will be conducted from the desktop computer in building 175, room 102. There will be a sound machine outside the door you can turn on for the length of your appointment. There will also be an orange “occupied” sign you can place on the door handle to prevent interruptions. When your session is complete, log out of the computer and leave the door ajar or put the occupied sign on the other side of the doorknob. Please turn off the sound machine as well.

South Pole: Participants at South Pole can join counseling sessions from their laptops in a private location of their choosing during satellite hours.

Palmer: Participants at Palmer can join counseling sessions from their laptops in a private location of their choosing or use the computer lab.

Vessels: Satellite phones are available on the NBP and LMG for participants to call counselors while at sea. On the LMG, one satellite phone is in a private location (a small lab space that is usually not occupied). The other is in the Marine Project Coordinator (MPC) office; participants should coordinate use of this phone with the MPC. On the NBP, participants should coordinate with the MPC to use the satellite phone in the MPC office. When the ships are in port, Wi-Fi with VOIP phones are available for participants to use.

WHAT TO DO IN AN EMERGENCY

If you are experiencing a psychiatric or mental health emergency, please call 911 or page your station or vessel medical clinic. Nicoletti-Flater also has a 24/7 urgent line if you need to speak to a counselor right away. That phone number is **720-675-9502**. Please do not call this number to schedule an appointment; it is for crisis only.

