

Janet Spoltore – Connecticut College

Janet Dee Spoltore, Ph.D., ABPP
Director, Student Counseling Services
Connecticut College (1800 students)

Dr. Janet Dee Spoltore, currently the director of Student Counseling Services at Connecticut College, is a licensed psychologist in the state of Connecticut and is certified by the American Board of Professional Psychology as a diplomat in Counseling Psychology.

A leader in the field of college student mental health, Dr. Spoltore has been active in multiple local, regional and national college mental health arenas. She has been on the Board of Directors and Board of Accreditation for the International Association of Counseling Services (IACS). She has held titles of Vice Chair of Accreditation, Chair of Accreditation/Vice President Board of Directors, President of the Board of Directors, and Past President of the Board of Directors of IACS. She serves as an IACS site visitor where she has reviewed standards of counseling services across the country, and has paper-reviewed innumerable sites nationally and internationally. In addition to her leadership with IACS, Dr. Spoltore consistently contributes to the field in her memberships to the American Board of Professional Psychologists, the American Psychological Association, the Association of University and College Counseling Center Directors, the American College Health Association, the Jed Foundation, and the National Register for Health Service Providers in Psychology. She actively participates in the Connecticut Directors of College/University Counseling Centers and the Northeastern Directors of College/University Counseling Centers. She has been on the host committee for the AUCCCD and NECCCD conferences and has hosted and assisted with the coordination of the Connecticut Directors' meetings

Dr. Spoltore has been an active clinical supervisor and trainer of psychology practicum students, interns, and post-doctoral fellows since 1983. She was the Director of Training at Brockton/West Roxbury Veterans Administration (a Harvard-affiliated internship site), and Director of Training at Middlesex Hospital Outpatient Behavioral Health Clinic and Connecticut College Students Counseling Services. She has served as an unofficial mentor to many young psychologists in the field, staff and supporter to her colleagues. Dr. Spoltore has also served for many years as an AUCCCD mentor to new Directors at the annual conference.

Prior to serving as the Chief Mental Health Officer at Connecticut College, Dr. Spoltore held clinical, administrative and faculty positions at Harvard Medical School, Tufts University School of Medicine, University of Hartford, Middlesex Hospital, Brockton/West Roxbury VA Medical Center, New England Memorial Hospital, Boston University Medical Center, University of Massachusetts in Boston, Kaiser Permanente, and Antioch University.

Her college efforts have included chairing and membership on many committees. These have included the CARE Team, Mental Health Coalition (Chair), search committees, Multiculturalism and Diversity Committee, etc. She hired the first Multicultural Counseling Specialist at Connecticut College, and the first LGBTQIA+ and Multicultural post-doctoral fellows.

Dr. Spoltore has had an active career in grant writing both at the public, private, state, and federal levels. She was the author, recipient and principal investigator for one of the first cohorts for the Garrett Lee Smith Suicide Prevention grant, Department of Mental Health and Addiction Services grants. She has been the principal investigator on dozens of state and federal grants that support the provision of mental health and addiction services. She authored and was the recipient of multiple other grants that assisted in awareness of mental health and suicide prevention. She also facilitated the self-assessment for JED Campus review and JED Campus Seal at Connecticut College.

Dr. Spoltore's research, presentations, and training contributions include college and university mental health trends and service provision, suicide prevention, clinical supervision, Counseling Center accreditation, group counseling programs, gatekeeper training, coordinating an on-campus Coalition and practical aspects of being a College Counseling Director. She completed her doctor of philosophy in counseling psychology degree at the University of Southern Mississippi, and completed her pre-doctoral clinical training at the Boston Veteran's Administration Medical Center and Boston University Medical Center. Dr. Spoltore additionally earned her Master's degree in clinical psychology at Fairleigh Dickinson University, and her undergraduate degree in psychology at the University of Delaware.