

Psychiatric Care Policy

Student Health & Counseling (SHAC) provides general psychiatric services to USciences students through our consulting psychiatrist. These services include psychiatric evaluations and medication management for depression, anxiety, bipolar disorder, substance abuse, and other mental health issues. As hours of availability are limited and in great demand, we ask for your cooperation in utilizing these services responsibly. The following are conditions for psychiatric consultation and ongoing care at SHAC:

- Students who request psychiatric services must first meet with a SHAC counselor for an intake session, and must meet regularly with their assigned counselor in order to receive ongoing psychiatric services. In rare instances, clients may require continued psychiatric care when individual psychotherapy has ended. The SHAC treatment team reserves the right at all times to determine the clinical appropriateness of continued psychiatric care at SHAC versus referral to an off-campus provider.
- It is up to each student to schedule follow-up appointments well in advance in order to ensure an adequate supply of medication. We discourage students from waiting until the last minute to request medication renewals as the psychiatrist's schedule is often booked 2-4 weeks in advance.
- Please note that SHAC staff members do not perform diagnostic evaluations for ADHD. If you are seeking a formal diagnostic evaluation (i.e., for purposes of qualifying for academic accommodations via the Americans with Disabilities Act), please consult our counseling staff for referral resources.
- There is a level of responsibility that comes with obtaining psychiatric medication, given the potential for diversion and/or abuse of such drugs. Therefore, it is essential that students safeguard any written prescriptions and medications provided by SHAC's consulting psychiatrist and consulting physician.
- For treatment of psychiatric problems requiring extended or specialized care and/or hospitalization, a student may be referred to mental health providers in the community. In these instances, there may be fees for which the student or the student's health insurance policy will be responsible.
- As mentioned above, given the high demand for psychiatric care at SHAC, it is essential that students call well in advance in order to cancel and/or reschedule an appointment. Students who regularly cancel or miss appointments will be asked to seek psychiatric care off-campus, and will be offered appropriate referrals. Students who miss three or more counseling appointments will be removed from the psychiatrist's schedule and given referral information for psychiatric care off-campus.

We encourage you to discuss any questions or concerns regarding this policy with your assigned counselor, or with the Associate Director of Student Health & Counseling, Karen Levinson, Ph.D.

By signing below, I acknowledge that I have reviewed the SHAC Psychiatric Care Policy.

_____ (Student Signature) _____ (Date)