

Counseling and Mental Health Center
Health Services
University of Houston-Clear Lake

UHCL Psychiatry Services
Informed Consent

Eligibility: To be eligible for psychiatric services at UHCL, you must be a currently enrolled UHCL student. The psychiatry services at UHCL are a joint service of Counseling and Mental Health Center and Health Services. Your appointments will take place in the Counseling and Mental Health Center and a nurse or counseling staff member may also be available to see you during your visit to help answer medically related questions or to assist the psychiatric provider (a licensed medical provider who has completed psychiatric training and can prescribe medication) in coordinating your care. In addition, as required by state law, our psychiatric provider must work in collaboration with a supervising physician to prescribe medications, and for certain classes of medications (e.g. stimulants), the collaborating physician must be the one to write and submit the prescription on behalf of our psychiatric provider. As a result, certain necessary details from your record will be shared with the collaborating physician for purposes of prescribing medications. Your psychiatry records are shared among these offices, and any data would be securely stored in our confidential records system, as well as the off-campus confidential records system of the psychiatric provider. Therefore, it is necessary for us to have a signed release of information between Health Services, the Counseling and Mental Health Center, and the supervising physician so that the professionals involved can freely communicate crucial information needed to assure you the best possible services.

To provide continuity of care, many times, the psychiatric provider will recommend ongoing contact with a therapist as an essential or required element of your treatment. In these cases, your continued treatment by the psychiatric provider is conditional upon your receiving concurrent counseling, and you will be assigned an ongoing therapist at UHCL. If you are currently seeing a therapist in the community you will still need to meet with our Case Manager at least one time per semester. If you do not have an outside therapist, and the UHCL Counseling and Mental Health Center psychiatric provider does not require concurrent therapy as part of the treatment plan, you must meet with the Case Manager at least two times per semester. In addition, you must be willing to sign a release for us to speak with your community therapist, if needed. If you choose not to engage in ongoing counseling, it may be necessary for us to refer you to a psychiatrist outside the university.

Medication: Sometimes medications prescribed to treat psychiatric concerns have some side effects. Though these are often mild and temporary, your doctor and pharmacy should make you aware of any risks or side effects you might experience. In addition, if you have any questions or concerns about effects that you may be experiencing, please contact a Health Services nurse at 281.283.2626 during UHCL business hours. If you experience an after-hours psychological emergency, call 281.283.2580 and press option 2 to speak with an after-hours counselor, contact the National Suicide Prevention Lifeline at 988, text HOME to 741741, call 911 or go to the emergency room. If you experience an after-hours medical emergency, go to your nearest emergency room or call 911.

If medication is indicated, prescriptions will be provided to you at the time of your appointment. For refills of your prescription beyond the period designated by the psychiatric provider, you will need to return for a follow up visit. The psychiatric provider will indicate the date by which you need to return in order for them to assess the helpfulness of the medication and to continue the prescription. It is your responsibility to make and keep that appointment by the indicated date. **Medication changes or renewals will not be authorized by phone or without an in-person follow up appointment.** The Counseling and Mental Health Center is unable to fill automated requests from pharmacies. Prescription requests from any source other than direct contact with the client will not be filled.

Fees:

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| Initial Evaluation | \$40.00 |
| Follow-up Visit | \$20.00 |
| Med refill only, no visit | \$20.00 (Psychiatric provider discretion) |

These fees must be paid at the time of your appointment before you see the psychiatric provider.

Labs: As part of your evaluation and ongoing treatment by the psychiatric provider, they may require that you complete certain medical tests (e.g. blood work, urine drug screen, cardiac tests, etc.) before medication is prescribed or treatment continues. There may be additional costs associated with these tests. It is your responsibility to arrange for these tests and ensure that we receive a copy of the results before your next appointment.

ADHD Medication: To receive medication for ADHD, you must provide us with documentation of a diagnosis of ADHD. If you have had previous treatment, a copy of previous medical records indicating a previous ADHD diagnosis that is substantiated by history and assessment can be submitted. If you have not previously had treatment, a current psychological assessment report indicating a diagnosis of ADHD is required. The psychiatric provider will not prescribe ADHD medication without this documentation in place. Also, please note that UHCL Counseling and Mental Health Center is not equipped to conduct assessments for diagnosing ADHD.

Cancellation and No-Show Policy: There is often a waiting list for psychiatry services. If you cancel shortly before your appointment, it is difficult to fill that appointment and thus likely that another student loses the opportunity to benefit from the services in a timely way. If you do not show up for your appointment without cancelling, the psychiatric provider's time is wasted. Furthermore, the fees listed above do not cover the entire cost of the psychiatric provider's time; the fees are substantially subsidized by student service fees.

To avoid a late cancellation fee, you must cancel your appointment at least 24 hours prior to your scheduled appointment time.

If you do not show up for your appointment, without calling us to cancel before your scheduled appointment time, you will be charged a no-show fee equal to the entire cost of the psychiatric provider's time.

A combination of five missed appointments (cancellations, late cancellations, or no shows) within an academic year may lead to restriction in services or a referral to outside services.

These fees must be paid before your next scheduled appointment, in addition to the fee for that appointment.

Late cancellation fees:

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| Initial Evaluation | \$25.00 |
| Follow-up Visit | \$25.00 |

No-show fees:

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| Initial Evaluation | \$166.00 |
| Follow-up Visit | \$55.00 |

Failure to Render Payment: After sixty (60) days of non-payment, a hold will be placed on the student's UHCL account and will remain until the balance is paid or other arrangements have been made in consultation with the Executive Director.

Authorization to Provide Psychiatric Services

I have read and understood this UHCL Psychiatry Services Informed Consent and understand the requirements for services. I agree to the requirements and authorize UHCL Counseling and Mental Health Center and UHCL Health Services to provide psychiatric services to me.

Signature

Date