MENTAL HEALTH SERVICES

If you received treatment for a mental health condition while in high school or before, there are several things you can do to continue to stay healthy while transitioning to and attending college.

This guide walks you through what you need to know and do proactively to take care of yourself as you’re preparing to start college.

You should keep in mind that while this document is primarily focused on mental health conditions, these considerations can also be applied to other chronic or ongoing medical conditions.

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Your Goal: Managing Your Health Care

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Adapted from Set to Go - Transition of Care Guide, with permission from The JED Foundation. JED is a nonprofit that exists to protect emotional health and prevent suicide for our nation’s teens and young adults. https://www.jedfoundation.org/
As you prepare for your first days as a Spartan, talk to your family and care providers. Think about taking as many notes as you need and organize them in a way that you find comfortable.

Focus on the following steps to inform yourself:

- Know the name of your condition(s).
- Be able to describe the problems or symptoms you have (e.g., excessive worrying, difficulty concentrating, poor sleep, not as interested in doing things, etc.).
- Be able to describe how these issues effect your life (e.g., I have a hard time paying attention to conversations and feel left out, I’m avoiding social situations, I’m not interested in eating, etc.).
- Be able to describe the treatment you’ve received or are currently receiving (e.g., group therapy, medication, academic coaching, etc.).
- Be able to describe your reactions and responses to your treatment, including what has and has not been helpful.
- Have the names and contact information of your treatment provider(s).

If you take medication:

- Know the name of medication(s) and herbal supplements, and when you started taking them (e.g., September 2018), the dosage, and how frequently you take them (e.g., as needed, every morning, etc.).
- If your medication or supplement name is not in English, write the English translation in your notes.
- Begin to take responsibility for taking your medication as prescribed.
- Be able to describe how medication makes you feel, any side effects, allergies or other issues you’ve had with them (current and/or past) - pay attention to side effects and intended effects. This sometimes requires a level of body focus and awareness skills that you may not always use.
- It’s also helpful to have your medication history available: What medication have you used in the past? Why was it changed?

The pharmacy at Olin Health Center can fill many common prescriptions. The closest off campus pharmacy is CVS on MAC in East Lansing.
Start Now

TO INTEGRATE YOUR TREATMENT AND EDUCATION PLANNING

As much as possible, be a part of discussions about your treatment plans and goals in order to develop a clear understanding of your treatment. Be able to describe the goals of treatment in a simple, concise way.

Accommodations at MSU

If your high school worked with you to develop a disability or mental health services plan to help you be a successful student, it is important for you to understand what was done and what these accommodations were designed to help you with. In the U.S., this would typically be an IEP (Individualized Education Program) or 504 plan. Bring a copy of your plan to MSU, or if you don’t have a written plan, make notes about the features of the plan and how it helped you. Sharing this with the MSU Resource Center for Persons with Disabilities (RCPD) can help them to have a better idea of what accommodations you may need at MSU.

If you need accommodations at MSU you can begin registration with RCPD as soon as you receive your MSU NetID/email address.

Mental Health Care While at MSU

Once you have your NetID, you can contact CAPS to get started on the transfer and establishment of mental health care at MSU.

Use the information ahead to help you decide whether to continue with your clinician from home, transfer your care to MSU, or work with an off-campus clinician.

Option A

Continue care with doctors or clinicians from back home.

This option might be best for you if you are very comfortable working with your current treatment team, and it is possible/convenient to be in regular contact.

You and your family should discuss with your care team whether this is an option.

Things to consider include:

- Will you be too far from home?
- If your doctor/clinician is not in the U.S. will they be able to continue treatment without face-to-face visits?
- Will phone calls and infrequent face-to-face visits be enough?
- If you take medication, how will you get it?
- What happens in an emergency?
- Even if you choose this option, you may still want to have a connection with CAPS for additional support or in the event you have an urgent need that they can help with
- You may need RCPD to help with academic accommodations or planning your specific transition to college experience
- There should be an arrangement to share information as needed between your home clinician and campus-based providers.

*Contact information is available in the resource section of the guide on page 6.*
Option B

INITIATE CARE ON-CAMPUS:
MSU Counseling & Psychiatric Services (CAPS)

This option might be best if CAPS or Primary Care at Olin Health Center is able to provide your care and has the full range of services needed, or only intermittent visits or medication management is required (make sure your home treatment team is OK with this).

- This option makes sense if you require short-term or infrequent face-to-face visits, or if CAPS Group Counseling might meet your needs.
- Make sure that your home treatment team is prepared to share (if necessary) information and records with CAPS (See page 5).

Option C

INITIATE CARE WITH AN OFF-CAMPUS CLINICIAN NEAR MSU

This could be the best option if you need long-term and regular face-to-face visits or if your home provider is far away and hard for you to access regularly. CAPS can help with referral suggestions that fit your clinical needs. Students can call to talk with the CAPS Referral Coordinator or drop-in on the 3rd floor of Olin Health Center. (Refer to https://caps.msu.edu for current hours).

- Make sure you have the insurance coverage and/or adequate funds to pay for this private care and that any clinician(s) you choose to see is in-network with your insurance or is affordable.
- Local clinicians may see students at reduced rates or participate in the MSU Blue Care Network (BCN) student insurance program, which has relatively low out-of-pocket expenses. To learn more about the MSU-sponsored BCN plan for students visit: https://hr.msu.edu/benefits/students/health/
- Make sure there is an adequate hand-off of clinical information (see page 5) between your home clinician and your new local clinician.
- If you choose to keep in touch with your clinician from home for advice, you should work out plans for communication with your home clinician and your new clinician.
- If possible, you and your family can try to meet the off-campus clinician before starting classes and have a plan set up in advance.
Key Things to Do

Regardless of the option you choose, make sure:

- Everyone involved is clear on all details for your follow-up care.
- There is agreement about specific parameters of care: how often, who is lead clinician, how will changes in treatment be handled, etc.
- A communications plan is agreed to and clearly spelled out. Refer to Starting the Conversation: College and Your Mental Health, the web link is on page 7.
  - File proper releases of information with necessary clinicians and offices.
  - Be specific as to when, under what circumstances and how information will be shared in the event of a problem or emergency.
  - The release of information should also lay out when family or other guardians will be contacted.

Along with a general communication plan there should be an Advance Directive in place, which is a legal document that explains how medical decisions should be made and who should make them if you are unable to decide for yourself, such as in an emergency. This plan should be clearly agreed upon and cover who will make clinical decisions, who is the primary family contact, and when they should be called.

Additionally, know how to describe your prior care, current needs, and medications, and that your records are sent to the offices and clinicians with whom you’ll be working. This includes:
- If you need academic accommodations, make sure you register with the RCPD. (Details on page 6.)
- Knowing what insurance you have and how to use it.
- Entering the on-campus emergency services phone number 9-1-1, CAPS phone number (517) 355-8270, and the Crisis Text Line 741 741 into your phone.

AFTER YOU’VE BEEN IN COLLEGE FOR A WHILE:
Continue to evaluate and refine the plan you’ve made.

Check in with your family and care providers and discuss whether the plan has been working well for you and everyone else who is part of your treatment and care network. Be open to discussing any adjustments you think might be needed - you can revisit this tool and use it as a guide to pinpoint what, if anything, needs to change.

Managing your healthcare is an important part of growing up and going to college. This tool, while focused on mental health care, can also be applied to guide students around transfer of general medical care for chronic medical conditions.

If you take an active role in managing your care you can do a lot to stay healthy and promote your success in school.
**MSU Resources**

**Counseling & Psychiatric Services** – [https://caps.msu.edu](https://caps.msu.edu) - (517) 355-8270

- CAPS is located on the 3rd floor of Olin Health Center, 463 E Circle Drive, next to the Grand River Parking ramp.
- Open Monday through Friday 8 am to 6 pm during semesters
- Summer and break hours are Monday through Friday 8 am to 5 pm
- To get started, visit CAPS during open hours for a same day assessment. You can do this as soon as you have your NetID/MSU email address. Learn more at [https://caps.msu.edu/services/hours.html](https://caps.msu.edu/services/hours.html)
- Bring a list of current medications and herbal supplements with you, and contact information for current clinicians. You will not need to bring medical records to the same day assessment.
- If you or a friend is having a mental health emergency after hours, call CAPS at (517) 355-8270 and press 1 at the prompt to connect with a crisis counselor.

**Resource Center for Persons with Disabilities (RCPD)** – [https://rcpd.msu.edu](https://rcpd.msu.edu) (517) 884-7273

- RCPD can assist with services and accommodations related to your mental health condition or other disabilities.
- Located in Bessey Hall, 434 Farm Lane, Suite 120 (North side of building)

**Steps for registering with the RCPD:**
- Go to [https://www.rcpd.msu.edu/get-started](https://www.rcpd.msu.edu/get-started)
  - Self-identify through “MyProfile” at [https://myprofile.rcpd.msu.edu](https://myprofile.rcpd.msu.edu)
  - Provide documentation requested by your assigned specialist
  - Meet with your specialist for a needs assessment. Scheduling instructions will be sent after documentation is received.
- Reach out to RCPD with questions through [https://rcpd.msu.edu/about-rcpd](https://rcpd.msu.edu/about-rcpd)

**Student Health & Wellness Services** – [https://studenthealth.msu.edu](https://studenthealth.msu.edu)

- Primary Care Clinic Appointments (517) 353-4660
- ADHD Medication – Students who wish to have MSU Student Health & Wellness take over the ongoing management of ADD/ADHD medication should visit or call the Olin Medical Records department (517-353-9153, Olin Room 146) at least ONE MONTH PRIOR to their need for a new prescription. Medication management may be handled by a Primary Care Physician at Olin Health Center or a CAPS Psychiatrist.
- Olin Health Center is located at 463 E Circle Drive, next to the Grand River Parking ramp.
- Massage and Reflexology at Olin Health Center offers low priced half sessions and full session by appointment.
- Appointments can be scheduled by calling 517-353-4660 or visiting the scheduling office in room 156 of Olin Health Center.
Additional Resources

**Health Promotion Department -** [www.healthpromotion.msu.edu](http://www.healthpromotion.msu.edu)
- Services include Wellness Coaching, SPARTANfit Comprehensive Fitness Assessments, free Nutrition Counseling with a registered dietitian, educational counseling and support for alcohol and other drugs, and the Collegiate Recovery Community (CRC) and other student support options.

**Recreational Sports & Fitness -** [www.recsports.msu.edu](http://www.recsports.msu.edu)
- Fitness centers, group fitness classes, lap swim and swim lesson. Sailing Center on Lake Lansing for canoe, kayak, and standup paddle board classes and rentals. Students are encouraged to join a Club Sport or sign up for an intramural team.

**Office of International Students and Scholars -** [www.oiss.msu.edu](http://www.oiss.msu.edu/)

**LBGT Resource Center -** [www.lbgtrc.msu.edu](http://www.lbgtrc.msu.edu/)

**MOSAIC: The MSU Multicultural Unity Center -** [www.mosaic.msu.edu](http://www.mosaic.msu.edu/)

**Center for Survivors -** (517) 355-3551 - [www.centerforsurvivors.msu.edu](http://www.centerforsurvivors.msu.edu/)
and 24/7 Sexual Assault Crisis hotline (517) 372-6666

**MSU Pharmacy at Olin Health Center -** (517) 353-9165 - [www.healthteam.msu.edu/pharmacy/](http://www.healthteam.msu.edu/pharmacy/)

**CVS Pharmacy** (off-campus: 240 M.A.C. Ave., East Lansing) [www.cvs.com](http://www.cvs.com/)

**ONLINE & OTHER RESOURCES**

Advance Directives in Michigan:

JED Set to Go: [https://www.settogo.org/](https://www.settogo.org/)

**Starting the Conversation: College and Your Mental Health**

**Crisis Text Line: 741-741**

**National Suicide Prevention Lifeline: 1 (800) 273-8255**

**Crisis/Emergency Resources:** [https://caps.msu.edu/emergency/index.html](https://caps.msu.edu/emergency/index.html)
For Notes & Doodles