SHC Initial Visit FAQ for Students

What should you expect from your initial psychiatric visit at Student Health Center?

During your initial visit, you will be meeting for one hour with a psychiatrist. A psychiatrist is a physician (medical doctor) who specializes in mental health. Psychiatrists are able to prescribe medication and provide talk therapy.

When you arrive at SHC, you will be asked to complete a form asking you questions about your health, wellbeing, and previous treatment. Please arrive 30 minutes before your scheduled appointment in order to have time to complete the questionnaire. Please bring the names of previous mental health providers, as well as the names and doses of medications you’ve taken in the past.

The purpose of the first visit is to figure out what treatment will be right for you. We want to hear what’s troubling you. We will have lots of questions about your symptoms, your physical and mental health, your past treatment, your background, your life as a student, and your social/family relationships. At the end of the visit, we may recommend ongoing psychotherapy and/or medication.

How is SHC different from the Counseling Center?

The Counseling Center provides treatment free of charge to all students, but treatment there is time limited. SHC is more like a regular doctor’s office, but on campus. Students pay for treatment at SHC using their health insurance. Treatment at SHC is indefinite, so students are sometimes referred to SHC if they need long-term follow-up, or after their treatment at the Counseling Center is complete.

What if I need medication?

SHC psychiatrists can prescribe medications. When medication is started, we will want to follow you closely until you are feeling better. Follow-up visits usually last 25 minutes, and are scheduled every 2-4 weeks at first, and every 3 months once you are feeling well. We will prescribe enough medication to last until the next visit. As long as you are a student, there is no time limit to your treatment at SHC.

What if I have been treated for my condition before?

If you have received any type of mental health treatment previously (e.g. by a psychiatrist (M.D./D.O.), a psychologist (Ph.D./Psy.D.) a therapist (MSW/LCSW/MFT, LPC outside the state of California), a psychiatric nurse practitioner (A.P.R.N.), or have had psychiatric medications prescribed by your regular doctor, please have your records sent to us as soon as possible.
Ideally, we’d like a chance to review your records before your first appointment. It can take up to 15 days for any facility to process records, so the sooner the better! To have your records sent to us, fill out this form in its entirety, and bring it to the Student Health Center when we are open or, you can stop by the Student Health Center during open hours to fill out this form at the Front Desk.

**What if I need weekly therapy?**

Unfortunately, we do not have the staffing to provide weekly therapy at SHC, but can help you to find a provider in the community who accepts the student insurance. We will provide referrals during the first appointment. If you are an undergraduate student, you can self-refer for therapy; if you are a graduate student you must obtain a referral from a SHC provider (see below). If you are being followed at SHC for psychiatric medication, we will work closely with your therapist to coordinate treatment.

**Does SHIP cover mental health treatment?**

Yes. The benefits for undergraduate students (USHIP) and graduate students (GSHIP) is summarized below. An out-of-network provider will cost more.

<table>
<thead>
<tr>
<th></th>
<th>Student Health Center</th>
<th>Community Provider (In-network)</th>
<th>Out-of-Network</th>
<th>Referral Process</th>
</tr>
</thead>
<tbody>
<tr>
<td>USHIP</td>
<td>$15 Copay per visit</td>
<td>$15 Copay per visit</td>
<td>Insurance covers 60% of R&amp;C after $300 deductible</td>
<td>No referral required</td>
</tr>
<tr>
<td></td>
<td>Deductible is waived</td>
<td>Deductible is waived</td>
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<tr>
<td>GSHIP</td>
<td>$10 Copay per visit</td>
<td>$15 Copay per visit</td>
<td>$15 Copay per visit after $500 deductible</td>
<td>Referral from SHC provider required</td>
</tr>
<tr>
<td></td>
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</tbody>
</table>

**How do I self-refer for therapy?**

**USHIP - Undergraduate Students**

To find an in-network provider, call First Health Customer Service at (800) 226-5116 or access the website here: www.myfirsthealth.com

**GSHIP - Graduate Students – Referral required**

To find an in-network provider, call Anthem Blue Cross Customer Service at (866) 940-8306 or access the website here: www.anthem.com

The SHC insurance office can help to answer any questions about self-referral. Please call (949) 824-2388.
What if I want treatment for ADHD?

The Student Health Center does not provide services for new ADHD evaluation or testing. If you have never been diagnosed or treated for ADHD (Attention-Deficit/Hyperactivity Disorder), or been diagnosed but have no medical records available please contact our Insurance Office (949) 824-2388 to be referred to a provider in the community.

If you have been diagnosed and/or treated previously for ADHD, Student Health Center requires complete documentation of the diagnostic evaluation and treatment provided by your previous treating physician or other licensed professional. You will need to contact your previous provider to send your records to SHC. If this is your situation, please request a copy of SHC’s ADHD policy which you can also find here: http://www.shs.uci.edu/Main/ADHDPolicyJuly2013.pdf.