



QUILLEN COLLEGE of MEDICINE

EAST TENNESSEE STATE UNIVERSITY

Policy Name/Number: Scope of Mental Health Counseling Services / ADMIN-0323-28

Policy Owner: Deidre Pierce, MD / Associate Dean for Student Affairs

Committees, Departments, or Individuals Responsible for Implementation: Associate Dean for Student Affairs

Original Approval Date/ By: 3/9/2023 / Deidre Pierce, MD / Associate Dean for Student Affairs

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Policy Advisory Committee Review Date: 3/9/2023

Date of Next Review: 3/9/2026

(All policies are reviewed by the Policy Advisory Committee every 3 years unless circumstances for an earlier review is identified.)

(A) Policy Statement:

Quillen College of Medicine Counseling Services provides individual mental health counseling and psychotherapy utilizing a short-term, problem oriented, solution-focused model. As a group, medical students tend to seek services when in crisis and have presenting problems that lend themselves to a short-term model. On occasion, student's needs surpass what can be handled in the short-term model. These are the procedures for dealing with those situations.

(B) Purpose of Policy:

This policy pertains to LCME Element 12.3. The policy outlines the procedures that are to be followed whereby a medical student identifies the need for personal counseling/mental health services.

(C) Scope of Policy (applies to):

All QCOM medical students who are currently enrolled. Transitions at the conclusion of school or employment will be discussed with the counselor. Overlap cannot exceed 6 months past the time of graduation to assist with the transition process.

(D) Policy Activities:

Students with psychiatric diagnosis:

1. Students with psychiatric issues (i.e. bipolar disorder, schizophrenia, recurrent severe depression, etc.) may be recommended to receive their psychiatric follow-up and psychotherapy supplements completely outside the Quillen program, since these conditions require long-term follow-up.
2. Counseling services will offer and receive referrals with academic support for academic case management as needed during mental health counseling.
3. Support may be offered focused on coping with the demands of the student role and recovery from serious psychiatric illness.

Students needing treatment for alcohol or drug addiction:

1. Students needing treatment for alcoholism or drug addiction will be referred to programs off campus in the community.
2. Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) meeting sites are provided for students who are just beginning the process of recovery to supplement their off-campus treatment.
3. Students who require a leave of absence for these issues will be referred to the Tennessee Medical Foundation for clearance to return to active standing as well as monitoring.

Students with an eating disorder:

1. Students diagnosed with an eating disorder must have an outside primary treatment provider and written treatment contract with that provider which outlines the role of counseling services and authorizes close communication between the primary counselor, student and counseling services.
2. Counseling services will be limited to supportive intervention and assistance with issues related to academic performance and adjustment to medical school.
3. Students who present in the office of counseling services with untreated and/or previously undiagnosed eating disorder will be referred for an outside evaluation.