

Psychiatry Services at Lewis & Clark College

Kara Powers, MD, licensed physician and board-certified psychiatrist, Kim McKenna, MD, Psychiatric Fellow in Child and Adolescent Psychiatry, and Jesse Gerber, MD, Psychiatric Resident in Adult Psychiatry provide a combined 13-14 hours per week of medication management and psychiatric services. Psychiatry services are available during most weeks when classes are in session. We do not offer appointments during summer, or during fall, spring, or semester breaks. Because the appointment hours are limited, psychiatry appointments are generally reserved for students who are currently being seen by our counseling staff. We also have a very limited number of medication management appointments for students who need treatment for ADHD. We often refer students who need regular, frequent medication management appointments to community resources. If at any point, our psychiatrists determine your needs exceed the resources available at the Counseling Service, they will offer you referrals off-campus. Initial evaluations are scheduled for 45 minutes; follow-up appointments are 20 minutes long.

FEES AND INSURANCE ISSUES

There is a fee of \$60 for a student's first assessment appointment with our psychiatrists. There is a fee of \$50 for subsequent appointments. All fees will be assessed to your student account. No money is accepted at our front desk. To protect your privacy, all charges will appear on your student account as charges for the "Wellness Service."

Please note: If you no-show for an appointment without canceling, you will be charged a fee of \$35. This no-show fee is not covered by insurance programs. Students who repeatedly cancel and/or no-show for psychiatry appointments waste a very limited and valuable resource and deprive other students of the opportunity to access that resource. If this becomes an issue in your care, your doctor will communicate with you about it. As a last resort, we reserve the right to suspend services to students who repeatedly cancel and/or no-show. Such students will always be offered referrals to off-campus providers. To cancel or reschedule an appointment with our psychiatrists, please call 503-768-7160.

Many insurance programs (including the Lewis & Clark Student Health Insurance program) offer coverage for psychiatry visits. Our staff does NOT bill insurance directly. Students may access and can print receipts and submit claims to their insurance via their LC Health Information Portal. Please let us know if you need information on how to file for reimbursement with the Lewis & Clark Student Health Insurance plan.

Please be aware that our psychiatry fees are very low compared to what you would pay in the community. Thus, if your private insurance provides limited mental health benefits, it may sometimes be advantageous NOT to submit your LC psychiatry claims to insurance. This would preserve your benefits for use during holiday breaks and in the summer, when you may have to access higher-cost services in the community.

ACCESS TO CARE WHEN OFFICES ARE CLOSED

We contract with an after-hours crisis counseling service to provide students with counseling support when the Counseling Service is closed. If we anticipate that you might need support from this service, we may share limited information with them about your needs. We also receive a summary of each call to the service. **If you are in crisis and need immediate counseling support when our Counseling staff is not available, contact the crisis counseling service at 503-265-7804. Never use the Student Health Information Portal to communicate urgent information; it is NOT checked daily.**

Lewis & Clark College provides all enrolled students with access to a nursing consultation service for times when the Health and Counseling Services are closed (and our psychiatrist is not available). Should any medical crisis arise for you after hours, on weekends, or during breaks, you may contact the Nurse Consultation Care Line by dialing 1-877-617-9531. Your symptoms will be assessed by a trained nursing staff member who can offer information, advice, and referral. Students who want to be personally seen by a medical provider after hours have a choice of several urgent-care centers and hospital emergency departments. A list of options is available on the Lewis & Clark Health Services [website](https://www.lclark.edu/offices/health_service/hospitals/). (https://www.lclark.edu/offices/health_service/hospitals/)

Unity Center for Behavioral Health (503-944-8011) provides 24-hour behavioral and mental health emergency services.

We encourage students to check their insurance to be sure the provider they choose is covered.

OTHER INFORMATION

To improve the quality of care offered to you, our psychiatrists can view electronic medical records at the Health Service, but staff in the Health Service can only see 1) laboratory tests ordered by our psychiatrists, 2) medications prescribed by our psychiatrists, and 3) alerts that our psychiatrists have referred you to an off-campus provider. Health Service staff cannot see psychiatrists' clinical notes. To improve the quality of services, Dr. Powers and other Wellness staff (i.e., Health Service, Counseling, and Health Promotion) may exchange information related to your care if you are being treated in multiple clinics. Your consent is not required for this information exchange to occur. Staff in each of the Wellness clinics can view appointment schedules in all clinics.

If you are prescribed medication by our psychiatrists, you will be prescribed a sufficient supply to last until your next scheduled appointment.

In the event that you miss an appointment, you will need to contact our office to

arrange for a consultation with our psychiatrists before your medication runs out.

SIGNATURE

Please type your full name below to serve as your electronic signature. Your electronic signature indicates that you have read, understand and agree to the above conditions for services. A copy of this form will remain viewable in your Health Information Portal, and is available on the Counseling Service website under the "Forms" tab.

REVIEW OF SYSTEMS

- For new patients, established patients who may be having a new problem, or patients whom I haven't seen for a while, I need to update my records as to your general medical health.
- In each area, if you are not having any difficulties, please circle *No Problems*.
- If you are experiencing any of the symptoms listed, **PLEASE SELECT ALL THAT APPLY**. Please explain any that may not be listed.

Constitution (Health in General) No Problems Lack of energy / unexplained weight gain or weight loss / loss of appetite / fever / night sweats / pain in jaws when eating / scalp tenderness / prior diagnosis of cancer Other: _____

Ears, Nose, Mouth & Throat No Problems Difficulty with hearing / sinus problems / runny nose / post-nasal drip / ringing in ears / mouth sores / loose teeth / ear pain / nose bleeds / sore throat / facial pain or numbness Other: _____

Cardiovascular (Heart & Blood Vessels) No Problems Irregular heartbeat / racing heart / chest pains / swelling of feet or legs / pain in legs with walking Other: _____

Respiratory (Lungs & Breathing) No Problems Shortness of breath / night sweats / prolonged cough / wheezing / sputum production / prior tuberculosis / pleurisy / oxygen at home / coughing up blood / abnormal chest x-ray Other: _____

Gastrointestinal (Stomach & Intestines) No Problems Heartburn / constipation / diarrhea / intolerance to certain foods / abdominal pain / difficulty swallowing / nausea / vomiting / blood in stool / unexplained change in bowel habits / incontinence Other: _____

Genitourinary (Kidney & Bladder) No Problems Painful urination / frequent urination / urgency / prostate problems / bladder problems / impotence Other: _____

Musculoskeletal (Muscles, Bones, Joints) No Problems Joint pain / aching muscles / shoulder pain / swelling of joints / joint deformities / back pain Other: _____

Integumentary (Skin, Hair & Breast) No Problems Persistent rash / itching / new skin lesion / change in existing skin lesion / hair loss or increase / breast changes Other: _____

Neurological (Brain & Nerves) No Problems Frequent headaches / double vision / weakness / change in sensation / problems with walking or balance / dizziness / tremor / loss of consciousness / uncontrolled motions / episodes of visual loss Other: _____

Psychiatric (Mood & Thinking) No Problems Insomnia / irritability / depression / anxiety / recurrent bad thoughts / mood swings / hallucinations / compulsions Other: _____

Endocrine (Glands) No Problems Intolerance to heat or cold / menstrual irregularities / frequent hunger, urination, or thirst / changes in sex drive Other: _____

Hematological (Blood/Lymph) No Problems Easy bleeding / easy bruising / anemia / abnormal blood tests / leukemia / unexplained swollen areas Other: _____

Allergic/Immunological No Problems Seasonal allergies / hay fever symptoms / itching / frequent infections / exposure to HIV Other: _____
