

Psychiatry Services at Lewis & Clark College

Kara Powers, MD, licensed physician and board-certified psychiatrist, provides 10 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 often refer students who need regular, frequent medication management appointments to community resources. If at any point, our psychiatrist determines your needs exceed the resources available at the Student Counseling Center, she will offer you referrals off-campus. Initial evaluations are scheduled for 45 minutes; follow-up appointments are 20 minutes long.

Psychiatry is housed within the Student Counseling Center, and the psychiatrist will coordinate care with your Student Counseling Center provider.

FEES AND INSURANCE ISSUES

There is a fee of \$60 for a student's first assessment appointment with our psychiatrist. There is a fee of \$50 for subsequent appointments. All fees will be automatically charged 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. Your doctor will discuss possible issues resulting in repeated cancellations or no-shows, and will try to help with reasonable adjustments to scheduling. 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 psychiatrist, 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 download statements from the LC Health Information Portal. You must then submit this statement to your insurance to file a claim for possible reimbursement. Please let us know if you need information on how to file for reimbursement with the Lewis & Clark Student Health Insurance plan.

Our psychiatry fees are low compared to what you would pay in the community. If your private insurance provides limited mental health benefits, you may choose 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

Lewis & Clark College provides all enrolled students with access to a nursing consultation service for times when the Student Health and Counseling Centers are closed (and when our psychiatrist is not available). Should any medical crisis or medication concerns 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 Student Health Center website. (https://www.lclark.edu/offices/health_center/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 psychiatrist can view electronic medical records at the Student Health Center, but staff in the Student Health Center can only see 1) laboratory tests ordered by our psychiatrist, 2) medications prescribed by our psychiatrist, and 3) alerts that our psychiatrist has referred you to an off-campus provider. Health Center staff cannot see psychiatrist's clinical notes. To improve the quality of services, our psychiatrist may exchange information related to your care if you are being treated in the Health Center. Your consent is not required for this information exchange to occur, though our typical approach is to request your written authorization.

If you are prescribed medication by our psychiatrist, 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 psychiatrist 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 Student Counseling Center website under the "Forms" tab.

If you received this form in print, your signature below indicates that you have read, understand, and agree to the above conditions for services. A copy of this form is available on the Student Counseling Center website under the forms tab, and a printed copy will be provided upon request.

Signature

Date

REVIEW OF SYSTEMS

- If you are experiencing any of the symptoms listed, **PLEASE SELECT ALL THAT APPLY.** Please explain any that may not be listed.
- In each area, if you are not having any difficulties, please circle *No Problems*.

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: _____