General Informed Consent for Psychiatric Services at University Health Services (UHS)

This informed consent is intended as an educational tool and to open a dialog about treatment. All risks, benefits, and patient responsibilities are not covered in this consent.

UHS offers consultation and short term treatment to students in an integrated care model. If we are unable to meet your needs with the integrated care treatment model, or the frequency and duration of treatment exceeds the scope of our practice, then we will assist you in transferring into the community for further treatment.

A psychiatrist gives an opinion on diagnosis and treatment. Other psychiatrists may have a different opinion and the diagnosis may change over time as symptoms change over time. Often people get a second opinion from another doctor if the diagnosis is unclear. There is no definitive test to determine a diagnosis. There are no guarantees that treatment will be successful, but most people do get better. Your commitment to getting better is an important part of treatment.

It is your responsibility to provide accurate and complete information to your therapist and psychiatrist. Withholding information or providing inaccurate information can interfere with our ability to provide effective treatment. In some cases, omission or misrepresentation of information may result in termination of treatment and a referral into the community for further treatment.

In most cases, psychiatric treatment is recommended in conjunction with counseling or psychotherapy. It is important to attend appointments with both the psychiatrist and your counselor so that we can provide safe and effective treatment. Because your appointment time is reserved for you, missing appointments without giving notification results in our inability to offer that time to someone else. If we become unable to provide effective treatment due to missed appointments or lack of follow up, we will provide referrals into the community for further treatment.

Please be aware that a physician can only prescribe medication for patients who are currently in treatment. If you drop out of treatment, then your medication cannot be refilled. You may contact us to discuss resuming treatment, however further treatment is not assured. Scheduling an appointment after dropping out of treatment does not ensure further treatment.

Any medication may cause side effects. Most are minor, but some can be serious. It is important that you communicate to your therapist and doctor any new, unexpected, or concerning physical or mental changes. **If you are unable to reach the staff at UHS and have serious concerns, you should call CaPS On Call at 412-268-2922, the Resolve Crisis Center at 1-888-796-8226, or go to your nearest Emergency Department. Do not wait until your next appointment.**

If you are experiencing a serious or severe physical reaction to medication such as, but not limited to rash, fever, sores on mucous membranes, unstable temperature, rigid muscles, jerking movements, seizures, bleeding, or any other serious concern, then go to the emergency room immediately.
If you are having difficulty controlling suicidal thoughts, thoughts of harming others, agitation, psychosis, or otherwise feeling especially concerned about the way you are feeling, then do not wait until your next appointment. Call family, friends, or roommates for support and assistance. **Call CaPS On Call at 412-268-2922 to discuss what type of intervention is needed. You can also call the Resolve Crisis Center at 1-888-796-8226 or go to the nearest Emergency Department. If you need help immediately, call 911.**

Taking medication irregularly may cause side effects, worsening of symptoms, or withdrawal symptoms. Avoid skipping doses or taking extra medication. It is important to talk with your doctor before changing the dose of medication. Most often (unless there is a serious side effect), when starting or stopping medication, it is important to slowly change the dose over time to avoid side effects.

Some medications may be sedating (making you feel sleepy or medicated) or cause cognitive impairment (trouble thinking). It is important not to drive or operate tools/machinery if you are feeling sleepy or having trouble thinking due to medication or lack of sleep. It is important not to combine sedating medications with alcohol or other sedating medications. Medications in general may decrease tolerance to alcohol, so it is important to drink more slowly, if at all, until you know how the medication will affect you.

Use of illicit drugs and excessive alcohol use may be detrimental to physical and mental health. It is important to be honest about how much you are using so we can effectively help you get better.

(For Women) Medications can cause risks to a fetus if taken during pregnancy. If you are planning to get pregnant, it is important to talk to your doctor about these risks. If you unexpectedly become pregnant, it is important to see your doctor as soon as possible to discuss your options. Additionally, alcohol and illicit drugs should be avoided during pregnancy.

Documentation of a psychiatric or substance abuse disorder may lead to denial of health, disability, or life insurance. It may also interfere with obtaining a professional license or acceptance into an organization such as military service and the Peace Corp.

Mental Health professionals are mandated reporters of abuse to minor children. If you inform us of such abuse, we are obligated to inform authorities.

Medication refills will be given at the time of appointments. In some cases, refills may be called into a pharmacy but a follow up appointment must be scheduled before refills are authorized. Refills on medications may take up to 72 hours, so it is important to call ahead. Medications will not be refilled if a patient has not been seen in 3 months or longer or has not followed up in the recommended time frame.