



Information Sheet for Students Seeking or Receiving Psychiatric Medication

The Stone Center Counseling Service provides Psychiatric evaluation and medication management to currently enrolled students and can work with students to find off campus psychiatric prescribers as needed. There are limited resources for psychiatric prescribers at the counseling center thus many students are referred off campus when possible. If you and your counselor decide to consider how medication may be of help to you, your counselor may refer you to one of the Counseling Center's psychiatric providers or to the care coordinator for help with an off-campus referral. If you are seen on campus, your evaluation will consist of meetings with the psychiatrist or psychiatric nurse practitioner where you will discuss the issues that brought you to the Counseling Center, as well as the symptoms that you are experiencing. If the prescriber recommends medication, she/he will describe the expected course of treatment, risks and benefits of medication and the proper way to take your medication. She/he will also address any concerns or questions that you have. You will be expected to meet with your prescriber as frequently as is clinically necessary which may start as weekly or bimonthly visits. Over time, these meetings will likely transition to monthly visits. You will be expected to be seen at least every three months and if your last visit with a prescriber was greater than that you will likely be asked to schedule a new intake evaluation before we can resume prescribing. If you anticipate running out of medication, please contact the counseling center or your prescriber directly as we do not accept requests for refills from the pharmacy. While working with a prescriber you will be expected to remain in counseling sessions with your on or off campus therapist. It is essential that your prescriber has permission to collaborate with your therapist regarding your care. Your prescriber will also collaborate with Health services as necessary to provide the safest and most comprehensive care.

Summer Medication

The counseling service is closed during the summer and clinical providers are not available to meet with students during that time for medication management. However, ProtoCall and telephone on-call services remain available to you. You should discuss with your prescriber early in the spring semester how you will obtain your medication over the summer and who will manage your prescriptions during that time. For students who are taking the same medication with consistency, your prescriber may be comfortable giving you refills for the summer with a follow up in the fall. Your prescriber may recommend that you meet with your primary care doctor, or follow up with a psychiatrist or psychiatric nurse practitioner over the summer where you will be living.

Travel Abroad

If you are planning to travel abroad while at Wellesley and are on psychiatric medication you will need to discuss this with your prescriber as early as possible. Depending on the circumstances, your prescriber may be able to provide a prescription to cover some of your time abroad. This will only occur if the medication has been taken with consistency and is well tolerated. Your prescriber may ask you to locate a care provider abroad with whom you can communicate easily in case you need a medication refill or for any emergencies.

It is imperative that the student call their medical insurance plan to inquire what travel abroad or vacation coverage will be for their prescriptions and whether their insurance plan will cover additional months of medication to be taken abroad with them. More importantly, the student must also inquire into their travel abroad program, what medications are or are not allowed in that particular country and if there are clinical services abroad where they can obtain their medication without interruption.

Medication for ADHD

We strongly encourage you to continue to receive medication from your treating prescriber. If you are already being prescribed stimulant medication for ADHD, it will be necessary to bring a copy of supporting neuropsychological documentation and/or a letter with diagnosis and summary of treatment including active medication regimen. If continuing with a previous prescriber is not possible, a mental health prescriber in the counseling center will meet with you and use their discretion to prescribe medication based on their clinical assessment. Please review our [ADHD information sheet](#) detailing what is required for evaluation and management of ADHD at the Stone Center Counseling Service.

Other Controlled Substances

At times primary care physicians, psychiatrists or nurse practitioners may temporarily prescribe a time limited benzodiazepine. Benzodiazepines are controlled substances and are not routinely prescribed by providers at Health Services or the Stone Center. Please assure you are able to receive this time limited prescription from your home medical provider.

Outside Referrals

If you prefer to see a psychiatric provider in the community, we do NOT have a list of preferred providers. We recommend Thriving Campus, an online search platform for providers that have expertise working with college students which can be accessed [here](#). You could also request a list of in-network providers in MA from your insurance company or you may visit our [Student Portal](#) and schedule a time to meet with our Student Care Coordinator for assistance.