

## **Useful Information for Student Mental Health (SMH) Services** Brought to you by your student health reps (shprep@jhsphe.edu)

### ***Where do I go when I need help or want to make an appointment with SMH?***

Any of the following will get you an appointment with SMH:

- Contact the Student Assistance Plan (SAP) at 443-287-7000 or 443-997-3800 (<http://www.jhu.edu/~hr1/fasap/BSPHsap.html>). SAP offers brief counseling and/or referrals to other services, including SMH. You do not need a referral from SAP to contact SMH.
- Call SMH directly at 410-955-1892. Be aware that their phone is staffed part-time, but that someone will call you back if you leave a message, and that their voice mail does offer the option of contacting the on call psychiatry attending or resident or the SAP (depending on the hour) in case of urgent need.
- If you are experiencing a mental health emergency (i.e. suicidal/homicidal thoughts), you should go to the emergency room of the nearest hospital. In order to have the visit covered by EHP, you must contact the administrator within 48 hours of an inpatient admission (410-424-4485, 1-888-400-0091). Additional information on SAP or SMH is available via calling SAP or SMH or their webpage <http://www.hopkinsmedicine.org/Psychiatry/Clinical/studentmentalhealth.html>.
- Make an appointment with University Health Services (UHS). Please note that UHS will only give you the phone number to SMH, so going to them does not result in you getting an appointment with SMH any faster than calling SMH directly. You do not need a referral from UHS to contact SMH.

### ***How does billing work?***

- You have up to 8 free visits with SMH per calendar year (January 1 – December 31). For visits 9 -20, insurance covers 52% of “Reasonable and Customary” (R & C) charges, and from visits 21 and up, insurance covers 50% of the R & C charges. You are responsible for all other costs. During the 2005-2006 school year, the estimated cost of a one hour appointment (for visits 9-20) with a JHU resident is 52% of \$250, which is approximately \$130. A discount for services is possible, and it can be sizable, depending on the student’s income, etc.
- Psychiatric prescriptions are covered at the same rate as other prescriptions (20% copay). It may be a good idea to discuss whether a generic alternative is available, as generics tend to be considerably less expensive.

### ***What if I choose to see someone off-campus who takes EHP?***

- There are no free visits, and insurance covers 52% of R & C charges through 20 visits and then 50% afterwards. You are responsible for any remaining costs. Referrals are not necessary for insurance purposes, but you may choose to ask UHS, SAP, or SMH for the name of a provider in your area. Please note that some community providers will not accept EHP payment directly because of difficulties they have had with payment.

**What if I choose to see someone off campus who does not take EHP?**

- You will be required to pay the fees up front, but can be reimbursed at the same rates as an off-campus EHP provider. Forms for reimbursement are available in the Business Office. Be prepared to wait 2-3 months for reimbursement.

**What is the first SMH appointment like?**

- The first appointment is an intake (and *does* count as one of your 8 free visits). The person you meet with at the intake may or may not be the psychiatry resident you'll see for services. This psychiatry resident will ask you about your psychiatric history and your current problems or symptoms. S/he will assess your needs, discuss your history with an attending from SMH who will then meet with you and review aspects of your problem(s) and history. If you and SMH team agree, your resident will contact you to schedule an appointment. Although this may take a short period of time (from several days up to 1-2 weeks). If you haven't heard from your resident in a reasonable amount of time, contact SMH or the resident who first saw you. When you set up your first appointment with your resident, be sure to clarify where you should meet her/him. Is there a waiting area?

**Some suggestions for your first appointment with a resident:**

You may want to address some of the following issues with your resident:

- *Resident Info:* How long do they plan on providing services (1 or 2 years)? At the end of their residency, how will they assist in transitioning you to a new provider? Will s/he be taking public health courses? Would you be comfortable taking a course in which your psychiatrist is also a student? It may also be helpful to discuss what to do when you see him/her outside of your appointments (in the hospital, at the Daily Grind, at Northeast Market). Would you prefer that he/she acknowledges you or not?
- *Treatment Plan:* What is the resident's theoretical orientation/preferred treatment modality? How does this relate to your preferences? Is your doctor/resident aware of the 8 visit limit? Can they help you to see if you may be able to obtain a discount? Be sure to work this small number of visits into your treatment plan to avoid future large co-pays.
- *Phone Policy:* Is the resident comfortable giving you access to a means to contact them in case of an emergency outside of regular office hours? Can you call him/her to get prescription refills, or do you need to make an appointment?
- *Collaboration:* You may choose to research your diagnosis, medications, or other issues related to your treatment on scholarly search engines, such as PubMed. It may be a good idea to discuss this with your psychiatrist so that you can review the search results together in light of your particular situation, and so that he/she achieves a better understanding of your knowledge level and can tailor her/his conversations with you accordingly.