



Policy/Procedure Title: Mental/Behavioral Health Services: (CORE)
Effective: 12/12/2017
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Purpose: The purpose of this policy is to provide its learners with confidential access to an effective system of counseling and mental healthcare. A mental health representative must be accessible 24 hours a day, 365 days a year, from all locations where students receive education from the University of the Incarnate Word School of Osteopathic Medicine.

Scope: UIWSOM **COCA Element:** 9.8

Description: The University of the Incarnate Word School of Osteopathic Medicine (UIWSOM) dedicated to providing a holistic support to balance personal well-being to promote learner excellence, academic, personal and professional development.

The ever-challenging demands of growth, change, and the expanding horizons of transformational learning are stressful, and often require an adjustment of attitudes and coping skills. Behavioral health through access to care, coaching, workshops, individual and couples counseling, group counseling, crisis intervention, and targeted assessment provide strong support for learner success.

UIWSOM learners will have access prevention, and intervention to confidential resources for behavioral healthcare services on a “24/7” basis.

Primary goal(s)

A. Wellness

1. To emphasize personal holistic wellness in attending to the mind, body, and spirit. With the physical and emotional demands of this program, positive well-being and good health habits are vital to influence a learner’s academic performance, emotional adjustment, and being prepared for their future professional functioning.
2. Positively impact learner functioning and provide access to services and resources at all learning locations, to better prepare learners to address their health and attend to their well-being.
3. Providing services for the learners in different areas of wellness that include: mental, emotional, social, physical activity, sleep hygiene, and nutrition.

B. Treatment of Students by Faculty

Healthcare providers of psychological/psychiatric care and records will have no role in evaluation or progression of osteopathic medical learners throughout their academic curriculum.

C. Privacy

1. All student personal healthcare records will be protected by the Family Educational Record and Privacy Act (FERPA) and Health Insurance Portability and Accountability Act (HIPAA). Again, all healthcare providers of sensitive medical or psychological/psychiatric care and records will have no role in evaluation or progression of medical students through their academic

curriculum, to ensure the strictest standards of patient privacy and confidentiality, without concern for adverse consequences or repercussion.

2. All applicable Federal and Texas State laws regarding privacy of learner health and all records are private according to HIPAA and FERPA.
- D. HIPAA: The major goal of the Privacy Rule is to assure that individuals' health information is properly protected while allowing the flow of health information needed to provide and promote high quality health care and to protect the public's health and well-being. The Rule strikes a balance that permits important uses of information, while protecting the privacy of people who seek care and healing.

Access to Care

- A. Learners may receive private and confidential behavioral health care from the numerous psychological/psychiatric care facilities throughout San Antonio and the affiliated core rotation sites (e.g. Laredo or San Angelo/Abilene/Brownwood).
- B. Learners have access to 24/7 resources for supportive care and treatment.
- C. Learners have access to support for substance abuse
- D. Learners have access to Federal Title IX support.

Locations/Facilities for Access to Behavioral Health Care

A. San Antonio- Psychology

a. UIWSOM

- i. Access to confidential counseling with a dedicated UIWSOM psychologist available regularly on the Brooks campus. Services include, coaching, individual and couples counseling, crisis intervention, and targeted assessment.
- ii. At their choosing, learners are also seen at the Broadway campus to enhance confidentiality.

b. Off campus Counseling

Providers with Consolidated Health Plans

<https://www.multiplan.com/search/search-4.cfm?originator=84453>

CommuniCare with access for both counseling and psychiatric services without a fee.

B. San Antonio-Psychiatry

a. Out patient

- i. Individual referral from Health Services to in network psychiatrist's as part of Student Health Plan with Consolidated Health Plans (CHP).
 1. <https://www.multiplan.com/search/search-4.cfm?originator=84453>
- ii. Crisis Intervention
 1. 24/7 hot line for suicide prevention on Behavioral Health site
 2. 24/7 interactive site: <http://site134.isptestsites.com>

b. Inpatient

- i. University Health System

<https://www.universityhealthsystem.com/services/behavioral-health>

C. Laredo

- a. Psychology and Psychiatry <https://www.multiplan.com/search/search-4.cfm?originator=84493>

- D. San Angelo/Abilene/Brownwood <https://www.shannonhealth.com/services/behavioral-health.aspx>

The Texas Physician Health Program (TXPHP)

- A. A non-profit organization which protects the health of Texans and promotes medical excellence by serving physicians, physician-in-training (including medical students), and others affected by substance use disorders (SUD), physical illnesses and impairment, and/or psychiatric conditions.
- B. TXPHP fulfills this mission by providing education, recognition, and assistance in diagnosis and treatment for physicians, physicians in training, and others “through a recovery program adapted and monitored according to their specific needs.”
<http://www.txphp.state.tx.us/>
- C. TXPHP functions in cooperation with existing entities within the Texas Medical Association, the Texas Osteopathic Medical Association, and others who currently interact with the potential participant population.

Resources

- a) Behavioral Health and Wellness:
 - i) <http://www.uiw.edu/counseling/index.html>
 - ii) http://www.uiw.edu/som/student_affairs/counseling_services.html
- b) Health Insurance: Consolidated Health Plan
 - i) <https://studentinsurance.com/Schools/default.aspx?Id=948>
- c) Facilities Access from all locations with learners (CHP/Multiplan Network)
 - i) <https://www.multiplan.com/search/search-3-Facility.cfm?originator=84493>

Responsible Office:	Office of Medical and Interprofessional Education
Compliance Assurance:	UIW Health Services Office of Student Affairs
Approved by:	SOM Leadership Council
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