



University of Pikeville
Kentucky College of Osteopathic Medicine
Office of the Dean

Mental Health Services

Policy Contact: Student Affairs, Kentucky College of Osteopathic Medicine
Policy Category: Administration
Policy Number: 9.8
Review: Annually

Purpose

University of Pikeville - Kentucky College of Osteopathic Medicine (KYCOM) provides its students, faculty, and staff with confidential access to an effective system of professional mental health care and support. Access to mental health services must be accessible 24 hours a day, 365 days a year, from all locations where students receive their education from KYCOM.

Policy Statement

Mental health services are available to students of the University of Pikeville – Kentucky College of Osteopathic Medicine (KYCOM) 24 hours a day, 365 days a year from all locations via the Humana Student Assistance Program.

- Online at <http://www.humana.com/sap> (username: bears02, password: upike)
- Or by telephone: 1-855-270-3349

Additional in-person, short-term mental health counseling is available to all students, faculty, and staff at the University of Pikeville – Kentucky College of Osteopathic Medicine through the THRIVE Counseling Center. To schedule appointments: online <https://www.upike.edu/undergraduate/student-affairs/counseling-center/>; email Counseling@upike.edu; or telephone 606-218-HELP(4357)

Services provided by licensed therapists are as follows:

- Individual, couples, and group counseling, as well as referral and consultation services.
- All services are provided free of charge to UPIKE-KYCOM students, faculty, and staff.
- Typical counseling sessions usually last between 45-60 minutes. Special sessions may be scheduled on an as-needed basis, as recommended by the counselor.

General Disclaimer:

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- Assistance in locating additional resources and services available on campus or in the community that meet the specific needs of the patient.
- Educational workshops and wellness programs that enhance skill development and personal growth. Examples include, but are not limited to: anxiety reduction, stress management, and wellness.
- Personal counseling services and medical records are strictly confidential, notwithstanding any limitations to confidentiality as mandated by law or professional ethical code. Said limitations will be disclosed by the counselor at the time services are rendered.
- Academic records of the student shall not contain information regarding counseling services.

Mandated Referral: Confidentiality applies for all students, faculty, and staff regardless of whether they have been mandated for an assessment or counseling. If a student has been mandated to counseling, they will be asked to sign a release allowing the THRIVE Counseling Center to report treatment compliance to the appropriate referring person.

Exceptions to confidentiality: Students, faculty, and staff rights to confidentiality do not apply in the following situations:

- Reports of suicidal ideations with intent to follow through;
- Reports of homicidal thoughts with intent to follow through;
- Reports or suspicion of child abuse or neglect;
- Any state of grave disability.

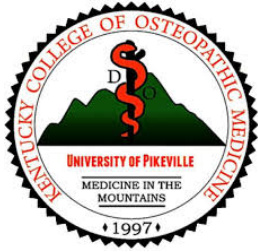
Procedures

Mental health professionals will:

- Respond to all inquires and reach out to all students, faculty, and staff whom may need services.
- Collaborate with Student Affairs and Human Resources to ensure that resources are known and available to all students, faculty, and staff. This includes: access to the Humana Student Assistance Program and the THRIVE Counseling Center (normal hours of operation are Monday through Friday 8:00 a.m. to 5:00 p.m. with after-hours appointments available as needed).
- Maintain confidentiality
- Maintain confidential counseling records that shall not be released without specific written permission (*please note exceptions to confidentiality above*). Counseling records will be destroyed six years after the final session, but not before the student graduates or separates from the university.

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Spiritual Direction

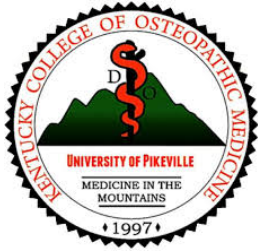
The University of Pikeville – Kentucky College of Osteopathic Medicine students, faculty, and staff may seek spiritual guidance and direction from the University Chaplain. Spiritual life at UPIKE-KYCOM is accessible, confidential, and free to all members of the campus community. Spiritual life activities and programs may be individual or small group. Appointments with the University Chaplain may be made online <https://www.upike.edu/undergraduate/student-affairs/spiritual-life/>; via email RobertMusick@upike.edu; or via telephone 606-218-5762.

Additional Mental Health Supports for KYCOM Students

- In addition to the services listed herein, KYCOM offers curriculum during the didactic years. Topics are varied and include but are not limited to resiliency, physician substance abuse, physician suicide and prevention, depression in medical students, trauma, compassion fatigue, and leadership.
- **KYCOM Mental Health Committee:** This committee is led by the KYCOM Student Government Association Mental Empowerment Directive (MED) Chair. The committee seeks to coordinate events, wellness initiatives, and promotes health and wellness among the student body of KYCOM.
- **KYCOM Mental Health Wellness Hub:** This Canvas course is open to all KYCOM students and offers resources that promote overall health and wellness.
- **Graduate and Health Professions CARE Team:** The University of Pikeville maintains a CARE Network (Crisis – Assessment – Referral – Evaluation) that provides guidance and assistance to students that are experiencing crisis, displaying odd or unusual behaviors, or engaging in other behaviors that may be perceived as being harmful to oneself or others. Reporting form: https://cm.maxient.com/reportingform.php?UnivofPikeville&layout_id=2

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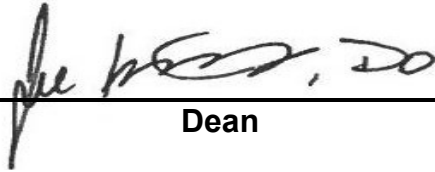
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Related References, Policies, Procedures, Forms and Appendices

- [KYCOM Student Handbook](#)
- [UPIKE Graduate and Health Professions Student Affairs website](#)
- [Humana Mental Health Services](#)
- [Spiritual Life](#)
- [THRIVE Counseling Center](#)



Dean

November 19, 2021

Last Approved Date

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