



**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:** 5.3-1(d)  
**Review:** Annually

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**Purpose**

University of Pikeville - Kentucky College of Osteopathic Medicine (KYCOM) provides its students 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

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**Policy Statement**

Confidential mental health services are available to all students of the University of Pikeville – Kentucky College of Osteopathic Medicine 24 hours a day, 365 days a year from all locations via the UWill Digital Mental Health Support and Kooth Digital Mental Health Support. Directions for accessing these services may be found at <https://www.upike.edu/undergraduate/student-affairs/counseling-center/>.

Additional in-person, short-term mental health counseling is available to all students 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](mailto:Counseling@upike.edu); or telephone 606-218-HELP(4357)  
Services provided by licensed counselors 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.



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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 regardless of whether the student has 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 student inquiries and reach out to students who may need services
- Work with Student Affairs to ensure that resources are known and available to students.
- 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 students, faculty, and staff. 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](mailto:RobertMusick@upike.edu); or via telephone 606-218-5762.

Any feedback regarding experiences or concerns related to this policy, may be made to the Assistant Dean of Student Affairs ([ghpsa@upike.edu](mailto:ghpsa@upike.edu) or 606-218-5530).

### Additional Mental Health Supports for KYCOM Students

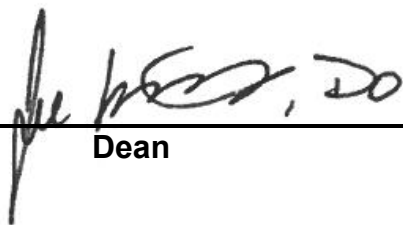
- In addition to the services listed herein, KYCOM offers curriculum during the didactic years. Topics are varied and include but are not limited to resiliency, physician substance abuse, physician suicide and prevention, depression in medical students, trauma, compassion fatigue, and leadership.
- **KYCOM 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.
- **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](https://cm.maxient.com/reportingform.php?UnivofPikeville&layout_id=2)



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**Related References, Policies, Procedures, Forms and Appendices**

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

  
\_\_\_\_\_  
Dean

April 24, 2025  
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Approval Date

*General Disclaimer:*

*The information available is not to be treated as a contract, but rather a unilateral statement of policy. The university reserves the right to revoke, modify or suspend any of its policies and procedures at any time without notice.*