



TRANSITION OF CARE

A GUIDE FOR STUDENTS TRANSITIONING MENTAL HEALTH CARE INTO UHCL

If you received treatment for a mental health condition prior to attending UHCL, there are several things you can do to continue to stay healthy while transitioning into college.

Learn About Resources

The University of Houston - Clear Lake Counseling and Mental Health Center [website](#) is the place to start.

Our Services

- Individual, Group and Couples Therapy
- Crisis Intervention
- Self-directed services
- Mind Spa and Biofeedback room access



<http://www.uhcl.edu/cmhc>

UHCL STUDENTS HAVE ACCESS TO:

ACCESSIBILITY SUPPORT CENTER

If you think you might need accommodations or other support services while participating in academics and campus life, visit the Accessibility Support Center [website](#) for more information.

CAPT. WENDELL M. WILSON VETERAN & MILITARY RESOURCE CENTER

The Office of Capt. Wendell M. Wilson Veteran and Military resource center offers help, advice, educational support and career counseling for veterans transitioning to civilian life. Visit the Office of Capt. Wendell M. Wilson Veteran and Military Resource Center [website](#) for more information.

HOW TO PREPARE

KNOW YOUR CARE PLAN

Learn the details of your condition and treatment so you can advocate for yourself. Talk to your family and care providers to gather important information. Here are some key things that you will need to be able to talk about in your upcoming appointment:

GENERAL THINGS TO KNOW

- The name of your condition
- The challenges or symptoms you experience (e.g. anxiety, loss of motivation, poor sleep)
- How these experiences affect your life
- The treatment you are receiving (group therapy, medications, etc.)
- Be able to describe your reactions and responses to your treatment (what has been helpful and what has not)
- Names and contact information of your treatment providers
- A picture or copy of your insurance card

THINGS TO KNOW IF YOU TAKE MEDICATION

- Name of your medication(s)
- Dosage/Frequency of your medication
- When you are supposed to take your medications (mornings, bedtime, or with food)
- Be able to describe how medication makes you feel
- Be able to describe any side effects or problems you had with medication (current and/or past)
- It's also helpful to have your medication history available: What did you used to take? Why was it changed?
- Have you experienced negative reactions to medications?

University of Houston - Clear Lake
Counseling and Mental
Health Center
2700 Bay Area Boulevard | SSCB 3.103
Houston, Texas 77058 - 1002
Contact us:
Monday 9 a.m. - 5 p.m.
Tuesday - Friday 8 a.m. - 5 p.m.
☎ 281.283.2580
✉ cmhc@uhcl.edu

Services are available in person and via telehealth.

All counseling is confidential, and most services are free.

Any individual requiring an accommodation in order to participate in this event or utilize these services will need to contact the Counseling and Mental Health Center at 281.283.2580 in advance.

UHCL

Counseling and Mental Health Center

SSCB 3.103 | 281.283.2580 | www.uhcl.edu/cmhc

Managing Your Care

There are **two** options for managing your care while you are at UHCL

OPTION A: Continue Care with Existing Provider Off Campus

This option might be best if you will be able to schedule and keep regular appointments with your treatment team and you are comfortable working with them.

Questions to consider with your parents/guardians and/or treatment team:

- Will you be too far from your current provider?
- Will phone calls and infrequent face-to-face visits be sufficient?
- If you take medications, how will you get them?
- How will you share information between your existing clinician and any campus-based providers?

Even if you choose this option, you may still want to connect with **UHCL CMHC** and **Accessibility Services** because they can help with urgent needs, academic accommodations, or planning a specific transition to college experience.

If you are a student requiring one-on-one therapy, the center collaborates with community providers who offer a range of expertise and accept a variety of insurance plans.

Questions to consider:

- Are off-campus clinician referrals affordable and/or do they accept your insurance?
- Can you and/or you and your family meet the off-campus clinician before you transition to UHCL so you can set up a plan in advance?
- Do you and/or your family have adequate funds to pay for your deductible, co-pays, or other expenses related to your care?

Integrate Your Treatment and Education Plan

- Meet with your providers and reach an agreement about specific parameters of your care (who is following your care, how will changes in treatment be handled, etc.).
- Know how to describe your prior care, current needs, and medications.
- Have your treatment records sent to the offices with whom you will be working. Make sure these records are up to date.
- Share and regularly update your documentation with **Accessibility Services**.
- Know what medical insurance you have and how to use it.

OPTION B: University of Houston - Clear Lake Counseling and Mental Health Center

This option makes sense for those seeking short term individual therapy services. Many students have their therapy needs met within 15 sessions. If a student needs to extend their services at CMHC they should speak with their clinician.

Questions to consider:

- Will short term therapy visits provide your needed support?
- What is your existing mental health care team's professional opinion on you receiving short term individual therapy?
- Would workshops or group therapy meet your treatment needs?



There are several unlimited CMHC services available to enrolled students including therapy groups, self-directed apps, and workshops. If long term individual counseling is needed, we can assist students to find a provider within the community. Please call our office at **281-283-2580** to discuss your options.

Coordination is Key

To set yourself up for college success it's helpful to integrate your treatment and your education goals. If you had accommodations at school, these will not automatically transfer to college. If you think you will need accommodations at college, it's helpful to bring a copy of your IEP or 504 plan with you when you meet with **Accessibility Services**. If you're not sure if you had an IEP, ask your parent or guardian.

Be Prepared for Crisis

Even if it may never happen, it's important to be prepared in case you have a setback or mental health crisis.

Know Where To Get Emergency Help


WHAT DOES A CRISIS LOOK LIKE?

Examples of a crisis include:

- Suicidal or homicidal thoughts or impulses.
- Hearing voices or otherwise misperceiving reality.
- Overwhelming loss, such a death in the family.
- Sexual or physical assault.



 In a life threatening emergency, always call **UHCL Police Department** at **281-283-2222** or **9-1-1**

 In a mental health emergency, come to **UHCL Counseling and Mental Health Center** in SSCB 3.103 or call **281-283-2580**. Press option 2 to speak with our crisis line outside of business hours.

- Make sure your support circle such as family or friends know what to do in case of an emergency and keep your emergency contact information current.
- Clinical services at **UHCL Counseling and Mental Health Center** are confidential. If you want to give permission to someone about your treatment or care plan, a release of information is required.

24-Hour Crisis Lines

- Crisis Textline
Text HOME to 741741
988
- National Suicide Prevention Lifeline
Same as above, Press 1
1-888-628-9454
- Veteran Crisis Line
TTY – Dial 800-799-4889
713-529-0037
- Spanish Suicide Prevention Lifeline
1-877-330-6366
- Deaf/Hard of Hearing Lifeline
1-866-488-7386
- Gay & Lesbian Switchboard Houston
Text START to 678678
1-800-799-7233
- Trans Lifeline
1-800-656-4673
- The Trevor Project
1-800-985-5990
- Trevor Textline
Text TalkWithUs to 66746
- National Domestic Violence Hotline
- National Sexual Assault Hotline
- Disaster Distress Helpline
- Disaster Distress Textline

TRANSITION OF CARE INCOMING NEW CLIENT

PERSONAL INFORMATION

Name: Currently enrolled Student Yes No

Student Number:

Phone Number: _____ Email: _____

GENERAL INFORMATION

IN THE LAST 3 YEARS HAVE YOU BE SEEN BY A THERAPIST OR PSYCHIATRIC PROVIDER? Yes No

If Yes: _____

Name and Title/ Practice	Phone Number
_____	_____
_____	_____
_____	_____

IN THE LAST 3 YEARS HAVE YOU BEEN DIAGNOSED BY A MEDICAL DOCTOR OR PSYCHIATRIC PROVIDER? Yes No

If Yes: _____ Date of Diagnosis: _____

Diagnosis	Date of Diagnosis
_____	_____
_____	_____

ARE YOU CURRENTLY PRESCRIBED MEDICATIONS? Yes No

If Yes: _____

Name of Medication	Dosage	Frequency Taken
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

OFFICE USE ONLY

CLIENT SIGNED RELEASE OF INFORMATION FOR OUTSIDE PROVIDERS:

Yes No N/A