



Maintaining your Medical and Mental Health Care While at Landmark College*

Welcome to Landmark College! We're so glad that you have made the decision to live in community with us. We have developed this Maintaining Your Mental Health Care Guide* to make your move from both high school and home, or other college, as smooth as possible. If you have previously received treatment for a mental health condition, there are several things you can do to continue to stay healthy throughout college. As you review this guidance, it's also helpful to remember that it can also be applied to other chronic or ongoing medical conditions.

Landmark College has a number of resources to support students' well-being on campus. These will be reviewed in this brochure, as well as other tips for maintaining your personal care team while away from home. Students must engage clinicians on campus to support their well-being. They must be willing to advocate for their mental health and medical needs with health care professionals just like when they are at home. We find that students who access routine mental health and medical care tend to avoid the hiccoughs of transitioning to college and maturing into self-care patterns that support their well-being.

LANDMARK COLLEGE RESOURCES FOR HEALTH, WELLNESS AND ACADEMIC SUCCESS

At Landmark College, understanding who you are, what you value, what you stand for, and who you want to become is central to your educational experience. At Landmark, you get to bring forward and develop every strength, talent, and ambition you have within yourself. You will find your direction and develop your confidence to reach your goals.

Creating a supportive community so that students who learn differently can flourish is just one of the ways [Landmark College differs from traditional colleges](#).

You have many resources at your disposal, all of which are generally free of charge and included in your tuition package.

Health, Counseling, and Wellness Services

The goal of the Landmark College [Health, Counseling, and Wellness staff](#) is to support and enhance the health and wellness of the Landmark College community. We offer high quality care to our students, as well as training and consultation to the College community. Our Health Services and Counseling Services departments work closely together to create a welcoming environment for students in which they can feel safe asking difficult questions and explore new avenues of success.

Health Services is staffed with a full-time nurse practitioner who can prescribe and help maintain your treatment plan while you are at LC. He works in collaboration with student's home provider teams as well as the Counseling Service staff. Jeff Huyett, APRN, is skilled in working with students with chronic medical and mental health conditions. He can prescribe controlled substances, which can assist students with staying on their care plan if a home provider cannot continue to prescribe for their student while on campus. This nurse practitioner is not a psychiatric nurse practitioner but can help maintain your psychiatric plan if you are stable. *Your provider should send a treatment/referral note to Jeff Huyett, APRN, if he needs to pick up prescribing for you.*

Dawn Prouty, RN-C, is a highly experienced psychiatric nurse specialist who can help college students with symptom management, medication side effects and interactions, and other health-related issues.

Counseling appointments at LC are unlimited visits as deemed necessary by the student and their counselor—typically weekly.

Health and counseling services are free to all students attending Landmark College. Charges for vaccines, prescriptions, flu shots, or hard goods such as knee, wrist, or ankle immobilizers or splints may be incurred. These charges will be billed to tuition accounts.

Consulting psychiatry services are fee-for-service local providers who have private practices. These clinicians work at local referral sources for our students and can bill many insurances, including the “student plan” offered through Landmark.

Landmark College Health Services doesn’t have a pharmacy on-site. So, students and families need to plan how to access pharmacy services while on campus. Many pharmacies are on our local shuttle route, so students can travel to pick up medications at pharmacies like Walgreens on Putney Road or Canal Street in Brattleboro, Walmart in Hinsdale, NH, or CVS on West Street in Keene, NH. You should contact any of these pharmacies to inquire if they would carry your medications. You can set up an account with any of these pharmacies, and your prescriber can send prescriptions to them for students to pick up. We recommend contacting your insurance provider to see if they offer mail-order pharmacy services, which would provide medications through shipping, even stimulants. Landmark College Student Affairs office can provide limited medication pick-up for medications paid for through CVS on West Street in Keene, NH.

Taking Control of Your Care Plan:

As you prepare to come to Landmark College, talk to your family and care providers. Take as many notes as you need and organize them in a way that makes you feel comfortable. Focus on the following steps to inform yourself.

IN GENERAL

- Know the name of your condition
- Be able to describe the problems or symptoms you have (e.g. anxiety, difficulty concentrating, poor sleep)
- Be able to describe how these problems affect your life
- Be able to describe the treatment you’re receiving (group therapy, medication)
- Be able to describe your reactions and responses to your treatment (what’s been helpful and what hasn’t)
- Have the names and contact information of your treatment providers

IF YOU TAKE MEDICATION

- Know the name of your medication(s). **Keep a list of the names and doses of your medications handy on your phone.**
- Know the dosage of your medication
- Know when you take your medication (mornings, bedtime)
- Begin to take responsibility for taking your medication (ask a parent or guardian to supervise you at first)
- Be able to describe how medication makes you feel
- Be able to describe any side effects or problems you’ve had with medicine (current and/or past)
- It’s also helpful to have your medication history available: what did you used to take? Why was it changed?
- Know whether your home prescriber is comfortable to continue prescribing medications while you are away.
- If that prescriber cannot continue refilling your medications, start planning how to get these

medications prescribed and where they will be refilled. Your provider can send Jeff Huyett a referral to maintain your medication plan. He is not a psychiatric provider but can work in tandem with your psychiatric provider with a referral.

Before You Leave for Landmark College

Use the information below to help you decide whether to continue with your clinician from home, transfer your care to the school's counseling center, or work with an off-campus clinician.

Option A: CONTINUE YOUR CARE WITH YOUR CLINICIAN(S) BACK HOME

- You and your family should discuss with your care team whether this is an option
- Things to consider include:
 - Will your clinician use telehealth while you're away at college?
 - Will phone calls and infrequent face-to-face visits be sufficient?
 - If you take medication, how will you get it? Who will prescribe it?
 - This is true for your medically-focused care, too.
- Vermont continues to allow cross-state telehealth, maintaining pandemic era regulations but ONLY for therapists and nurse practitioners.
- The Drug Enforcement Agency (DEA) continues pandemic-era regulations regarding cross-state prescriptions for controlled substances, including stimulants, to treat ADHD until December 2025.
- Even if you choose this option, you will still want to have a connection with the **Counseling and Health Services offices** because
 - You might have an urgent need that they can help with
 - You may need them to help with academic accommodations or planning your specific transition to college experience
 - There should be an arrangement to share information between your home clinician and campus-based provider as needed.

This option might be best for you if: You have a complicated problem, are very comfortable working with your current treatment team, and are available/convenient to be in regular contact.

OPTION B: LANDMARK COLLEGE HEALTH AND COUNSELING SERVICES

- This option makes sense if you require face-to-face visits
- If you require more on-site guidance and direction
- You should make sure that your treatment team from home has shared necessary information and records with Health and Counseling clinicians
- Complete the Landmark Colleges Health Services Health History Form and have your home medical and psychiatric providers share treatment guidance and recommendations with the Landmark College nurses and counselors. Your prescriber should send Jeff Huyett, APRN, a referral to maintain your prescription medications.

This option might be best for you if: Counseling Services is able to provide ongoing care and has the full range of services you need or if you need only intermittent visits (make sure your home treatment team is ok with this)

OPTION C: OFF-CAMPUS CLINICIAN NEAR THE SCHOOL

- The campus counseling center should be able to help with referral suggestions that fit your clinical needs
- Make sure you have insurance and/or adequate funds to pay for this private care
- Many times, local clinicians will see students at reduced rates or will be participants in the school-sponsored insurance program. Make sure clinician referrals you see are affordable and/or accept your insurance
- Make sure there is an adequate handoff of clinical information (see below) between your home clinician and your new local clinician
- If you choose to keep in touch with your clinician from home for advice, you should all work out parameters for communication with your home clinician and your new clinician.
- Even if you obtain care off campus, you should still establish relationships with the campus **Counseling and Health Services** in case of emergencies.
- If possible, you and your family can try to meet the off-campus clinician before going to school and have a plan set up in advance.
 - Transportation is limited to off-campus appointments. You will need to schedule when shuttles go to town or use the Landmark Student Affairs driver to get you to appointments. It's best if you have your own vehicle.

This is the best option if: You need long-term and regular face-to-face visits and you do not want to use **Landmark College Counseling and Health Services**.

SOME KEY THINGS TO DO REGARDLESS OF THE OPTION YOU CHOOSE:

- Make sure everyone involved is clear on all the details for your follow-up care.
- Make sure there is agreement all around about specific parameters of care such as: how often, who is the lead clinician, how changes in treatment will be handled, etc.
- Make sure a communications plan is agreed to and clearly spelled out
- Make sure proper **releases of information** are filed with necessary clinicians and offices. Be specific about when, under what circumstances, and how information will be shared in the event of a problem or emergency. These should also lay out when family or other guardians will be contacted.
- Make sure everyone knows what to do in case of an emergency.
- In addition to general communication, there should be a clearly written plan for managing crises should they emerge. Who will make clinical decisions, who is the primary family contact, and when should they be called? Should all be agreed upon. These plans are called **advance directives**, and you can read about them by [clicking here](#)*
- Make sure you know how to describe your prior care, current needs, medications, and that your records are sent at least to the offices and clinicians with whom you'll be working.
- Make sure necessary documentation is shared with the disabilities office on campus.
- Make sure to know what insurance you have and how to use it.

- Put campus emergency numbers in your phone: Campus Safety 802-387-6899, Health and Counseling 802-387-1636; Resident Dean On-Duty 802-387-6781. Also, add Crisis Text Line (741 741) to your phone.

AFTER YOU HAVE BEEN IN COLLEGE FOR A WHILE

WHAT YOU CAN DO:

Check in with your family and care providers and discuss whether the plan has been working well for you and everyone else in your treatment/care network. Be open to discussing any adjustments you think might be needed. You can revisit this tool and use it as a guide to pinpointing what, if anything, needs to change.

Managing your healthcare is an important part of growing up and attending college. While this tool is focused on mental health care, it can also be applied to guidance around the transfer of general medical care for chronic medical conditions.

If you take an active role in managing your care, you can do a lot to stay healthy and promote your success in school.

ALL STUDENTS MUST HAVE INSURANCE VALID FOR USE IN VERMONT

All new and returning students will be automatically billed for and enrolled in the [Student Health Insurance Plan](#) unless they have other comparable coverage AND complete the Online Decision Form to decline the insurance.

Health Services and Counseling Services are located on the 2nd floor of the Strauch Family Student Center.

Health Services Hours

Monday, Tuesday, Wednesday, and Friday, 9 a.m. – 4 p.m.

Thursdays 1 p.m.-7 p.m.

It is BEST to make an appointment. Walk-in hours are offered each weekday from 2 p.m.-4 p.m.

Counseling Services Hours

Monday – Friday, 9 a.m. – 5 p.m.

To make an appointment for Health Services or Counseling Services, contact Cindy Brown between 8 a.m. and 4 p.m. at (802) 387-1636 or healthservices@landmark.edu, or drop by the office.

LIVING WELL



YOUR
BODY
MIND
SPIRIT

*Adapted with permission from The Jed Foundation's Transition of Care Guide. The Jed Foundation (JED) is a nonprofit that exists to protect emotional health and prevent suicide for our nation's teens and young adults. The Transition of Care Guide was developed as part of Set to Go, a JED program that helps high school students prepare to transition to college and life after high school.

This is the first version of this brochure, and we welcome your feedback. jeffhuyett@landmark.edu