



American University of the Caribbean School of Medicine





Welcome Note

Welcome to American University of the Caribbean School of Medicine (AUC)! We're so glad that you have made the decision to live on Sint Maarten. We have developed this Transition of Care Guide* to make your move from your home to the island of Sint Maarten 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 your journey in medical school. As you review this guidance, it's also helpful to remember that many aspects can also be applied to other chronic or ongoing medical conditions.



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Transition of Care Guide: Summary Page

If...	What should I do?	Campus Resources to Contact
I'm currently seeing a therapist for a mental health/substance use disorder.	<ul style="list-style-type: none"> • Know the name of your condition(s). • Be able to describe the problems or symptoms, triggers or risk factors, and past treatment received. • Have the names and contact information of your treatment provider(s). • Choose the best treatment approach for you: <ul style="list-style-type: none"> - OPTION A: AUC Wellness Counseling Center. This option might be best for you if you need only intermittent visits. - OPTION B: Off-Campus Clinician Near AUC. This option might be best for you if you need long-term and regular face-to-face visits and you have the resources to seek services off campus. - OPTION C: Continue Care with Clinician(s) From Back Home. This option might be best for you if you are addressing a concern that needs a specific type of treatment and/or and are very comfortable working with your current treatment team, and it is convenient to be in regular contact. 	AUC Wellness Counseling Center Make an appointment during the first weeks of classes: <ul style="list-style-type: none"> • Call: 721-545-2298 • Email: sxmwellness@aucmed.edu • Come by: Building 1
I used to see a therapist for a mental health/substance use disorder.	<ul style="list-style-type: none"> • Know the name and dosage of your medication(s). • Know how frequently you take your medication(s). • Talk to your current physician about your upcoming move and future treatment and prescribing. • If you are taking stimulant-based medication(s), stimulants are limited on the island. Consult with your current physician on receiving three months' worth of medication to bring with you. <ul style="list-style-type: none"> • Or, consider switching to an alternative. 	Make an appointment with the AUC Wellness Counseling Center , if symptoms (new or old) arise.
I'm currently taking psychiatric medication.	<ul style="list-style-type: none"> • Know the name and dosage of your medication(s). • Know how frequently you take your medication(s). • Talk to your current physician about your upcoming move and future treatment and prescribing. • If you are taking stimulant-based medication(s), stimulants are limited on the island. Consult with your current physician on receiving three months' worth of medication to bring with you. <ul style="list-style-type: none"> • Or, consider switching to an alternative. 	AUC Wellness Counseling Center Contact us for questions: <ul style="list-style-type: none"> • Call: 721-545-2298 • Email: sxmwellness@aucmed.edu
I previously had an IEP/504 Plan or Disability Services Plan in college and/or high school.	<ul style="list-style-type: none"> • Bring a copy of your Psychological Evaluation. <ul style="list-style-type: none"> ◦ If you did not have one completed, complete one before coming. • Be able to simply describe what problems are being addressed and goals of your IEP. • Bring a copy of your IEP or 504-Plan and/or previous Collegiate Disability Accommodations Plan to help them have a better idea of what your goals and accommodations were previously. 	<ul style="list-style-type: none"> • To start, contact the Asst. Dean of Student Affairs – Dr. Scott Rinker at: SRinker@aucmed.edu • Academic Support Services – Dr. Valarie Thomas - AcademicSupport@aucmed.edu • Complete Form Here: https://www.aucmed.edu/media/7491/academic-accommodations-request-form
I have a diagnosis of ADHD.	<ul style="list-style-type: none"> • Bring a copy of your Psychological Evaluation. <ul style="list-style-type: none"> ◦ If you did not have one completed, complete before coming to the island. 	
I want to make an appointment with a Wellness Counselor. OR I am in crisis.	<ul style="list-style-type: none"> • Between 8:00 am– 5:30 pm Monday-Friday, walk-in and same-day urgent appointments are available. • Outside of normal business hours, students should contact On-Call services, 721-587-6661. • If immediate assistance is needed, call the On-Duty Security Supervisor, 721-588-4018. 	AUC Wellness Counseling Center Make an appointment by: <ul style="list-style-type: none"> • Call: 721-545-2298 • Email: sxmwellness@aucmed.edu • Come by: Building 1



Transition of Care Guide: Mental Health & Medication Management

AUC Wellness Counseling Center:

The best place to begin your search for assistance with mental health support on campus is the Wellness Counseling Center (WCC). All services provided through the WCC are free and confidential.

SERVICES:

Individual and Group wellness counseling services are available Monday-Friday 8:00 am-5:30 pm to all full-time AUC students. Students can call **721-545-2298**, email sxmwellness@aucmed.edu, or come by **Building 1 (Next to Chertok Hall)** to make an appointment. During your first appointment Wellness Counselor will develop an understanding of your concerns, help you determine the appropriate level of care, and make recommendations for further care. Our Wellness Counselors can also help you find the right provider in the local community when requested.

Unsure of what else to expect in a counseling appointment?

Your First Visit

During your first visit to the counseling center, you will be asked to spend about 15-20 minutes completing an informed consent for service, a demographic questionnaire, and an electronic assessment of overall mental health. Once completed, your counselor will review these materials with you as appropriate and spend approximately 25 minutes with you to discuss your presenting concerns. During the initial session, your counselor will listen to you to hear the issues that have brought you in and make recommendations for the types of services (either on- or off-campus) that might be appropriate to help. As there are annual session limits (maximum 12 per academic year), part of the initial assessment by your counselor may include a discussion about off-campus referral.

Follow-Up Visits

The length and frequency of follow-up visits to the WCC will be determined in consultation with your counselor. Meetings typically last for either 25 or 45 minutes. Some students find relief by coming for 2-3 sessions to talk about something very specific, while others are unsure about how frequently or for how long they would like to attend sessions. Students are typically seen at biweekly or triweekly intervals. Positive outcomes in counseling are often dependent upon the work that clients do in between sessions. We encourage our clients to practice the skills that are learned and discussed in counseling during the time in between sessions.

- We also offer various workshops and other trainings pertinent to mental health and wellness. If you'd like to learn more or schedule one for your organization/event, visit our [Canvas page](#).

If you still have unanswered questions after looking at the website, feel free to give us a call at **721-545-2298**



Taking Control of Your Care Plan:

As you prepare for your first days at AUC, talk to your family and care providers. Think about taking 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(s).
- Be able to describe the problems or symptoms you have (e.g., excessive worrying, difficulty concentrating, poor sleep, not as interested in things as I used to be, etc.).
- Be able to describe how these problems affect your life (e.g., I have a hard time paying attention to conversations and feel left out, I'm avoiding social situations, I'm not interested in eating at all, etc.).
- Be able to describe the treatment you've received up to now (e.g., group therapy, medication, academic coaching, etc.).
- Be able to describe your reactions and responses to your treatment, including what has and has not been helpful.
- Have the names and contact information of your treatment provider(s).



If You Take Psychiatric Medication:

- Know the name of your medication(s) and when you started it (e.g., Feb. 2015).
- Know the dosage of your medication(s).
- If you are taking stimulant-based medication(s), stimulants are limited on the island. Consult with your current physician on receiving three months' worth of medication to bring with you.
- Or, consider switching to an alternative.
- Know how frequently you take your medication(s) (e.g., as needed, every morning, etc.).
 - Be able to describe how medication makes you feel—pay attention to side effects and intended effects. This sometimes requires a level of body focus and noticing skills that we don't always use.
 - Be able to describe any side effects or problems you've had with medicine (current and/or past).
 - Know your medication history: what medication have you used in the past? Why was it changed?
- Check with the local pharmacy to see if they offer your current medication and to determine what scripts they accept from other countries (i.e., US, UK, Canada).

If you have additional questions regarding your particular prescription drugs, feel free to contact one of the local pharmacies, Maho Pharmacy, through the [contact form](#) or call them at +1-721-545-3200.



Connections to Other Campus Resources

1. Academic Support Services - AcademicSupport@aucmed.edu
2. For Academic Accommodations - <https://www.aucmed.edu/media/7491/academic-accommodations-request-form>
 - To start, contact the Asst. Dean of Student Affairs – Dr. Scott Rinker: SRinker@aucmed.edu
 - Remember, even if you had an IEP (Individualized Education Plan) at your high school or previous institution, these accommodations will not automatically transfer to AUC.
 - Click here to complete the [Request for Consideration](#) form, which will initiate the process of requesting accommodations for any documented disabilities you may have.

Integrate Your Treatment and Education Planning:

- As much as possible, be a part of discussions about your treatment plans and goals in order to develop a clear understanding of your treatment.
- Be able to simply describe the goals of treatment.
- Be a part of discussions about your accommodations at school.
- Be able to simply describe the purpose (problems are being addressed) & goals of your IEP.
- Bring a copy of your IEP or 504-Plan **and/or** previous Disability Accommodations Plan to help them have a better idea of what your accommodations and goals were in high school or previous institution.
- Bring a copy of your Psychological Evaluation (Report).
 - If you did not have one completed, please do so before coming to the island.
- If you're not sure if you have an IEP, ask a parent or guardian.

Emergency Resources

If you or a friend is having a mental health emergency, the Wellness Counseling Center is available 24 hours a day, 365 days a year. You can call the WCC **721-545-2298** during normal operating hours.

Between the hours of 8:00 am – 5:30 pm Monday-Friday, walk-in and same-day urgent appointments are available for students who may be at an elevated mental health risk, including:

- Current or recent thoughts of harm to self or others
- Concerns about the safety of another person
- Experience of a recent trauma
- Experience of hallucinations, delusions, disorganized thinking and/or behavior, or have been unable to sleep for two or more days.

Outside of normal business hours, On-Call services are provided in case of an urgent crisis after-hours, **721-587-6661**. If immediate assistance is needed, call the On-Duty Security Supervisor, **721-588-4018**. Always keep your emergency contact information up to date.



Other Assistance: National Suicide Prevention Lifeline: 1-800-273-8255 or the National Hopeline Network: 1-800-SUICIDE (784-2433) | Visit www.hopeline.com to access a database of suicide crisis hotlines.

Managing Care Before Your Transition

There are three main options for care management to keep in mind as you decide which methods are right for you:

OPTION A: AUC Wellness Counseling Center

- This option makes sense if you require face-to-face visits.
- You should make sure that your treatment team from home has shared necessary information and records with the campus counseling service (see below).
- The WCC is free to all currently enrolled students.

This option might be best for you if: The Wellness Counseling Center has the full range of services you need and/or you need intermittent visits only. If needed, the WCC staff can consult with your treatment providers at home to help you determine this.

A1: Medication Management

We believe in an integrated approach to psychological care, which entails using psychiatry in conjunction with counseling to get the most benefit for our students. However, due to limitations of our resources, certain parameters are set for this service:

- Psychiatric services are available on a weekly basis during the academic year. Appointments may not be available during break weeks, unless deemed medically necessary. If appropriate, refills will be given to last through times the psychiatrist is unavailable.
- Students must be in ongoing counseling treatment to receive psychiatric services.
- This service is not comprehensive in nature. Our psychiatrist functions as a consultant to the counselors and only provides evaluation, medication management, and education.
- Our psychiatrist is not available for emergency and after-hours care. Psychiatric emergencies will be handled by the Wellness Counseling Center counselors to the best of their ability and may require community referral.
- Access to the psychiatrist is only available through internal referrals by a Wellness Counselor and cannot be initiated at the front desk or by health providers.
- At minimum, a student must complete an intake and first session with a counselor prior to receiving a referral.
- Referrals to the psychiatrist do not guarantee a student will be treated. The psychiatrist may still refer out for the following reasons (examples not exhaustive):
 - The student's needs are not appropriate for what the Center can provide;
 - The psychiatrist deems medications are not the appropriate course of treatment;



- The psychiatrist feels it is more beneficial for the student to remain under the care of a previous provider.
- Refills are only provided during appointments and while students are actively engaged in counseling.
- If a student decides to no longer utilize the Center's services or is ineligible for services, referrals for psychiatry in the community must be made.
- For continuity of care, the psychiatrist may be able to provide one additional transition session and/or prescription for students during the referral process. This would occur on a case-by-case basis, if deemed necessary and appropriate.
- Due to the demands on our staff, if a student **misses a psychiatric session**, they will be asked to **pay a fee**.

If you miss a scheduled appointment with the psychiatrist, you are responsible for notifying them **and** the WCC regarding the reason and confirming future appointments. We ask for at least **24-48 hours'** notice when you need to cancel your psychiatric appointment. We reserve the right to deny services to any student who has missed **two or more** psychiatric appointments during the course of the academic semester. Students who obtain a **second missed or late cancellation** appointment will be responsible for paying a **No Show/Late Cancellation Fee**.

OPTION B: Off-Campus Clinician Near AUC

- The Wellness Counseling Center can help with referral suggestions that fit your clinical needs, as recommended either by WCC staff or your clinician(s) at home.
- Make sure you have insurance and/or adequate funds to pay for this private care.
- 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 work out parameters for communication with home clinician and your new clinician.
- Even if you obtain care off campus, you should still establish relationships with the campus counseling service and disabilities offices, 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.

This option might be best for you if: you need long-term and regular face-to-face visits and you have the resources (e.g., insurance, funds, transportation) to seek services off campus.

OPTION C: Continue Care with Clinician(s) From Back Home

- You and your family should discuss with your care team whether this is an option.
- Things to consider include:
 - Will you be too far from home?
 - If you take medication, how will you get it?
- Even if you choose this option, you will still want to have a connection with the Wellness Counseling Center, Academic Support Center and Assistant Dean's office for academic accommodations 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 medical school.
- There should be an arrangement to share information as needed between your home clinician and campus-based providers.

This option might be best for you if: you are addressing a concern that needs a specific type of treatment and/or and are very comfortable working with your current treatment team and it is convenient to be in regular contact.

Some Key Things to Do Regardless of the Option You Choose:

- Regardless of your choice, the Wellness Counseling Center is always available to you for any crisis or consultation services you might need.
- 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: how often, who is lead clinician, how will changes in treatment be handled, etc.
- Make sure a communication plan is agreed to and clearly spelled out.
- Make sure proper releases of information are filed with necessary clinicians and offices. Be specific as to when, under what circumstances, and how information will be shared in the event of a problem or emergency. These should also specify when family or other guardians will be contacted.
- Make sure everyone knows what to do in case of an emergency.
- In addition to a general communication, there should be a clearly written plan for managing crises should they emerge. Questions regarding who will make clinical decisions, who is primary family contact and when should they be called should all be clearly agreed upon. These plans are called advance directives, and information can be found [here](#).
- Make sure you know how to describe your prior care, current needs, and medications, and that your records are sent to the offices and clinicians with whom you'll be working.
- Make sure to know what insurance you have and how to use it.

If You Take Medication for a Chronic Medical Condition

- Students with various chronic medical conditions (e.g. asthma, hypertension, diabetes) can be treated locally.
 - Students should utilize the checklist below for their preparation for transferring care.
- The local physician provides treatment for small surgeries and injuries, Pap smears (women's health), and vaccinations.
- Labs are done in-house but require a request from the House Doctor. The labs department is open Monday-Friday, 8:00 am—11:00 am.
- If you are taking stimulant-based medication(s) or narcotics, these medications are limited on the island.
 - Consult with your current physician on receiving three months' supply to bring with you.
 - Or, consider switching to an alternative.
- Check with the local pharmacy to see what scripts they accept from other countries (i.e., US, UK).



- **If you have additional questions regarding your continued treatment, feel free to contact one of our local medical providers, Dr. Hidde Deketh of Mullet Bay Clinic at www.mulletbayclinic.com**
 - Tel : 001 721 54 54 280 | Fax : 001 721 54 54 306 | Email: mulletbayclinic@hotmail.com
- **If you have additional questions regarding your particular prescription drugs, feel free to contact one of the local pharmacies.**

CHECKLIST			
My Health	Please check the box that applies to you right now.	Yes, I know this	I need to learn
	I know my medical needs.	<input type="checkbox"/>	<input type="checkbox"/>
	I know the name of my medication(s) and when I started them (e.g., Feb. 2019)	<input type="checkbox"/>	<input type="checkbox"/>
	I know the dosage of my medication(s).	<input type="checkbox"/>	<input type="checkbox"/>
	I know how frequently I take my medication(s) (e.g., as needed, every morning, etc.).	<input type="checkbox"/>	<input type="checkbox"/>
	I am able to describe how medication makes me feel – pay attention to side effects and intended effects.	<input type="checkbox"/>	<input type="checkbox"/>
	I am able to describe any side effects or problems I've had with medicine (current and/or past).	<input type="checkbox"/>	<input type="checkbox"/>
	I know my medication history: What medications I have used in the past? Why it was changed?	<input type="checkbox"/>	<input type="checkbox"/>
	I can explain my medical needs to others.	<input type="checkbox"/>	<input type="checkbox"/>
	I know my symptoms, including ones for which I quickly need to see a doctor.	<input type="checkbox"/>	<input type="checkbox"/>
	I know what to do in case I have a medical emergency.	<input type="checkbox"/>	<input type="checkbox"/>
	I know my own medicines, what they are for, and when I need to take them.	<input type="checkbox"/>	<input type="checkbox"/>
	I know my allergies to medicines and medicines I should not take.	<input type="checkbox"/>	<input type="checkbox"/>
	I carry important health information with me every day (e.g., insurance card, allergies, medications, emergency contact information, and medical summary).	<input type="checkbox"/>	<input type="checkbox"/>
	Before a visit, I think about questions to ask.	<input type="checkbox"/>	<input type="checkbox"/>
	I have a file at home for my medical information.	<input type="checkbox"/>	<input type="checkbox"/>
	I have a copy of my current Summary Plan of Care and/or Treatment Plan from my current physician.	<input type="checkbox"/>	<input type="checkbox"/>

- The Individuals with Disabilities Education Improvement Act (IDEIA), 2010 regulations, entitles students with disabilities and those who need specialized instructions to receive the services needed to have access to a free and appropriate education (FAPE) in the least restrictive environment. IDEIA has a limited set of recognized impairments and criteria.
- For those students who do not qualify for services under IDEIA, Section 504 of the Rehabilitation Act (1973) requires that reasonable accommodations be provided so that the student can fully participate in the educational experience.
- The Americans with Disabilities Act (ADA) (2008) prohibits discrimination based on disability.

* 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 for the transition to college and life after high school.



American University of the Caribbean School of Medicine

Phone: 732.509.9027 | Fax: 732.509.4852

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