

## DO YOU NEED TO TRANSFER YOUR PRESCRIPTION DRUGS TO DU HEALTH AND COUNSELING CENTER?

### Here's how it works!

#### Birth Control-

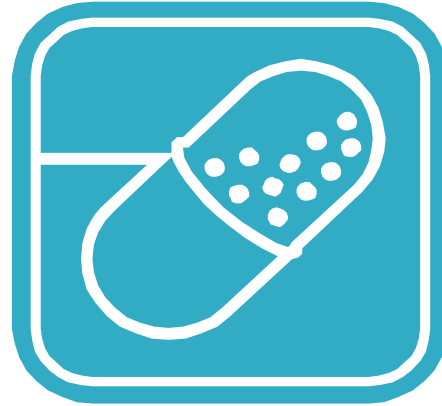
We carry the most common oral contraceptives in generic form, in addition to the Nuva Ring and Depo Provera.

#### Have you had a pap smear in the last year?

**Yes?** In order to get your prescription transferred you need to complete a *Release of Information*. This form will allow us to receive your records from your previous health care provider.

You will also need to see a provider for a birth control consultation. After that, you will be able to either pick-up your birth control from our pharmacy or one close to campus.

**No?** You will need to schedule an appointment for a woman's yearly exam (annual exam) and discuss your contraceptive needs with your provider during this visit.



*All prescription transfers require an appointment with a Provider!*

### PSYCHIATRIC MEDICATIONS

**Anti-depressants, anti-anxiety, mood stabilizers etc.** - We do not carry any psychotropic medications in our in-house pharmacy. Prescriptions are either written or called in to an area pharmacy. The process for transfer is as follows.

**Call** to make an appointment for an Initial Consultation with a counselor in order to obtain a referral to our in-house psychiatrist or an appropriate medical provider.

**Complete** a *Release of Information* to authorize the HCC to request your mental health and pertinent medical health history.

After your initial consultation is complete, your counselor will schedule you with a psychiatrist or medical provider for a medication evaluation. You are encouraged to discuss your insurance coverage with the Front Desk staff so there are no unexpected charges incurred from your appointment.

#### **Stimulants (Adderall, Concerta, Ritalin etc.)-**

There are several steps to transferring your stimulant prescription to the Health and Counseling Center. In some cases the process takes several weeks or months, so please plan accordingly.

All stimulant prescriptions are managed by the HCC psychiatrist. We require documentation of a formal assessment (including objective testing), generally by a psychologist or neuropsychologist, which verifies an ADHD diagnosis, prior to meeting with the psychiatrist. The testing must be current, generally within the past 3 years, and is reviewed by our Assessment Coordinator to determine if our criteria are met. Please make arrangements with the provider who completed your assessment to have the documentation sent to the HCC Assessment Coordinator for review.

After your documentation is reviewed and approved you will be scheduled for an Initial Consultation (intake) with a counselor in order to obtain a referral to the psychiatrist. The intake is a required visit prior to meeting with the psychiatrist.

If your documentation is not approved or is out of date, your options for treatment will be explained by the Assessment Coordinator in conjunction with the HCC staff (e.g. insurance coordinator) as appropriate.