

Towson University Health Center (TUHC) Mental Health Scope of Practice

Towson University's Health Center (TUHC) is committed to supporting students and meeting their mental health needs. Following a Collaborative Care Model, under the guidance of a psychiatric consultant, primary care providers (including physicians, physician assistants, and nurse practitioners) are available to provide evaluation and medical management of common mental health disorders such as anxiety, depression, and ADHD. Additionally, we offer a co-located psychiatry team consisting of a Behavioral Health Care Manager and psychiatric nurse practitioners. Providers work collaboratively with patients to develop an effective treatment plan. Students requesting ADHD diagnosis and/or treatment should refer to the [ADHD specific policy](#).

Patients not responding to therapeutic interventions, deemed beyond the scope of practice for primary care management of mental health or students with treatment adherence challenges (ex: no shows) will be referred to face-to-face services with the psychiatry team or a community-based provider. Referrals will be provided to assist in the transition to community-based providers as appropriate. Patients who are deemed ineligible to receive mental health services through either mental health service (Collaborative Care or psychiatry team) at the Health Center, are still able to receive other health center medical services.

Collaborative Care services and face-to-face psychiatric services can be provided during semester breaks, including renewal of prescriptions. However, patients must be seen at the Health Center or via telehealth (while in the state of Maryland) for regular follow-ups. It is our policy to renew prescriptions for students only when they have been seen for an appointment, or as deemed appropriate by the provider. It is the patient's responsibility to ensure they make appointments in time to get refills for needed medication and have a plan to cover prescribing if they will be out of state/country or otherwise unable to participate in a visit with their provider.

Requests for accommodation related to mental health should be directed to [Accessibility and Disability Services](#).

The Health Center does not provide emergency mental health services. All crisis services will be directed to the local emergency room, 988 and/or The Towson University Counseling Center for further evaluation and treatment planning.

Mental health services provided at the Health Center will be billed to insurance or to your Student & University Billing Office account if you do not have insurance. The [billing office](#) can assist with any questions regarding this. For patients with concerns about confidentiality related to health claims/billing, please see information about [Confidential Communications Requests](#).