Mental Health Consultation Report
Prior to Tufts Programs Abroad Attendance

Student Name: ________________________________________________

Tufts Abroad Program in: _______________________________________

Program Date: ________________________________________________

I met with this student on ______________________ (Date of Appointment).

According to our records the student received mental health care from ____________________ (Provider Name) on ____________________ (Date) to ________________ (Date).

Comment: ________________________________________________________________________

Check appropriate box:

☐ Based on what the student shared with me during the interview, there is no apparent mental health contraindication to participating in the study abroad program.

Comment: ________________________________________________________________________

☐ If student is taking psychiatric medication, the plan for obtaining it while abroad is as follows:

______________________________________________________________________________

______________________________________________________________________________

☐ I have suggested that they contact the Tufts Program Abroad Resident Director of their program to discuss any anticipated needs for support while abroad.

Comment: ________________________________________________________________________

______________________________________________________________________________

☐ I have concerns regarding the student’s ability to participate in the study abroad program.

Comment: ________________________________________________________________________

______________________________________________________________________________

Clinician name (print): _____________________________________________

Signature: ________________________________________________________________________

Phone number: ___________________________ Date: _____________________________

I, ____________________________________________, an applicant for the Tufts Programs Abroad, give permission to my mental health provider completing this form to release the required information above to the Tufts Programs Abroad office and to the Resident Director of the Tufts Program Abroad in ________________________________.

Student Signature: ____________________________________________ Date: _____________________________

Please return this form to: Tufts University Health Service, 124 Professors Row, Medford, MA 02155
Fax: 617-627-3592

*Please Return Form to Health Service by March 1, 2019*

Revised July 2014/March 2018 KGC
Mental Health Consultation Report Prior to Study in Tufts Programs Abroad
Frequently Asked Questions

1. **What is the purpose of the Mental Health Consultation prior to travel abroad?**
   
   This process was developed to support treatment planning for students with mental health issues who wish to travel abroad. The goal is to help students, treatment providers and families formulate a plan to support a student’s mental health needs while abroad. For some students, this may mean working with their clinician to anticipate any obstacles to a successful experience abroad. For other students it may mean choosing a particular study abroad program, speaking with a Tufts Program Abroad Resident Director about the student’s mental health strengths and challenges, or developing strategies for accessing medications while abroad. In addition, the consultation may help some students, therapists, and parents understand that traveling abroad at this time, or to the selected destination, may not be recommended.

2. **How will students get their psychiatric medications while abroad?**
   
   If a student is taking psychiatric medication, it is vital to determine a specific plan for obtaining medication during the study abroad period. Common psychiatric medications used in the United States are not necessarily available in many countries and needs to be carefully researched ahead of time. Students will need to work with their medication prescriber and other resources to develop a specific plan as to how they will get refills, who will write them, and if ongoing monitoring is needed, who will perform that. See additional suggestions on the back of this form.

3. **How will mental health providers share information about a student with the Tufts Programs Abroad Office?**
   
   A release of information allowing mental health providers to share mental health information with the Tufts Programs Abroad office, and Resident Director of the Tufts Program Abroad in the country in which you will be studying is included on the Mental Health Consultation Report. In order for information to be shared, students must sign the release.

4. **What if a mental health provider checks off the third box indicating that a student should contact the Tufts Program Abroad Resident Director?**
   
   If a mental health provider has checked this box s/he should have a conversation with the student about his or her concerns, the reasons why s/he has asked the student to contact the Resident Director, and about planning for the student’s mental health needs abroad.

5. **What if a mental health provider checks off the fourth box indicating that s/he has concerns about a student’s ability to participate in a study abroad program?**
   
   If a mental health provider has checked this box s/he should have a conversation with the student about his or her concerns. The mental health provider may also tell a student that it is not a good idea for the student to travel abroad at this time. S/he may also contact a student’s family or the Tufts Programs Abroad Director to share his or her recommendations and to talk about next steps or treatment planning.

For Questions about Programs Abroad, please contact:
Sheila Bayne, Associate Dean Programs Abroad
617-627-2000

For Questions about Mental Health Consultation, please contact:
Margaret Higham, Medical Director, Tufts University Health Service
617-627-3350
Suggestions for Managing Psychiatric Medications for Students Studying Abroad

- Local prescribers and most psychiatric medications are likely to be available in Europe, but that may not be true outside of Europe.
- If required medication is not clearly going to be available, prescribers should counsel students that the program they have in mind might not be appropriate for them.
- Students could be sent with as large a supply as the prescriber feels is appropriate.
- Prescribers might arrange phone appointments with the student to refill prescriptions during the time abroad.
- Refills may be able to be picked up by family members and taken to students if they go to visit.
- We do not recommend mailing refills abroad, as mail may be searched, interrupted, lost, etc.
- If the prescriber feels that the student’s medication will need to be monitored and prescribed by a local clinician at the study abroad program, the prescriber needs to make it clear to the student that s/he needs to contact the Resident Director of the study abroad program ahead of time to ascertain the availability of both a local prescriber and that specific medication.

Revised January 2013/March 2018