



College of Osteopathic Medicine  
SAM HOUSTON STATE UNIVERSITY

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## Element 9.8: Mental Health Services

- **9.8-1 Supporting Documentation**
  - Policies and Procedures for Students Seeking Counseling and Mental Health Services – [link](#)

### Overview of Physical and Mental Health Services

Maintaining physical and mental health is priority as our students matriculate through SHSU-COM. It is common for medical students to seek health services and emotional support through the rigors of a medical education. The university has student health services confidential counseling services at the Huntsville campus and The Woodlands Center that are available to all SHSU students. SHSU-COM encourages students to recognize healthcare needs and seek appropriate care. SHSU-COM provides a list of physical and mental health resources in proximity to the SHSU-COM and University Campuses, as well as in the regions for assigned clinical rotations. Questions should be directed to the SHSU Student Counseling Center at 936-294-1720.

SHSU also offers a comprehensive health insurance plan entitled AHP for all students, which includes access to 24/7 telehealth services and virtual telemental health services by appointment. This means that students who have opted in to the health plan can receive medical and mental health care remotely, at any time of day or night, from the comfort of their own home or dorm room.

SHSU-COM understands that accessing in-person healthcare can be challenging, particularly during busy academic schedules. That's why we've partnered with [AcademicLiveCare](#) to provide easy and convenient telehealth services for our students. With just a few clicks, students can schedule a virtual appointment with a qualified healthcare provider and receive personalized care for their medical or mental health needs. <https://shsu-com.myahpcare.com/benefits>

1. GENERAL

This SHSU-COM health services policy describes resources and supportive opportunities available to encourage students, staff and faculty to maintain their health and seek services when needed.

2. MEDICAL STUDENT HEALTH INSURANCE

- 2.1. All medical students enrolled at SHSU-COM are required to show proof of health insurance. All students must maintain health insurance coverage throughout their enrollment at SHSU-COM.
- 2.2. Students may obtain health insurance privately or through the Sam Houston State University student health insurance plans. The SHSU health plan is available to all students. Family coverage is also available through this program.

3. PHYSICAL HEALTH SERVICES

- 3.1. Students may be seen by a physician or medical practitioner of their choosing or may be seen at the SHSU Student Health Center.
  - 3.1.1. Additional physical health service locations shall be provided for students to access diagnostic, preventive, and therapeutic health services in all locations where students receive education from the COM.

4. MENTAL HEALTH SERVICES

- 4.1. SHSU has confidential counseling services at the Huntsville campus and The Woodlands Center that are available to all students.
- 4.2. Additional mental health service locations shall be provided for students to access diagnostic, preventive, and therapeutic mental health services in all locations where students receive education from the SHSU-COM.

4.3. Medical students shall have 24/7 access to mental health resources.

5. PROVISION OF MENTAL AND PHYSICAL HEALTH SERVICES

5.1. SHSU-COM and the Council on Osteopathic College Accreditation prohibits the provision of health care services to students by faculty involved in their evaluations.

5.1.1. It is a violation of this policy for students to request faculty to provide medications or other treatments outside of a physician-patient relationship.

5.1.2. Students on self-selected elective rotations, outside the purview of SHSU-COM, must plan for their health care needs at the rotation site independently with the assistance of SHSU Student Affairs.

5.1.3. Faculty providing health services, via a therapeutic relationship, shall be required to recuse themselves from the academic assessment or promotion of the student receiving those services.

**Procedure Title: Mental Health Services**

**Corresponding Policy: SHSU-COM Health Services Policy  
COCA Standard/Element: COCA 9.8 Mental Health Services**

**Effective: Upon Receiving Pre-  
Accreditation Status**

**Revised: March 10, 2023**

**Approved by CEC: May 2, 2023**

**Description:**

SHSU-COM shall provide access to physical and mental health services that respect each student's right to privacy.

<b>Procedure Step/Task</b>	<b>Responsible Party</b>
1. SHSU will secure the services of licensed mental health care providers and maintain clinic facilities that are dedicated to enrolled students.	SHSU Counseling Center
2. Facilities will provide services during regular business hours but may extend those hours based on course schedules and other factors.	SHSU Counseling Center
3. SHSU will provide 24-hour access to behavioral and mental health services to all enrolled students. Such services will be provided in a confidential manner using both university based, community based, and externally contracted services.	SHSU Counseling Center
4. SHSU-COM will work in cooperation with the Dean of Students Office to identify students demonstrating at-risk behaviors in order to facilitate early intervention as part of its comprehensive student wellness and mental health initiative.	Dean of Students Office
5. Access to psychiatric services will be available via referral to off campus resources. Students may self-refer or be referred by the student clinic or another health care provider.	Student Health Services SHSU Counseling Center
6. SHSU will provide proactive wellness/prevention programming targeted at identified areas of student need.	SHSU Counseling Center Office of Health Promotion
7. SHSU will identify physical health services that can be accessed by COM students who are not located at the SHSU-COM campus.	SHSU Counseling Center
8. SHSU-COM will provide information to its students regarding these services during new student orientation and on the SHSU-COM website.	SHSU-COM Medical Student Affairs, Office of Student Affairs