



Mental Health Medical Leave Process

Students on Leave

When a student is placed on a mental health medical leave, there is concern about the student's health, safety, or wellbeing on campus. This is a confusing time for students and parents. Each case is different, so the exact steps and requirements vary and are formulated individually to best meet the student's needs. The following steps are general guidelines the Medical Leave Committee follows in this process. These steps are intended to serve as a very general roadmap. Our priority is your student's health and wellbeing.

Once a Hill School Clinician identifies a student as needing to be placed on medical leave, the Medical Leave Committee is convened by the Medical Director to review the case and make specific recommendations to the Head of School and Associate Head of School. The Head of School makes the final decision regarding the request and recommendations. While on medical leave, there typically is a pause in academic work. However, many students can keep up with their academic workload while out on medical leave. We work closely with the Academic Office to ensure that students have access to assignments and have the support they need to keep up with their work while away from campus.

Students Identified as a Safety Risk

Students who have expressed harm to themselves or others will be evaluated first in the Counseling Center by a licensed School Clinician. A Suicide Risk Assessment (SRA) will determine a risk rating. If a student is deemed moderate or high risk, they will be required to be off-campus and obtain **a complete psychiatric evaluation within 72 hours of the initial Hill School Assessment**. This evaluation can be performed by any board-certified Child and Adolescent Psychiatrist or board-certified Clinical Psychologist. This evaluation is imperative to assess the level of care needed or further treatment before the student returns to school. Other mental health concerns such as, but are not limited to, eating disorders, recurrent self-harm, and homicidal ideation are other examples that may rise to an identified Safety Risk.

Student and Family Cooperation

It is expected students and families follow through promptly with recommendations during the medical leave process. Delaying follow-through, being uncooperative with the Counseling Center, or non-completion of medical leave recommendations may prohibit a student's return from medical leave.

Signed Release of Information

Students must sign a release of information for the primary Hill School Clinician to receive a copy of the evaluation report from the treating provider.

Consulting Psychiatrists/Psychologists

The Hill School consults with board-certified Psychiatrists/Psychologists to complete the evaluation process. The school can help facilitate this appointment if requested. Upon completing the evaluation, the student is expected to follow all treatment recommendations.

Vita Health

Virtual Clinicians, Psychologist, Psychiatrist Support
Suicidal Ideation Focused Treatment
Phone: 844-866-8336
<https://www.vitahealth.care>

Dr. Novitsky, MD

Child/Adolescent Psychiatrist
Address: 512 Kennett Pike, Suite 400, Chadds Ford, PA
<https://www.novitskymd.com/>
phone: (484) 713-8070

Dr. Susan Rushing, MD, JD

Child/Adolescent Psychiatrist
Address: 622 Haverford Road, Haverford, PA 19041
drushing@retreatandrestore.com
<http://drushing.com/>
Phone: (610) 726-1020

David Danish, MD

Child/Adolescent Psychiatrist
Address: 987 Eagle School Rd, Wayne, PA 19087
www.PhillyIntegrative.com
Phone: (610) 999-6414

Dr. Keith Petrosky, PhD

Licensed Clinical Psychologist
Address: 308 Exton Cmns, Exton, PA 19341
<https://keithpetrosky.com/>
Phone: (610) 363-6155

Dr. Harris Finkelstein

Licensed Clinical Psychologist
<https://www.psychologytoday.com/us/therapists/harris-finkelstein-bryn-mawr-pa/93007>
Address: 950 Haverford Road Suite 301, Bryn Mawr, PA 19010
Phone: (302) 525-0313

Use of other Psychiatric/Psychological Services

A family may choose to use an alternative Psychiatrist/Psychologist if the Director of Counseling can receive a report within 72 hours of the student leaving campus. This report must include the criteria listed in the section below. If this timeline is not met, a student's position at the school may be reviewed.

Mental Health Evaluation Criteria

The initial evaluation should include reviewing the below-listed aspects of a student's presenting symptoms, treatment history, and current stability. The report should include the following:

1. Current diagnosis (if any)
2. Past mental health treatments (type, duration)
3. Adherence to past and current medication (if applicable)
4. Assessment of suicide risk
5. Assessment of eating disorder symptoms
6. Assessment of aggressive behaviors or potential harm to others
7. Assessment of trauma history
8. Assessment for medication recommendation
9. Recommendation(s) for the need for further treatment to include all levels of care
10. Recommendation if the student is safely assessed to return to a boarding setting
11. Recommendation(s) specific to the boarding environment, should the student return

Non-Medical Leave Required Evaluation

A parent or guardian **may** be notified in situations when information is learned in the counseling process regarding disordered eating behaviors and substance use disorders, depending on the severity. In some cases, this information **may** lead to medical leave or require a student to seek specialized services or further evaluation. It will be expected that students and families cooperate with this recommendation.

Medical Leave Case Management

When a student is on medical leave, the Hill School Clinician will be meeting with the student's providers on a regular basis. Additionally, the student has check-in appointments with the Hill School Clinician until they return from the medical leave. This will require a release of information document signed by the student including all providers the student is working with.

Return from Medical Leave

Once the student has completed the requirements to return, they may petition for the committee to review the student's progress and status for potential return to school. The family will be required to submit any necessary documentation from the current providers to support progress made and the student's readiness to return to school. The School Clinician will need documentation from the current clinical provider outlining the below three items:

1. Recommendation(s) for the need for further treatment to include all levels of care
2. Recommendation if the student is safely assessed to return to a boarding setting
3. Recommendation(s) specific to the boarding environment, should the student return

Once documentation is received, the Medical Director reconvenes the Medical Leave Committee to review the submitted documentation for completeness and the student's suitability to return to the boarding environment. The committee makes recommendations to the Head of School and Associate

Head of School, resulting in the Head of School making the return to school decision. The Medical Director notifies the family via email if a return is granted. The permission to return to school may include additional stipulations moving forward to best support the student on campus. The student will be required to follow through with all stipulations outlined in their return to the school letter.