

The Counseling Center at Buffalo State provides a short-term model of care with the general expectation that students getting their outpatient care at TCC will not need ongoing, long term mental health services. This is somewhat flexible in certain circumstances. For students who will need ongoing care throughout their education, TCC will partner with home providers and local off-campus outpatient therapists and psychiatrists.

Overall we hope that students will remain in treatment with their home providers and that we can partner with them to monitor their functioning and help maintain wellness. This may involve supportive therapy with a therapist here and visits with the psychiatrist to have mental status assessments. Ideally the home psychiatrist would continue prescribing and seeing the students on school breaks and the TCC psychiatrist would do appropriate check-ins as the home provider's "eyes and ears on the ground". In the event of a change in symptoms or need for medication adjustment the TCC psychiatrist would consult the home provider and together decide how to proceed.

Ongoing prescribing by home providers is particularly important for students taking benzodiazepines and stimulants because the TCC psychiatrist does not prescribe controlled substances per TCC policy.

We look forward to collaborating with you! Please contact 716-878-4436 to discuss how we can best work together for your patient.