

## **Policy for students following an extreme crisis involving mental health issues**

This policy was designed to ensure that students returning to school/continuing their studies following a mental health leave of absence or an acute crisis intervention incident are able to function effectively and autonomously upon their return. These students must have the appropriate medical, psychological, and social support sources both in and outside of REICHMAN UNIVERSITY.

Students who wish to return, or continue their studies at REICHMAN UNIVERSITY, must receive approval from REICHMAN UNIVERSITY's Psychological Services Psychologist. This process requires submitting the following:

**1. Submission of a Student Letter**

**The letter should include the following -**

- Insight into the factors that led to their mental health crisis.
- An overview of the care and treatment received to address the mental health issue that led to the leave or crisis.
- Other activities in which the student has engaged while on leave, which may both contribute to their wellbeing and also demonstrate sustained stability and their readiness to return
- Reflection on the student's ability to return to the rigors of academic study and the social demands.
- An indication of the student's plans for how to maintain their wellbeing once they have returned (continued treatment, building a support network, accessing resources, etc).

**2. Clinician Letter(s)**

**A letter from the student's Psychiatrist and/or a Mental health professional which should include the following -**

- A description of the nature of the issue(s) and/or symptoms that led to the student's treatment.
- The type and length of the student's treatment and treatment goals.
- A description of the course of treatment and the progress the student has made during that time.
- A statement on the student's readiness to return to Reichman University and successfully navigate its academic and social context.
- Plans for continued care (as necessary) and for proactively managing future stresses.

**3. Release of Information Form**

**4. A meeting with a Reichman University psychologist prior to return**

**5. Providing a name of contact person in Israel who can be reached in cases of emergency, and who is available to support the student if needed.**

In addition to all of the above, students must demonstrate that they have both psychiatric and psychological care and follow-up arrangements outside of REICHMAN UNIVERSITY, to help them deal with their emotional/healthcare issues. Reichman University cannot provide the necessary psychiatric and psychological care and/or follow-up that is needed by the student and therefore must commit to continuing with these outside services throughout their studies in order to get the treatment they need.

### Guidelines & criteria for approval to return to studies

Based on the documentation provided, the student's readiness to return to Reichman University will be assessed according to the following:

- The student received adequate treatment from psychological and/or medical health care providers.
- The student demonstrates insight regarding the circumstances that led to their medical leave or mental health crisis and an ability to use appropriate health care resources for prevention/treatment as needed.
- The student demonstrates sustained stability (general activities that contribute to the student's readiness to return or continue their studies).
- The student demonstrates the ability to function in the student environment without significant disruption to others in the community.
- The student has an appropriate plan for maintaining their wellbeing upon return. The plan may include their academic and social life balance, their support system (family and friends) and how it contributes to their readjustment, continued care from clinicians, and other activities in which they will engage to care for themselves.

The plan must correspond to the condition that gave rise to the need for the student's leave or escalation of symptoms (i.e., need for ongoing psychological or medical care; ability to maintain a standard of responsibility and self-care; ability to assume class participation). If the student wishes to reside in the dorms, the plan must also state how the student will transition back into this setting.

These documents must be submitted for review to the RRIS Director of Student Affairs & Wellbeing, Ms. Sylvia Kassoff, and to the Reichman University Psychological Counseling Services for approval. A meeting will then be scheduled to discuss a realistic plan for returning to the campus.

The student's parents/family will be notified as needed. In any event, the student must provide the name of a contact person in Israel who can be reached in cases of emergency, and who is available to support the student if needed.

Students will be asked to sign an agreement stating that they understand these rules and that they must abide by these terms. In cases where the student's emotional/mental state begins to hamper the student's ability to care for him/herself, either physically or emotionally, and/or if the student appears unable to follow their academic program and fulfill academic obligations, Sylvia Kassoff, in consultation with a psychologist from the Reichman University Psychological Counseling Services, will notify either the contact person or the mental health professional listed on the contract in order to help the student deal with whatever issue has arisen.

The agreement will also include a clause saying that the student and family (when relevant) understand that if they fail to abide by these requirements at any time, the student will not be allowed to continue their studies and/or will not be allowed to live in the dorms at REICHMAN UNIVERSITY, Herzliya.

The agreement will be signed by the following:

- The Student
- The contact person in Israel

- A Family member (when relevant)
- Sylvia Kassoff
- A Reichman University Psychologist

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