

WHEN TO REFER FOR A MEDICATION EVALUATION?

May RECOMMEND a Medication Evaluation – OPTIONAL

THE GRAY ZONE

Moderate impairment of functioning (work, family, social)
Some, but significant difficulties doing what is needed to improve emotional health due to
reduced energy
high stress/anxiety/hyperarousal
Insomnia that improves insufficiently with behavioral means and OTC medications

When a Medication Evaluation is NECESSARY

BLACK ZONE

Severe impairment of functioning (work, family, social)
Significant difficulties doing what is needed to improve mental health
reduced energy
high stress/anxiety/hyperarousal

Safety issue (severe self-injury, suicidal ideation, thoughts of harming others, unable to control anger towards others, damaging property, not doing essential self-care to feed, sleep, or assure physical safety)

Insomnia that does NOT sufficiently improve with behavioral means and OTC medications

Insufficient improvement within three months of non-medication interventions

High risk diagnoses or wondering whether it is one of these:
Bipolar disorder
Psychosis
Postpartum depression

WHEN TO REFER FOR CLINICAL COUNSELING?

Recommend referral to Clinical Counselor:

When you have reason to believe that a person is experiencing emotional, cognitive, or interpersonal symptoms that go beyond the normal or common reactions to their stress or trauma, then we strongly recommend that you consult with a clinical counselor about the concerns and/or make a referral.

Abnormal reactions include intense emotions and behavioral disturbances that significantly interfere with their ability to live, care for themselves and family, relationships with others, and/or do their work.

Automatic referral to a Clinical Counselor when:

suicidal or homicidal thoughts or actions or clearly self-destructive behaviors

any indication of abuse or neglect of children or other dependents

any physical aggression or harm toward another (family members or others) when it is not a normal response to a dangerous situation

when a psychological disorder is present such as severe depression, severe anxiety, bipolar disorder, PTSD, or psychosis (medical professionals are also necessary for bipolar disorder and psychosis)

addictions or harmful compulsions of any kind (substances, sexually explicit materials, overindulgence in technological media, etc.)

a separate medical evaluation is usually necessary for substance abuse in addition to the clinical counseling

any persistent or pervasive patterns of behavior that severely impairs work performance or relationships, including marriages, parenting, or collegial

this could include severe problems in personal relationship with God, especially when the spiritual relationship (with God) issues are similarly experienced in other interpersonal relationships (e.g., no motivation to reach out to God or anyone, severe sense of condemnation by God and everyone else...)

intense trauma with high risk for PTSD, such as rape, sexual assault, murder or suicide of a loved one, assault or attack in which someone's life was seriously threatened, trauma with significant impact on a child, natural disasters or tragedies of a larger dimension