

Psychiatric Advance Directive Guide for Parents of College Students

This guide will benefit any family of a young adult with psychiatric history prior to enrolling in college and/or returning after mental health treatment.



CREATE TREATMENT WISHES

The first thing a young adult needs to do is decide how they want to be treated when they experience a mental health crisis. Thoroughly help them think through where or if they want to be hospitalized, who will be notified, and/or who can visit. **Remember, the young adult is the one who is creating the Advance Directive.** They have a say in what is included and not included in this document.



CONSULT TO WRITE ADVANCE DIRECTIVE

A Psychiatric Advance Directive is a legal document. Consult with an attorney in your state who is familiar with preparing advance directives. If you are attending college out-of-state, consult the National Resource Center on Psychiatric Advance Directives (NRC-PAD) at www.NRC-PAD.org for laws and guides for the state in which you'll be residing. **It's imperative to know whether or not you have requirements or a specific form required to be filled out in your state of residency versus state attending college .**



IDENTIFY TREATMENT TEAM

Once the Psychiatric Advance Directive is complete, **identify who the Patient Advocate or "Proxy" will be.** This person will specifically speak on behalf of your young adult in case a doctor declares them incapable of making decisions for themselves. Knowing that an emergency can arise at any time, it is important this designated person always be available. In addition to the Patient Advocate, your young adult needs to **identify who they also want to be included in the "treatment team."** Think about who, on and off-campus, needs to be clued in during and after the emergency. This can include a Therapist, Psychiatrist, Case Manager, Family members, and any other trusted mental health supports for your young adult.



SHARE COPIES OF ADVANCED DIRECTIVE

Share a copy of the Advance Directive with everyone on your treatment team. Also considering giving a copy to you Resident Director, Dean of Students, and/or local hospital. Check to see if your home state and the state you'll be attending college have a repository for Advance Directives. If yes, make sure the Advance Directive is stored there as well. Lastly, **make a list of who all has a copy of this document,** and have your young adult carry this list with them.

