Hey Tigers! We hope this newsletter finds you all healthy, safe, and rested from summer break.

The University Counseling Center (UCC) looks forward to continuing to provide support through mental health counseling and outreach initiatives. The UCC provides individual, group, family, and couples counseling. We also host outreach events such as workshops, wellness events, monthly book club meetings, Active Minds Student Organization, drug & alcohol education, mental health trainings, and screening events. All services provided by the UCC are free and confidential.

We as a counseling staff want you to have the necessary tools to assist you with taking care of your mental health. We invite you to reach out if you feel our services will be helpful. We are here to support you throughout the semester.

Wishing you all a wonderful Fall 2022 Semester, good luck!!
Greetings! I am Dr. Carlin Barnes, M.D., a double Board certified, Harvard-trained psychiatrist. I am the co-author of a recently published book, “Understanding Mental Illness: A Comprehensive Guide to Mental Health Disorders for Family and Friends.” I am a physician who specializes in the field of psychiatry. I have special training in working with adolescents and strive to educate, treat, and provide culturally competent and compassionate care to people living with mental illness and mental health problems. I have been a member of the University Counseling Center (UCC) for two years and look forward to this continued partnership for the summer semesters and the 2022-2023 school year.

The psychiatric services that I provide through the UCC commonly include the following:

- Clinical evaluations for psychiatric illnesses including common illnesses such as attention deficit hyperactivity disorder (ADHD), clinical depression, anxiety disorder, bipolar disorder, adjustment disorders, and Post Traumatic Stress Disorder (PTSD)
- Ongoing psychiatric treatment which may include medication therapy and supportive therapy
- Consultative assessments
- Psychoeducation including health literacy and alternative/holistic treatment options.

What is the process like meeting with me through the UCC? My UCC appointments include the following:

- Initial assessment with one of the UCC therapists for evaluation and/or ongoing therapy, followed by a scheduled appointment with me
- Completion of clinical rating scales (at the initial visit and follow-up visits)
- Initial psychiatric evaluation (typically one hour, currently virtual visits) to include initial assessment and treatment plan based on your clinical needs
- Ongoing psychiatric follow-up appointments during the university semesters as clinically appropriate (typically 20–30-minute appointments, currently virtual visits)
- Comprehensive and collaborative treatment team approach for your care

Mental health conditions are common. One in four adults will experience a mental health condition annually. Fifty percent of mental illnesses begin by age fourteen. Seventy-five percent of mental illnesses start before age twenty-four. Young adults are going through a phase of life that makes them particularly vulnerable to mental health conditions.

If you are interested in scheduling an appointment with me, contact the University Counseling Center to inquire about the referral process. Taking care of your emotional health is vital to your overall wellness and well-being!
Connect with us!

@tsu_ucc

TSU UCC

TSU University Counseling Center

UCC Monthly Events

First Day of Semester
August 22, 2022

Welcome Back Table
August 24, 2022
11:00 am- 1:00 pm
Student Center

Be Well Check-In Sessions
September 13, 2022
9:00 am- 3:00 pm
Rec Center

Suicide Prevention Awareness Activity
September 9, 2022
11:00 am- 1:00 pm
Student Center

Suicide Prevention Day
September 10, 2022

Substance Prevention Process Groups
September 20th and September 27th