Common Questions Concerning Medication Management at CAPS

What is medication management?
Medication Management is the monitoring of medications a patient takes to confirm that the patient is complying with a medication regimen, while also ensuring the patient is avoiding potentially dangerous drug interactions and other complications.

Who provides medication management at CAPS?
Psychiatric services at CAPS are provided by three full-time staff psychiatrists, who are licensed physicians certified by the American Board of Psychiatry and Neurology. The CAPS Director is also a psychiatrist, and occasionally meets with clients.

What should I expect when I meet with a psychiatrist at CAPS for the first time?
Your first visit with a psychiatrist is called a medication evaluation (“med eval”), and will last about 50 minutes. You will meet with a psychiatrist who will ask you questions to get to know you and understand your history and any symptoms you are experiencing. The psychiatrist will then provide recommendations for psychiatric medications if necessary. The psychiatrist will determine if your needs are within the scope of our services here at CAPS. If your needs are beyond the scope of our services, you will be referred to a community provider.

What happens after my medication evaluation?
Should medication be prescribed, you will usually be seen in 2-4 weeks to assess your response (though certain situations may dictate that you be seen sooner than 2 weeks). You will then continue to be monitored regularly (at an interval determined by your provider) to insure your medication is effective and you are not having side effects.

What can I do if I need to speak with my psychiatrist about my medication?
CAPS psychiatrists typically have very full schedules. If you would like to speak with your psychiatrist, you may call our main office number 919.966.3658 and be transferred into her voicemail. Leave a brief message along with your contact information, and your psychiatrist will return the call as soon as possible. You may also ask for your psychiatrist’s email address. If you have an urgent concern after regular business hours (Mon-Fri, 8am-5pm), please call 919.966.2281.

If I am prescribed medication, how long can I expect to take it?
The duration of your treatment will depend on a multitude of factors, and is unique for each individual. Oftentimes students find it beneficial to work with a counselor in conjunction with medication treatment, whether in brief therapy here at CAPS or with a community provider.