

Sara opts into a voluntary medical leave process due to her suicidal thoughts and previous history with depression and anxiety. Her depression worsens to the point she had to remove herself from the campus and went back to live with her parents for the remainder of the semester. Sara obtains treatment from a therapist at home, and she is excited to return to campus following her voluntary medical leave. Sara has no previous outpatient history, psychotropic medication history.

Sara spends some more time with friends, both locally and back at the school online. She continues to see her therapist and has begun to take some medication to improve her energy and focus. Prior to Sara coming back to campus, Sara begins to worry and express concern about what she might do if her depression gets worse.

Sara request for a medical leave: Request for leave by Sara was submitted by student and approved in line with school policy for medical leave. Student was notified about procedure to be reinstated at the beginning of the next semester. Follow up was assigned to the counseling center for support and to the DOS for reinstatement.

Therapists from home treatment note: Sara has asked that I provide a note to support her return to school following her request for a leave. Briefly, she has done well while away from school, and will continue to have support as needed. As you are aware, Sara should be able to re-enroll at your school without issue and without divulging personal information as protected by law and the ADA.

Expectations of Sara's behavior spelled out clearly: Recommendation is that Sara be apprised of the supports she has available at school, including counseling and, if appropriate, services offered by disabilities services. There are no concerns about her conduct of behavior being disruptive to the community.

Questions to consider:

- How might your school handle this case?
- What are the challenges of assessing someone to determine they are ready to return to campus?
- Is Sara covered by ADA guidelines?
- Should her situation be further monitored, especially with the school having access to her treatment and medical records?