

# Health and Counseling Services Initiatives

Spring 2009

## Health and Counseling Services Goals

1. To support the college's commitment to student learning as our top priority;
2. To provide or arrange for effective physical and mental health services (either directly or by referral) and to promote the physical and mental well-being of enrolled Wellesley students;
3. To deliver effective health education to the student body that encourages personal responsibility for healthy behavior and informed consumption of health and mental health services;
4. To initiate educational programs that assist the faculty and staff in identifying students with potential health and mental health problems and in making effective use of the consultative services of the health and mental health professionals on campus

## New Initiatives

To align services more closely to our goals, the following initiatives were developed: offer higher level care after service hours provide extensive care for those needing observation and care in a better equipped facility (i.e. a hospital), extend health education programming, and increase counseling services staff.

- MetroWest Leonard Morse Hospital in Natick will provide urgent after-hours care for Wellesley students.
- Students will be able to access Counseling and Health Services professionals via phone for urgent consultation after hours.
- The Director of Health Education's hours have been extended to full-time and a half-time Health Education Specialist has been hired. They will create a more comprehensive health education program based on student health data.
- A half-time Community Outreach Nurse Educator is presenting clinical programs to broaden students' understanding of how to best care for themselves.
- The clinical Nutritionist is working added hours.
- A licensed clinical psychologist replaced a post-doctoral counseling trainee.
- Counseling Services hired an additional full-time Clinical Nurse Practitioner.

## **Hours of Operation:**

### **Health Services**

Monday – Friday: 8:30 a.m. – 4:30 p.m.

### **Counseling Services**

Monday – Friday: 8:30 a.m. – 4:30 p.m.

## **After Hours Emergencies:**

- Contact Campus Police x5555 (hearing impaired x2303)
- Contact an RD on-duty directly. (Duty schedules will be posted on the Res. Life web-page, Res. Hall conferences, and RD office doors.) RDs' office lines may be called, or Campus Police can radio the RD.
- Contact the Urgent After-Hours Call Service for Counseling 781-283-2839 or Health Services 781-283-2810.

**Campus Police will arrange for an ambulance when needed.**

**Counseling Services Main Phone & Urgent After-Hours Call Service: 781-283-2839.**

**Health Services Main Phone & Urgent After-Hours Call Service: 781-283-2810.**

**Hospital Stay:** If a student is admitted to the hospital, she will be contacted by a member of the student life staff while she is in the hospital. If she is not admitted, she will hear from a member of the staff subsequently. Students who are hospitalized are allowed back to campus once cleared by a member of the Health or Counseling Staff. A student who does not follow the recommendations of the hospital will not be approved for return to campus.