

N

HUSKY 101 ORIENTATION

Wellness and Support

Disability Resource Center
University Health and Counseling Services
The Office of Prevention and Education at Northeastern



Who We Serve

The Disability Resource Center (DRC) works with students with documented disabilities including:

- Learning Disabilities
- ADHD
- Psychiatric Disorders
- Chronic Conditions
- Physical Disabilities
- Vision & Hearing Impairments



DRC Services/Accommodations

- The DRC coordinates and provides academic and housing accommodations
- Accommodations are made based on documentation of disability
- Accommodations are always: optional, reasonable, not retroactive

What To Expect

- Verification of disability
 - Student disclosure form and discussion
 - Documentation of disability
 - Documentation committee review
- Any accommodation decisions will be communicated with the student and the student will be invited to register with a specialist



Support for DRC Students

- Support for registered students includes:
 - Printed letters for students
 - Ongoing support with a designated disability specialist
 - Strategy sessions & referrals to other campus resources
- If there is a change in severity or impact of existing diagnosis:
 - Students may consider submitting additional documentation
 - Work with their specialist to identify additional accommodations

Fostering an Inclusive Environment

- Delta Alpha Pi Honor Society
- Disability Awareness Month Programming
- Employer in Residence
- Faculty/Staff Training

The Learning Disabilities Program

- NU also offers a comprehensive academic support program to students with learning disabilities and ADHD: The Learning Disabilities Program
- For more information: northeastern.edu/ldp



The UHCS Student Care Model

- Walk-in service for routine and urgent medical and mental health assessment and treatment.
- Treatment and recommendations for follow-up.
- Personalized referral service for continuity of care.
- 24/7 Mental Health Support.
- Well Connection video consultation with membership in Northeastern University Student Health Plan (NUSHP) for \$10 co-pay.



Medical Care

- Services
 - Walk-in assessment for routine concerns
 - Urgent care
 - Scheduled women's health, sports medicine, nutrition visits
 - Referral to ongoing care
 - Telehealth services 24/7
- Care provided by:
 - Board certified physicians and licensed nurse practitioners, physician assistants, and nurses



Medical Care – Additional Services

- Immunizations
- Laboratory drawing station
- Referral to specialists and primary care
- Prescriptions issues and sent to pharmacies



Well Connection

- Available to students enrolled in NUSHHP
- Telehealth 24/7/365 support
- From anywhere in the United States
- Medical and mental health
- From any device that has internet connection
- \$10 co-pay



The advertisement features the Massachusetts state logo and the Well Connection logo with the tagline 'Care at Your Convenience'. A smartphone is shown displaying the app interface. The main headline reads 'Getting Sick Isn't Convenient. Well Connection Is.' Below this, it states that users can see licensed doctors for minor medical and behavioral health care via live video visits. A section titled 'Real Doctors. Real Doctor Visits.' highlights that providers have an average of 15 years of experience. A 4.8 out of 5 star rating is displayed, along with a 'How It Works' section listing four steps: downloading the app, creating an account, choosing a service type, and picking a provider.

MASSACHUSETTS | **WellConnection**
Care at Your Convenience

**Getting Sick Isn't Convenient.
Well Connection Is.**

You can see licensed doctors and providers for minor medical and behavioral health care using live video visits on your favorite device.

Real Doctors. Real Doctor Visits.

Licensed doctors and providers in the Well Connection network have an average of 15 years of experience. They can look up your medical history, diagnose and treat your symptoms, and prescribe medication,* if necessary.

★★★★★
4.8 out of 5
Doctor and provider rating from our members¹

How It Works

1. Download the Well Connection app, or visit wellconnection.com
2. Create an account and log in
3. Choose the type of service: medical or behavioral
4. Pick an available provider

Mental Health Care

- Services at UHCS
 - Walk-in and urgent care, scheduled telephone assessment
 - Medication assessment
 - Student support groups
 - Sexual assault response and treatment
 - Referral to ongoing care
- Care provided by:
 - Board certified psychiatrists, licensed clinical nurse specialists, nurse practitioners, mental health counselors, psychologists, and clinical social workers

Mental Health Care

Find@Northeastern

- 24/7 mental health support
- 5 free sessions each fall and spring for face-to-face or video counseling
- ICare Internet-Based Cognitive Behavioral Training Intervention
- Personal follow-ups, referrals to specialists, e-coaching

northeastern.edu/uhrs/find-at-northeastern



877.233.9477 (in the U.S.)

+1.781.457.7777 (outside the U.S.)



Ongoing Care Referral

- Referrals and continuing care connections through:

- UHCS
- Find@Northeastern



Referrals to:

- Local ongoing primary care
- Specialty consultation
- Diagnostic services
- Mental Health providers
- Emergency and Urgent Care
- Pharmacies, infusion centers, and laboratories

UHCS Hours

Monday, Wednesday, Friday
8:00 a.m. – 5:00 p.m.

Tuesday, Thursday
8:00 a.m. – 8:00 p.m.

Saturday (September – June)
12:00 – 4:00 p.m.

Most Holidays
10:00 a.m. – 3:00 p.m.

NUPD Emergency: 617.373.3333
Emergency: 911
SafeZone App



Northeastern University Student Health Plan

- MA state law requires that every full-time and part-time student enrolled in a certificate, diploma or degree-granting program of higher education must participate in his or her school's student plan or in a health benefit plan with comparable coverage.
- Students automatically enrolled/billed every year
- May waive by January 10, 2020 deadline
(if comparable coverage)



Northeastern University Student Health Plan

Choosing the right health plan for you.

NOT ALL HEALTH PLANS ARE CREATED EQUAL.
To help you choose a health plan that provides the highest level of protection while studying at Northeastern University, complete this checklist and compare.

	NUSHP	YOUR PLAN
Access to an expansive roster of preferred health care providers in Boston and across the country through a recognized world leader in health care	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Inpatient and outpatient behavioral health care throughout the United States	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Established schedule of low co-payments	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Low annual out-of-pocket maximums	<input checked="" type="checkbox"/>	<input type="checkbox"/>
No pre-existing condition exclusions	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Worldwide medical coverage*	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Worldwide assistance accessing qualified medical care—plus evacuation, if necessary	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Coverage throughout the entire year—at school, at home, while traveling—as long as you are enrolled in NUSHP	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Prescription drug coverage	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Preventive dental and annual vision testing services, including contact lens fittings, through Fenway Health	<input checked="" type="checkbox"/>	<input type="checkbox"/>
A dental savings plan offering substantially reduced rates from contracted dental providers	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Knowledgeable, caring, on-campus assistance for questions about the claims process and plan services	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Fully compliant with Massachusetts Student Health Plan requirements	<input checked="" type="checkbox"/>	<input type="checkbox"/>

If you could not check every box for your plan, NUSHP may be the right health plan for you!

*While in this communication may be restricted to members in private of health from Northeastern University's Student Health Plan. Only Blue Cross Blue Shield of Massachusetts can provide a full description of benefits. The highest benefit levels are reserved when care is provided by in-network providers.

*Claims incurred internationally would require member payment or form of service allowed by reimbursement.

University Health Report

Proof of immunity is **required** by Massachusetts state law.

Northeastern UHCS
UNIVERSITY HEALTH AND COUNSELING SERVICES
www.northeastern.edu/uhcs

125 Forest Building
Northeastern University
300 Huntington Avenue
Boston, MA 02115
(617) 373-2272 (voice)
(617) 373-2601 (fax)
uhcs@northeastern.edu

Health Report
Massachusetts law requires all University students to provide documentation of vaccination against Hepatitis B, Measles, Mumps, Rubella, Meningitis, Tetanus, Diphtheria, Pertussis and Varicella.

1. Please complete the information requested below.
2. Sign the consent form.
3. Have your primary care clinician complete the state-mandated immunization form.
4. Return the completed form to University Health and Counseling Services by mail, email (UHCS@northeastern.edu) or fax (617-373-2601) by the deadlines listed.

DEADLINES
June 30, 2019, for UNDERGRADUATE STUDENTS entering the University in Fall 2019.
December 1, 2019, for all UNDERGRADUATE STUDENTS entering the University in Spring 2020.
GRADUATE STUDENTS must return the form no later than a month before entering the University.

DEMOGRAPHIC INFORMATION

LAST NAME (PLEASE PRINT) _____ FIRST NAME _____ MIDDLE INITIAL _____
HOME ADDRESS _____ STREET _____ CITY _____ STATE _____ ZIP CODE _____ COUNTRY _____
DATE OF BIRTH (MM/DD/YYYY) _____
FEMALE MALE UNDERGRADUATE GRADUATE CELL PHONE NUMBER _____
PARENT/GUARDIAN NAME _____ PARENT/GUARDIAN TELEPHONE _____ PARENT/GUARDIAN EMAIL _____
EMERGENCY CONTACT NAME _____ EMERGENCY CONTACT TELEPHONE _____ RELATIONSHIP _____

CONSENT FOR TREATMENT
I give University Health and Counseling Services (UHCS) of Northeastern University permission to treat me for medical and/or psychiatric conditions while I am a student at the University.

STUDENT NAME (PLEASE PRINT) _____ SIGNATURE _____ DATE _____
PARENT/GUARDIAN NAME _____ SIGNATURE _____ DATE _____
RELATIONSHIP _____

Please retain a copy for your records. Please print carefully and legibly.



Proof of Immunity to

- Measles
- Mumps
- Rubella
- Tetanus/Diphtheria/Pertussis
- Varicella/Chicken Pox
- Meningitis
- Hepatitis B

Wellness and Support



Office of Prevention and
Education at Northeastern

OPEN provides evidence-based prevention and education services on the topics of alcohol and other drugs, sexual violence, and sexual health.

Consequences of College Student Drinking

Heavy drinking in college associated with negative impact on academic success:

- Reduced quality sleep
- Lower likelihood of being engaged with faculty
- Lower GPA

Other consequences:

- Blackouts, physical injuries, accidents, fights, unwanted or regretted sex, conduct violations



Parents as Partners in Prevention and Wellness

...Do they really listen to me?

...What if they blow me off?

...I am not sure what to say or do.

...Don't all college students drink?



Parents as Partners in Prevention and Wellness

- Although peer behavior is found to be strongly correlated with alcohol consumption...
- Parents *also* have an impact on the behaviors of their children in college



Parental Engagement

- High parental engagement has been linked to less alcohol use in adolescent and college student populations



Parental Permissiveness

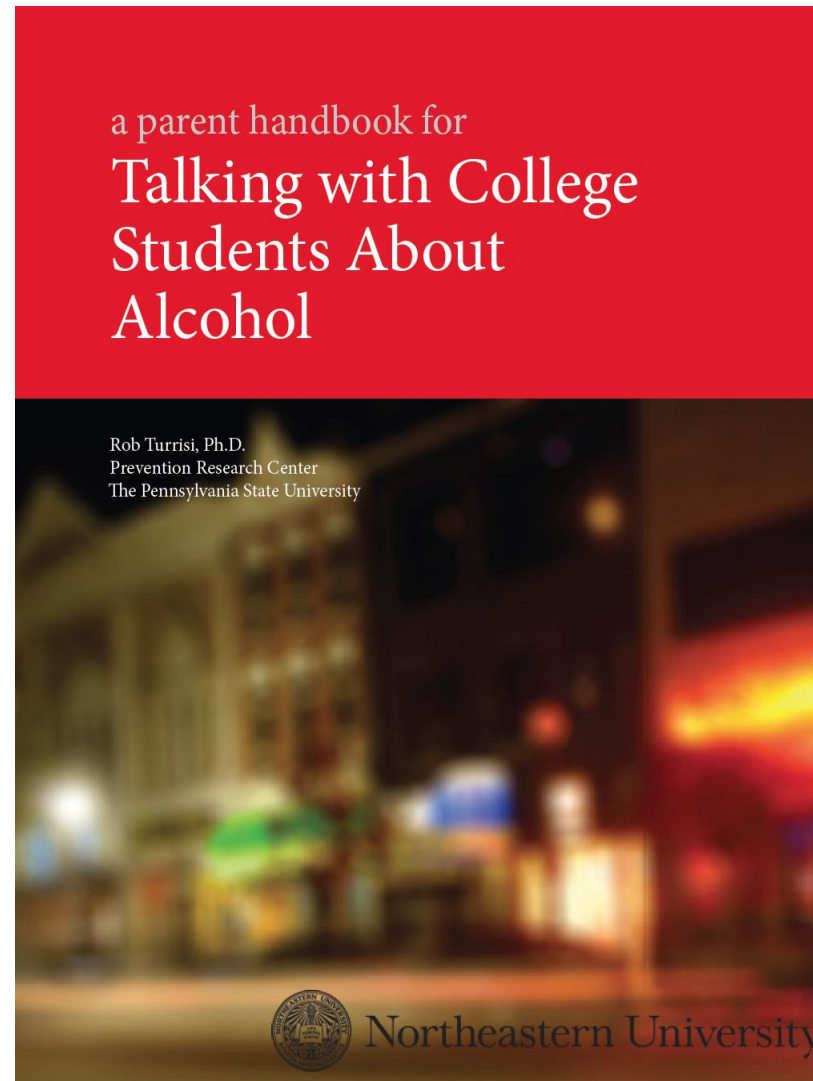
- Parental drinking permissiveness:
 - The degree to which parents are lenient regarding alcohol use
- Low parental drinking permissiveness is associated with less risky drinking

Parental Influence Extends into Early Adulthood

- Communication throughout college years
 - “Parents who maintain effective communication with their teen, and through this communication, reinforce expectations regarding alcohol use can provide protection during this vulnerable transition, when most young people increase their drinking behaviors.”



Parent Handbook



a parent handbook for
**Talking with College
Students About
Alcohol**

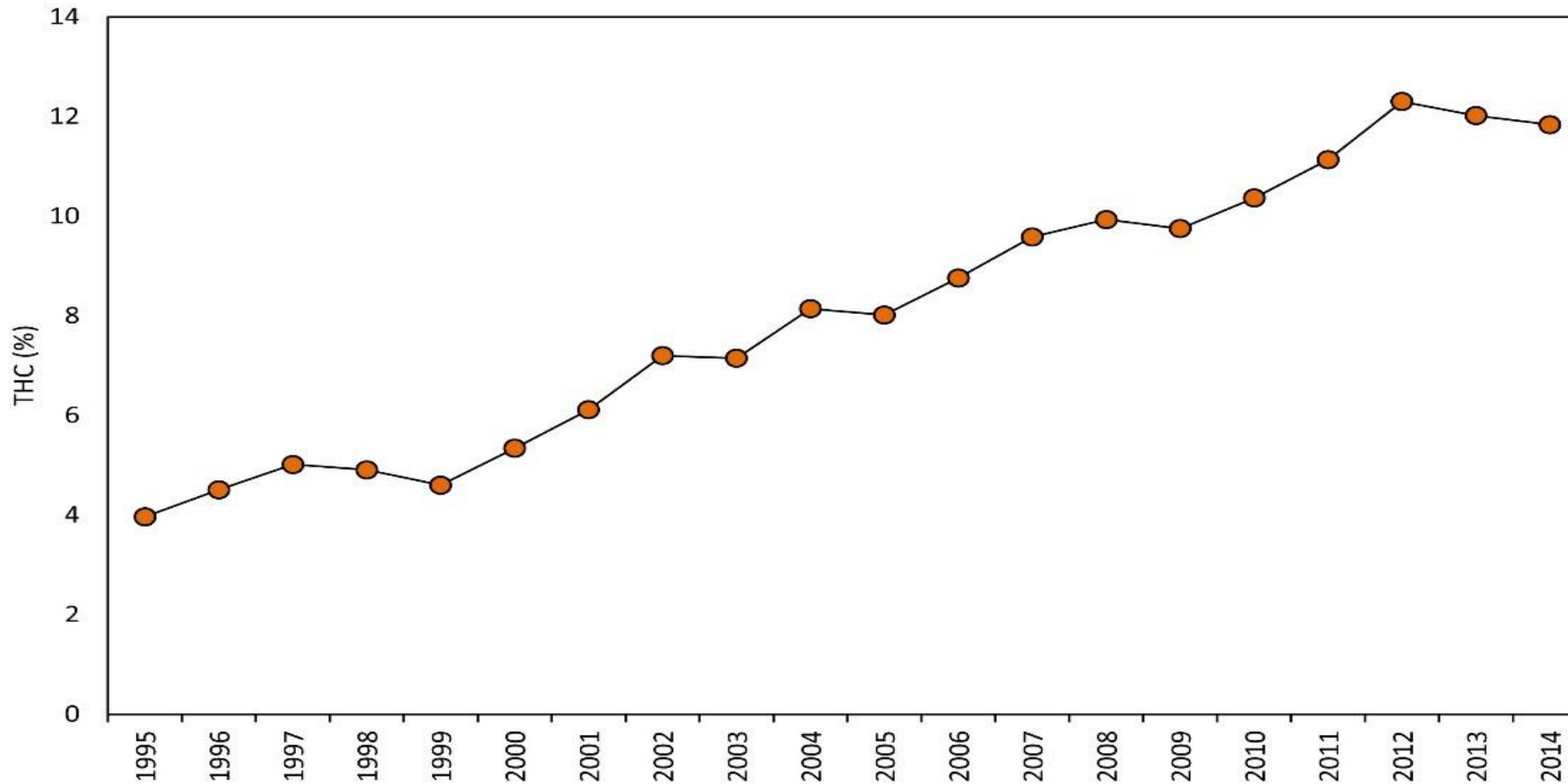
Rob Turrisi, Ph.D.
Prevention Research Center
The Pennsylvania State University



Northeastern University



Changes in Cannabis Potency 1995 - 2014



EISOHLY MA et al. Changes in cannabis potency over the last 2 decades (1995–2014): Analysis of current data in the United States. *Biol Psychiatry* 2016 Jan 19



Relationship Between Cannabis Use and Academic Success

Marijuana use is associated with lower GPA

More frequent use is associated with:

- Skipping classes
- Discontinuous enrollment
- Lower likelihood of graduating on time



Parents as Partners in Prevention and Wellness

“70% of 18-25 year olds wished they had received more information from their parents about some emotional aspect of a relationship.”

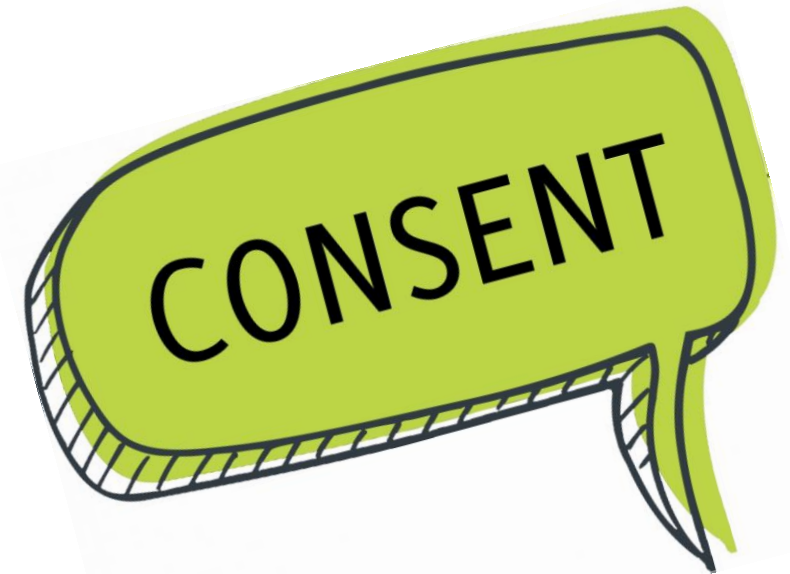
- Making Caring Common Project, Harvard Graduate School of Education, 2017



Relationships, sex, and dating in college

- “Hook up culture” myth
- Northeastern’s Definition of Consent:

Consent is a voluntary, affirmative agreement to sexual activity and requires mutually understandable and communicated words and/or actions.



Parents as Partners in Prevention and Wellness

- How to start a conversation:
 - Media, TV Shows, Orientation session about consent
- Find more info and tips on our “Resource for Parents” website page
 - Having a conversation with your student
 - Education on healthy relationships, sexual health, sexual violence and consent
 - OPEN’s Sexual Violence Resource Center

Required Online Programs

- Two required online programs for all incoming students
 - E-checkup to go for alcohol
 - Not Anymore: interpersonal violence prevention
- Receive an email about each to Husky email with instructions and due dates



Stay Connected

**Disability Resource Center
(DRC)** **northeastern.edu/drc**

**University Health and
Counseling Services
(UHCS)** **northeastern.edu/uhcs**

**Office of Prevention and
Education at Northeastern
(OPEN)** **northeastern.edu/open**

