



N
HUSKY 101
ORIENTATION

Wellness at Northeastern

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





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**University Health and
Counseling Services**



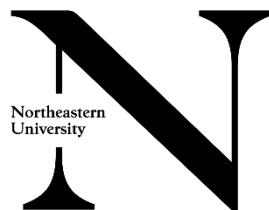
Immunizations



Massachusetts law requires students to provide documentation of immunity to a number of infectious illnesses. The law is quite strict and the university is mandated to comply.



The university immunization requirements are due by July 31, 2023. For more information on how to submit your documentation, please visit the UHCS website.



UHCS Medical Services

- Same-day and scheduled routine and urgent care
 - Including women's health, sports medicine, nutrition visits
- Follow-up support
- Laboratory drawing station
- Referral to ongoing community and specialist care
- Immunization compliance

UHCS Mental Health Services

- Walk-in support
- Scheduled phone consultations
- Ongoing follow-up care (in-person and virtual options available)
- Support groups
- Referrals
- Medication assessment and management
- Find@Northeastern

Find@Northeastern

24/7 Support when learners need it, anytime, anywhere

- Immediate support with a licensed mental health provider
- Personal assistance in locating and scheduling the help
- Free unlimited counseling sessions
- Free access to Headspace
- Free access to SilverCloud

find
at Northeastern

INSIDE THE U.S.
877.233.9477

CANADA
855.229.8797

INTERNATIONAL
+1.781.457.7777



Headspace

Be Kind to Your Mind

Free Access to Headspace

The leading mindfulness & meditation app will help with sleep, movement, meditation and focus.



Headspace is available through Find@Northeastern for all full-time degree-seeking students. Join today.

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Support Groups & Workshops

A variety of support groups and workshops are offered throughout the semester. Examples of support group topics include:

- Grief and Loss Support Group
- Taking the Fear out of Food
- International Student Support Group
- Heal (Support Group for Survivors of Sexual Violence)
- Anxiety & You: Skills Approach to Help Manage Anxiety
- Celebrating LGBTQIA2S+ Identity

Northeastern University Student Health Plan

NUSHP

- **Coverage anywhere:** Comprehensive healthcare coverage at school, at home, while traveling, on co-op or study abroad
- **Savings:** Affordable coverage, low co-payments, caps on annual out-of-pocket costs, and access to reduced dental, vision and pharmacy
- **Global protection:** 24/7 emergency medical care and assistance anywhere in the world



Student Support

Northeastern students reported that if they were experiencing serious emotional distress they would talk to a:



Family Member
22%

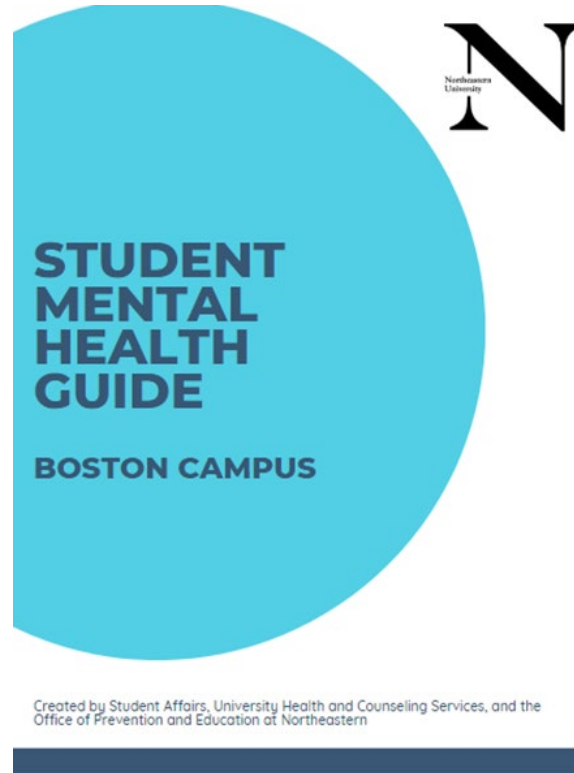


Clinician/Therapist
22.5%



Friend
25%

Resource Guides



northeastern.edu/uahcs/health-and-wellness/supporting-student-mental-health

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Contact Us



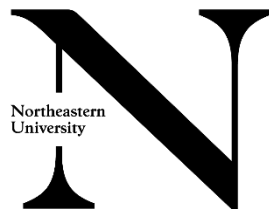
70 Forsyth Street Suite 135

Hours

- Monday, Wednesday, Friday 8:00am – 5:00pm
- Tuesday and Thursday 8:00am – 8:00pm
- Saturday 12:00 – 4:00pm (September through June)

All visits are by appointment except dedicated walk-in hours for mental health support:

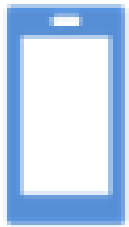
- Monday through Friday: 11:00am – 2:00pm
- Tuesday and Thursday: 5:00 – 7:30pm



Contact Us



northeastern.edu/UHCS



617.373.2772



**uhcs@northeastern.edu
immunizations@northeastern.edu**



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**Office of Prevention and
Education at Northeastern**



Wellness and Support



Office of Prevention and
Education at Northeastern

The Office of Prevention and Education at Northeastern (OPEN) seeks to promote a safer, healthier Northeastern community by providing evidence-based education, prevention, and resources on the topics of alcohol and other drugs, sexual violence, sexual health, and other wellness-related topics.

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, regretted sexual experiences, 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

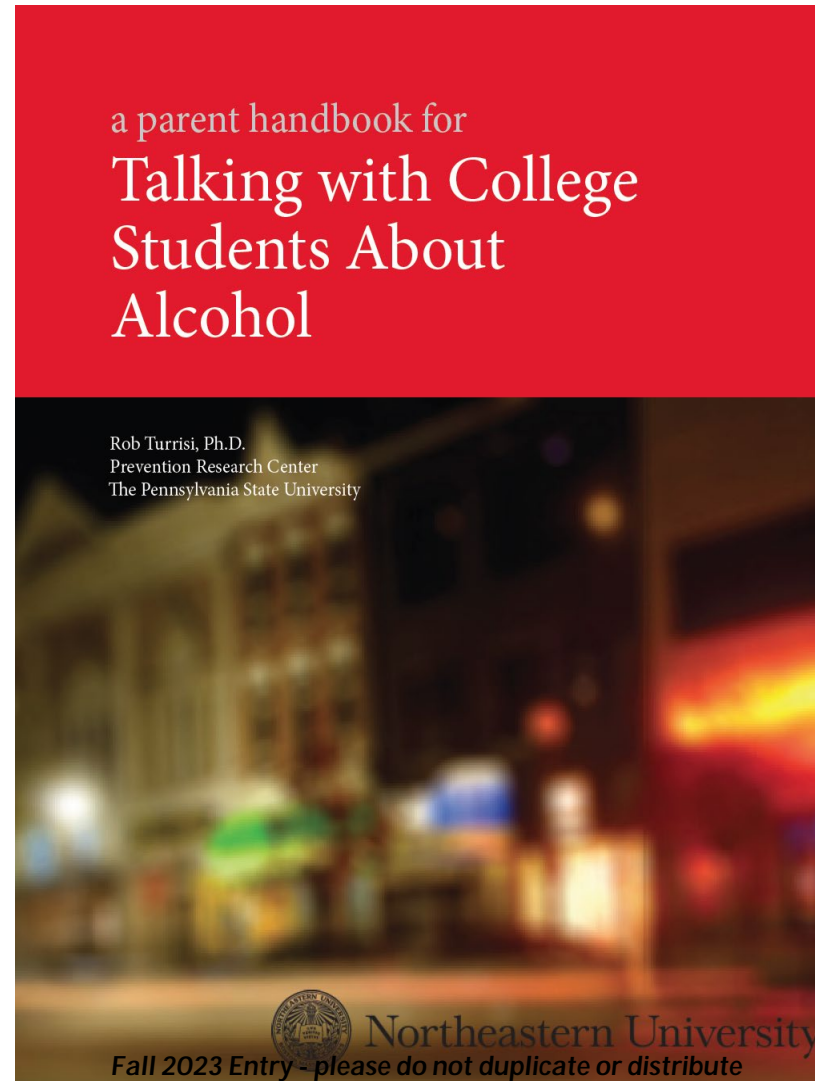
- Parental drinking permissiveness
 - The degree to which parents are lenient regarding alcohol use
- Low parental drinking permissiveness is associated with less risky drinking

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.”

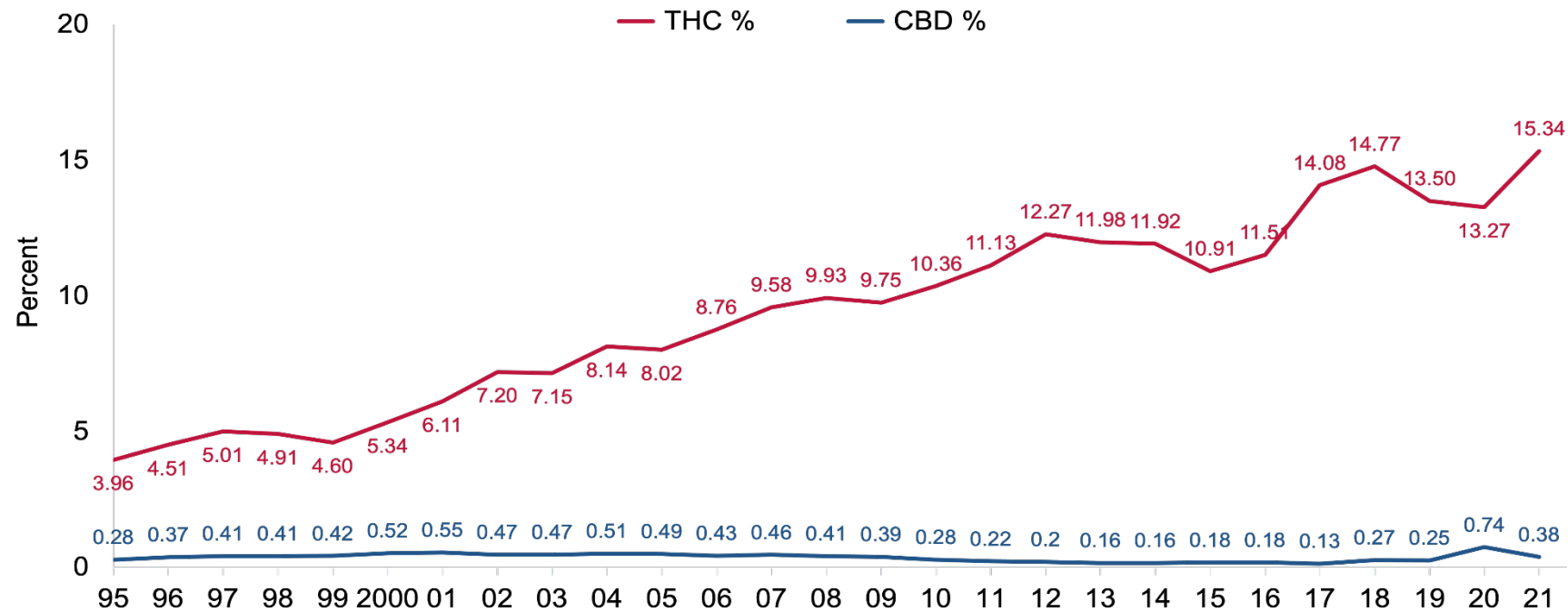


Parent Handbook



Changes in Cannabis Potency

Percentage of THC and CBD in Cannabis Samples Seized by the DEA, 1995-2021



SOURCE: U Miss, Potency Monitoring Project

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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 “Resources for Parents” webpage
 - Having a conversation with your student
 - Education on healthy relationships, sexual health, sexual violence, and consent
 - OPEN’s Sexual Violence Resource Center and Confidential Resource Advisor

Contact Us

Email: open@northeastern.edu

Website: open.studentlife.northeastern.edu

Instagram: [@nuhealthandwellness](https://www.instagram.com/nuhealthandwellness)



Office of Prevention and
Education at Northeastern





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**Disability Resource
Center**



Disability Resource Center

- The Disability Resource Center (DRC) works with students with documented disabilities
- Student focused process, your student needs to begin the process with our office to request accommodations
- Students can connect with us at any point during their time at Northeastern
- We also provide support for students who experience temporary injuries



Additional Supports

- The Learning Disabilities Program (LDP) is a fee-for-service academic support program for students with learning disabilities and/or attention deficit disorders.
- Students participating in the LDP meet regularly with a learning specialist for personalized, collaborative support.
- Interested students should visit the LDP website for more information about the program, application process and fees:
northeastern.edu/ldp

Contact DRC

20 Dodge Hall

drc.sites.northeastern.edu

DRC@northeastern.edu

617.373.2675

Parent Contact Form



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We Care



Office of Student Support (We Care)



- We Care works with any Northeastern University student, regardless of location or level of study, if they encounter a challenge that may impede their ability to move forward academically.
- Our team collaborates with the student to create a working plan to move forward through the situation.

*Student Financial
Services*

*Academic
Advising*

*Office of Global
Services*



*Disability
Resource
Center*

*Cultural
Centers*

*University Health
& Counseling
Services*

*Office for
University Equity
& Compliance*

What We Do



We Care works closely with all colleges and departments to create a network of support throughout the university.

Except in emergent cases, if they are unsure where to start, a student can always begin with We Care, and we will make sure they have the right support team working together.

When the challenge is specifically nuanced, our team will seamlessly connect students with other offices or resources that may best assist them in more depth.



Common We Care Referrals



Student outreach

**Referrals/connections to
other resources on campus**

**Questions around
various leaves of absence**

OUEC related matters

**Assistance/guidance around
requesting flexibility with
professors**

Steps to Consider Before Contacting We Care

Students should be aware when a situation rises to the level of an emergency.



EMERGENCY

If there is concern for the safety or security of you or others (ex. statements of harm toward self or others), **call NUPD (617.373.3333)** for a wellness check.



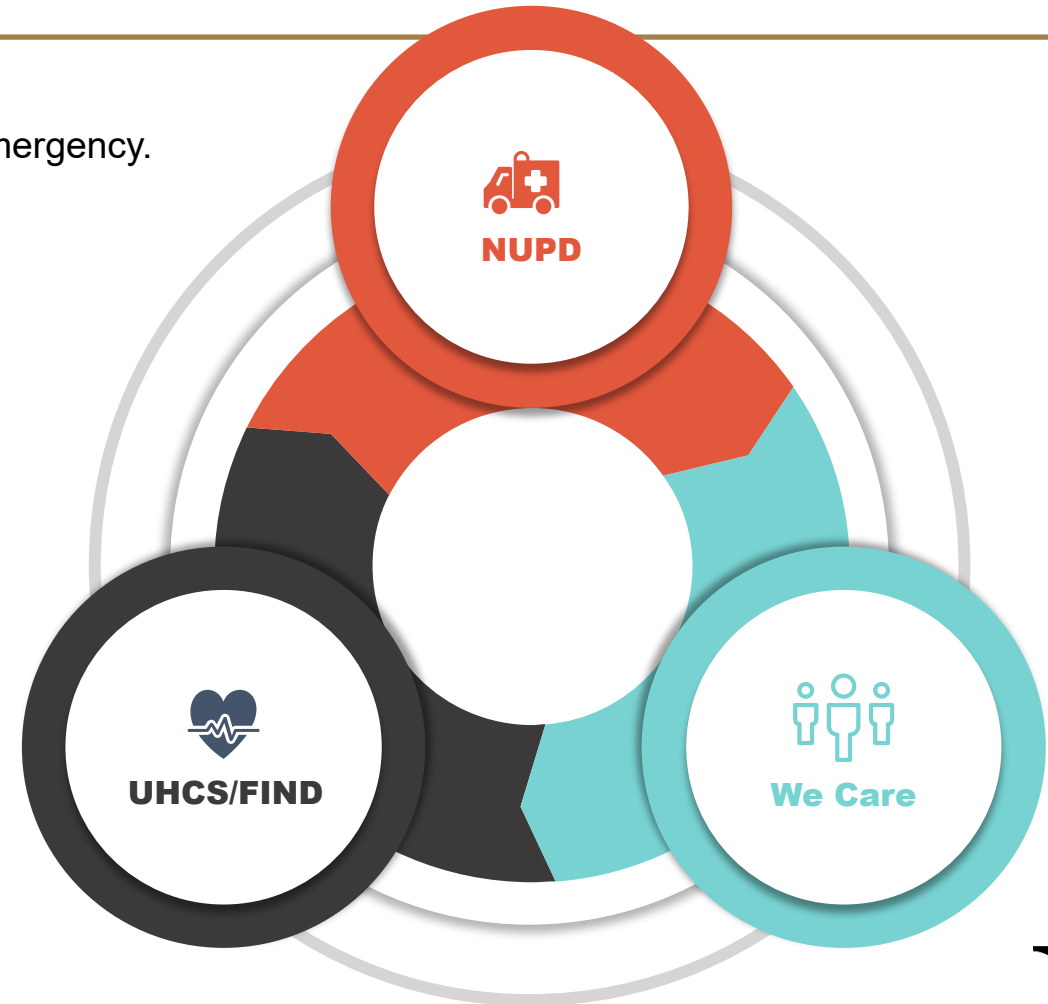
INTENSE ISSUES

If you or a friend are struggling with something, consider contacting **UHCS or FIND for outreach** and guidance.



WHERE DOES WE CARE FIT IN?

If you or others are looking for support or guidance in navigating a **non-emergent situation**, they can contact We Care directly.



THE WE CARE TEAM



DIRECTOR
KEYNE M. CAHOON
SHE/HER



ASSOCIATE DIRECTOR
MAGGIE LOSCUITO
SHE/HER



ASSISTANT DIRECTOR
BRIANNA BURK
SHE/HER



ASSISTANT DIRECTOR
KELLY TYMAN
SHE/HER



PROGRAM COORDINATOR
VIOLET VILLANUEVA
SHE/HER

Want a digital copy of our flyer?

SCAN ME



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Contact Office of Student Support/We Care

Office: 354 Richards Hall

Phone: 617.373.7591

Email: wecare@northeastern.edu

Website: studentlife.northeastern.edu/we-care

Instagram: @WeCareNortheastern



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