Happy and Healthy in the New Semester

Owen Wyatt, UHCS
Kellianne Carfi, OPEN
Susan Brown, Parent/Family Programs
Meet the Presenters

Owen A. Wyatt, LMHC
Director of Behavioral Health
Northeastern University Health and Counseling Services

Kellianne Carfi, LICSW
Assistant Director
Office of Prevention & Education at Northeastern, O.P.E.N.

Northeastern University
Student Orientation and Parent/Family Programs
Agenda

• Medical and Behavioral Healthcare
• Resources
• New Services
• Appointments
• Alcohol and Drug Prevention and Education
• Q&A
Medical Care

No charge for visits at UHCS

Services:

- Walk-in assessment for routine concerns
- Urgent care
- Women’s health
- Sports medicine
- Nutrition

Care provided by Board Certified Physicians and Licensed Nurse Practitioners, Physician Assistants and Nurses
Medical Care

Additional Services

- Immunizations
- Laboratory drawing station
- Referral to local specialists and primary care
- Prescriptions written and sent to local pharmacies
Behavioral Health Care

No charge for visits at UHCS

Services:
- Walk-in assessment
- Medication assessment
- Student support groups
- Sexual assault response and treatment

Clinicians: Board Certified Psychiatrists, Licensed Clinical Nurse Specialists, Nurse Practitioners, Mental Health Counselors, Psychologists, and Clinical Social Workers

Referral to community providers
Support Groups Examples

- Depression and Anxiety Support Groups I and II
- Heal
- Balancing the Pressures: Student Athlete Support
- It’s Complicated: A Relationship Support Group
- Yoga for Mental Wellness
- International Student Support Group
- Conscious Coping

northeastern.edu/uhrs/counseling-services/group-counseling/
What to Expect
UHCS Student Care Model


2. Receive treatment, care recommendations, and review immediate plan.

3. Personalized referral service for ongoing care that incorporates:
   - Student’s diagnosis and care recommendations
   - Student’s health plan
   - Most accessible and convenient location
   - Clinician’s availability
   - Student’s preferences
   - UHCS Follow-up Call
   - Student feedback
Ongoing Care Referral

Referral to...

- Local world-class multi-specialty medical centers
- Locally accessible pharmacies, infusion centers and laboratories
- Community primary care practices
- Numerous nearby urgent care and emergency centers
- Specialty clinicians and clinics
- Boston's wealth of behavioral health clinicians and practices
UHCS Hours

8AM to 5PM
Monday, Wednesday, Friday

8AM to 8PM
Tuesday, Thursday

12PM to 4PM
Saturday (Sept-June)

Most Holidays
10AM to 3PM

For emergencies on campus:
Call 617.373.3333
After-Hours Care

• Samaritans Crisis Hotline
  877-870-HOPE (4673)
  www.samaritanshope.org

• Crisis Text Line
  Provides free, 24-hour emotional support by text.
  Text 741741
• 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
Choosing the right health plan for you.
Proof of immunity is **required** by Massachusetts state law.
Proof of Immunity to:

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

- Forsyth Building, Suite 135
- 617.373.2772
- northeastern.edu/uhcs
- uhcs@northeastern.edu
- @NU_UHCS
OFFICE OF PREVENTION AND EDUCATION
AT NORTHEASTERN

Alcohol and Other Drug Education • Sexual Violence Prevention

Northeastern University
Student Orientation and Parent/Family Programs
- Innovative, evidence based practices
- Utilize best practices and have contributed to the research
- Studies conducted with our own students, on our own campus
- Proactive efforts around programming and interventions
- Success in reducing high risk behavior
What do we know about consequences from substance use?
Substance Use, Academic Success, and Retention

- Effects of excessive drinking/drug use can be understood as a “cascade” of interrelated problems

**Intermediary Processes**
- Skipping Class
- Studying Less
- Decreased Motivation
- Poor Quality/Less Sleep
- Cognitive Problems

**Short-Term Manifestations**
- Declining GPA
- Dropping Classes
- Lost Opportunities (internships, work, special studies)

**Long-Term Outcomes**
- Delayed Graduation
- Failure to Graduate
- Attenuation of Goals
- Lack of Readiness for Employment
- Underemployment

Arria, et al 2013
Among Northeastern students who drink, within the past 12 months as a consequence of drinking:

- 37.7% did something they later regretted
- 34% forgot where they were/what they did
- 18.7% had unprotected sex
- 11.8% physically injured themselves
- 3.3% seriously considered suicide
- 1.4% got in trouble with the police
- 2.5% had sex with someone without giving your consent
- 0.7% physically injured another person
- 0.1% had sex with someone without getting their consent

n = 1,171 Northeastern students random, representative sample (National College Health Assessment, 2018)
Parents as Partners in Prevention and Wellness

Parents have an impact on the drinking behaviors of their children in college

- Regular communication
- Low permissiveness around underage and excessive drinking
- Asking about drinking and communicating expectations
Parental Influence Extends into Early Adulthood

Pre College discussion about drinking + booster during first semester

“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.”

Turrisi et al (2013)
Access the Parent Handbook at OPEN’s Website:

studentlife.northeastern.edu/open/

It’s available on our main homepage!
Effects on the brain

• Hippocampus
  – Attention, concentration, and memory

• Research with college students shows impact on these even 24 hours after last use

• After daily use, takes 28 days for impact on attention, concentration, and memory to go away

Marijuana’s impact on performance

- Deficits in verbal learning (at day 3, not 2 weeks)
- Deficits in verbal working memory (at day 3, at 2 weeks, not at 3 weeks)
- Deficits in attention (still present at 3 weeks)

Hanson et al. (2010)
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

Mental Health Considerations

- Depression
- Anxiety
- Schizophrenia
- ADHD
- Addiction & Withdrawal

Source: Hall & Degenhardt, 2009, p.1388
Hall 2013
Learn About Marijuana

Science-based information for the public

Marijuana Resources for Parents

The 2016 national Monitoring the Future Study shows marijuana use among U.S. teens holding steady or even declining slightly for grades 8, 10, and 12.

In Washington State, according to the 2016 Healthy Youth Survey, marijuana use among youth has remained steady at levels similar to the national rates since 2010, despite the changing landscape of legalized marijuana in our state.

Although use of marijuana has not changed significantly in the last several years, youth attitudes towards marijuana moved toward greater acceptance, both nationally and in Washington State.

The good news is that parents are the primary influence on adolescent behavior -- even if it may not always seem that way. Here are some resources that can help parents discuss the use of marijuana with their children.

Get tips for talking with your kids about making healthy choices at StartTalkingNow.org

How to Talk to Your Kids About Marijuana
Stay Connected (OPEN)

• 307 Ell Hall
• 617.373.4459
• northeastern.edu/open
• @OPENortheastern

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Stay Connected

Phone: 1-800-696-6516

Website: northeastern.edu/parents

Email: parents@northeastern.edu

Message Board: northeasternparents.proboards.com

Parent Portal: my.Northeastern.edu

Facebook: facebook.com/ParentFamilyProgramsAtNortheasternUniversity