Expanded SHAC mental health “menu” offers something for every taste

The mental health services menu at Student Health and Counseling (SHAC) offers more variety than ever before, with “family-style,” “take-out” and “self-serve” options, even lunchtime meditation.

While individual therapy still accounts for the bulk of our services, we now offer alternatives that allow us to meet the needs of larger numbers of students, sometimes more effectively. These “family-style” options offer opportunities to participate in group therapy with peers, or attend a discussion group related to adjustment to Carleton.

New this fall is an opportunity to engage in “self-serve” biofeedback training for stress management. Once students attend a training session, they are able to check out our newly acquired biofeedback equipment and software for use at SHAC. Students can use biofeedback to release stress by teaching their bodies to calm down quickly and easily.

As winter comes upon us, students will once again have the opportunity to borrow light boxes for use in their rooms as a treatment for Seasonal Affective Disorder (SAD). This “take-out” option provides a convenient way for students to care for their mental health in their own living space.

For more information about our new menu additions, please check out the resources on our website (go.carleton.edu/shac), or give us a call at 507-222-4080. We are excited to partner with students in new ways to improve and maintain their mental health.

“For most people, vitamin C does not prevent colds and only slightly reduces their length and severity. Vitamin C is generally considered safe except when taken in high doses.”

National Institutes of Health • National Center for Complementary and Integrative Health

CDC FLU FACT
It takes about 2 weeks after vaccination for antibodies to develop in the body to protect against flu.

www.cdc.gov/FightFlu
Students are often surprised by what SHAC can do. That may be because we’re housed in a dorm but function like a mini-clinic!

Some of our most frequently provided services include $5 tests for mono, strep, pregnancy, urinary tract infections, and tuberculosis (skin test). $10 will pay for a pack of birth control pills, or a course of antibiotics. For $15, students can have an HIV test or purchase emergency contraception. Basic medical supplies are available, as well, such as $5 reusable hot/cold packs, thermometers, and elastic bandages; or a $10 nasal cleansing system. Free items include cough drops, ear plugs, bandaids, tea or hot chocolate, as well as the opportunity to work on or borrow from our amazing array of cool puzzles.

While all visits to SHAC, both counseling and medical, are a benefit provided by the Carleton comprehensive fee, we do charge nominal fees for specific tests and medications to cover our costs. Most students find that the convenience of receiving testing and some basic medications on campus is worth it. There is always the option of having a medication ordered at the pharmacy if a student’s insurance copay is less than our fee.

Most importantly, our medical providers work with each student to try to find the most economical way to provide exemplary care.

I didn’t know SHAC could do that!

Time to Meditate

This fall Betsy Lane-Getaz and Nate Page are facilitating Time to Meditate on Tuesdays, 12:10-12:50 p.m. and Friday mornings, 8:15-8:45 a.m. in the Buddhist Meditation Room (or adjacent Chapel Lounge) in the basement of the Chapel. Participants will practice moment-to-moment, non-judgmental awareness. Tuesdays will include an exploration of a variety of meditation or mindfulness practices and time to reflect on and share briefly about the experience. Friday morning will continue to be gently guided mindfulness practice in the manner of Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program. Both sessions are designed to create space in the day for a curious and compassionate inward focus, in the company of others.

SHAC is working with SWAs, Chaplains' Associates and the Rec Center to create opportunities. All sessions are open to students, staff and faculty. Come, try it out; drop-ins are welcome. Cushions and chairs are in the room.

Presence • Inquiry • This... • Peace • Breath • Inspiration • Appreciation • Community • Accountability • Space • Practice • Focus • Opening • Learning in Community *

*These words come from, and describe the experiences of, participants or those who received notice of the mindfulness meditation that occurs Friday mornings.

DID YOU KNOW...?

SHAC offers HIV testing along with a full range of STI tests.

The test is performed on a drop of blood from your finger, takes 15 minutes, and costs $15.

Make a half hour appointment and we’ll talk about your risk for HIV; and then you can decide whether or not to get the test based on your risk and CDC recommendations.

Talk with an APRN at SHAC about whether PrEP might be right for you to help prevent HIV transmission.