On-Call Phone Counseling: 24/7/365

It’s 11:30 p.m. on Friday night. It’s the middle of summer break. It’s 2 p.m. on Tuesday during 6th week. Any time, any day, Student Health and Counseling (SHAC) is here for you!

At the end of winter term, SHAC rolled out an enhancement to its on-call counseling services, offering urgent telephone counseling to students around the clock, when classes are in session and during breaks. Licensed counselors are available to take your call at any time. Unlike a hotline, this counseling service works closely with SHAC to inform and consult with our providers as needed. SHAC will receive a written record of each phone call, which will be added to the student’s electronic health record. This communication will allow SHAC providers to provide follow-up and ongoing support to the student as needed.

There are two ways to access the on-call counseling service.

First, you may call SHAC at 507-222-4080 and choose option #2. You may also dial directly to 855-705-2479. You need not be in a crisis situation to take advantage of this new service; it is there anytime you need immediate counseling support.

As always, in-person counseling appointments will continue to be available during academic terms, and appointments can be made by calling 507-222-4080 or by stopping in at SHAC (Ground Davis). Confidential appointment request forms are available at the front desk to protect your privacy.

Feel free to contact SHAC if you have any questions about our new phone counseling service. Our goal is to offer a comprehensive counseling service that will fit students’ needs at any time—day or night.

Our Campus Is Grieving

SHAC wants to provide information and support to those students who are grieving.

In many instances, people can move through their grief with the assistance of their existing supports and resources. However, sometimes you need outside help or assistance to keep yourself from "going under," or getting "perpetually stuck" in your grief. These conditions can happen especially if you are experiencing multiple stressors or coping with cumulative grief. Warning signs include continuing bouts of depression, social withdrawal and isolation, suicidal thoughts, deliberate self-harm, or continuing feelings of helplessness, hopelessness, and despair.

If you want support with your grief, especially if the above circumstances apply to you:

- Reach out to Student Health and Counseling (507-222-4080) to meet with a counselor
- Utilize the 24/7 on-call counselor (by calling 507-222-4080 and pressing #2; or dialing 855-705-2479).
- Participate in a grief support group which will run weekly during spring term, date/time TBD, facilitated by Marit Lysne. Email Marit (mlysne) if interested in the group.

Please view our webpage with suggestions on What You Need During Grief.

Go to: go.carleton.edu/shac
Spring Term: Sniffles, Sneezes and Seasonal Allergies

Spring means flower buds and blooming trees — and if you’re one of the millions of people who have seasonal allergies, it also means sneezing, congestion, runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. Try these simple strategies to keep seasonal allergies under control.

Reduce your exposure to allergy triggers

- Stay indoors on dry, windy days — the best time to go outside is after a good rain, which helps clear pollen from the air.
- Remove clothes you’ve worn outside; you may also want to shower to rinse pollen from your skin and hair.

Take extra steps when pollen counts are high

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

Discuss treatment options with your provider

- Allergy medications can help reduce your immune system reaction and ease symptoms. The drugs you use depend on the type of allergy you have. They can include over-the-counter or prescription medications in the form of oral medications, nasal sprays or eye drops.
- Sinus congestion and hay fever symptoms often improve with saline nasal irrigation — rinsing out the sinuses with a salt and water solution. You can use a neti pot or a specially designed squeeze bottle to flush out thickened mucus and irritants from your nose. Ask your medical provider for more information on this home remedy.

For more information, go to:
http://www.mayoclinic.org/diseases-conditions/allergies/basics/definition/con-20034030

Staff Profile - Dawn Fadden RN, CNP

When speaking of Carleton students, Dawn Fadden says, “I love their drive to learn and do new things in every area of their lives.” As one of the Advanced Practice Nurses providing medical care to students at Student Health and Counseling (SHAC), Dawn’s career path demonstrates this same love of learning and personal growth. Now a Board-Certified Nurse Practitioner, Dawn’s years of experience working as a Registered Nurse were the stepping stones that led her to her current role as a medical provider at Carleton.

Dawn earned a Bachelor of Arts degree in Nursing from Gustavus Adolphus College, and her early career was spent working in hospitals and clinics, with a focus on women’s health. Along the way, Dawn kept hearing the same comment from Nurse Practitioners with whom she worked: “Maybe you should think about doing this.” A position in the urgent care department of Boynton Health Service at the University of Minnesota sparked an interest in working with college students, and a tuition benefit helped Dawn complete a Master of Science in Nursing at the U of M.

Dawn’s position at SHAC is her first job working as a Nurse Practitioner, and she has found it to be an excellent fit. “I still have a lot of growing to do, and I’m growing along with everyone else. You wouldn’t get that in another workplace,” she says. Dawn has found that Carleton students have a unique curiosity about everything, including their medical care. She states that this thirst for knowledge challenges her to be well-informed about whatever medical issue the student is facing, and be ready to provide good, hard data to support the information she shares.

“I’m so lucky to have found a job that I love, and to be a part of the awesome Carleton community,” Dawn says. We at SHAC feel the same way about Dawn’s place on our staff, as she brings a fresh perspective, an inquisitive spirit and a deep commitment to helping students be as healthy as they can be.

Aside from her professional life, Dawn is a busy mom of 3, parenting with her husband at their home in the Twin Cities. “I married my college boyfriend,” remarks Dawn with a laugh, adding that this information may make students take a second look at their own romantic college relationships.
As the temperature begins to increase, it is important to pay attention to the amount of water you’re drinking. Staying hydrated is one of the best ways to keep your mind and body functioning at their highest capacities. Our bodies consist of over two-thirds water. Hydration helps transport nutrients, hormones, and wastes through our bodies. The Mayo Clinic suggests that on average, men and women need anywhere from 9 to 13 cups of water a day to replenish water lost from daily activity like pooping and peeing. So, it’s important to make sure you pay attention to any irregularities in your waste.

If you’ve ever used a SWA stall (and we certainly hope you have!), then you should have noticed the urination charts conveniently placed at your peeing eye level. If your urine is darker than a friendly and light yellow, then you need to be drinking more water. To get to know better how your body metabolizes water, looking at your pee can help! There are many factors that affect the way your body uses water like exercise, alcohol consumption, food consumption, and even just breathing. If your poops are feeling off, some ways to improve their quality and lead a healthier, more hydrated lifestyle are: seeking and eating organic vegetables, rich in nutrients (especially fiber); avoiding artificial sweeteners, excess sugar and large amounts of caffeine; exercising daily; drinking the right amount of water; and one surprising way! Have you ever considered squatting? The human body is built to squat rather than sit while ridding itself of waste. Our bodies empty themselves better when we squat, it strains our muscles less, and can even relieve constipation (a sign of dehydration)!

So, next time you use the restroom, take a second to look back into the toilet. You may be surprised how much you can learn! Stay hydrated!
SWA Corner

Spring Bling: Four Spring SWAccessories

By Anna Donnella
(Student Health Advocate—SWA)

Socks:
As the weather gets warmer, adventures in the Arboretum may be calling your name. But did you know that Southern Minnesota has one of the highest numbers of reported cases of Lyme Disease in the United States?

Ticks live in low grass, so the best way to protect yourself is to cover your feet and lower legs as much as possible. If hiking around in the woods, it’s a good idea to sport a nice clean pair of socks, and maybe even long pants, if that’s not too much trouble. Either way, be sure to check yourself when you get back indoors. The ticks that carry Lyme Disease, are tiny, tiny things, so look closely. They are not on the list of must-have accessories.

Condoms:
With spring, comes spring fever. You’ve felt it before. The birds and the bees come out for real, and love is in the air. Love, and maybe some other things. Keep yourself prepared with a couple of condoms. You can carry them in your back pocket or a backpack. Before using them, just make sure to check the expiration date and check for consent. And remember that condoms come in lots of different colors and flavors, so don’t be afraid to experiment with your style.

Sunscreen:
You’ve heard it a million times before. Minimum of SPF 15, apply generously and regularly. Why is it so important? Skin cancer is the most common form of cancer in the United States (affects 1 in 5 Americans) and each individual sunburn as well as steady daily exposure ups your risk. Sunscreen can help! The rule for application is: take the SPF and the time it takes you to start to burn and multiply the numbers together. That’s often you should reapply. So if I have SPF 15 and it takes me 10 minutes until I start to burn, I should reapply every 150 minutes, or 2 and half hours. So make a little bottle of sunscreen your new best friend. and if you forget the rule, just apply generously and regularly.

Water Bottle:
Water bottles are always a hot accessory, but especially when the sun comes out and sweat starts pouring. On average, you lose around 9 to 13 cups of water a day, and when you’re sweating heavily, it’s even more. So it’s important to drink. If you want to jazz it up, throw a teabag in (herbal is best for caffeine free), let it sit for a minute, and enjoy a cool refreshing tea. Or play games with yourself, like take a sip every time you see someone in a red shirt. Whatever you do, just keep your favorite bottle with you and fill it often.

The Student Wellness Advocates (SWAs) are student employees of Student Health and Counseling (SHAC). Our mission is to promote student awareness, skills, and knowledge for balanced lifelong wellness. To see our programming menu visit
http://apps.carleton.edu/campus/swa/programs/