SHAC offers serene new spaces for mental health self-care for students

Student Health and Counseling is excited to unveil our newest service! Available beginning this term are private rooms for biofeedback and meditation (Davis 24 and 25).

These rooms are provided as places for experiential practice with biofeedback, meditation, progressive muscle relaxation, guided imagery, self-hypnosis, and other exercises to improve students’ emotional and physical health. There are printed flyers available describing these practices for those who may be curious or new to this type of self-care.

Our hope is that these spaces will be widely used by students as a respite from their heavily scheduled days. Time can be reserved on a first-come, first-served basis. Please come and check them out!

Free delivery!

Many Northfield pharmacies offer delivery services for student prescriptions. Students simply need to supply the pharmacy with their insurance and credit card information and request delivery to Student Health and Counseling (SHAC). When your medication arrives, SHAC will send you a secure message alerting you that it’s here. Just stop in at your convenience to pick it up. During an average month, about 70 students pick up medications at SHAC from one of the following pharmacies: Econofoods Pharmacy, Northfield Pharmacy, Sterling Pharmacy, and Walgreens Pharmacy.

For a complete listing of local pharmacies, click here.
SHAC encourages “adulting” when it comes to health insurance

During winter term, Student Health and Counseling (SHAC) introduced a new form in our electronic patient portal that gives students the chance to do some “adulting.”

When a student schedules an appointment involving lab specimens to be sent to an outside lab, we ask that they complete an online insurance pre-visit form. Not only does the completion of this form make the visit more efficient and less time-consuming for both the provider and the student, it encourages students to step out of their comfort zone and explore their own insurance coverage.

Through the use of a detailed form, students are prompted to locate a copy of their insurance card, call the customer service number, and ask if one or both of the two labs SHAC uses are in-network for their plan. They may also ask what the level of coverage is for lab tests, and whether or not their deductible has been met. With this information, the medical provider is better able to counsel them on the most economical way to pay for their tests.

Please note that SHAC services are still free of charge, but if an outside lab is needed to perform tests, charges do apply. A little insurance know-how can save money!

Don’t get “ticked” off! Carry this card for on-the-spot removal tips

One of the best things about spring on the Carleton campus is the opportunity to explore the Cowling Arboretum. Unfortunately, the ticks enjoy the arb, too, and might hitch a ride back to your dorm. This little card from the Minnesota Department of Health offers important tips for how to identify types of ticks, prevent tick bites, and how to remove them if you find one on your skin or clothing. Pick up a Tick ID Card at SHAC!

**Tick removal do's and don'ts**
- DO remove as quickly as possible.
- DO use tweezers to grasp the head as close to the skin as possible.
- DO pull gently.
- DO use antiseptic on the bite.

**Tick removal don'ts**
- DO NOT burn off with a match.
- DO NOT squeeze the tick.
- DO NOT cover with petroleum jelly.
- DO NOT pour kerosene on the tick.

**Preventing tick bites**
- Avoid wooded and brushy areas with high grass and leaf litter.
- Use a repellent containing no more than 30 percent DEET.
- Use repellents that contain permethrin on clothing.

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**Tick ID Card**

- Blacklegged (deer) tick
  - Ixodes scapularis
- American dog (wood) tick
  - Dermacentor variabilis

**More information**

Visit the [Minnesota Department of Public Safety website](http://www.mn.gov/publicsafety) for more information.

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**Minnesota launches text-friendly services for emergencies**

All Minnesotans can now access the state's suicide response service through text message, 24 hours a day, seven days a week. [Crisis Text Line is expanding its free text suicide prevention services to all Minnesota residents beginning April 1.](http://www.mn.gov/departments/dhs/behavioralhealth/crisis/textline.html) Those who text MN to 741741 will be connected with a trained counselor who will assist them and connect them to local resources. More information can be found [here](http://www.mn.gov/departments/dhs/behavioralhealth/crisis/textline.html).

In addition, Minnesotans can now send a text to 911 during an emergency when calling isn't possible or safe. If there is an emergency and you can't call 911, follow these steps:
- Enter the numbers 911 into the "To" field.
- Text your exact address and type of emergency.
- Send the message.
- Use simple words, but do not use abbreviations, emojis, photos or slang.
- Promptly answer questions and follow instructions.

Visit the [Minnesota Department of Public Safety website](http://www.mn.gov/publicsafety) for more information.
New health care resource now available near campus

Express Care Clinic (706 Division St.)

This new urgent care clinic, located a short walk from campus, opened April 9. Office hours are Monday through Friday, with extended evening hours for those illnesses that occur when SHAC is closed. Weekend hours will be added in the future.

Care is available for the following concerns:
- Cough and flu
- Ear and sinus infections
- Urinary tract infections
- Sore throat/strep
- Rashes
- Eye infections
- Minor cuts

**Hours:** Monday—Friday 12 p.m. to 7:45 p.m.
(Weekend hours to be added later)

This clinic is part of Northfield Hospital and Clinics and is located in the Sterling Pharmacy building. Be sure to check whether it is “in-network” for your insurance plan to avoid unexpected costs.

April is STD Awareness Month: Testing can often be done at no cost to you

Don’t assume you can’t afford to be tested. The truth is that you can’t afford not to be screened for your health’s sake. According to the Centers for Disease Control (CDC), the number of reported sexually transmitted disease (STD) cases are at an all-time high, and if you are sexually active, you are at risk of infection.

Much of the time, STD testing can be obtained at no cost to the patient. Depending on your individual situation, some, if not all, of the STD tests you need may be covered by your insurance plan as required by the Affordable Care Act.

If this isn’t the case, or if you prefer not to use your family insurance for confidentiality reasons, there are other options. Your SHAC provider can inform you of other community, state, or federal resources that may be available to cover the cost of testing.

Student Health and Counseling offers a wide range of testing options for sexually transmitted infections (STIs), including chlamydia, gonorrhea, HIV, syphilis, and genital herpes. Reduced self-pay charges, the use of insurance, and other options are available. SHAC medical providers tailor testing and treatment to each individual student’s needs and will help you find the most economical way to get tested.

Do your homework – know the risks, symptoms, and the steps you can take to protect yourself from STDs.

- **Prepare** to answer your healthcare provider’s questions about sex honestly.
- **Get tested** – many STDs are curable, and all are treatable.
- **Get treated** – protect yourself from long-term, irreversible damage to your health by starting treatment immediately.
- **Get retested** – it’s common to get some STDs more than once, so getting retested in 3 months is important, even if you and your partner took medicine.

For more information, visit the Centers for Disease Control website. Call SHAC to make an appointment.

SHAC is committed to providing care for all students

While there is no charge for medical and counseling visits at SHAC, occasionally we provide lab tests, medications, and/or medical supplies for which we charge a fee to cover our costs.

We recognize the potential financial burden of additional fees and our priority is to provide appropriate medical care to all students. *If SHAC fees are a barrier for you, please speak with your medical provider about low-cost or free community resources or consider emergency funding through the Dean of Students Office.*

Your good health matters to us!
STUDENT HEALTH AND COUNSELING
Mental Health Resources

**Short-term Individual Therapy** — 1:1 Care with a counselor that understands the Carleton experience. No session limits.

**Group Therapy** — confidential treatment with 6-8 members and 1-2 SHAC therapists. Group therapy is a powerful tool for growth and change.
- USO — Tues. 3:30-5:00pm, Wed. 3:30-5:00pm, Friday 10:00-11:30am
- Expressive Art — Tues. 3:00-4:30pm
- Grief Support Group — Mon. 3:00-4:30pm
- Survivors of Sexual Trauma Support Group — TBD

**Psychiatry** — medication consultation, initiation, and maintenance

**Dietician** — nutrition therapy for students struggling with their relationship with food

**Biofeedback Training for Stress Management** — develop the ability to release tension and stress and teach your body to calm down quickly and easily through self-directed sessions of biofeedback.

**Workshops and Other Services**
- **Time to Meditate** — Tuesdays 12:10-12:50pm (Chapel Main Level Sanctuary) and Fridays 8:15-8:45am (Alumni Guest House Library)
- **How to Successfully Fail at Overcoming Perfectionism** — Online
- **Resilient: Body, Mind, Spirit** — Online
- **Procrastination: Time Management Solutions** — Coming Online Spring Term

Online workshops can be viewed on our website at: http://apps.carleton.edu/studenthealth/counseling/groups/

**Biofeedback & Meditation Rooms (24 and 25)** — These rooms are provided as places for experiential practice with biofeedback, meditation, progressive muscle relaxation, guided imagery, self-hypnosis, and other exercises to improve your emotional and physical health.

**Light Box Therapy** — students may check out light boxes for up to three weeks to help treat Seasonal Affective concerns.

**Long-term Individual Therapy with Community Provider** — 1:1 Care with a therapist in the Northfield community.

**24/7 Phone Counseling** — 24/7/365 access to phone consultation with a counselor anytime you need to talk. (855) 705-2479