Sexual misconduct: A national reality and a campus concern

In the past few months, inappropriate sexual conduct has been at the forefront of our national consciousness. While it is a reality at the highest levels of our government and corporate systems, it is also a reality on the smallest college campuses. Carleton is no exception.

This year, Laura Reihle-Merrill was hired as the college’s first full-time Title IX Coordinator. Complete information about her office’s services can be found on the Sexual Misconduct Prevention and Response website. It’s a good idea to familiarize yourself with this information before a crisis occurs for you or a friend.

SHAC is one valuable campus resource when sexual misconduct occurs. Our medical staff can help you during normal business hours by providing free, compassionate, and confidential medical care, including treatment for minor injuries, pregnancy prevention, and STI testing/treatment. Both our on-staff counselors and our 24/7 phone counseling service are here to offer support, as well.

All SHAC staff and the Chaplains are the sole confidential resources on campus. Confidential resources can provide help and support without your conversation being reported in any identifiable way.

All students can be proactive and get trained in Green Dot Bystander Intervention to stop sexual misconduct before it happens! Help our community to squeeze out the red dots (sexual violence) by flooding the campus with green dots!

SHAC staff gathered at the home of a staff member for our winter retreat. As we reviewed the fall term and looked ahead to terms to come, we kept our hands busy working on making tied fleece blankets for ill children.

That’s the number of flu shots administered during SHAC’s 2-day Student Flu Vaccine Clinic on October 24-25. SHAC partnered with Homeland Health Specialists to give out more than 5 shots every 6 minutes... for 8 hours straight. That’s almost 22% of students on campus for Fall term. Hopefully many others were vaccinated over winter break!
It’s influenza season again in Minnesota! The Minnesota Department of Health (MDH) does regular monitoring of flu cases in order to determine whether state residents are being particularly hard-hit with influenza during any flu season. Per MDH, tracking every case would be difficult, so surveillance programs are set up across the state to keep abreast of the severity and prevalence of influenza in the state.

For the last year, SHAC has participated as an enhanced respiratory virus surveillance site through the MDH. Throughout the year, our Advanced Practice Registered Nurses collect throat swabs from willing students who meet the case definition (temperature greater than 100 degrees Fahrenheit AND cough and/or sore throat), and submit them to MDH for testing. The program seeks to identify incidence of influenza and other cold-like viral illnesses in Minnesota.

Carleton's data is combined with data collected throughout the state and is available on the MDH website, keeping Minnesota health care providers informed on the status of influenza and other respiratory infections in the state. Supplies and testing are free for SHAC and for students.

New on the SHAC website!

Resilient: Body, Mind, Spirit

This three-part workshop (coming soon!) features SHAC counselor Drew Weis. Each session focuses on developing understanding and skills to manage distress. The series focuses specifically on transforming anxiety, depression, and social isolation.

Insurance 101

This 12-minute video tutorial offers some basic information about health insurance. Its purpose is to assist students as they work to understand and navigate the world of health care and insurance as independent adults. Specific features of the Carleton Student Insurance Plan are covered, as well. In addition to the video, SHAC offers one-on-one Care Navigation services to students who need assistance with understanding insurance claims and managing medical bills. Just call SHAC at 507-222-4080 to set up an appointment with Jan.

Visit go.carleton.edu/studenthealth/ to check out the videos.

SHAC involved with statewide effort to keep tabs on influenza

SHAC: A combined clinic that serves the whole person

Have you ever wondered why SHAC is a combined medical and counseling clinic? You might think it’s because that’s just the way the space arrangement worked out, or because our counselors and medical providers really like each other (which is true, by the way!). In fact, being an integrated clinic is an important feature of SHAC which allows us to treat the whole student, and offers an opportunity for close collaboration with providers across disciplines. At SHAC, we often talk about the benefit of those “curbside consultations,” and a shared medical record.

According to the National Institute of Mental Health (NIMH), integration within clinical settings can occur at varying degrees. “Full integration involves a single health system’s medical and mental health care providers working simultaneously to treat a patient’s behavioral and medical needs with shared medical record access,” according to the NIMH website. Here at SHAC, this is the model we follow.

NIMH states that “providing Integrated Care helps patients and their providers. It blends the expertise of mental health... and primary care clinicians.” Often, students who are experiencing anxiety or depression may present with physical complaints, or vice versa. SHAC providers’ ability to work together ensures that students receive care for body, mind, and spirit.