Health Services provides health care, personal counseling, crisis intervention, and alcohol and other drug intervention and education for all full-time La Salle University students. In addition, Health Services supports the La Salle University Peer Educators, a student group trained to heighten awareness among their peers about relevant social health issues.

Health Services includes:

The Counseling Center

215.951.1355  
McShain Hall  
http://www.lasalle.edu/services/counsel/counsel.htm

The Student Health Center

215.951.1565  
North Residence Halls Complex  
http://www.lasalle.edu/students/dean/health/studentcenter.htm

The Alcohol and Other Drug Program

215.951.1357  
McShain Hall  
http://www.lasalle.edu/~chapman/assess.htm

The Peer Education Program

215.951.5157  
McShain Hall
<table>
<thead>
<tr>
<th>Table of Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counseling Center</td>
<td>4</td>
</tr>
<tr>
<td>Alcohol and Other Drug Program</td>
<td>6</td>
</tr>
<tr>
<td>Peer Education</td>
<td>7</td>
</tr>
<tr>
<td>Student Health Center</td>
<td>8</td>
</tr>
<tr>
<td>General Information for Faculty and Staff</td>
<td>10</td>
</tr>
<tr>
<td>Community Resources</td>
<td>15</td>
</tr>
</tbody>
</table>
The mission of the Counseling Center is to support students in realizing their educational goals by helping them resolve problem areas that may be interfering with these accomplishments. Typical concerns of students who present themselves at the Counseling Center include: depression, anxiety, stress, relationship difficulties, family problems, eating disorders, adjustment to living away from home, developmental issues, and substance misuse.

Specifically, the Counseling Center...

- provides support, counseling, and crisis intervention to students with personal concerns and/or adjustment issues,
- helps students work through problem areas that are interfering with their academic success,
- offers consultation to faculty, administrators, and staff regarding student concerns,
- administers psychological testing and interest assessments to help students identify potential career paths,
- provides a variety of psycho-educational programs upon request and periodically offers support groups on topics such as family issues, self esteem, eating disorders, date rape, etc.
Eligibility for Counseling Services

All full-time students are eligible for counseling services at no cost.

Availability of Counseling Center Staff

The Counseling Center staff, comprised of licensed psychologists, counselors, and doctoral interns, is available during regular working hours. In addition, a consulting psychiatrist is available by appointment once a week. Please note that the Counseling Center staff is not generally available after hours or on weekends. If a student needs more support than a weekly appointment, he or she will be referred to community-based therapists, support groups, and/or given crisis line numbers.

Appointments

Generally, appointments are scheduled for 50 minutes once a week. To schedule an appointment, students can stop by or call the Counseling Center (215.951.1355). Requests for counseling services are usually accommodated within one to two weeks of the request. Students who need to cancel or reschedule an appointment are expected to inform the Counseling Center 24 hours in advance.

Emergencies

Psychological emergencies (i.e., risk of harm to self or others) are seen immediately during working hours. Students who experience a crisis that requires immediate attention during off hours should contact the Resident Coordinator on duty (call Safety and Security at 215.951.2111 to have the Resident Coordinator paged) or can go directly to Crisis Response Center at Germantown Community Center Hospital, 3rd floor (215.951.8300).

Confidentiality

In accordance with the ethical guidelines of the American Psychological Association and the American College Personnel Association, information will be shared with a third party only upon written consent by the student involved or as may be required by the law (in situations in which there is a strong suspicion and/or evidence that the student is at risk of being a danger to self or others).

For more information about the Counseling Center, call 215.951.1355.
The mission of the Alcohol and Other Drug (AOD) Program is to educate the La Salle community about the realities of alcohol and other drug use, provide accurate information about psychoactive substances, and provide referral and/or treatment for problems associated with misuse. Typical student concerns can range from uncertainty about the decision to drink or abstain, to the impact of alcohol and other drugs in daily life, to personal issues about the use of alcohol and/or other drugs or use by a family member or friend.

Specifically, the AOD Program...

- offers individual counseling for students to help determine if problems or the potential for problems exist, as well as pre-treatment counseling for students who may be at risk of developing problems,
- conducts confidential personal assessments to provide students with professional opinions on their personal use of alcohol,
- provides assessment and counseling services to students who belong to families with AOD issues,
- provides support groups for students in recovery, as well as consultation and information for classes, residence halls, and other on- and off-campus groups,
- fosters student, staff, and faculty awareness of alcohol-related information through a series of experiential programs,
- offers educational sessions for students who violate the alcohol/drug policies of the University,
- refers to campus and community resources when necessary or requested, and consults with students on alcohol and other drug-related academic projects.
AOD Resources

Located in the Counseling Center, the AOD Resource Center provides books, articles, pamphlets, videotapes, and other educational materials related to the use/abuse of alcohol and other drugs. These resources are available for students, staff, and faculty who wish to learn more about an AOD topic.

In addition, the Center is a member of several AOD computer networks that allow for questions and research agendas to be discussed with other subscribers on an international basis. Several on-line self-assessment questionnaires are also available for individuals wanting to explore their own substance usage.

To clarify information or for consultation on an AOD issue, an Alcohol and Other Drug counselor is available by appointment.

For more information, the Alcohol and Other Drug Program can be reached at 215.951.1357.

PEER EDUCATION PROGRAM

La Salle University Peer Educators are students committed to promoting well being within the La Salle University community. The Peer Educators aim to heighten awareness among their fellow students about social health issues such as substance abuse, eating disorders, dating violence, AIDS/HIV prevention, and more. Members of this student group are trained to facilitate workshops, programs, and other events to help their peers learn more about pertinent health issues in order to make low risk decisions that reflect a healthy lifestyle.

For more information about the La Salle Peer Educators, contact the Director of Health Services at 215.951.5157.
The mission of the Student Health Center is to maintain optimum physical and emotional health of the La Salle University student body through the provision of quality, accessible, comprehensive, and cost-effective health care. The Student Health Center also promotes healthy behavior and lifestyle choices through ongoing educational outreach and programming.

Specifically, the Student Health Center offers:

- routine health care (i.e., physical exams, immunizations, screenings, etc.),
- evaluation and treatment for acute illnesses and injuries,
- treatment for infections (i.e., strep throat, bronchitis, urinary tract infections, etc.),
- prescription medications (most medications prescribed for students are free or at a nominal cost),
- allergy injections,
- wellness and health assessments,
- free over-the-counter medications,
- women's health care (i.e., pelvic exams, breast exams, etc.),
- screening tests for strep throat, mononucleosis, urinary tract infections, pregnancy, and sexually transmitted diseases,
- sexual health information and/or counseling,
- referrals to specialists and campus and community resources.

** Please note: The Student Health Center does not provide notes for missed classes except in situations of hospitalization or extreme illness.
Eligibility and Cost

All full-time undergraduate and graduate students are eligible for Student Health services. Graduate students must meet the same health requirements as undergraduate students (i.e., completed health form on file) in order to receive services. Most care provided by the Nurse Practitioners and University Consulting Physician is free. The exceptions would include hospital emergency room care, x-rays, laboratory testing, most immunizations, specialists' fees, and hospitalization. Laboratory fees and immunization charges must be paid (check, cash, or gold card) at time of service or billed home.

Appointments

The Student Health Center has regular weekday hours (8:30 a.m. to 4 p.m.) during the academic year. No appointments are necessary to see one of the Nurse Practitioners. Physician visits, for consultation, will be arranged through the nurse practitioner.

University Policies Regarding Health Requirements

- Health Insurance
  Health insurance is required for all undergraduate students, all international students, and all full-time graduate students who use the Student Health Center’s services. Information and applications regarding the University-endorsed student health insurance is available at the Student Health Center and the Dean of Students’ office. For students under 23, family health insurance will generally provide coverage.

- Mandatory Immunizations
  Non-compliance with the required University-required vaccinations will result in a Medical Hold which will stop a student from being able to register for the following semester. All students are notified by letter if they are missing any of the required immunizations in an attempt to prevent them from being placed on a medical hold.

Emergencies

Normal Business Hours: Students should visit the Student Health Center or call La Salle Security and Safety (215.951.2111).

After Hours, non-life-threatening medical situations: The Community Development staff member on duty or La Salle Security and Safety (215.951.2111) should be contacted to reach a nurse practitioner who is available for consultation.

Crisis situation requiring immediate attention: Emergency care is available at Germantown ER or Einstein Medical Center (Trauma Center), both of which are in close proximity to the University. Call La Salle Security and Safety (215.951.2111), who will provide transportation or, if needed, will contact Philadelphia Rescue.

Confidentiality

All services provided by the Student Health Center are confidential. Information will not be released to faculty, staff, administrators, or parents without the student’s permission, unless the student is in critical condition or there is a threat to self or others.
The following information is presented to assist faculty and staff members in handling certain situations, such as when and how to make a referral to Health Services, signs and symptoms indicating a need for Health Services intervention, and how to talk to someone who needs help.

When to Make a Referral to Health Services
A referral to Health Services is usually indicated in the following situations:

- the student’s emotional or physical problems are interfering with their academic performance;
- the student’s emotional or physical needs require immediate attention;
- you observe signs or symptoms of distress and/or maladjustment in a student, indicating a need for intervention;
- a student presents a problem or requests information about a medical or emotional issue which is outside your range of knowledge;
- you know the student on other than a professional basis (i.e., friend, neighbor, relative, etc.).
How to Make a Referral to Health Services

The following are suggestions to assist in making a referral. If you are unsure about whether or not to make a referral, the Health Services staff and/or the Dean of Students are available for consultation.

- When you have determined that the student might benefit from professional counseling, it is usually best to speak directly to the student in a straightforward fashion that will show your concern for his or her welfare. It is not advisable to attempt to deceive or trick the student into seeking help. Be specific regarding the behaviors or symptoms that have raised your concerns, and avoid making generalizations about the student.

- Here are some guidelines to help faculty and staff members in talking to a student who needs help:
  1. Be prepared. Learn the basic facts about the issue you are confronting.
  2. Discuss how you feel about the situation with someone you trust before approaching the student.
  3. Choose your time and place carefully.
  4. Be clear and straightforward when speaking with the student. Give specific examples.
  5. Confront behavior, not values.
  6. Communicate your concern for the student rather than dislike for the behavior.
  7. Become familiar with the support services that are available to refer the student.

- EXCEPT IN EMERGENCIES, the option must be left open for the student to accept or refuse help. If the student is reluctant for whatever reason, simply express your acceptance of those feelings so that your own relationship with the student is not jeopardized. Give the student an opportunity to consider your recommendations by suggesting that he or she might need some time to think things over. If the student emphatically refuses, then respect the decision and leave the situation open for possible reconsideration at a later time.

- If the student agrees to the referral, suggest that he or she immediately call to schedule an appointment. You may offer to let the student use your phone to set up the appointment.

- Follow up with the student at a later date to show your continued interest even if the student did not follow through with the referral. *Please note: Due to professional legal and ethical standards, Health Services staff cannot reveal information regarding a student without written permission from the student. This includes whether the student did or did not follow through with the referral.

- If you believe the student is in danger of self harm or harm to others, a mandated referral may be in order. Call the Dean of Students (215.951.1017), the Associate Dean of Students (215.951.1829), or the Director or Associate Director of Health Services (215.951.1355) for assistance.
The following checklist of symptoms can be useful in determining a student’s potential need for counseling, AOD intervention, or health care. It is important to note that many of the following symptoms can be within the normal range of behavior for traditional college-age students when the duration of symptoms is brief; however, when clusters of signs and/or symptoms are long-lasting or the student is at risk of self-harm, a referral to Health Services is indicated.

**Signs indicating the Need for Counseling**

**Self-Destructive Behavior**
Examples: suicidal or self-destructive ideation, a conversation or written communication that includes the how, when, and where of a suicide plan (this warrants an IMMEDIATE referral to the Counseling Center), and/or other self-destructive types of behavior over a period of time that interfere with the student’s functioning (repeatedly missing assignments, frequent absences, taking excessive risks, alienating others, loss of future/career focus, long-term depression).

**Marked Change in Social Interactions**
Examples: difficulties with getting along in the classroom, withdrawing socially, having continual friction with fellow students, declining interest in extracurricular activities, behaviors indicating confusion and distress.

**Erratic or Irresponsible Behavior**
Examples: dramatic drop in grades or sudden change in academic performance, repeated absences from class, procrastination, lying, cheating, defiance of authority, fits of anger, fights, rule breaking.

**Marked Change in Appearance**
Examples: dramatic change in weight (loss or gain), poor personal hygiene.
Signs of Depression
Examples: expressions of self-reproach, low energy level, tearfulness, insomnia, poor appetite, fatigue, decreased attention and ability to concentrate, restriction in involvement of pleasurable activities.

Anxiety Disorders
Examples: irrational or excessive fear or worry, panic attacks, phobias, obsessive-compulsive behaviors.

Difficulties Interferring with Academic Success
Examples: incapacitating test anxiety, chronic disorganization or procrastination, dissatisfaction with course of study, indecisiveness or conflict about career path, unrealistic career aspirations.

Warning signs of an Alcohol and/or Other Drug Problem

Changes in Performance
Examples: declining grades, increases in absenteeism, apparent memory lapses, difficulty concentrating, fits of anger, verbal or physical fights, ‘acting out’ or aggressive behavior, declining interest in extracurricular activities.

Changes in Behavioral/Physical Well-Being
Examples: apparent hangovers, bloodshot eyes, dilated pupils, hyperactivity, nervousness, frequent tiredness, excessive sniffing and coughing, unfamiliar scents or smells on person.

Emotional and Interpersonal Changes
Examples: reduced motivation, self discipline and self esteem, negativism, defensiveness, secretiveness, erratic behavior and mood swings, withdrawal from others, disorientation, verbal abuse.
Symptoms Indicating the Need for Referral to the Student Health Center

Marked Change in Physical Appearance
Examples: sudden weight gain or reduction, binging and/or fasting resulting in frequent weight fluctuations, flushed face or unusually pale complexion, rash and/or other skin irritation.

Marked Change in Physical Health
Examples: fatigue, trouble breathing, chest discomfort, weakness/aching in muscles and/or joints, nausea, vomiting, diarrhea, painful urination, headaches, fever, swollen glands (requires IMMEDIATE medical attention, especially when headache or vomiting is accompanied by a stiff neck and fever).

Health Issues Interferring with Academic Performance
Examples: repeated absences from class and/or missed assignments, persistent tiredness and/or sleeping in class, vision or hearing difficulties.

Events in a Student’s Life in which a Referral to Health Services might be Helpful

- Death or illness of a friend or family member
- Relationship breakup
- Divorce in family
- Rape, sexual assault
- Medical problem
- Academic failure
The following community resources are available to La Salle University faculty and staff as well as students:

<table>
<thead>
<tr>
<th>Resource</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>La Salle University Safety and Security</td>
<td>215.951.2111</td>
</tr>
<tr>
<td>Crisis Response Center at Germantown Medical Center</td>
<td>215.951.8300</td>
</tr>
<tr>
<td>Albert Einstein Medical Center Emergency Room</td>
<td>215.456.6666</td>
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<tr>
<td>Alcoholics Anonymous</td>
<td>215.923.7900</td>
</tr>
<tr>
<td>Narcotics Anonymous</td>
<td>215.440.8400</td>
</tr>
<tr>
<td>Suicide Prevention Hotline</td>
<td>215.686.4420</td>
</tr>
<tr>
<td>AIDS Hotline</td>
<td>215.985.AIDS</td>
</tr>
<tr>
<td>Women Organized Against Rape</td>
<td>215.985.3333</td>
</tr>
<tr>
<td>Women Against Abuse</td>
<td>215.386.7777</td>
</tr>
<tr>
<td>American Anorexia and Bulimia Society</td>
<td>215.221.1864</td>
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Local Pharmacies:

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<thead>
<tr>
<th>Pharmacy</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Banks Pharmacy</td>
<td>215.927.6700</td>
</tr>
<tr>
<td>335 West Tabor Rd.</td>
<td></td>
</tr>
<tr>
<td>Esquire Rite Aid</td>
<td>215.424.7400</td>
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<tr>
<td>6701 N. Broad St. (Broad and Chew)</td>
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For a listing of various medical links found on the Web, visit: www.lasalle.edu/students/dean/health/studentcenter/links.htm
HEALTH SERVICES

- The Counseling Center
- The Alcohol and Other Drug Program
- The Student Health Center
- Peer Education Program

1900 West Olney Avenue
Philadelphia, PA 19141