

## On Campus Counseling Services

Emotional health is important to an overall sense of well-being. We want Hiram students to be able to fully participate in both their academic life and their campus involvement. College can be the best of times, but there also may be times of challenges and stresses. The Counseling Center staff are available to provide assistance and support to students during difficult times in their lives or simply to provide a listening ear.

Problems and concerns that interfere with a student's ability to focus on coursework or to enjoy the many opportunities for learning and having fun outside the classroom are the kinds of issues that students often bring to the Counseling Center. The focus of the Hiram College Counseling Center is to help students with the normal, **short-term** issues that are typical of this age. Students who have mental health issues that are long term in nature, chronic or those requiring specialized treatment and/or monitoring will need to seek treatment with a private mental health professional in one of the neighboring communities. Whenever possible we will help to locate a practitioner within your insurance network.

On-campus counseling services are free of charge to full time traditional students. Fees for off campus services will be the financial responsibility of the student. Students are also responsible for providing their own transportation to these appointments. The College does not provide transportation for students' personal use.

**Typical Counseling Concerns**—adjustment to college, situational depression and anxiety, relationships, sexuality, self-esteem, family issues, academic concerns, loneliness, self-confidence, grief & loss, suicidal thoughts and substance use/abuse.

## Disability Support Services

In providing support services to students with disabilities, our goal is not only to provide the things that are needed in order to have the opportunity for academic access here at Hiram, but also to help develop both the functional skills and the skills of self-advocacy that will help students in their life after Hiram. The following documentation information must accompany requests for academic accommodations:

- Specific diagnosis of the condition
- Functional limitations as a result of the disability
- Testing/evaluation procedures used to assess the level of limitation as well as a copy of the test results
- Recommendations for academic and environmental modification & how these relate to limitations identified.
- Evaluation materials must be current. Generally documentation must have been prepared within the past three years. Documentation of psychological disabilities or AD/HD must have been prepared/updated within the past twelve months.
- The report must include a specific diagnosis, clear and specific evidence and identification of a disability.
- Reports must be written on official letterhead and must include the name and title of the evaluator as well as the type of testing and dates administered.
- Hiram College reserves the right to request an updated or more extensive evaluation.
- IEP's or 504 plans are helpful in providing information about past services, however, they typically are not sufficient to meet documentation requirement

All documentation should be sent to:

Kevin Feisthamel, Ph.D, PCC-S, NCC  
Director of Counseling, Disability and  
Health Services  
P.O. Box 67  
Hiram, OH 44234  
Phone: 330-569-5952  
Fax: 330-569-5398  
E-mail: [feisthamelkp@hiram.edu](mailto:feisthamelkp@hiram.edu)

### Typical Disability Support Services

- Extended time for in-class work
- Texts in alternative format
- Lower distraction testing areas
- Assistance with notes

Services available to **all** Hiram students through **Student Academic Services** (105 Hinsdale)

- Help with time management
- Study and test taking strategies
- Help with information retention strategies
- Group study sessions
- Peer tutors

### The Writing Center (next to Bonnie Castle)

Almost every course at Hiram incorporates writing. Students in all courses are encouraged to bring papers to the Center for feedback at any stage in the writing process. Student writing assistants are available throughout the week with afternoon and evening hours many days of the week.

Preparing for the independence of college can be both exciting and challenging. Here are some suggestions for things that students and their families might want to consider as they plan for this transition to living on the Hiram Campus.

**Health Insurance:** Will your student be covered while living on campus? Who are the providers in this area? If Hiram is “out of network” you may want to consider some limited coverage for medications, routine illnesses, accidents, or off-campus counseling needs.

**Transportation:** Will your student have off-campus appointments of some type, either medical or mental health? Student need to have their own transportation as the College does not have vehicles for students’ personal use. There is limited public transportation in Portage County.

**Confidentiality:** You may have had ongoing communication with your student’s medical or mental health provider in the past. Once your student reaches the age of 18, they acquire the right to privacy and thus, we cannot discuss whether or not they have visited the Counseling Center or what was shared in sessions unless we have the student’s explicit permission to do so. **HOWEVER**, we are very happy to hear from you if you have concerns about your student that you wish to share with us. We’re happy to serve as consultants to you in developing alternatives for working with these concerns.

**Medications:** Many students arrive on campus with ongoing needs for taking medications on a daily basis. It’s important for student to understand these medications, what they do and whether a regular schedule for taking them is important to their effectiveness. Students need to develop their own system for remembering to take medications without the prompting that parents may have provided at home. You will need to consult with your own medical provider about this, but our experiences with new students has shown that it is NOT a good idea to discontinue or decrease dosages of medication during the early weeks on campus. The stresses of adapting to campus and the college experience can exacerbate old symptoms. It may be best for your student to continue their regular medications until they can determine how they will adjust to their new environment and routines.