

# HIRAM COLLEGE

## THE JULIA CHURCH STUDENT HEALTH CENTER

The mission of the Julia Church Health Center is to maintain optimum physical and emotional health of the Hiram College student body through the provision of quality, accessible, comprehensive and cost-effective primary health care, and to promote healthy behaviors and lifestyle choices through ongoing educational outreach and programming. The Health Center assists students in the pursuit of their academic goals and personal development consistent with the mission of the college.



### SERVICES

The Health Center provides numerous services including travel health services, general services, smoking cessation, health records forms, and over-the-counter medication. The following services are available to students:

- acute illness or injury
- counseling
- management of chronic health conditions
- nutritional consult
- allergy injections (student provides antigenic extract)
- travel consultations
- employment physicals
- men's and women's health
- immunizations
- laboratory testing (sent to UH Portage)
- rapid diagnostic testing
- limited prescription and OTC medications

### PRESCRIPTION SERVICES

The Health Center provides daily courier service for prescriptions from Garrettsville Family Pharmacy. Most insurance plans cover Garrettsville Family Pharmacy; check with your insurance plan prior to your visit to the Health Center. It is the student's responsibility to pick up the prescriptions from the Health Center. Prescriptions not picked up by the student will still be billed to the student account.

### DISABILITY SERVICES

#### Academic Accommodations

In order to request academic accommodations, appropriate documentation must be provided:

- A self-disclosure form **MUST** be completed by the student and provided to Health, Counseling and Disability Services
- Current documentation (typically prepared within the past three years) that provides an identification of the disability
- Educational, developmental and/or medical history relevant to the disability
- A summary of the testing/assessment that identified the disability along with scores of individual tests
- A description of the functional limitations that this disability has upon the student's learning and academic work.

## CONFIDENTIALITY

All health service encounters are confidential. Medical files are not shared with anyone without the student's permission. The only exception to this is if we believe a student is a threat to him or herself or another person. Likewise, information from medical records is not given to anyone – friends, professors or even parents – without the student's express permission.

## LOCATION

The Julia Church Health Center building is located at the corner of Hinsdale and Peckham streets, across from Pendleton House. A handicap access ramp is located at the front entrance.

The doctor and nurse practitioner see students by appointment only.

Hiram Fire and Rescue responds 24/7 to all emergency situations, and can be reached directly at 330.569.5414.

## HOURS

*(While college is in session)*  
Monday-Friday 8:30 a.m.-5 p.m.  
*(closed for lunch noon-1 p.m.)*  
Appointments required

## STAFF

Health, Counseling and Disability Services  
330.569.5418 • f: 330.569.5398  
healthcenter@hiram.edu

### **Kevin Feisthamel, Ph.D., PCC-S, NCC**

Director of Counseling, Health and Disability Services  
feisthamelkp@hiram.edu

### **Asha Goodner, APRN-BC, FNP**

Director of Student Health Services  
goodneral@hiram.edu

### **Nicole Coy**

Health Center Coordinator  
coyn1@hiram.edu

### **Marjorie Billock**

Registered Nurse

### **Dr. Gayle Galan**

College Physician

### **Dr. Bud Hurst**

College Physician

### **Dr. Robert Wilder**

College Physician

[www.hiram.edu/healthcenter](http://www.hiram.edu/healthcenter)



A current IEP/504 plan is helpful in providing information about the type of support that has been helpful in the past, but it rarely contains the detailed documentation required. The College reserves the right to require more detailed or more current information when necessary. All documentation should be sent directly to Dr. Kevin Feisthamel, Director of Health, Counseling and Disability services.

## Typical Classroom Accommodations

Extended time for in-class work such as exams  
Texts in alternative format  
Lower distraction testing area  
Notetakers

Assistance available to all Hiram students includes:

- Student Academic Services (105 Hinsdale, x5131) moving to the library for fall 2020
- The Writing Center (Writing House, x5397)
  - o Trained writing assistants are available to help students plan and write papers
- Help with time management and retention strategies
- Study & test taking strategies and memory techniques
- Group study sessions and peer tutors

## COUNSELING SERVICES

- Anxiety
- Depression
- Substance abuse
- Relationships
- Ways to help a friend

## Mental and Emotional Health

Emotional health is important to an overall sense of well-being. We want our 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. 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 Counseling Center is to help students with the normal, short-term issues that are typical of this age. Some of the typical issues discussed are: adjustment to college, making friends, depression, anxiety, relationships, sexuality, self-esteem, family issues, academic concerns, loneliness, grief & loss, suicidal thoughts and substance use/abuse.

Students who have issues that are long term in nature, chronic or those requiring specialized treatment will be assisted in locating a mental health provider in one of the neighboring communities. On-campus counseling services are confidential and free of charge to all traditional students. Fees for all off-campus services will be the financial responsibility of the student. Whenever possible, we will work with you to locate a practitioner within your insurance network.

## ULIFELINE

ULifeline is a multi-resource site for mental health questions. It is a valuable online behavioral support network that gives you information about yourself and also provides information if you have questions or concerns about a friend. It is an anonymous one-stop online resource for a variety of mental health information.

Access the ULifeline website at [www.ulifeline.com](http://www.ulifeline.com).