



Health and
Counseling:
Preparing to
Come to
Landmark
College

Self Care

- Practice a sleep schedule to reflect going to morning classes
- Can you do laundry?
- Know how to budget?
- Winter clothes, boots, coat
- If light affects your sleep consider bringing drapes on tension rods

LIVING WELL



YOUR

BODY

MIND

SPIRIT

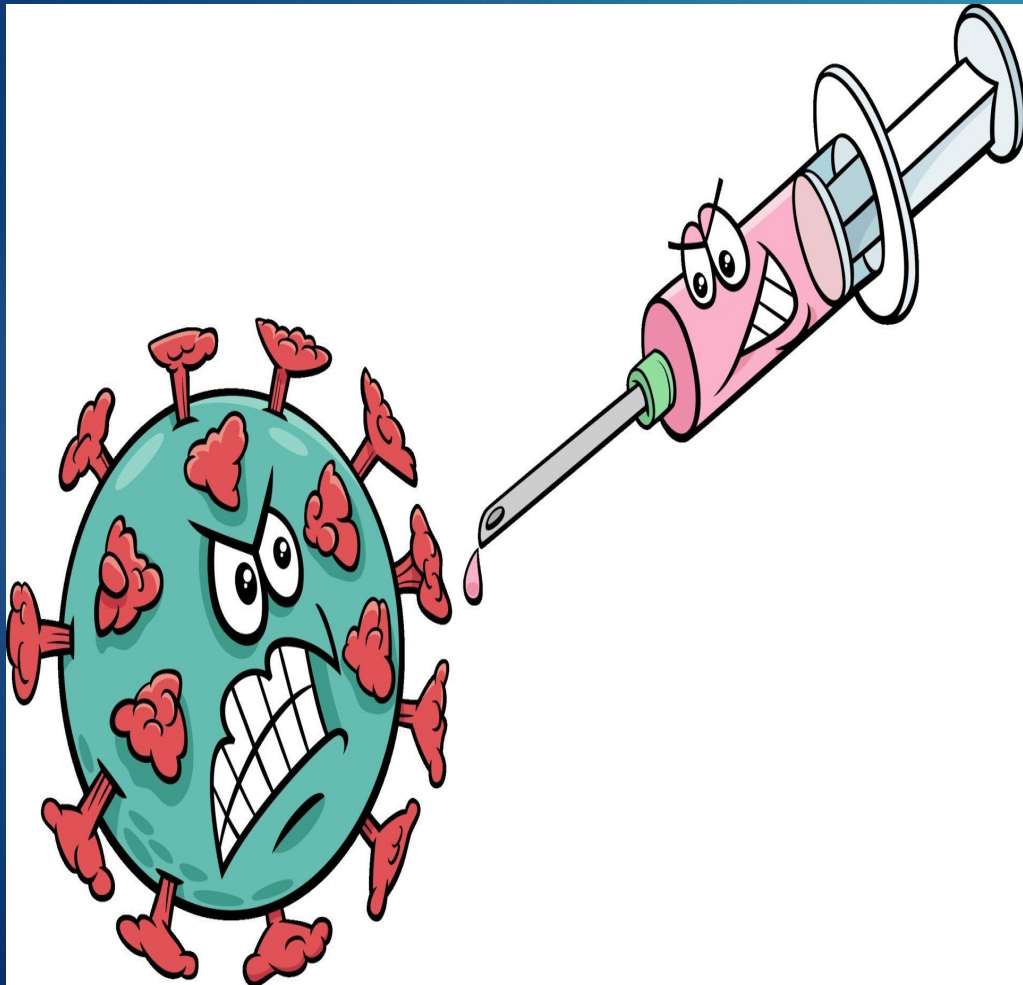
Nutrition



- ▶ Struggle with weight?
- ▶ Practice making good food choices at home to avoid increased calories
- ▶ Limit white sugar and bottled/canned beverages
- ▶ Do simple research about ways to eat healthily



COVID Vaccination



- ▶ Initial series plus #1 booster is **HIGHLY** recommended

Taking Charge of Your Care Plan:

- ▶ Talk to your family, care providers, and take as many notes as you need and organize them in a way that makes you feel comfortable.
- ▶ Transition of Medical and Mental Health Care to Landmark College



Before You Leave for Landmark College

- ▶ Decide whether to:
 - ▶ Continue with your clinician from home,
 - ▶ Transfer your care to the Health Services and Counseling, or
 - ▶ Work with an off-campus clinician.



Basics:



- ▶ Know the name(s) of your condition(s)
- ▶ Be able to describe the problems or symptoms you have and triggers (e.g. anxiety, difficulty concentrating, poor sleep)
- ▶ Be able to describe how these problems affect your life
- ▶ Be able to describe the treatment you're receiving (group therapy, medication)
- ▶ Be able to describe your reactions and responses to your treatment (what's been helpful and what hasn't)
- ▶ Have the names and contact information of your treatment providers

IF YOU TAKE MEDICATION

- ▶ Know the name of your medication(s), dosage, when you take them
- ▶ Take responsibility for taking your medication (ask a parent or guardian to supervise you at first)
- ▶ Be able to describe how medication makes you feel
- ▶ Be able to describe any side effects or problems you've had with medicine (current and/or past)
- ▶ Will your home prescriber continue prescribing medications while you are away?
- ▶ Decide if you want to use mail order pharmacy or take the shuttle to pick up your medications locally
- ▶ Will your insurance work in Vermont?



INTEGRATE YOUR TREATMENT AND EDUCATION PLANNING



- ▶ Be a part of discussions about your treatment plans and goals so you develop a clear understanding of your treatment
- ▶ Be able to simply describe the goals of treatment
- ▶ If you had an IEP in junior/high school, share the information with your advisor as a planning tool
- ▶ These conversations will help you in your work with professors and advisor

Paperwork, paperwork, paperwork

- ▶ Health History Form
- ▶ Immunization records
- ▶ Tuberculosis (TB) screening
- ▶ Done through OnPatient portal in electronic record





Hello Jaden

I hope you are doing well! I am inviting you to connect with me through my patient portal, OnPatient. OnPatient is a platform that allows you to conveniently view your medical records, schedule appointments, fill out forms before coming into the office, and securely communicate with your doctors.

[Sign Up Now](#)

- ▶ Patient portal for Health Services electronic record
- ▶ Encrypted and private. HIPAA compliant unlike Outlook and other emails
- ▶ PLEASE SIGN UP to improve your experience. Look in Junk box for email invite
- ▶ Students can book their own appointments if they want
- ▶ Complete onboarding in this portal. Follow instructions in the main onboarding portal

Counseling Staff



Meg Spicer, MSW, LICSW



Matt Cherry, MA, LADC



Tori Tilson, MA, LMHC



Jeff Hawkinson, MA

- ▶ Many students, up to 50%, use our services.
- ▶ All together we have over 40 years of experience helping young adults with learning difficulties.

Our services are part of your tuition package

Counseling Service's Focus

- ▶ Increasing your ability to take full advantage of your educational opportunities.
- ▶ Supporting the development of your personal agency.
- ▶ You learning how to balance social life and academic demands.
- ▶ Supporting your overall wellbeing and health.



Issues to bring to Counseling

Homesickness / Adjustment to college

Identity development

Perfectionism, Academics

Relationship and social difficulties

Family

Screen-time, substance use

Stress and anxiety

Depression

Loneliness

Low self-esteem

Grief



Psychiatric Services

- ▶ We recommend that whenever possible students maintain their relationship with their home provider.
- ▶ LC's Health Services often coordinates care with home prescribers at the student's request.
- ▶ There are now online platforms that provide telehealth psychiatric services.
- ▶ Currently it is difficult to access psychiatric care locally. A 6-12 week wait.

Health Services



Jeff Huyett, APRN,BC

Director, Health Services



Dawn Prouty, RN-C

Office Manager



Cindy Brown, Office Manager

Health Services

- ▶ Routine primary care
- ▶ Urgent care
- ▶ Prescription management
- ▶ Services are part of tuition package
- ▶ Do not bill insurances
- ▶ Lab services with Quest Labs
- ▶ Nurse Telephone Triage Services

Hours

- ▶ **Health Services Hours**

Monday – Friday

9 a.m. – 4 p.m.

- ▶ To make an appointment for Health Services you can contact Cindy Brown between 8 a.m. and 4 p.m. at (802) 387-1636, email HealthServices@landmark.edu , or drop by the office.

- ▶ **Counseling Services Hours**

Monday – Friday

9 a.m. – 5 p.m

- ▶ To request Counseling Services a student can submit a Request for Counseling form via SharkNet Quick Links from campus. For any other assistance they can contact Cindy Brown, M – F, 8 a.m. – 4 p.m. at (802) 387-1636, or drop by the office.

Questions????



Session Questions

- ▶ **Are health services available to all students, even if they are still on their parents' insurance?**
 - ▶ Yes. Students can access health services regardless of insurance. Insurance is only billed if lab work or testing is done, and options exist to keep those services confidential.
- ▶ **What is the best way to update Health Services if new medications have been prescribed since submitting the health history form?**
 - ▶ Utilize the Onpatient portal or email healthservices@landmark.edu with updates. Staff will adjust the student's medical chart directly.
- ▶ **If a student wants to use a local pharmacy for medications, do they need to find a psychiatrist in Vermont to get refills?**
 - ▶ Not necessarily. Students should email healthservices@landmark.edu for support. Local pharmacies, delivery services, and shuttles are available. The Health Services webpage lists details under the "Prescription Medicines" section.
- ▶ **Does the College offer flu shots, or should students get them before arriving?**
 - ▶ Flu shots are provided on campus at dining hall clinics and at the Health Center. They are billed to the student account unless covered by a funding source.

Session Questions (continued)



- ▶ **Is gender affirming care available through Health Services?**
 - ▶ Yes. Gender affirming care at Landmark includes respecting pronouns and names, providing a supportive environment, and offering confidential discussions. Hormonal therapy and counseling support are also available.
- ▶ **Which pharmacy works with the school and has a driver who delivers medication to campus? What is the address?**
 - ▶ CVS in Keene, NH works with Landmark. Prescriptions can be sent there, and the driver delivers medications to Health Services for student pickup.
- ▶ **Who manages daily medications—do students keep them in their residence halls?**
 - ▶ Students are responsible for managing their own medications. Health Services can provide strategies, reminders, pill boxes, and assistance with injectable medications if needed.
- ▶ **If a student's medication includes controlled substances, is there anything special they need to do?**
 - ▶ Students are responsible for these medications. If a provider cannot prescribe across state lines, Health Services can assist. The Director of Health Services can prescribe controlled substances when needed.

Session Questions (continued)



- ▶ **Are COVID boosters offered at the same time as flu shots?**
 - ▶ No, COVID boosters are not offered on campus due to cost, unless external funding becomes available. Students can receive boosters at local pharmacies using their insurance
- ▶ **What can students do to stay healthy at school?**
 - ▶ Key tips include:
 - ▶ Get enough sleep and keep a regular routine.
 - ▶ Eat balanced meals, limit sugar and caffeine.
 - ▶ Stay active by moving daily.
 - ▶ Build social connections and talk to others.
 - ▶ Seek support for anxiety or health concerns early.
 - ▶ Clubs and activities are also encouraged for connection and wellness