



Health and Counseling: Preparing to Come to Landmark College

Today's Panel



Craig Marcus

Dean of Students and Director
of Student Engagement

MODERATOR



Jeff Huyett

Director of Health Services



Tori Tilson

Director of Counseling Services

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

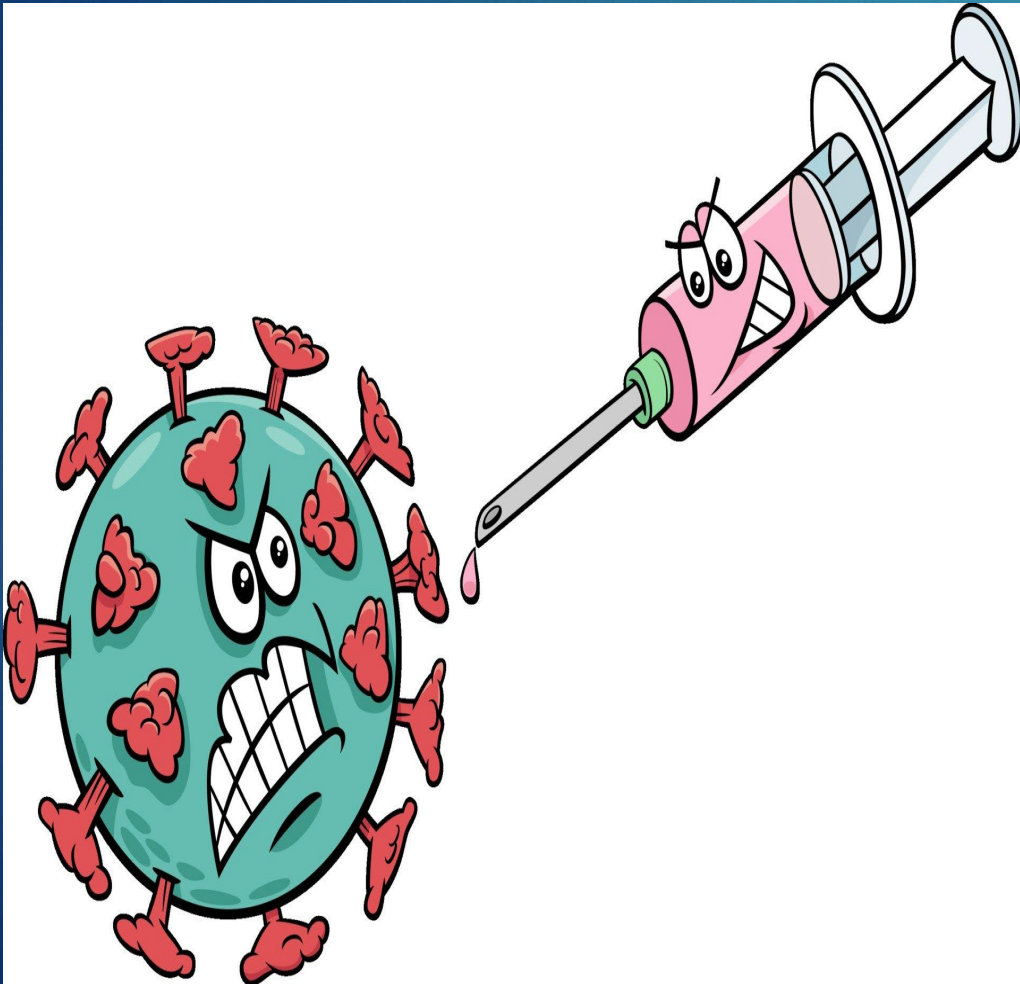
Nutrition



- ▶ 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, increase in whooping cough



- ▶ Initial series plus boosters is HIGHLY recommended
- ▶ Be sure your TDaP is current—every 10 years. The “P” is pertussis (whooping cough).

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.
- ▶ Maintaining Your Medical and Mental Health Care While at 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 you have and triggers
- ▶ Be able to describe how these problems affect your life
- ▶ Be able to describe the treatment you're receiving
- ▶ Have the names and contact information of your treatment providers

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, advisor, nurses and counselor

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)
- ▶ Will your home prescriber continue prescribing medications while you are away?
- ▶ Decide if you want to use mail order pharmacy or use a local pharmacy
- ▶ Will your insurance work in Vermont?
- ▶ **KEEP A LIST OF YOUR MEDICATIONS IN YOUR PHONE!!!**



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--Slate

Counseling Staff



Meg Spicer, MSW, LICSW



Tori Tilson, MA, LMHC



Matt Cherry, MA, LADC



Jeff Hawkinson, MA, MFT

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

Our services are part of your tuition package



Sarah Yzkanin, LMFT

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 students maintain their relationship with their home provider.
- ▶ Landmark's Health and Counseling often coordinate care with home prescribers at the student's request.
- ▶ There are now online platforms that provide telehealth psychiatric services.
- ▶ We are starting to work with 2 local psychiatric nurse practitioners for psychiatric care and prescriptions.
- ▶ HealthServices@landmark.edu

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????



Questions & Answers: Health Services

Can Health Services assist with connecting students with a primary care provider in the Putney area?

Absolutely! Depending on their medical care needs, students can work directly with the Health Services team to coordinate care with a home healthcare provider. The team is flexible and can assist with a range of medical care needs. If more complex medical care is needed, connect with Health Services (healthservices@landmark.edu), as there may be some waiting lists to obtain primary care locally.

Questions & Answers: Counseling Services

If a student is working with a virtual therapist, can they continue with those appointments?

If a student is satisfied with the services they currently receive, they are encouraged to continue because the success of clinical work is based on the relationship. Suppose the student wants to work with someone virtually and with a counselor at Landmark. In that case, the student will be asked to have a consultation so that the virtual clinician and Counseling Services at Landmark can collaborate. If a student needs assistance identifying a private space on campus for telehealth or virtual sessions, Health Services private rooms in the Student Center can be reserved through Health and Counseling Services.

Questions & Answers: Counseling Services

Is counseling provided, or is psychotherapy provided?

There is no distinction between mental health therapy, psychotherapy, and the support provided by Counseling Services. The Counseling Services team is regularly available and comprises trained social workers and mental health clinicians with master's level credentials, ensuring students always have the support they need.

Questions & Answers: Emotional Support Animals

I have been approved to bring my emotional services animal (ESA) to campus. Can I bring my ESA with me to therapy appointments?

Landmark College has three (3) types of assistance animals on campus. Those include emotional service animals (ESA), therapy dogs (limited to College employees), and service animals. ESAs are animals in which a doctor has provided documentation to the college highlighting the benefits the animal provides to the student. ESAs requests can be requested here: <https://www.landmark.edu/student-life/our-community/request-for-accommodations>. ESAs are to primarily remain in the residential halls and around the residence area. For example, they are not permitted in office buildings, classrooms, residence common spaces, and the dining hall. The therapy dog program is designed for Landmark employees to bring their dogs to campus; a dedicated Therapy Dog calendar can be found on SharkNet. Service animals are defined by ADA and trained to do work or perform tasks for the benefit of an individual with a disability.

Questions & Answers: Nutrition and Dining

Is there a nutritionist available on campus?

While no nutritionist is on campus, students can work with Health Services around nutritional management and dietary choices. Students are welcome to discuss any concerns around weight gain, weight loss, or weight management with Health Services. It will depend on the student's goals. If a student has a more serious issue, such as an eating disorder, a discussion with Health Services can help the student get connected with external resources, locally or online. Students are also encouraged to use the dining website to see nutritional information on the meals in the dining hall (<https://dineoncampus.com/landmark/>).

Questions & Answers: Medical Facilities

How far is the nearest medical facility or hospital?

[Brattleboro Memorial Hospital](#) is about 20 minutes south of the Landmark College campus. If you need an ambulance, they will take you here. If you are unsure if you need an ambulance, talk to Campus Safety, Residential Life staff, and your family. They can help you determine if you need to be assessed urgently or if you can wait and meet with Health Services the next business day. Other local facilities include [Grace Cottage](#), a smaller hospital a little further away but not as busy as Brattleboro Memorial Hospital. Dartmouth Hitchcock is an Ivy League Medical Center, and they have multiple sites locally and about 45 minutes north of Putney. Additionally, there is an urgent care in Brattleboro called [Clear Choice](#). It is a routine urgent care facility, and they're open 7 days a week.

Questions & Answers: Fidget Devices

Are fidget toys and other comfort items allowed in classes?

Faculty will allow students to utilize methods to help them focus in class, including fidget toys, the need to stand up, take a stretch break, and other strategies. Students are encouraged to talk with their individual faculty members about their needs and how the faculty member will allow them or want to manage them within the classroom. Behaviors that creates distractions for other students in the classroom probably would not be allowed.

Questions & Answers: Health Insurance

Can students have school insurance and not have their own?

Students must provide evidence of health insurance, which can be through a family or other plan. It does not have to be through the college's plan. Due to the Affordable Care Act and the Health Insurance Portability and Accountability Act (HIPAA), most insurances are portable. Therefore, you may reside in another State, and your insurance will work in Vermont. However, if you are on an HMO plan it may not work in Vermont. If you use Medicaid in the state where you live, it may not cover medications in Vermont. The college's insurance plan is well-priced and has good coverage for college students. For more information about the college's insurance plan, please visit:

<https://www.landmark.edu/student-life/health-counseling-and-wellness/student-health-insurance>.

Questions & Answers: Health Insurance

If a student waives the college's insurance, can they still utilize the campus Health Services and Counseling Services?

Absolutely! Health and Counseling Services are just part of your tuition package. However, if you need to utilize external resources, such as filling prescriptions, lab work, or seeing a specialist consultant, insurance helps cover these costs.

Questions & Answers: Access to Prescriptions

How can students pick up prescriptions at a local pharmacy?

Landmark College has established a relationship with [Fall Mountain Pharmacy](#), which can deliver to the College campus for a nominal fee. This service ensures that students can conveniently pick up their medications at Health Services. Students can also use the local shuttle to pick up prescriptions in Keene and Brattleboro based on the shuttle schedule, which can be found on SharkNet. For those with vehicles, any local pharmacy in Brattleboro, Bellows Falls, Keene, or Hinsdale is accessible. There is also a prescription pickup service, but it has become difficult for the driver to pick up controlled substances. Lastly, if your insurance allows mail-order pharmacies, have prescriptions delivered to the mailroom for pickup, providing a convenient option for those who prefer mail delivery.