Staying Well on Campus 11/10/2014

STUDENT DISABILITY SERVICES

Q. Can you tell us a little about your services at Student Disabilities Services?
A. Student Disability Services assists students who need a little extra support due to disability.

Q. Please tell us about the testing accommodations.
A. Students who wish to request testing accommodations such as extended time on exams are invited to meet with Student Disability Services to request and establish accommodations. Student Disability Services works with the student and his/her instructors to arrange for the accommodations.

Q. Does this service also apply for students that are recovering from a recent surgery and need temporary help due to being on crutches or in a full leg brace?
A. Yes, temporary accommodations can be put into place for those with illnesses and or injuries

Q. Does Student Disability Services offer transportation from the dorms to classes or other activities on campus for a student who is on temporary disability recovering from surgery?
A. Student Disability Services works with Public Safety to provide transportation. Public Safety is kind enough to drive students from location to location on campus, dependent on their availability.

Q. It's probably a good point for both offices to share their contact information!
A. Student Disability Services can be reached at 925-631-4358 and/or sds@stmarys-ca.edu.

Q. Is the first point of contact to set up transportation the Student Disability Services Department?
A. Yes, Student Disability Services is a good first stop to arrange for services. It's a good idea to contact us and set up an in-person or phone appointment to get things set up now.

Q. Will professors know if my son receives testing accommodations?
A. Yes, instructors will know that your student has testing accommodations. However, in most instances the accommodation is not noticeable to others.

Q. If the student does not have a current IEP what type of testing can be provided?
A. The student should come in and meet with us for an informational session. Depending on the circumstances, we can sometimes set up services right away while we work with the student to obtain the documentation they need.

Q. Where is Student Disabilities Services located on campus?
A. Student Disability Services is located in Filippi Academic Hall, Room 190.

Q. How open is the faculty to students using accommodations?
A. Faculty, and the SMC community as a whole, is very supportive of students with disabilities.
HEALTH & WELLNESS CENTER

Q. Can you tell us a little about the services at the Health & Wellness Center?
A. At the Health and Wellness Center we function as an Urgent Care Center for Undergraduate students. We treat things like Respiratory Conditions, Orthopedic Injuries, STI testing, etc. We can do many things at the Center and then refer students if necessary to local resources. It's important to note that all full time Undergraduate Students can come to the center regardless of their type of health insurance coverage. This is because all professional services are free.

Q. Does the Health Center offer flu shots?
A. The Health Center does offer the flu shot for $20. We are currently giving the flu shot and encourage students to come in as soon as possible to get vaccinated.

Q. How close are the local resources? Are they private practice or hospital setting?
A. The local resources are a mixture of private practice and hospital settings depending on the needs/diagnoses of the student.

Q. It’s probably a good point for both offices to share their contact information!
A. The Health and Wellness Center can be reached by phone at (925) 631-4254 to make appointments, ask questions, etc. We can also be reached by email at healthcenter@stmarys-ca.edu.

Q. For our Health & Wellness Center: What happens if there is an emergency after hours?
A. If there is an emergency after normal Health and Wellness Center hours, which are 8:30-4:30pm Monday-Thursday and 9:30-4:30 on Fridays, Public Safety should be notified by the student. They will then assess the emergency and needs of the student. If necessary, the paramedics will be called and transportation to the local hospital will take place. The Center will be notified that this happened and we will follow-up with the student to see if they have any further needs.

Q. Has meningitis been a problem on campus this year? Do you offer the vaccine?
A. We have not seen any cases of Meningitis on campus this year. We do offer the vaccine at the Health and Wellness Center and require the vaccine to be completed prior to arrival on campus. If there is a case of Meningitis on campus any students who have opted out of the vaccination will be asked to leave campus until the risk is gone.

Q. What is the cost for the meningitis vaccine?
A. The Meningitis vaccine is $140.

Q. Does my son need to have the Saint Mary's insurance to get treated?
A. No, you would not need to have the SMC insurance to be treated. We do not bill insurance for any professional services. The only charges would be for immunizations or certain medications that can be purchased in the Health and Wellness Center if needed.
Q. Where is the Health and Wellness Center located on campus?
A. Student Disability Services is located in Filippi Academic Hall, Room 190.

Q. Does the Health Center make "house calls" if the student is too ill?
A. We usually ask Public Safety to accompany the student to the Health and Wellness Center to see a Clinician or if they are too ill to be transported we would have them transported to the emergency room.

Q. How does immunization work for students who are studying abroad for Jan Term or spring semester?
A. We develop recommendations for each travel class based on the CDC. We then develop individual plans for each student traveling based on their vaccine history and where they are traveling to. We then have a travel clinic where they can have their medical forms completed and vaccines are administered. Both the medical form completion and vaccine requirements need to be met prior to travel.

Q. If my student receives a prescription from her Doctor, but is unable to get to the Pharmacy, is there a delivery prescription service on campus?
A. The Health Center has a limited number of prescription medication to offer to students. However, if we don't have the medication they need they would have to go to the pharmacy. We do not have a prescription delivery service. If the students' insurance company offers e-scripts they can sign up for the program and often receive prescriptions (usually standing medications) by mail. Also, Costco can deliver prescriptions by mail.

Q. In regards to the travel clinic, is that on campus?
A. The Travel Clinic is within the Health Center on campus. We offer this service for 2 weeks in the Fall for Jan Term. However, semester study abroad travel services are available throughout the year.

Q. If the Doctor prescribes a temporary medication that is due to a recent illness or disability (i.e. pain or swelling) and the student is not able to leave campus, is there a delivery service available?
A. In the case of a temporary prescription, there is not a delivery service. The student would need to pick up their prescription.

OTHER QUESTIONS
Q. How long is the waiting list counseling in the health center?
A. The wait list for the Counseling Center does depend on the time of year. For instance, it might be higher than usual this time of year (after midterm grades, around holidays, etc). Typically, it is only about a week. Counseling has walk in hours Monday, Wednesday, and Friday from 1p-3pm. During those hours, a student can simply walk into the office and see a counselor. A fantastic service for our students!

Q. When you do walk in hours, will you be able to get the same counselor as the time before?
A. It is not guaranteed to have the same counselor. They will try to match, but not guaranteed.
Q. If there is a chronic roommate problem can the RA ask for assistance from the counseling office?
A. The Counseling Center can help a student in a one-on-one setting talk through what they need in a roommate mediation, but the office does not do mediation. The RA can seek assistance from professional staff, including Counseling. The student can also request assistance from their Resident Director, if they feel the RA isn't helping move the mediation along.