

A HEALTHY START TO COLLEGE

PRESENTED BY:

**STAFF FROM THE
DYSON WELLNESS CENTER**

Dyson Wellness Center



The Dyson Wellness Center is located on the 2nd floor of the Benedetti-Wehrli stadium building.

The Dyson Wellness Center is an integrated health center that focuses on the physical and emotional well-being of ALL North Central College students.

The on-campus Center offers:

- Confidential medical and counseling services
- Violence education & prevention
- Guidance in health choices
- Educational programs

Medical Staff & Hours

STAFF

Registered Nurse
Nurse Practitioners
Physician



HOURS*

Monday	8:00 am – 5:30 pm
Tuesday	8:00 am – 5:00 pm
Wednesday	8:00 am – 6:00 pm
Thurs.&Friday	8:00 am – 5:00 pm

*Hours during the academic terms

By appointment - Call 630-637-5550

MEDICAL SERVICES

- WE TREAT ACUTE ILLNESS, INJURY, AND ANY OTHER HEALTH CONCERNS.
- WE PROVIDE CONFIDENTIAL AND QUALITY CARE AT NO COST.
- WE PROVIDE RECOURSES AND REFERRALS TO OTHER PROVIDERS
- WE EDUCATE STUDENTS SO THEY LEARN HOW TO MAINTAIN A HEALTHY BALANCE BETWEEN ACADEMICS, SOCIAL EXPERIENCES AND MENTAL AND PHYSICAL WELL BEING.

MEDICAL SERVICES

Medical providers can help with a variety of medical concerns, including, but not limited to:

- Illness
- Injury
- Health screening
- TB screening
- Birth Control Counseling
- Counseling/Testing for sexually transmitted infections
- Blood pressure monitoring
- Skin issues
- Prevention and educational materials
- Referrals to other providers
- Influenza Vaccines
- Required Immunizations

MEDICATION

IF IT IS RECOMMENDED THAT YOU TAKE MEDICATION TO TREAT THE ILLNESS, OPTIONS TO OBTAIN MEDICATION INCLUDE:

❖ ON-SITE PHARMACY

- SMALL PHARMACY FOR DISPENSING OUR MOST COMMONLY PRESCRIBED MEDICATIONS.
- A CHARGE FOR THESE PRESCRIPTION MEDICATIONS THAT WILL BE CHARGED TO THE STUDENTS ACCOUNT WHEN PRESCRIBED.
- RECEIPTS ARE GIVEN TO THE STUDENT FOR ALL PRESCRIPTION MEDICATIONS WHEN DISPENSED AT THE CENTER'S PHARMACY (IF YOU'D LIKE TO SEND TO INSURANCE).
- OVER-THE-COUNTER MEDICATIONS ARE **FREE**.

❖ WRITTEN PRESCRIPTIONS CAN BE TAKEN TO **NEARBY PHARMACIES IF YOU PREFER TO USE YOUR INSURANCE.**

- EXAMPLES INCLUDE WALGREENS, CVS, TARGET

❖ REMINDER FOR **MAINTENANCE MEDICATIONS**: MAY WANT TO TRANSFER PRESCRIPTIONS TO LOCAL PHARMACY

HELPFUL INFORMATION

- ALL NCC STUDENTS ARE ASKED TO COMPLETE A MEDICAL HISTORY FORM FOR THEIR RECORD AT THE DYSON WELLNESS CENTER. STUDENTS ARE ASKED TO COMPLETE THIS FORM WHEN THEY SCHEDULE THEIR FIRST APPOINTMENT.
- INSURANCE IS NOT UTILIZED AT THE CENTER. SERVICES ARE AVAILABLE AT NO COST, WITH THE EXCEPTION OF LAB SERVICES AND PRESCRIPTION MEDICINES, WHICH ARE BILLED TO THE STUDENT ACCOUNT.

IMMUNIZATIONS

REQUIRED IMMUNIZATIONS:

- TDAP - WITHIN 10 YEARS OF START OF CLASSES, PLUS DATE OF TWO OTHER VACCINES FROM DPT SERIES.
- M-M-R - 2 DOSES, 1ST DOSE MUST BE ON OR AFTER FIRST BIRTHDAY
- MENINGOCOCCAL - STUDENTS UNDER 22 YEARS OF AGE MUST PROVIDE PROOF OF ONE DOSE OF MENINGOCOCCAL CONJUGATE VACCINE ON OR AFTER 16 YEARS OF AGE.

HOW TO OBTAIN IMMUNIZATIONS:

CONTACT PRIMARY CARE PHYSICIAN OR THE HIGH SCHOOL THE STUDENT ATTENDED

RECOMMENDED IMMUNIZATIONS:

- HEPATITIS B
- CHICKEN POX
- HPV

HEALTH KIT SUGGESTIONS

- LOTION
- IBUPROFEN/TYLENOL
- REUSABLE ICE PACK
- THERMOMETER
- ANTIBACTERIAL OINTMENT
- BAND-AIDS (SEVERAL DIFFERENT SIZES)
- HYDROCORTISONE CREAM
- LIP BALM
- HAND SANITIZER
- DISINFECTANT WIPES
- SUNSCREEN
- SCISSORS, TWEEZERS & NAIL CLIPPERS
- ALLERGY MEDICATIONS AS NEEDED
- TUMS/ANTACID
- PRESCRIPTION MEDICATIONS AS NEEDED



Counseling Staff & Hours

STAFF

Licensed Clinicians

Sport & Health Psychology Intern Counselors

HOURS*

Monday -Wednesday 8:00 am – 6:30 pm

Thursday- Friday 8:00 am – 5:00 pm

*Hours during the academic terms

By appointment - Call 630-637-5550



COUNSELING SERVICES

THE CENTER OFFERS:

- CONSULTATION TO DETERMINE BEST PLAN TO SUPPORT YOUR NEEDS
- SHORT-TERM INDIVIDUAL & COUPLES COUNSELING (6-8 SESSIONS/YEAR)
- ASSISTANCE WITH CONNECTING TO RESOURCES & REFERRALS ON CAMPUS & IN THE COMMUNITY
- SPORT AND HEALTH PSYCHOLOGY
- GROUP COUNSELING AND SUPPORT GROUPS UPON REQUEST

ALL SERVICES OFFERED ARE KEPT CONFIDENTIAL.



COUNSELING SERVICES

WHY ARE COUNSELING SERVICES IMPORTANT FOR THIS AGE GROUP?

- MAY HAVE ALREADY EXPERIENCED MENTAL HEALTH DISTRESS/TREATMENT
- HELP AT THE **FIRST SIGNS** OF EMOTIONAL AND/OR BEHAVIORAL CONCERNS
- COUNSELORS CAN HELP **DETERMINE A PLAN**

COMMON COLLEGE STUDENT STRESSORS

- ADJUSTING TO NEW FREEDOM & INDEPENDENCE
- TRYING TO MAKE FRIENDS
- ACADEMIC DEMANDS
- ADJUSTING TO NEW ENVIRONMENT
- RELATIONSHIP ISSUES, INCLUDING CHANGES IN FRIENDS & FAMILY
- FINANCIAL RESPONSIBILITIES
- EXPOSURE TO EVERYTHING NEW: NEW PEOPLE & NEW IDEAS
- AWARENESS OF ONE'S SEXUAL IDENTITY & ORIENTATION
- & MUCH MORE



VIOLENCE EDUCATION & PREVENTION

SUPPORT & ADVOCACY

- EXPLORE REPORTING OPTIONS ON/OFF CAMPUS
- SAFETY PLANNING
- FACILITATES ACCOMMODATIONS/ REMEDIES
- ASSISTANCE ACCESSING MEDICAL AND LEGAL ADVOCACY, IF DESIRED

PREVENTION & EDUCATION

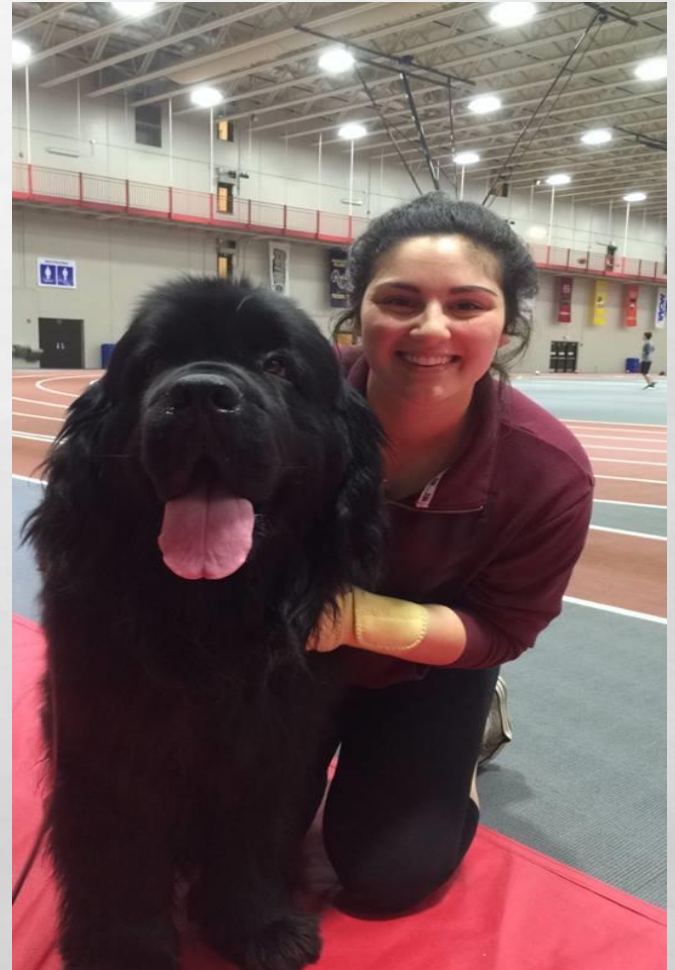
- GREEN DOT BYSTANDER WORKSHOPS
- “NOT ANYMORE” ONLINE VIOLENCE PREVENTION TRAINING MANDATORY FOR ALL STUDENTS
- PROGRAMMING TOPICS: CONSENT, SEXUAL/RELATIONSHIP VIOLENCE, HEALTHY SEXUALITY, STALKING

For more information, contact Jessica Vasquez, Health Education and Victim Services Coordinator, at jevasquez@noctrl.edu or 630-637-5113.

WELLNESS EDUCATION

THE DYSON WELLNESS CENTER EMPLOYS STUDENT WORKERS AS PEER HEALTH EDUCATORS TO PROMOTE WELLNESS EDUCATION.

- PEER-TO-PEER EDUCATION
- HOST HEALTH-RELATED PROGRAMS AROUND CAMPUS
- ENCOURAGE STUDENTS TO LEARN MORE ABOUT ILLNESS PREVENTION, SELF-EXAMINATION, AND BUILDING A HEALTHY LIFESTYLE



WHAT PARENTS CAN DO

BEFORE COLLEGE BEGINS:

- GET INFORMED! LEARN WITH YOUR STUDENT WHO IS IN YOUR INSURANCE NETWORK IN THE NAPERVILLE AREA, INCLUDING PHARMACIES, EMERGENCY ROOMS, & URGENT CARE CENTERS.
- DISCUSS HOW TO PAY FOR PRESCRIPTION MEDICATIONS.
- GIVE A COPY OF HIS/HER INSURANCE CARD TO KEEP IN THEIR WALLET OR KEEP A PICTURE ON THEIR PHONE.
- IF YOUR STUDENT HAS AN ONGOING HEALTH ISSUE, HELP MAKE THE MEDICATION AND/OR CARE PROVIDER TRANSITION AS SMOOTH AS POSSIBLE. DISCUSS AND DECIDE ON A PLAN OF CARE.

WHAT PARENTS CAN DO

BEFORE COLLEGE BEGINS:

❖ ESTABLISH A PLAN FOR COMMUNICATION. WORK OUT A PLAN THAT FITS YOUR FAMILY'S NEEDS.

- HOW OFTEN (DAILY, WEEKLY, MONTHLY, ON AN AS-NEEDED BASIS) DO YOU EXPECT TO HEAR FROM YOUR STUDENT?
- HOW FREQUENTLY DOES YOUR STUDENT WANT TO HEAR FROM YOU?
- USE OF EMAILS AND TEXT MESSAGING CAN BE A GREAT OPTION, ESPECIALLY GIVEN HOW DIFFERENT A STUDENT'S HOURS CAN BE FROM HIS OR HER PARENTS AND THE LACK OF PRIVACY A STUDENT MAY HAVE IN THE RESIDENCE HALL.

WHAT PARENTS CAN DO

DURING THE COLLEGE YEARS:

- CHECK-IN WITH YOUR STUDENT. ASK THEM HOW THEY ARE ADJUSTING TO COLLEGE. TELL THEM IT'S SAFE FOR THEM TO SHARE WITH YOU.
- KNOW YOUR CAMPUS & LOCAL RESOURCES IN ORDER TO REFER YOUR STUDENT. ENCOURAGE YOUR STUDENT TO USE THE DYSON WELLNESS CENTER WHEN ILL OR NEEDING HEALTH INFORMATION.
- KNOW THE SIGNS. IF YOU NOTICE YOUR STUDENT IS FEELING DOWN, ANXIOUS, CONFUSED, OR NOT ACTING LIKE THEMSELVES, CALL THE DYSON WELLNESS CENTER OR OTHER CAMPUS RESOURCES AND SHARE YOUR CONCERN.
- IF YOU ARE REFERRING YOUR STUDENT TO THE DYSON WELLNESS CENTER, AND YOU WANT TO CONSULT WITH A PROVIDER, ENCOURAGE YOUR STUDENT TO SIGN A RELEASE OF INFORMATION. ASK THEM HOW THE VISIT WENT AND IF ANY FOLLOW-UP IS NEEDED.

WHAT PARENTS CAN DO

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Dyson Wellness Center



Dyson Wellness Center
Phone: 630.637.5550
Fax: 630.637.5554
Location: 455 S. Brainard Street
Naperville, IL 60540
2nd floor of Benedetti-Wehrli Stadium

2:26 PM 5/18/2016

WHAT PARENTS CAN DO

DURING THE COLLEGE YEARS:

- ❖ REMEMBER: SOME STRESS IS HEALTHY!
- ❖ SUPPORT YOUR STUDENT BY HELPING DETERMINE THE BEST COURSE OF ACTION – AVOID SOLVING THE PROBLEM FOR YOUR STUDENT.
- ❖ REMIND YOUR STUDENT OF STRESS MANAGEMENT TECHNIQUES AND ALLOW TIME FOR:
 - PHYSICAL ACTIVITY
 - RELAXATION
 - SLEEP
 - MEALS AND NUTRITION

Dyson Wellness Center

ANY QUESTIONS?



The Dyson Wellness
Center
Thanks You and
Welcomes you to
North Central College!

A photograph of a campus walkway. In the foreground, a wide concrete path leads towards the background. Two people are walking away from the camera on the path. The person on the left is wearing a striped shirt and jeans, carrying a bag. The person on the right is wearing a dark shirt and black pants, carrying a blue backpack. To the left of the path is a large tree with green leaves and a flower bed with white and red flowers. In the background, there are more trees and a building with a tall, thin spire. The sky is overcast.