



Cruz Health Center and The Counseling Program at Middlesex

PURPOSE

The Staff of the Health Center, our Certified Athletic Trainer, and our Counseling Staff provide health care to Middlesex students. We are here to help students with all nature of health concerns, including advocacy and prevention, offering health teaching and counseling, illness and injury care, consultation, risk assessment and referral. As facilitators of health in the School community, we ask that you keep us informed of changes in your child's health and treatment programs which are determined or initiated while she or he is away from School, as well as any changes in your health insurance. This includes day students as well as boarders. Our goal is to care as fully and competently for your child as possible, and to help us achieve that goal, we appreciate your cooperation in providing this information. All clinical information is handled confidentially. Given the residential nature of the school, however, there may be conditions and situations of which others in the School need to be aware (such as advisors, dorm faculty, coaches, administrators, etc.).

HEALTH CENTER HOURS

The Cruz Health Center is located on the bottom floor of Ware Hall. Please seek non-emergency treatment between 7:30 a.m. and 10:00 p.m. Emergency services are available at all times, with a registered nurse on duty 24 hours a day, seven days a week. Beds are available for daytime or overnight care. A student needing treatment at the Health Center after 10:00 p.m. must inform the Head of House and must be accompanied by a faculty member or security.

ACCESS AND SERVICES

General Medical Services: In addition to 24 hour nursing coverage, students may see Meg McLaughlin (both walk-in and by appointment) who is at the Health Center full-time M-F (and on-call to the nursing staff at all other times), or Dr. Jennifer Garshman (by appointment only), at the Health Center.

Counseling Services: The counseling office is located near the student mailboxes in Eliot Hall. Laura Stirk, our school counselor, is on campus 5 days a week (M-F). You can drop in to set up an appointment, call or email him. Family consultation is also available. Issues for which students seek support include but are not limited to: stress, sadness, homesickness, organizational problems, family problems, sleep problems, relationship problems, sexual identity and more. Outside referrals can be set up through the counseling office. In addition, our consulting psychiatrist regularly meets with students on the Middlesex campus. A peer support program made up of Middlesex students is available to those who may wish to discuss an issue with another student.

Immunizations: We offer a variety of routine immunizations to students as needed, as well as the annual flu vaccine when available.

Health Excuses: If a student is too ill to attend classes, he/she must stay in the Health Center during class hours. Any student too ill to attend two or more classes or obligations in a single day may not participate in afternoon athletics.

Specialists and Other Referrals: If a student requires the attention of a specialist we will arrange a consultation. Meg McLaughlin and Dr. Garshman make referrals to medical and surgical specialists in the local and Boston areas as appropriate. Laura Stirk will facilitate referrals to outside providers for psychiatric and counseling support as necessary. Transportation to such visits is usually provided by contracted drivers, and charged to the student bill.

Medications: Please refer to the Medication Policy on the opposite side of the Prescription Medication Order Form.

Emergency Services: When necessary, students may receive care at Emerson Hospital, a modern 155 bed fully accredited facility located 10 minutes from the Middlesex campus.

Sports Injuries/Training Concerns: Laura Darby McNally, the Certified Athletic Trainer, will examine sports-related injuries and supervise rehabilitation in the training room of the Orr Gymnasium. Laura also helps athletes understand and prevent injuries, and consults with the NP, School Physician or an orthopedist as necessary. Visits to outside specialists will be scheduled through the Health Center.

Sexual Health Services: For sexual health care, including counseling and prevention teaching, birth control and care for sexually transmitted diseases, students may make an appointment with either Meg McLaughlin, FNP, Dr. Garshman or an outside facility through the Health Center. Laura Stirk is also available to consult with all students and their families



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Regarding confidentiality: While recognizing that parents have concerns about all aspects of student health, we are also faced with the issue of medical confidentiality between patient and provider. To this end, the Health Center staff is required to act with the utmost discretion in dealing with student health issues in addition to complying with HIPAA regulations. Knowing that students are often unaware of the risks and consequences of substance abuse and/or sexual activity, the Health Center staff will provide information, counseling, examination, and treatment of any student requesting help. Students will always be encouraged to discuss these matters with their parents and to act in a responsible manner to avoid serious consequences of sexual activity and substance use. Occasionally, however, a student may wish to maintain complete confidentiality about a health issue.

Rev. 3-2013

All Health Center forms and information are available for download at the parents' portal on the Middlesex website (www.mxschool.edu)

CRUZ HEALTH CENTER HOURS

Daily (non-emergencies): 7:30 a.m. - 10:00 p.m.
Open 24 Hours a Day for Emergencies

Telephone: **978-371- 6583**
Fax: **978-371- 8908**

Meg McLaughlin, M.S., F.N.P., Director, Cruz Health Center
978-371-6582
Email: mmclaughlin@mxschool.edu

Jennifer Garshman, MD - School Physician

Nursing Staff: Cheryl Costa, RN; Holla Ma, RN,
Leann Rodriguez, RN, Kathy O'Gara, RN, Adria Pavletic, RN
Melanie Martel, RN, Jennifer Goodspeed, RN, Nara Avetisyan, RN

ATHLETIC TRAINER

Laura Darby McNally, L.A.T.C., Head Trainer
978-371-6557
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COUNSELING SERVICES

Laura Stirk, L.I.C.S.W., Director of Counseling
978-371-6505
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Marcus Favero, M.D., Consulting Psychiatrist

Louisa Chase, L.I.C. S.W

Maria Walazek, MS, LDN, Consulting Nutritionist