



Overview of The Cruz Health Center and The Counseling Program at Middlesex

PURPOSE

The Staff of the Health Center, our Certified Athletic Trainer, and our School Counselor provide health care to Middlesex students. We are here to help students with all facets of health and well-being, including advocacy and prevention, health education 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. We ask this of both day students and boarders. Our goal is to care as fully and competently for your child as possible. 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.). We will make every effort to be transparent with students and families regarding the need to communicate with others.

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. The Health Center is available for emergencies 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 to the Health Center.

ACCESS AND SERVICES

General Medical Services: In addition to 24 hour nursing coverage, students may see Meg McLaughlin, FNP (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. Michael Glazier who is also available to see students in the Health Center by appointment only.

Counseling Services: The counseling office is located near the student mailboxes in Eliot Hall. Laura Stirk LICSW, our school counselor, is on campus full-time (M-F). To connect with Laura, one can drop in, call or email to set up an appointment. 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, a consulting psychiatrist regularly meets with students on the Middlesex campus.

Immunizations: Influenza vaccine will be made available to students through West Concord Pharmacy. They will come to campus to administer vaccine and will bill directly to your insurance. Consents will be sent via the SNAP Health Portal in September. We offer a variety of routine pediatric immunizations to students as needed, when available, however, please be aware that because the Health Center is unable to bill your health insurance, the cost of immunizations provided at The School will be charged to your school bill. For that reason, we recommend students obtain all necessary vaccines through their primary care provider.

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. Glazier make referrals to medical and surgical specialists in the local and Boston areas as appropriate. Laura Stirk, facilitates referrals to outside providers for psychiatric and therapeutic support as necessary. For student convenience, in addition to a psychiatrist, there are private therapists available to meet with students on campus. For off-campus appointments, transportation may be 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, our 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 Nurse Practitioner, School Physician, or an orthopedist as necessary. Visits to outside specialists will be scheduled through the Health Center.



Middlesex

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

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. 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 request complete confidentiality about a health issue.

SNAP Health Portal: All health forms can be found on the health portal. An invitation to log on and set up an account will be sent to you. On the portal you will be asked to update demographic information, enter medical history information and electronically consent to a variety of permissions. This electronic medical record will be a vital conduit of health information and communication with the health center.

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, 978-268-5149**

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Michael Glazier, MD - School Physician

Nursing Staff: Jennifer Contois, RN; Melanie Martel, RN; Cheryl Costa, RN; Adria Pavletic, RN, Shannon Hurley, RN, Liz Larocque, RN

ATHLETIC TRAINER

Laura Darby McNally, L.A.T.C., Head Trainer, Victoria Sowizral, L.A.T.C., Assistant Trainer
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COUNSELING SERVICES

Laura Stirk, LICSW., Director of Counseling
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Consulting specialty providers available upon request