



## Overview of the Health and Wellness Programs at Middlesex

### PURPOSE

The Staff of the Wellness Center, our Certified Athletic Trainers, and our School Counselors 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 and wellness 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 Wellness Center is located behind the Atkins dormitory and Athletic Center. Non-emergency treatment is provided between 7:00 a.m. and 10:00 p.m. The Wellness Center is always available for emergencies, 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 Wellness Center after 10:00 p.m. or before 7am must inform the Head of House and must be accompanied by a faculty member or security to the Wellness Center.

### ACCESS AND SERVICES

**General Medical Services:** In addition to 24-hour nursing coverage, students may see the Nurse Practitioners (both walk-in and by appointment), who are at the Wellness Center full-time M-F (and on-call to the nursing staff at all other times), or the School Physician who is also available to see students in the Wellness Center by appointment only.

**Counseling Services:** The counseling office is located near the student mailboxes in Eliot Hall. Our school counselors are on campus full-time (M-F). Our counselors are available to meet with students by referral from the wellness center or can be called or emailed to set up an appointment. Issues for which students seek support include, but are not limited to, stress, sadness, homesickness, organizational problems, family problems, sleep problems, relationship issues, sexual identity, and more. With parental consent referrals to outside therapists can also be arranged. In addition, a consulting psychiatrist meets with students on the Middlesex campus if a referral is needed and arranged for with parental consent.

**Sports Injuries/Training Concerns:** Our Certified Athletic Trainers (A.T.) will examine sports-related injuries and supervise rehabilitation in the training room of the Orr Gymnasium. The A.T. 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 Wellness Center.

**Immunizations:** All students must be fully vaccinated according to Massachusetts state regulation or provide acceptable documentation of exemption and we recommend obtain all vaccines through their pediatrician's office. Influenza vaccine will be made available to students through a local pharmacy. The pharmacy will come to campus to administer the vaccine and will bill directly to your insurance and any copay to you. Other vaccines can also be arranged through local pharmacies or providers if needed but we recommend students obtain all necessary vaccines through their primary care provider while at home.

**Sick Visits:** If a student is too ill to attend classes, he/she must stay in the Wellness 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, a consultation may be arranged. Our wellness center team makes referrals to medical and surgical specialists in the local and Boston areas as appropriate. We also facilitate 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 the cost of the hourly wage will be charged to the student bill.

**Medications:** The Wellness Center must know of all medications prescribed to both boarding and day students. Prescriptions brought to school must be in their original pharmacy containers. Students may be allowed to keep some or all (excluding controlled substances) in the dorm room if deemed appropriate and approved by the wellness center. All controlled medications (Schedule II) including stimulants, narcotics, sedatives and other potentially addictive or misused medications MUST be kept in and dispensed from the Wellness Center. All medications must have a Prescription Medication Order filled out by the prescriber. This form may be found on the Magnus health portal. New orders are needed for each dose change and at the beginning of each



academic year. For parents who are healthcare providers: Medications may not be prescribed by a parent nor may the parent sign any of the medical provider forms.

**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. Students may also be transported to the Emergency Unit at Boston Children's Hospital if it is deemed necessary.

**Annual Physical Exam:** A physical exam is required annually with a primary care provider. Failure to provide an exam may result in exclusion from athletic participation. The Wellness Center will send reminders to families when a physical exam is due. If an appointment cannot be made or attended by the due date, the primary care provider may sign a Sports Clearance Form that will allow the student to participate in athletics until the examination can be completed.

**Sexual Health Services:** For sexual health care, including counseling and prevention education, contraception, and care for sexually transmitted diseases, students may make an appointment with either Meg McLaughlin, FNP, Matt Morgan, PNP, Dr. Glazier MD, or an outside facility through the Wellness Center. Sarah Cohane and our other counselors are also available to consult with all students and their families regarding the emotional considerations related to sexual health.

**Health Insurance:** All students must carry health insurance that provides coverage for care in Massachusetts. Coverage must include routine care as well as emergency care. Proof of such insurance must be provided through the Magnus health portal. All international students are required to purchase health insurance provided through the School. School health insurance is optional for domestic students but may be required if a student's current coverage is deemed insufficient.

**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 Wellness Center staff, and our counseling staff are 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 Wellness 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.

**Magnus Health Portal:** All health forms and permissions 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 enter medical history information, provide medication and health insurance information, upload physical examination forms 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.

## WELLNESS CENTER

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

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

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**Jennifer Grosbety**, RN, Office Manager  
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**Michael Glazier**, MD - School Physician

**Nursing Staff:** Melanie Martel, RN; Lauren Gouin, RN; Stephanie Warren, RN; Lisa O'Leary RN; Adria Pavletic, RN, Corrie Gladyzak, RN, Christina Flaherty, RN, Jenna Russo, RN

## ATHLETIC TRAINING

**Laura Darby McNally**, A.T.C., L.A.T., I.T.A.T.,  
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## COUNSELING SERVICES

**Sarah Cohane**, LCSW., Director of Counseling  
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**School Counselors:** Kristyn Willis, LICSW, Woomendy Jean, LMHC, Sara Gleason, LICSW

**Consulting specialty providers available upon request**