Location and Hours

The Health Center is located on the ground floor of Spellman Hall in suite G-15. The Counseling and Wellness Center is located on the ground floor of Spellman Hall in suite G-11. Student Health and Counseling is open Monday through Friday 9 a.m. to 5 p.m. Any changes to the scheduled hours are posted on the front door of each location.
Medical or Psychiatric Emergencies

In the case of an emergency students/staff/faculty should call Campus Safety at 914.323.SAFE (5244). Residential students are encouraged to call or contact your Residence Advisor (RA), Residence Director (RD), or Campus Safety.

All medical and psychiatric emergencies are sent to a local hospital for evaluation and treatment. Any student who is transported to the hospital for evaluation/treatment, upon discharge, is to report to Student Health and Counseling (either the Health or Counseling Center) for follow-up and clearance (if applicable).

Staff

Student Health and Counseling is staffed by licensed medical and mental health providers, a registered dietitian, master’s or doctoral level interns, and an office manager.

Eligibility/Cost

Services provided by Student Health and Counseling are free of charge to all full-time undergraduate and resident graduate students of Manhattanville College. If a medication is prescribed, the student is responsible for picking up and purchasing the medication at an off-campus pharmacy. Any medical care received off campus, including laboratory work sent to outside laboratories, is the financial responsibility of the student. There are minimal fees for routine vaccinations and birth control.

Required Documentation

Proof of two MMR vaccinations and one meningitis vaccination (or waiver) within five years is required for all students who are registered for six or more credits. Immunization forms must be submitted to the Health Center prior to the start of the academic year. Per New York state law, students who fail to submit this documentation will not be permitted on campus.

Insurance

Health insurance coverage is mandatory for all Manhattanville College students. If you waive the student health insurance provided by Manhattanville, please check your policy to be sure it covers both medical and behavioral health services in New York, as there are occasions when students are referred out for services in the community.

Always bring your insurance card to your appointments. The insurance card is only used for laboratory tests which are sent out, prescriptions, and to make outside referrals.
Wellness Services

Student Health and Counseling emphasizes the importance of wellness. We offer a wide variety of free wellness services to the Manhattanville College community in order to help reduce stress and promote optimal academic, social, physical, and emotional functioning. See our wellness brochure for more details.

Services Available

**Health**
- Well visits
- Sick visits
- Gynecological care
  Pelvic exams, counseling and testing for pregnancy, evaluation and treatment of STDs, and emergency contraception. Birth control is also available.
- Laboratory tests are sent to Quest.
- Vaccines
- Tetanus and flu
- Health education is provided on a variety of health topics.
- Physical exams
- Off-site referrals
  can be made to: dentists, doctors, hospitals, and clinics. Students are expected to make their own appointments and arrange their own transportation for off-campus appointments, except in the case of emergency.

**Counseling**
- Brief individual counseling
- Group counseling
- Couples counseling
- Family counseling
- Consultations
- Psychiatric evaluations
- Crisis intervention and management
- Referrals to off-campus providers (as necessary or by request)
- Educational programs
- Nutrition consultations and counseling
- Wellness services
Nutritional Consultations
Student Health and Counseling employs a part-time registered dietician who is available for consultations on weight management, education, workshops, groups, and treatment of eating disorders. Students need not be involved with counseling in order to make and maintain appointments with our staff dietician. However, a student may be encouraged by the staff dietician to participate in both individual or group counseling.

Individual Counseling
The Counseling and Wellness Center follows a brief therapy model. Students attend individual counseling for a wide variety of concerns including but not limited to: anxiety, depression, relationship problems, academic difficulties, drug/alcohol problems, sexual/identity concerns, and body image or eating-disordered behaviors. Students interested in participating in counseling will first meet with a counselor to collaboratively create a treatment plan. If it seems as though the student would benefit from longer term counseling, a referral to an off-campus provider will be made.

Group Counseling
Group counseling allows students to share a safe and supportive environment and work with other students who may be experiencing the same or similar difficulties. Groups may run over the course of several weeks, or throughout the entire semester. Descriptions of groups offered are posted in the hallway outside of the Wellness Center. There is no limit to how many groups students may attend.

Psychiatric Evaluations
Student Health and Counseling employs a part-time psychiatrist who is available for medication evaluations and medication management, as well as crisis assessments and interventions. Appointments with the psychiatrist are limited to students who are in treatment with one of the SHAC counselors. Students who do not wish to participate in counseling through SHAC will be referred to a psychiatrist in the community.
Workshops
Workshops are offered throughout the semester on a variety of health- and wellness-related topics. Workshops are facilitated by licensed providers or community health service providers and are designed to provide students with important information, skills and techniques to improve or maintain health and wellness.

Confidentiality
Student Health and Counseling sessions are confidential unless a student presents a risk to themselves or others. Medical and mental health providers are mandated reporters, thus required by law to report allegations of abuse. With a court order, or for insurance necessary for payment of services, Student Health and Counseling will disclose protected health information; otherwise, confidential information is only released with written permission from the student.

Medical Records
Student medical records provide documentation of all visits to Student Health and Counseling. Student medical records are kept for seven years after the student’s date of graduation or withdrawal from the college. To request medical records, a student must provide a written request addressed to Student Health and Counseling that provides: full name, date of birth, student ID, to whom the record should be sent, and a signature. If the signature cannot be authenticated, a student may be asked to have the request notarized.
Appointments are strongly encouraged. We will always accommodate walk-ins when a student is in crisis or in the case of a medical/psychiatric emergency.

Contact Information
Student Health and Counseling

914.323.7277

SHAC@mville.edu