

The Late Show with Counseling & Wellness

How wellness resources can enhance your Boston
Conservatory experience

- Health Care
- Disability Accommodations
- Fitness and Recreation
- Nutrition Services
- Health Insurance and Medical Bills
- Physical Therapy
- Online Resources
- Counseling

What can Counseling & Wellness do for me?

- Fenway Health
 - Appointment- only
 - No co-payments for TBC students
 - For non-urgent concerns
 - Free complementary therapies
- Urgent Care
 - Same-day appointments
 - For minor injuries or illnesses that must be treated the same day
 - Harvard Vanguard- Kenmore; Massachusetts General Hospital
- Emergency Room
 - For TRUE EMERGENCIES ONLY!
 - The ER is very expensive and you will have a long wait if you are not in dire need.

Health Care

- Student Health Insurance via Gallagher Koster
 - Questions
 - Claims issues
- Assistance with medical billing questions
 - Please remember: medical care is NOT FREE even when you have insurance, and the Wellness Office cannot make your bills disappear!

Health Insurance and Medical Bills

- Assistance for students with disabilities who would like to request classroom accommodations
- Proper documentation is needed
- Students must meet with the Director of Wellness Services every semester

Disability Accommodations

- Fitness membership at Northeastern University
 - \$325 for 9/1/11-5/31/12
 - Sign up online at <http://www.bostonconservatory.edu/form/fitness-and-recreation-membership-form>.
- Yoga and Alexander Technique
 - Free of charge for students
 - View schedules and signup information online at <http://www.bostonconservatory.edu/fitness-and-recreation>.

Fitness and Recreation

- Physical therapists are on campus on Monday and Wednesday from 10AM-2PM
- Services are offered in 31 Hemenway Street, Room 304
- Students from all divisions may use PT services
- Insurance will be billed for visits. Please check with your insurance company to see if you need a referral and if there are benefit limits

Physical Therapy

- Nutrition services are offered by Registered Dietitian Janel Funk
- Janel is on campus Tuesdays and Fridays
- Nutrition services may be helpful to students who:
 - Have questions about their diet
 - Aren't sure what to eat in the dining hall
 - Need meal and snack ideas to fuel their workouts
 - Are working through an eating disorder
 - Are wondering about the best foods to eat to improve performance
 - Have food allergies
 - Are working on weight management and healthy habits
- Appointments can be made by e-mailing Janel at jfunk@bostonconservatory.edu.

Nutrition Services

- MyStudentBody
 - Online resource with information about a variety of topics, including alcohol, drugs, stress, nutrition, sexual health, and sexual violence
 - Students can access it anytime using school code TBC
- Student Health 101
 - Monthly newsletter with articles about various college health topics
 - Sent to students via e-mail each month
 - An archive of back issues is available at <http://readsh101.com/a/bostonconservatory.html>
- Ulifeline
 - ULifeline is an ANONYMOUS online resource where you can learn more about emotional health and ways to help yourself or a friend if you are struggling with your thoughts or feelings.
 - <http://ulifeline.org>

Online Resources

- Counseling offers people the opportunity to identify the factors that contribute to their difficulties and deal with them effectively
- Counseling may help with:
 - Adjustment
 - Mood changes
 - Stress Management
 - Family and relationship issues
- Short-term mental health counseling is available on-campus
- Fenway Health
 - 12 sessions for TBC students
- Other off-campus referrals are also available

Counseling

- Students should familiarize themselves with TBC policies and local laws
- If you choose to use alcohol, avoid negative consequences by:
 - Limiting the number of drinks you consume
 - Consuming at a pace of no more than one drink per hour
 - Alternating alcoholic beverages with water
 - Engaging in other protective behaviors

Alcohol

- Whether students use illegal drugs or misuse prescription or OTC medications, there can be serious physical and legal consequences
- Students should be especially wary of using drugs not prescribed to them or using an Rx in a way other than how it was prescribed
- Students who are already on any kind of medication may be risking serious interactions if they use other drugs (including alcohol)

Drugs

- Members of the TBC community should not commit acts of sexual misconduct or condone such behavior
- Individuals should seek enthusiastic consent in sexual situations- an absence of “no” isn’t a “yes”
- If you suspect a friend is in danger, you can help by being an engaged bystander and trying to remove them from the situation

Sexual Violence

- Sexual health is more than just preventing STDs and pregnancy (but we've got resources for that too!)
- Sexual health is about understanding yourself and your body
- It's about figuring out what you want, what you're comfortable with, and how to communicate your needs and understand others' needs
- Healthy sexuality also includes self-care and honesty about your health status

Sexual Health

- The college balancing act
 - <http://www.mystudentbody.com/Members/student/StudentCenter.aspx>
- Manage and maintain stress at relatively healthy levels by learning how your body reacts when it's stressed out
- Properly channeled, stress can result in increased productivity and creative solutions to problems. The key is how we identify, manage and reduce the stress in our lives
- Adequate sleep, diet, and exercise can help to minimize the negative effects of stress
- Figure out what stress-reduction techniques work best for you and use them whenever you start to notice the negative effects of too much stress.

Stress

- Sleep deprivation can lead to serious health and academic issues
- there WILL be late nights and you won't get nearly enough sleep
- Tips for getting a good night's sleep
 - Consume less or no caffeine and avoid alcohol
 - Drink less fluids before going to sleep
 - Avoid heavy meals close to bedtime
 - Avoid exercising close to bedtime
 - Try a relaxing routine, like meditation, before bedtime
 - Establish a regular bedtime and wake-time schedule

Sleep

- Contact Counseling & Wellness staff
- Speak to a Student Affairs staff member
- Talk to your RA
- Check out the TBC website or other online resources
- Seek out community resources- Student Affairs staff can help you find these!

What if I need help or have more questions?

Beth Grampetro

Director of Wellness Services

24 Fenway

(617) 912-9260

bgrampetro@bostonconservatory.edu

Melanie Duarte

Director of Counseling

26 Fenway

(617) 912-9160

mduarte@bostonconservatory.edu

Janel Ovrut Funk

Registered Dietitian

24 Fenway

(617) 912-9197

jfunk@bostonconservatory.edu

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Wellness Office

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**How do I contact Counseling &
Wellness?**