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# Student Development Services

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We are committed to fostering optimal student health to enhance academic success. Professionals provide services to improve and promote physical and psychological health and wellness. We work to ensure a healthy campus environment that is accessible to all students. We respect the unique needs of all individuals and embrace human differences.

## Counseling Center

The Ignatian ideal of *cura personalis* – care of the whole person – guides the work we do at the Counseling Center. The Counseling Center plays a vital role in the life of the College by offering a wide range of services to members of the campus community. Our primary goal is to support students negotiating their transition into adulthood. Students normally encounter a variety of challenges during college. We provide confidential assistance to students who have a wide range of problems or concerns, such as stress, adjustment difficulties, relationship problems, anxiety, and depression. Many students seek counseling to help them through these challenges. We work collaboratively with students to promote their academic success and personal growth during their years at Holy Cross.

The Counseling Center staff members are dedicated to creating an inclusive atmosphere for students of all ethnicities, cultures, ages, sexual orientations, gender expressions, abilities, spiritual practices, and socioeconomic backgrounds. We work collaboratively with other departments on campus to raise awareness and increase sensitivity to diversity in all its forms.

All current, full-time students are eligible to receive counseling services. Students may be referred to providers in the community if specialty care is needed. Confidentiality of all counseling relationships is maintained in compliance with professional ethical standards and local, state and federal laws. The Counseling Center is staffed by licensed psychologists and doctoral-level psychology externs under professional supervision. Students can make an appointment by calling or visiting the Counseling Center. The following services are offered at the Counseling Center:

Individual Counseling and Psychotherapy – Clinicians are available to meet individually with stu-

dents to address a variety of concerns. The number of sessions is determined collaboratively with the student.

**Group Counseling** – A variety of groups is offered periodically, giving students the opportunity to meet with a staff member and other students experiencing similar issues.

**Consultation** – Clinicians are available to provide consultations to members of the College community who desire psychological advice regarding concerns about students.

**Outreach Programs** – A variety of workshops for students is offered on topics such as stress management, relationship issues and eating disorders. The Counseling Center psychologists also facilitate two peer education programs – Relationship Peer Educators (RPE) and Nutrition, Exercise, and Eating Disorders (NEED) Peer Educators.

**Psychiatric Services** – A consulting psychiatrist is available on site to students who are participating in counseling, for a fee.

**Crisis & Emergency Services** – A crisis appointment time is available each day for students needing to be seen the same day. After hours, Public Safety should be contacted for psychological emergencies at 508.793.2222. The dispatcher will contact the Psychologist-on-call.

Students interested in making an appointment may call the Counseling Center at (508) 793-3363 or visit us at Hogan 207 Monday through Friday from 9 a.m. to noon and 1 to 5 p.m. during the academic year. For more information about the Counseling Center, please visit our website at [www.holycross.edu/counseling\\_center](http://www.holycross.edu/counseling_center).

## **Office of Disability Services**

The Office of Disability Services coordinates assistance for disabled students in order to promote equal access to College programs and services. The Office seeks to assist students and their families in making the necessary arrangements to facilitate full participation in academic and extracurricular pursuits.

The College of the Holy Cross complies with Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and applicable local, state and federal statutes regarding nondiscrimination against persons with disabilities.

The Office of Disability Services is located in Room 209 of the Hogan Campus Center. The director of the office or a designee is available for consultation and may be contacted by telephone at (508) 793-3693, TTY: (508) 793-3591, or FAX: (508) 793-3585. For further information please visit our website at: [www.holycross.edu/disability\\_services/](http://www.holycross.edu/disability_services/)

## **Health Services**

Health Services is a medical office on campus that provides primary care and urgent medical care to students. Board-Certified Family Practice Physicians affiliated with UMASS-Memorial Medical Center are available by appointment Monday through Friday, 20 hours per week. Health Services is also staffed by nurse practitioners and registered nurses. Students are referred to specialists or emergency room medical care, if indicated. In addition, nutrition-medical therapy, asthma education, smoking cessation, massage therapy and allergy injections are available at Health Services. Demonstrating its commitment to quality and excellence, Health Services is accredited by the Accreditation Association for Ambulatory Health Care, Inc. and is an institutional member of the American College Health Association.

Health Services is located in Loyola Hall. Hours of operation are Monday through Friday: 8:30 a.m. – 5:30 p.m., and Saturdays: 10 a.m. – 4 p.m. during the academic year. Public Safety responds to emergencies. An on-call physician is available for acute illness after hours at (508) 792-8830. Appointments can be scheduled by calling (508) 793-2276.

## **Wellness Programming**

The primary goal of the Office of Wellness Programming is to coordinate the Alcohol and Drug Prevention Program of the College. All departments within the Office of Student Affairs play a role

in implementing the college alcohol and drug policy through education or enforcement. Students are informed about the laws pertaining to alcohol and drugs, the college policy, community standards, and the consequences to oneself and others as the result of participating in high risk drinking and/or drug use. Wellness Programming aims to create an atmosphere on campus that encourages students to make responsible, low risk choices in regards to the use of alcohol and/or other substances.

In addition, Wellness Programming provides opportunities for students, faculty and staff to participate in activities that will promote optimal wellness.

The resources and programs offered by the office include: the coordination of AlcoholEdu, an online alcohol prevention program; individual meeting with students who have been sanctioned for alcohol violations; a variety of exercise options including Yoga, Pilates, Tai Chi and Capoeira; a campus wide Wellness Fair; and supervision and training for the Students for Responsible Choices, a peer education group dedicated to helping students make responsible choices around their use of alcohol. The director will provide training and consultation to a wide variety of student groups as well as consultation and referral to individual students in all areas of wellness including stress management, nutrition and healthy eating. The office is located in Hogan 225, and is open from 9 a.m. – 5 p.m. Monday through Friday.