

DICK'S HOUSE
Dartmouth College Health Service

This information is provided by administrators and staff at Dick's House and is available directly through the Dick's House website.

Dick's House is home to the Dartmouth College Health Service. Dick's House and the Health Service Program provide reliable, quality care for the body and mind to Dartmouth students and employees.

TELEPHONE NUMBERS FOR SERVICES AT DICK'S HOUSE

EMERGENCY NUMBER FOR SAFETY & SECURITY	646-3333
Clinic Appointments	650-1401
Fax Number	650-1839
General Information	650-1400
Safety & Security (non-emergency)	646-2234
Counseling and Human Development	650-1442
Director of Health Service	650-1423
Employee Health	650-1414
Health Resources	650-1414
Immunizations	650-1401
Insurance	650-1438 or 650-1439
The Jackson Collection	650-1414
Laboratory Tests	650-1400
Medical Records	650-1400
Nursing/Inpatient Department	650-1441
Patient Accounts	650-1438 or 650-1439
Peer Education and Advising	650-1414
Pharmacy	650-1456
Primary Care and Preventive Medicine	650-1401
Specialty Clinics	650-1401
Sports Medicine/Training Room	646-2472
STD/HIV Testing	650-1401
Travel Health	650-1401
Women's Health Program	650-1401
X-ray Department	650-1401

DEPARTMENTS

Counseling and Human Development

For information, consultation or referral or to schedule an appointment by phone **603-650-1442** between 8am-4: 30pm, Monday-Friday during the fall, winter and spring terms and 8am-4pm during the summer.

Reception area is located on the 2nd floor of Dick's House @ 7 Rope Ferry Road.

After hours please call Safety and Security at **603-646-2234**.

EMERGENCY services are available on a 24-hour basis every day of the year. The Counseling Office also provides consultation, education and multicultural services to the Dartmouth community.

Current students are eligible for a variety of services through the Counseling and Human Development Office. Clinical evaluations, medication evaluations, short-term counseling, group therapy and emergency evaluations are provided at no cost. Discussions on a wide-range of academic, social, personal and emotional issues. Counseling programs are provided on a confidential basis in both one-to-one and group settings.

The Counseling Office assists students requiring rehabilitation for an alcohol or other drug problem in locating a suitable therapist or treatment facility. Students may take medical leave until their recovery is well established, if needed. Before the student returns to Dartmouth, he or she is evaluated on a case-by-case basis and arrangements are made for follow-up individual therapy, group therapy, or 12-step programs.

Health Service

Wellness Works

The Health Service sponsors many wellness programs and most office visits to the Health Service include an educational component to help students remain healthy. The Health Service also sponsors a Physical Education course called "**Wellness Works**". The class is interactive involving self-assessment and open discussion among class participants. Upon completing the class, students earn one Physical Education Credit.

Multicultural Services

Dartmouth has grown stronger as a result of increased diversity within its student population with regard to socioeconomic background, race, sexual orientation and religion. Accepting another's differences and learning from these will be among the major challenges, responsibilities and opportunities encountered while a student at Dartmouth. Stress will sometimes arise as a result of learning to understand oneself and others. Counseling and Human Development's staff is committed to providing culturally competent services. We contribute to the community in some of the following ways:

- advising student groups of color
- providing Diversity Training
- participating in student discussion or support groups
- consultation with administrative staff and faculty on issues relating to multicultural, sexual orientation or specific student issues
- advocating for issues relevant to diverse student groups
- planning programs specific to certain religious and ethnic groups

Call Counseling and Human Development at **603-650-1442** for information.

DARTMOUTH COLLEGE COUNSELING AND HUMAN DEVELOPMENT STAFF

Counselors see students with a wide variety of concerns. The staff list only partially identifies areas of interest, experience and expertise.

Peter Collier, MSW, Ohio State University, 1979

Interests: Family of origin problems, leaving home/separation issues, couples therapy, substance abuse, short-term existential psychotherapy.

Heather Earle, Ph.D., Staff Psychologist, University of Wisconsin 1999

Interests: Gay, lesbian, bisexual, transgender issues, ethnic/racial and cultural identity concerns, substance abuse, sexual assault and abuse survivors, couples counseling.

Bryant Ford, Ph.D., Co-Director of Quality Improvement, Ball State University, ABD, University of Wisconsin

Interests: Short-term therapy, multicultural counseling, alcohol and other drugs.

Rebecca L. Johnson, M.D., Staff Psychiatrist, Williams College, 1982, University of Cincinnati, College of Medicine, 1988, University of Connecticut, Psychiatry Residency, 1992, Dartmouth-Hitchcock Medical Center, Consultation-Liaison and Medical Ethnicity Fellowship, 1993

Interests: Anxiety disorders, trauma/borderline personality disorder, substance abuse, ethics, gender issues.

Bernard Kim, M.D., University of Texas, 1998

PGY-4, Department of Psychiatry
Dartmouth-Hitchcock Medical Center

Interests: Short and long term psychotherapy, psychopharmacology.

Anna Meyerrose, MSW, LICSW, Boston University School of Social Work

Interests: Anxiety, mood disorders, obsessive compulsive disorder, substance abuse, cognitive behavior therapy.

Mark Reed, M.D., Director, Counseling and Human Development, University of Arizona, 1987, Dartmouth-Hitchcock Medical Center Residency in Psychiatry, 1991

Interests: Psychotherapy, substance abuse, eating disorders, multi-cultural issues, adolescent and adult development.

Donna Steinberg, Ph.D., Staff Psychologist, University of Virginia, 2000

Interests: Relationship issues

DARTMOUTH STUDENT THERAPY AND SUPPORT GROUPS

The staff of Counseling and Human Development offers confidential therapy and support groups to undergraduate and graduate students each term. Groups generally start within two weeks from the start of each term. Groups meet weekly for 90 minutes. Day and times are arranged by each group. Enrollment is free. A description of the groups can be found under **Bulletins: Counseling and Human Development**. The following groups are offered with sufficient enrollment:

EATING CONCERNS and BODY IMAGE GROUP: A psychotherapy group designed to address various food, eating and body image issues. Possible topics to be explored include family, interpersonal, self-esteem and academic issues. Coping strategies for managing eating, exercise, bingeing, purging and dieting behaviors will be discussed. As the group progresses, the focus includes an exploration of feelings about food and body image.

LESBIAN, GAY, BISEXUAL, TRANSGENDER SUPPORT GROUP: This support group will explore topics/issues such as: coping with coming out again and again; navigating friendships, romantic relationships and family issues; integrating the past, present and future; how the Dartmouth community affects you; and exploring other issues group members feel are important.

SURVIVORS of SEXUAL VIOLENCE: Survivors of sexual abuse face many challenges as a result of their violation. The groups (we offer separate groups for men and women), for those who have been sexually abused as children or adults, offer a safe place in which to explore these challenges. Group members will have the opportunity to receive and give support, thus facilitating the healing process. Some of the focuses will be trust, safety, relationships and balancing these issues with other facets of life.

CHOICES GROUP: Choices is a group that allows members to explore their relationship with alcohol and other drugs. The group also provides students an opportunity to talk about their chemical use. Some group topics include coping, stress reduction, peer and intimate relationships, family dynamics, college life, cognitive restructuring, communication, leisure time, wellness and self-care skills. The group is not an AA group and is open to all persons who are interested in addressing his/her alcohol or other drug use. One does not have to be an “addict” or “alcoholic” to participate.

UNDERGRADUATE GENERAL THERAPY SUPPORT: This group deals with a broad range of issues facing students including academics, peer or romantic relationships, family issues, personal growth and self-esteem. Group goals are expressing feelings, giving and receiving feedback, learning trust and improving interpersonal relationships.

GRADUATE STUDENT THERAPY GROUP: This is a psychotherapy group that provides an opportunity to explore, with peers, the challenges of being a graduate student. The issues to be addressed are not limited to, but may include self-esteem, time management, relationships and family issues. There will be an emphasis on giving and receiving feedback.

Students interested in participating in these groups should contact the Counseling Office at **603-650-1442** or e-mail **CHD @ Dartmouth.edu**

CONSULTATION AND EDUCATION SERVICES OFFERED

The Counseling and Human Development staff provides Consultation and Educational Programs to the Dartmouth Community on mental health related topics.

Examples of Consultation Requests:

- A professor concerned about the gradual decline in a student's performance.
- A student wanting to know how to talk with a friend about a possible eating disorder.

Examples of Educational Programs:

- Depression and suicide in college students.
- Surviving the loss of a loved one.
- Crisis intervention.
- Relationships and Communication: gender differences, cultural and racial issues.

THE JACKSON COLLECTION OF BOOKS

Located in the main library (on the first floor in Dick's House), the Jackson Collection is our library of specially, selected, health-related books and journals.

Topics include:

- Alcohol & other drugs
- Emotional health
- General health
- Leadership development
- Men's, women's gay, lesbian & bisexual issues
- Nutrition & eating disorders
- Pharmaceuticals
- Sexuality
- Sexual abuse & harassment
- STDs including HIV/AIDS

This collection is available to the entire Dartmouth community.

PROGRAMS:

Alcohol and Other Drug Education

This program provides resources and information about alcohol and other drugs, concerns about use or misuse, risk reduction and peer education programs. Please contact Health Resources for information regarding workshops and presentations on any of these topics. The number to contact is **603-650-1414**.

Alcohol EDU

BASICS

The counseling department of Dick's House works with students either at risk or who have already developed substance use problems. Some of these students are mandated to counseling by the Office of the Dean because of an infraction of college alcohol policy. For students in this circumstance, this event could represent an isolated instance, or a warning sign of a developing problem with substances. Most colleges have programs similar to Dartmouth for students who violate alcohol policy, and refer such students to an educational session about substances or for a substance use evaluation with a trained professional. Although common practice, neither of these approaches has been found effective in reducing further alcohol use, alcohol related problems, or compliance with recommended treatment.

Brief Alcohol Screening and Intervention for College Students (BASICS) is a 2-session individualized counseling approach that has been found effective on these outcome criteria with students at high risk for alcohol problems. It has not been implemented or evaluated with mandated students, who by virtue of a policy violation, may be revealing a high-risk profile.

In collaboration with the Dartmouth Center on Addiction, Recovery & Education, Dicks House and the Deans Office are conducting a study, which is testing the effectiveness of BASICS for students who violate alcohol policy. The BASICS intervention will be compared with an alcohol education session and the individual substance use evaluation on outcomes.

This project is attempting to capitalize on the potential opportunity to change the course of students at risk for substance use problems at Dartmouth by implementing a practice that has been found efficacious.

The project will begin in early 2003.

Nutrition and Eating Disorders

The nutritionist has expertise in eating disorders, sports nutrition and weight control. She offers individual and group therapy for eating disorders, as well as consultations for residential groups and athletic teams. To schedule an appointment with the nutritionist, call Counseling and Human Development at **603-650-1442**.

Sexual Abuse Awareness Program

The college recognizes that sexual abuse is a significant issue for college-age women and men. This program has been established to educate women and men on campus about issues of communication and consent, sexism, rape and other sexual assault, relationship violence, and sexual harassment and to provide support and advocacy to survivors. For more information, visit the **Sexual Abuse Awareness Program** web page.

Social Norms

Social norms are the perceived standards of acceptable attitudes and behaviors prevalent among the members of a community.

Surveys of college students reveal that most students greatly overestimate the amount of high-risk drinking that occurs on their campus and on college campuses in general. Based on this misperception, students may conclude that high-risk drinking is the social norm, which in turn may lead them to increased alcohol consumption. In other words, the misperception may cause students to believe they are both justified and pressured to consume large amounts of alcohol in order to be like other students.

A Social Norms Campaign promotes accurate data on student consumption in hopes of correcting the misperception.

Wellness and Leadership

This is a source for expert information, advice and facilitation. Sessions are facilitated by Health Resources staff. Do you need a speaker? Is there a retreat in your organization's future? Is there a sensitive issue that needs to be addressed? Do members of your organization want to improve their skills? For more information or to set-up a program, contact Health Resources at **650-1414**.

Women's Health Program

The Women's Health Program emphasizes personal wellness and addresses health care for all women, regardless of age, ethnicity, race, culture, sexual orientation, religion, class or physical ability.

As providers of health care to women, we understand that health encompasses physical, emotional, spiritual and sexual needs, all of which are affected by culture.

The Women's Health Program strives to provide a comprehensive, health promotional service, which includes both counseling and education. This goal is met through discussion and interaction, taking into account each student's individuality.

The Women's Health Care is staffed by Nurse Practitioners and Physician Assistants. Appointments last from 30-60 minutes, and students are encouraged to ask questions and to discuss their concerns. Strict confidentiality is maintained at ALL TIMES with regard to a student's medical record.

To schedule an appointment call **603-650-1401**. Office hours are Monday-Friday 8:00am-4:00pm (by appointment). Closed December 25th – January 1st.

SUBSTANCE FREE ORGANIZATIONS

Asgard is a completely student-run organization dedicated to providing a dynamic selection of social activities, opportunities and outlets, which serve as alternatives to alcohol-centered social events. **Asgard** is listed under the bulletins. Students may keep informed of events by monitoring the bulletin.

RESIDENTIAL LIFE

Substance Free Buildings:

Butterfield and Russell Sage are available for those students who desire to live in an environment that is substance free. Students living in a substance free area agree that they or their guests will not use or possess alcohol, illicit drugs or tobacco products in the building. They also agree that if they use such substances outside of the Substance Free Living Area, their behavior upon their return will not have a negative impact upon residents or property. Students interested in this option must sign a Substance-Free Contract when reserving their room at Room Draw.

Smoke Free Clusters:

The Fayerweathers and Ripley, Woodward, Smith, Gile, Hitchcock, North Massachusetts, Mid Massachusetts and the Maxwell/Channing Cox apartments are available for those students who desire to live in a smoke free environment. Students living in these clusters agree that they or their guests will not smoke anywhere within the cluster. Students interested in this option must sign a Smoke-Free Contract when reserving their room at Room Draw.

East Wheelock Cluster:

The East Wheelock Program provides Dartmouth undergraduates with a residential experience designed to enhance both their academic and intellectual opportunities in a vibrant and challenging living environment. All residence halls in the cluster are smoke-free. Students interested in this option must submit completed East Wheelock Applications to the Housing Office by Monday, April 2, 2003. NOTE: There will be an East Wheelock Cluster Room Draw on April 29, 2003 after applications are reviewed and decisions on admittance are made.

PEER EDUCATION PROGRAMS

CARE (Coalition Against Abusive Relationships)

This is a new student organization on campus for campus advocacy and education regarding domestic and relationship abuse. Blitz DartCare for more information.

DAPA (Drug and Alcohol Peer Advisors)

Students who have been trained to respond to their peers about alcohol use and misuse. DAPAs can provide factual information and serve as a referral point for other alcohol-related resources on campus. Trainings are held during the winter and summer terms.

EDPA (Eating Disorders Peer Advisors)

Students who have been trained to provide support and resources for peers concerned about eating disorders. Trainings are held during the spring and summer terms.

PEAC (Peer Education Action Corps)

This is an extensive curriculum offered each fall, winter and spring for health opinion leaders. In this program, students learn information and skills that empower them to help change social norms around important health issues such as alcohol and other drugs, sexual abuse, disordered eating and exercise, STDs, stress, and depression, as well as diversity training and leadership skills. Students who complete the PEAC curriculum receive 1 Physical Education credit and are given priority to sign-up for Health Service Peer Advisor programs sponsored by the Health Resources Department.

SAFE (Students Against the Abuse of Food and Exercise)

This is a student group that seeks to provide education to the college campus on related issues. The group is advised by Marcia Herrin, EDD, RD, a college nutritionist. Contact Marcia via Blitzmail for more information.

SAPA (Sexual Abuse Peer Advisors)

Students who have been trained to respond to their peers' questions about the legal, medical and emotional issues surrounding sexual abuse. Trainings are held during the winter and summer terms.

DARTMOUTH MEDICAL SCHOOL HEALTH SERVICES

SNAP (Student Needs and Assistance Program) is a Dartmouth Medical School Student Government peer program created to help students work through personal problems that may be hindering the learning process – including substance abuse, emotional setbacks, or physical challenges – in a healthy confidential way. **SNAP** was designed to assist students as they work to become physicians while at the same time dealing with difficult issues that affect their lives.

The goals of the SNAP Committee are:

- To provide assistance to students at risk for impairment
- To protect students' privacy
- To enable them to progress through the medical school curriculum without penalty or delay
- To serve in an advocacy and supportive role as they address their difficulties
- To protect patients, hospital staff and other medical students from the harm that impairment may cause.

**SUBSTANCE ABUSE SERVICES AT
DARTMOUTH-HITCHCOCK MEDICAL CENTER
AND
DARTMOUTH-HITCHCOCK PSYCHIATRIC ASSOCIATES**

In- Patient Psychiatry:

On average at any time approximately 30-40% of patients hospitalized on the inpatient psychiatric service's 24 bed unit will have an active substance abuse problem (substance dependence or abuse). For instance on Friday Aug. 8, nine of the twenty-one patients hospitalized also had an active substance abuse problem in addition to their primary psychiatric disorder.

These patients receive: 1.) Assessment of the severity of the substance abuse disorder. 2.) Treatment of withdrawal from the abused substance. 3.) Education about addiction as a treatable disorder. 4.) Strong recommendations and encouragement to address the problem by entering substance abuse treatment on discharge. 5.) Strong encouragement to attend the four AA meetings, which occur each week in the hospital. 6.) Referral and arrangements for follow-up treatment for substance abuse.

The service includes two attending psychiatrists and a social worker with expertise in substance abuse as well as a nursing staff experienced in the identification of substance abuse disorders and in treating withdrawal from the substances.

Buprenorphine Clinic

As of July 2002, the Department of Psychiatry initiated a Buprenorphine clinic to treat patients addicted to opioids (Heroin, OxyContin etc). Patients are initially assessed for the severity of their dependence on opioids and, if accepted into the program, are seen weekly in a therapy group or on an individual basis. Medications are prescribed on a weekly basis. Patients must remain free of all illicit drugs while in the program and are monitored with weekly urine drug screens. There are currently eight patients enrolled in the program with the potential to accept up to 30, as currently limited by federal regulations.

Consultation to other Medical Services:

The Psychiatric Consultation Service sees an average of at least one patient per day on the medical, surgical, or obstetric services to assess and make recommendations and arrangements for follow-up substance abuse care for patients either dependent on or abusing drugs or alcohol. The service includes an attending psychiatrist and an experienced nurse clinician with substance abuse expertise.

Nursing staff on the above services periodically receive in-service education from the nurse clinician in identifying substance abuse problems and in assessing and treating withdrawal for alcohol and drugs.

Emergency Department

On average, the Psychiatric Emergency Service evaluates at least one patient per day in the emergency room who has active alcohol or drug problems. (On a recent "call" night all four patients seen by psychiatry in the emergency room had substance abuse problems.) Patients generally fall into two categories. The first is the intoxicated patient who requires assessment and, frequently, psychiatric admission for depression and/or suicidal feelings or plans. The second group includes patients seeking treatment for withdrawal from addictive substances. For the past ten years the psychiatric resident on call for emergencies has been available to evaluate alcohol withdrawal patients; start them on an outpatient detoxification regimen; and follow them by daily face to face or telephone contact for the subsequent 5 days while the patient is undergoing alcohol withdrawal.

Out-patient Services:

The Department of Psychiatry has one full time licensed substance abuse counselor who sees at least 25 hours of substance abuse patients each week

The Department also employs a full time licensed substance abuse counselor who serves as the Employee Assistance Program director at Dartmouth College.

The Director of Substance Abuse Services is certified in Addiction Psychiatry and Addiction Medicine. He sees substance abuse patients for evaluation as his schedule allows; does frequent evaluations for patients referred from other physicians and mental health professionals; and makes arrangements for follow-up care. He also carries a caseload of active and recovering substance abuse patients.

Residents and Attending psychiatrists all have patients in their medication clinics with either active substance abuse issues or who are recovering. An estimate of those receiving services in this manner would be about 20% of medication clinic patients. Rough estimate of 2250 visits per year x 20%=450 visits per year.

There is currently a fourth year psychiatry/medicine resident who is seeing new patients for substance abuse evaluation on a one day/week basis with supervision from the Director of Substance Abuse Services.

CRASH

Though not on site at DHMC, the Department of Psychiatry runs a monthly Impaired Driver Program at the White River Junction VAH. This program is an evaluation, education and referral program for clients who have received a DWI citation in Vermont. Psychiatric residents play a major role in the running of the program and all Dartmouth Medical students attend the program and participate in the evaluation and referral portions of the program as well as a part of the educational program. Approximately 20 clients are seen in this program each month.

Medical, Surgical, Obstetric and Pediatric Services:

As has occurred for years, the Internal Medicine and Surgery Departments continues to care for those with severe medical consequences of substance abuse including, cirrhosis, gastrointestinal bleeding, severe alcohol withdrawal, pancreatitis, HIV and Hepatitis C infections and substance-related trauma etc.

Numerous primary care physicians in the General Internal Medicine Section and the Department of Community and Family Medicine serve as the primary treatment resources for their patients with substance abuse problems and do this routinely.

The Pulmonary Section of the Department of Medicine runs a weekly Smoking Cessation group open to anyone motivated to stop smoking.

Dr. Jim Sargent of the Department of Pediatrics has become a nationally known expert on cigarette smoking in the media and is a major advocate for addressing teen smoking in the Department of Pediatrics.