MICA Wellness

Simmone deBeaubien, RN
Director – Student Health

Patricia Farrell-McLaughlin, MSW-LCSW-C
Director – Student Counseling

Trenton Nettles, MS
Health Promotions Educator
The MICA Health and Wellness Center supports the academic mission of the College by fostering the promotion and maintenance of positive health for emerging artists and designers. The Center achieves this goal by offering a robust menu of high quality and culturally sensitive health-related services that support student learning, development, and retention.
Wellness Center Services

1501 West Mount Royal Avenue
- Student Counseling
- Student Health
- Fitness Center

Bunting Center, Student Affairs Suite
- Student Development Specialist – Office 265
- Associate Dean of Health and Wellness - Office 262
Student Development Specialist

- Address physical and psychological needs of students through individual and community-based interventions working closely with MICA Counseling and Student Health Services.

- The SDS can assist students with problem solving, but it is imperative for students to be proactive, take responsibility and address issues (health, mental health, etc.) with Student Affairs personnel as soon as possible in order to receive assistance.
When to Refer..?

- If...
  - I’m experiencing severe personal or family concerns and need to be away from school for an extended period of time
  - I’m suffering from an illness and need someone to help communicate that to my faculty
  - I suffer a physical injury and need parking accommodations to get to class
  - I need to withdraw from a class or all classes due to a medical or personal concern
Student Counseling

Serves the psychological and developmental needs of full-time undergrad and grad students

Counseling Center services are free

Staff are all licensed professionals
- 3 licensed Clinical Social Workers
- Psychiatrist (limited availability)
Counseling Center Goals

• Develop Resiliency
• Support Academic & Personal Growth
• Develop Independent Living Skills
• Learn to Make Difficult Decisions
• Accept Responsibility
• Develop Lasting Relationships
• Contribute to the Community
Services & Scope of Practice

• Individual, Group, & Couples Counseling

• Emergency services coordinated with Student Affairs, Residence Life & Campus Safety

• Services are confidential
  • Exceptions:
    • If student is a safety risk
    • If child or dependent adult abuse is suspected

• 7 individual sessions per semester

• Off-campus referrals for treatment made if
  • Intensive treatment needed
  • Specialty treatment required
  • Serious alcohol/drug abuse
  • Serious eating disorders
  • Students who are actively suicidal/psychotic/self-harming are provided emergency services, stabilized and referred for more intensive treatment.
Where & When

• **Student Counseling Center**
  - MICA Wellness Center, 1501 Mt. Royal, lower level
  - Call: 410-225-2367 for an appointment
  - Emergencies: 443-423-3333, ask for on-call counselor

• **Hours of Operation:**
  - Monday-Thursday 8:30 am – 6:00 pm
  - Friday 8:30 am – 4:30 pm
  - Crisis Walk-ins (M-F) 3:00 pm – 4:00 pm
Chase Brexton
Student Health Services
at MICA
Our mission is to provide compassionate, quality health care that honors diversity, inspires wellness, and improves our communities.
The Clinical Team

Simmone deBeaubien, RN
Clinic Director

Joanna Uretsky, CRNP
Nurse Practitioner
Services

- Routine primary care and acute care services
- Urgent care assessment and referral as indicated
- Women’s wellness
- Comprehensive sexuality services
- Basic first aid/wound care
- Immunizations/vaccines/allergy Immunotherapy
- Health promotion and wellness
- Lab services – Quest Diagnostics
- Pharmacy services (Chase Brexton: Mt. Vernon clinic)
- Specialist referrals
Insurance and Billing for Lab Fees

Office visits to the student health center are covered by the student health fee for **full-time students** (no co-pay or office visit charge to insurance)

All **labs** (example: urine testing, throat cultures, blood work, pap smears), **procedures** (example: wart removal, EKGs, I&D of abscess), and **immunizations** will be billed to insurance.

It is the responsibility of the student to know their coverage and deductible responsibilities. **DO NOT IGNORE LAB BILLS**.

Insurance cards must be presented at the first office visit.
The Details

Student Health Center telephone
# 410-225-4118

Monday - Wednesday & Friday: 8:30 am - 5pm
Thursday 10:00am – 6:30pm

Walk-in hours: The first hour daily.
Scheduled and walk-in appointment services available with both a medical provider and nursing triage.

24-7 after-hours phone triage for urgent needs
MICA is creating a culture that focuses on building students who use fitness as an outlet for:

- Inspiration
- Learning
- Stress-relief
- Injury prevention/rehab
- Lifelong wellness
Dedicated to providing innovative, fun, and challenging programs to encourage an active, healthy lifestyle for the MICA community
Inside MICA Fitness

- Treadmills, ellipticals, bikes, weights, and strength equipment
- Group fitness classes
  - Yoga, dance, Aikido, aerobics, and muscle toning
MICA Fitness

fitness@mica.edu  |  410.225.4951  |  mica.edu/fitness