Your MCPHS Moment Starts Now
Welcome

- Bridget Sullivan – Director, Office of Student Access & Accommodations (OSAA)
- Julie Jung, Mental Health Counselor, Counseling Services Boston
- Lana Peta, Optum Student Health Services
- Julia R. Golden – Associate Dean, Dean of Students Office, Student Affairs
Contact Information

- Office of Student Access & Accommodations (OSAA)
  - OSAA@mcphs.edu or 617-879-5995, Monday – Friday 8:30AM-4:30PM EST

- Counseling Services Boston
  - Counseling@mcphs.edu; 617-732-2837; Monday-Friday 8:30AM-4:30PM EST

- Optum Student Health Services
  - 617-879-5220; Monday-Friday 9:00AM - 6:00PM

- Julia R. Golden – Dean of Students Office/Student Affairs
  - Julia.Golden@mcphse.edu, 617-732-2058; Monday-Friday 8:30AM-4:30PM EST
What is The Office of Student Access and Accommodations (OSAA)?

• In accordance with the Americans with Disabilities Act and its Amendments (ADAAA) of 2008 and Section 504 of the Rehabilitation Act of 1973, OSAA works with enrolled students to ensure students with disabilities have the same access to academic programs and campus activities as their fellow peers without disabilities. Reasonable accommodations are determined on an individual basis.

• Services are available for, but not limited to, eligible students with the following documented diagnoses: learning disabilities/ADHD, Autism Spectrum Disorder, Mental/Physical/Chronic Health Conditions, Visual/Hearing Impairments, Mobility Impairments, Brain Injuries (i.e., concussions), and Temporary Impairments.

• To initiate a request for accommodations students must: submit a Student Request for Services Form (SRS), submit supporting documentation, and meet with OSAA to determine eligibility.

• Although the office serves students with disabilities, OSAA is also a resource to all students as they are learning about the many different intersections of a global population as future healthcare professionals.
Counseling Services

- Short Term Counseling (4-8 sessions)
- Crisis Management
- Drop-in Hour 12-1pm
- Off-campus Referrals & On-campus Resources
- Consultation
- Education and Outreach
- Skills Groups
- Wellness Resources

- Free & Confidential
- Services under Health Insurance Portability and Accountability Act (HIPAA)
- Telehealth Services (Zoom-healthcare) or In person
- Safe, respectful space regardless of race, gender, ethnic background, age, sexual orientation, religion, citizenship or disability
## Common Concerns

- Academic stress
- Adjustment issues
- Social anxiety
- Depression
- Family/friends issues
- Stress management
- School/life balance
- Moodiness
- Feeling overwhelmed
- Prolonged sadness or anxiety
- Feeling hopeless or depressed
- Trouble concentrating
- Feeling agitated/Rapid weight loss or gain
- Sleep problems/Eating Concerns
- Changing moods
- Increased alcohol or drug use
- Thoughts of death or suicide
- Thoughts to harm others
Contact Us

Counseling@mcphs.edu
Monday to Friday 8:30am – 4:30pm
617-732-2837 & Press 8

After-Hours Counseling Service
24/7 Support
617-732-2837 & Press 9

Call Public Safety
617-732-2900
Optum Student Health Services

Regular Hours
Monday – Friday: 9 am-6 pm

Summer Hours
Mon & Wed: 9am- 5pm
Tue & Thurs: 9am- 6pm
Fri: 9am-2pm

Open during academic year, winter, spring, and summer breaks
Closed on major holidays, weekends, and occasionally due to inclement weather

Location
Located on the 2nd floor of the Treehouse Residence Hall

Schedule an appointment
Call 617-879-5220 to make an appointment
Services

On Campus Services

- Primary and wellness care
  (annual physicals, sports physicals, pap smears)
- Urgent Care*
- Management of chronic health issues*
- Immunizations, allergy injections
- STI screening and treatment, PREP
- Birth control counselling and pregnancy testing
- Psychiatric consultations and treatment*
- In house point of care testing
- Labs not done as point of care test drawn and sent to LabCorp for processing

Off Campus Services

- X-rays, MRI, CT scans, and Ultrasounds
  Our staff will help facilitate registering with off campus radiology departments and scheduling radiology tests
- Specialist visits
  Our staff will help facilitate scheduling specialist visits

Virtual Services

- Services with an asterisk (*) may be available both virtually and in-person

Optum Student Health Services primarily refers students to: Bi Deaconess Medical Center or Brigham and Women's Hospital due to proximity to our campus.

We advise all parents and students to check if these hospitals are within their insurance network prior to coming to school.
Insurance and payment information

We accept both in and out-of-network insurance plans

Bring the following to your appointment:

- Insurance card
- Student ID

No payment is needed at the time of your visit

Your school has agreed to assume up to the first $35 of the patient responsibility cost of your visit when you see a provider at Optum Student Health

- Must have a primary medical insurance to qualify
- Not applicable for RN visits or if you see an off-site provider

You have the right to request an estimate of your out-of-pocket costs when scheduling your appointment.

For any questions on your health services bill call:
1-800-249-6365

In-network insurance plans

Your school offers a student insurance plan that is in-network and accepted by Optum Student Health.

Other in-network insurances

- Aetna
- BCBS of Massachusetts
- Cigna
- Harvard Pilgrim
- MassHealth
- MultiPlan
- AllWays Health Partners, Inc. (formerly Neighborhood Health Plan)
- Optum Provider Express (United Behavioral Health)
- United Healthcare
- Tufts
- BMC
Food & Financial Insecurity

What is food and financial insecurity?

How can students receive help?

How many cases are there?

Food | Books & School Supplies | Tuition & Housing