



Student Health Services

Self Care: Changing with Seasons

The start of Autumn may be a stressful time; with shorter days, colder weather, busier schedules, an increased courseload, and the holidays around the corner, it's important to be mindful of how our needs change. Things that we've done to take care of ourselves during the warmer months may come to be less of an option and it's important to be checking in with these changing needs.

- Enjoy the autumn leaves and colors: take a mindful walk outdoors and appreciate the changing aspects of the season.
- Have a warm drink, journal, and reflect on how you are feeling and what you're doing to ensure your needs are met.
- Set boundaries for yourself: prioritize yourself, and do not overcommit to activities as much as possible. We do not have to say "yes" to everything that comes up.
- Declutter your surroundings, especially if you find yourself spending more time indoors.
- Engage in creative ways to move your body and remain active: start an indoor workout or yoga routine. (quick workouts can be a great study breaks to keep blood flowing)

Updated Services at Student Health

- Student Health Services would like to welcome our new full time Behavioral Health Therapist/Clinical Wellbeing Specialist, Kelly Roughgarden LPC to the department. Kelly will be working with students in a number of capacities, working to develop wellness programming offered through student health, Kelly will also be seeing students one on one for counseling to expand access to students at GCSOM
- **EXPANDED HOURS:** With demanding schedulings, students will have the opportunity to schedule evening sessions on Tuesday and Thursdays. Starting on October 27th students will have the opportunity to schedule up until 8:30pm.
- **COMING SOON:** Regional Campus Visits, Student Health is planning to offer clinical days on remote campuses, currently on hold with COVID-19. All students still have access to Student Health through telehealth options such as phone sessions or through Geisinger's Telemedicine Video Platform.

THE STAFF

Dr. Richard Martin
Medical Director
570-558-4290

Paul Burke, RN
Student Health Services Manager
570-558-4291

Kelly Roughgarden, MS, CRC, LPC
*Behavioral Health Therapist/
Clinical Wellbeing Specialist*
570-558-4292

Kyle Strobel, MS, NCC, LPC
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Student Health Services

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Office Hours: M-F 8 a.m.-4:30 p.m.

Please call our office if interested in services ▶ ▶ ▶



Supportive Resources to Promote Well-being

Student Health Services

Initial Assessment: All GCSOM students are entitled to an initial assessment to determine what the focus of therapy will be and what type of services are most appropriate for a particular problem.

Individual Counseling: In one-on-one sessions with a counselor, students are helped to express feelings, examine thoughts and beliefs, reflect on patterns of behavior, and work toward making healthy changes in their life.

Wellness Planning: Students whom are not interested in regular counseling can schedule a Wellness Planning session, these sessions look to break down schedule, and explore balance in daily routines, working to identify important outlets and supports as well as any barriers to long term wellness.

Crisis Counseling: Student Health Services offers crisis intervention services during regular office hours. Outside office hours, students are encouraged to reach out to one of the providers listed under the resources below, call the Employee Assistance Program (EAP), or go to the nearest emergency room.

Employee Assistance Program

Confidential Emotional Support, Work-Life Solutions, Legal Guidance, Financial Resources, Online Support, & COVID-19 resources for anxiety

888-327-4623
Web ID: GHSEAP
Guidanceresources.com

Helpful Links & Resources

Mental Health First Aid	Text MHFA to 741-741 to talk to a Crisis Counselor
211 Pennsylvania	Dial 211, text your zip code to 898211, or visit online at PA211NE.org for resources including: food banks, emergency housing, utility assistance, Substance Use treatment, and Crisis Intervention
Taking Care of your Emotional Health	https://emergency.cdc.gov/coping/selfcare.asp
Coronavirus Anxiety	https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety
Orange Theory at Home	https://www.orangetheory.com/en-us/athome/
CorePower Yoga	https://www.youtube.com/playlist?list=PL4z1_0UdNR70GZE9eGuDY_VIQBE78ebQ8&

Helpful Apps for both iOS & Android

Flora "Stay Focused Together"	Breathe 2 Relax
Stop, Breathe and Think	Colorfly