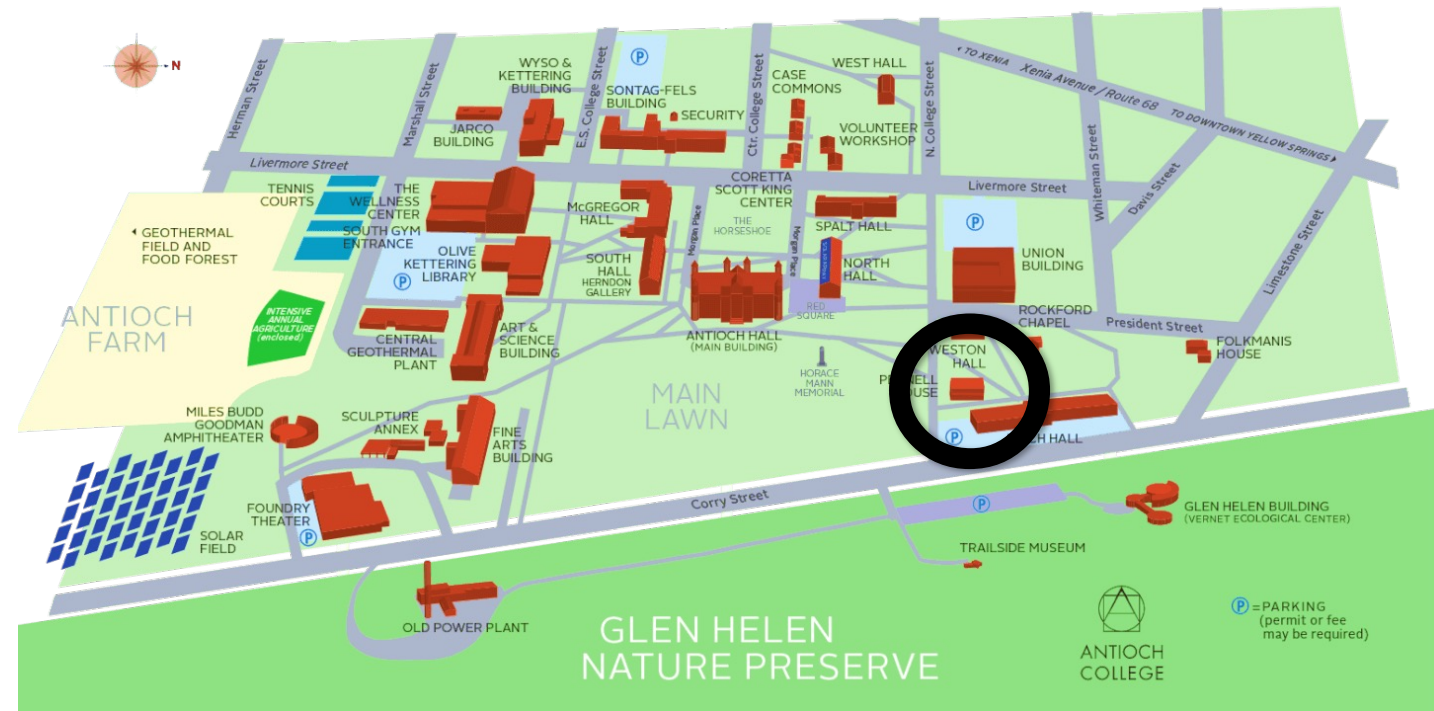




SUPPORTIVE HEALTH SERVICES AT ANTIOCH COLLEGE

August 10th, 2022

LOCATION: PENNELL HOUSE



OUR STAFF

Mental Health

Kelsey Hofer, LPCC
Director of Counseling Services

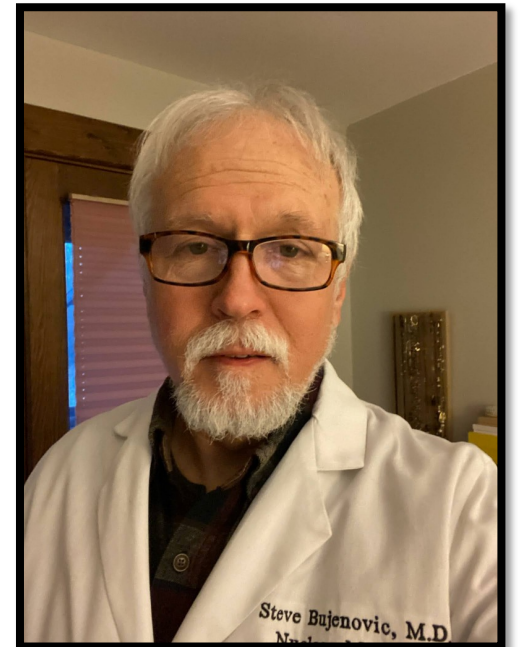


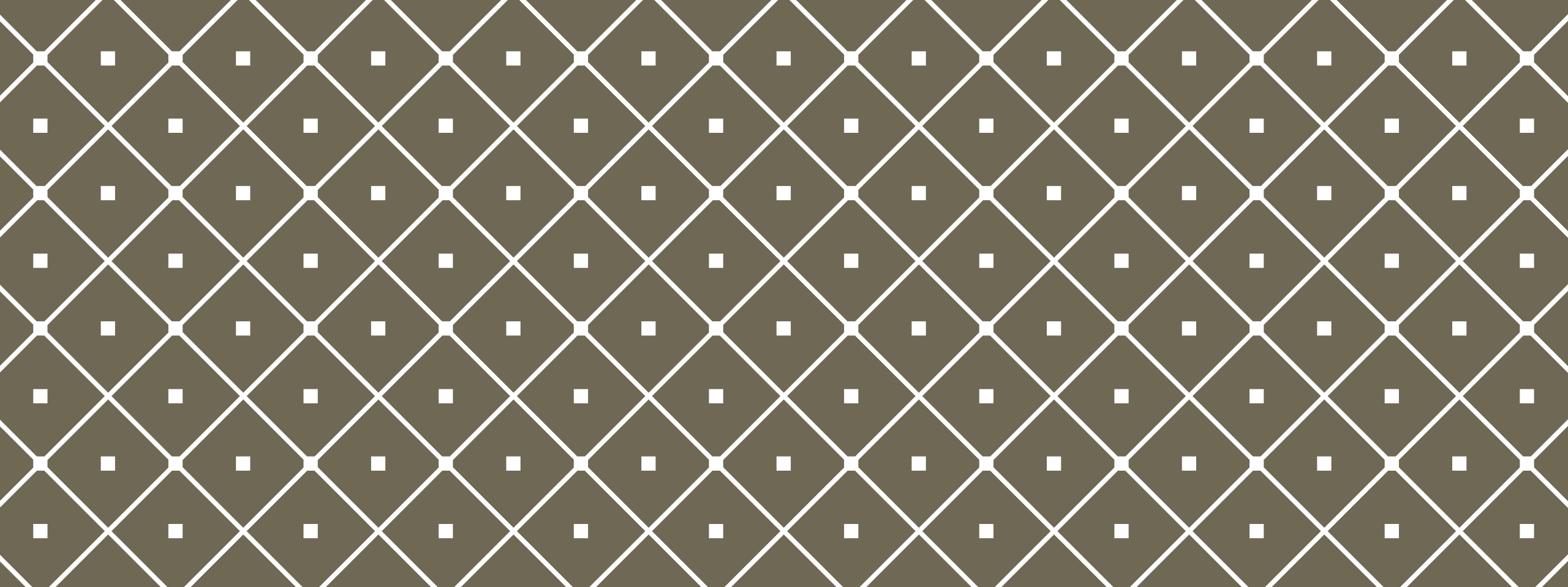
Physical Health

Michelle Tritschler, LPN
Campus Nurse



Luke Bujenovic, MD
Campus Doctor





COUNSELING SERVICES DEPARTMENT

Kelsey Hofer, MS, LPCC
Director of Counseling Services

WHO WE ARE

- ❖ Located in Pennell House, 2nd floor:
 - Director of Counseling Service's Office
 - Peaceful Place
 - Book Nook
 - Additional therapy offices
- ❖ All services are free and confidential
- ❖ Hours
 - Building Hours: 7am-8pm daily, 8p-12am access by calling public safety
 - Staff Hours: Monday-Friday 9am-5pm

*Photos and design by
Cara Stedman,
former co-op student*



WHY WE EXIST

Stress and transitions associated with starting college can impact former mental health struggles.

Common mental health challenges for college students include:

- ❖ Anxiety
- ❖ Depression
- ❖ PTSD
- ❖ Bipolar Disorder
- ❖ ADHD

Source: National Alliance on Mental Illness (NAMI), Antioch College Student Support Services Department



SERVICES WE OFFER

❖ Individual Therapy

- Students can meet regularly with licensed mental health staff*
- All services are confidential unless specific safety concerns are present
- Therapy themes could include:
 - Having a safe place to vent challenges
 - Working together to find ways to cope
 - Setting self-care goals
 - Encouraging use of campus supports and resources
 - Exploring trauma's impact on functioning
 - Discovering healthy ways to interact with peers

*At times there may be a wait to schedule a session due to limited staff availability



SERVICES WE OFFER

❖ Help locating off-campus mental health care

➤ If an off-campus therapist is preferred:

- *Layh and Associates & Transitional Life Counseling* are both walkable from campus and offer various counselor options
- *Equitas Health (trans specialization) & TCN Behavioral Health* are a short drive from campus
- *Project Women* is in Dayton and offers telehealth sessions
- *YWCA Dayton and Family Violence Prevention Center of Greene County* are local and offer free counseling to survivors of sexual or dating violence

➤ If student needs supports not offered on campus:

- Intensive Outpatient Therapy
- Dialectical Behavior Therapy
- Eating Disorder Treatment
- Sexual Assault Survivor Support Group
- Inpatient Hospitalization
- Eye Movement Desensitization and Reprocessing (EMDR)



SERVICES WE OFFER

❖ Workshops

- Weekly Groups
- Staff Led
- A space to come together with peers to express internal feelings in unique ways
- Examples: DIY Aromatherapy Shower Melts, Self-care Wheel, Dream Circles, Writing Our Emotions, etc.



By Abbey Cyester, former co-op student

SERVICES WE OFFER

❖ Events

- Self-care bag giveaway
- Puppies from 4Paws4Ability
- NAMI student-led activities
- Community Day Yoga or Art



*Photo by Michelle
Tritschler, Campus
Nurse*

*Photo by Cara
Stedman, former
co-op student*



SERVICES WE OFFER

❖ Crisis Supports

- Director is contacted in case of mental health emergency on campus & is part of response plan when able
- Drop-in Counseling: Three 20-minutes first-come-first-serve sessions on Mondays from 4-5pm
- MySSP App offers 24/7 access to clinician and resources



YOUR NEXT STEPS: COMPLETE FORM

Counseling Services Interest Form

Antioch College encourages students to consider the benefits of a therapeutic relationship during their college years. We offer counseling services to empower students to cope and grow in healthy ways. Counseling services at Antioch College are free and confidential for all eligible students. If a student needs specialized care that Antioch College is unable to provide, we will help connect students with appropriate care options through external resources and referrals.

Additional information on services and clinicians can be found on [our website](#).

First Name

Last Name

Email Address

Birthdate

Please check the box below that best describes your mental health needs.

☐ I would like to receive mental health counseling directly from the on-campus clinician staff. *If you checked this box, please complete the following:

Have you worked with a clinician previously? If yes, please provide their contact information if you are interested in Antioch staff contacting them to allow for continuity of care as you transition to Antioch. This is highly recommended as it could improve the quality of services that you receive from our counselors.

Would you like to share any specifics regarding what you are looking for from the counseling services department? (This could include specific challenge, diagnoses, trauma history, concerns about transitioning to Antioch, etc.)

☐ I would like the Antioch staff to help me find a mental health counselor near campus who I can work with. *If you checked this box, please complete the following:

What insurance will you have? (You will automatically be provided with Cigna insurance through Antioch's Wellfleet plan if you do not provide proof of outside insurance.)

Would you like to share any specifics regarding what you are looking for from a therapist? (For example, specialty in trauma, addiction, eating disorders, LGBTQ+ identities, etc).

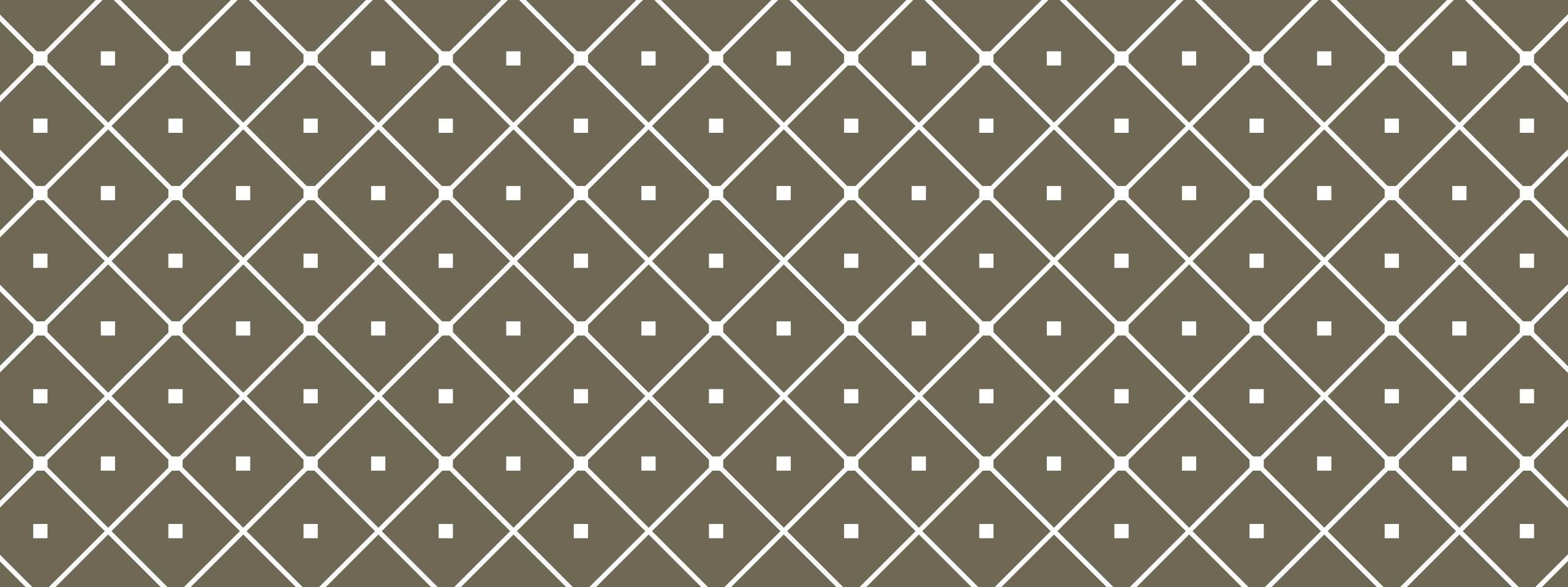
☐ I am currently working with a mental health counselor who I plan to continue working with during my time at Antioch, and I do not think I will need additional clinical support at this time.

☐ I am not in need of mental health counseling at this time. (If you change your mind in the future you can always contact Kelsey Hofer, Director of Counseling Services, at counselingservices@antiochcollege.edu to obtain support.)

ADDITIONAL WAYS TO CONTACT COUNSELING SERVICES STAFF

- ❖ Email Kelsey Hofer (khofer@antiochcollege.edu) or Counseling Services Department (counselingservices@antiochcollege.edu)
- ❖ Call Kelsey Hofer at (937) 319-0070
- ❖ Come to Drop-In Hours





MEDICAL SERVICES DEPARTMENT

Michelle Tritschler, LPN
Campus Nurse

WHO WE ARE

- ❖ Located in Pennell House, 1st floor
- ❖ Nurse Michelle is available Monday-Friday 10am-6pm
- ❖ Doctor B holds clinic 2 hours weekly, time TBD*
 - And available for consultation as needed



SERVICES WE OFFER

- ❖ First aid, treatment for minor injuries & acute/sick care
- ❖ Chronic care management
- ❖ Birth control options to fit your needs
- ❖ Testing for STIs, pregnancy, strep, flu, Covid, etc
- ❖ Yearly exams and PAP tests
- ❖ RX refills
- ❖ Continuation of transitional medications
- ❖ Referral to specialist when needed



LOCAL HEALTH CARE RESOURCES

- ❖ CVS Minute Clinic – Beaver creek
- ❖ The Little Clinic - Fairborn
- ❖ Kettering Urgent Care - Beaver creek
- ❖ Doctor's Urgent Care - Fairborn
- ❖ Soin Medical Center ER -Beaver creek
- ❖ Clark County Health Department (STD/HIV testing & vaccinations)
- ❖ Planned Parenthood - (Abortion Referrals, Birth Control, HIV Services, LGBTQ Services, Men's & Women's Health Care, Emergency Contraception, Pregnancy Testing & Services, STD Testing & Treatment, Vaccines)

FINANCIAL INFORMATION

- ❖ All Antioch College students must have health insurance record on file
 - If you have private insurance make sure you have given copy of insurance card to nurse
 - Antioch College offers insurance options if needed – Cigna insurance through Wellfleet
- ❖ All on-campus services are free to students
 - Additional medical needs off-campus may require co-pay or out of pocket cost to you





QUESTIONS FOR OUR STAFF?

You can also email us at
counselingservices@antiochcollege.edu
or nurse@antiochcollege.edu