

CAMPUS SERVICES

Organizations offer students healing away from home

Student Health Services: When the flu hits, it's the next best thing to chicken soup and Mom

By ANDRE HAUSER
Staff Writer

It's Monday morning, you've got a 103 degree temperature, your family doctor is a two hour drive away, and you don't own a car.

No one likes to think about it, but at some point, almost every college student will need medical attention, and that is what Student Health Services is for.

With 15 doctors and 125 staff members, Student Health Services (SHS) provides free medical care to the UNC student community. "We see at least 80 percent of the student body every year," said Dr. Judith R. Cowan, SHS's director. "Our biggest months are probably September and April. September is a big month for upper respiratory infections."

The service handles from 75,000 to 80,000 individual visits annually.

SHS has four sections: clinical medicine, sports medicine, gynecology and psychological services, Cowan said. Most services are free to all students who have paid their student health fee for the semester. SHS is completely funded by student fees and service fees, she said. Spouses for full-time students can also become eligible for SHS care if they pay the Student Health fee.

Students are charged for X-Rays, laboratory fees, and some specialized care in orthopedics, dermatology, ear, nose and throat treatment and gynecology.

In addition to the four main clinical sections, SHS has an allergy clinic, a pharmacy, a health education service,

"We see at least 80 percent of the student body every year. Our biggest months are probably September and April. September is a big for respiratory infections."

— Dr. Judith R. Cowan,
SHS director

and a 10-bed inpatient facility.

Students with chronic health problems such as diabetes are a part of SHS's patient load, Cowan said. Acute injuries, especially ankle injuries, and sexually transmitted diseases make up a large portion of SHS's visitors, as do flu victims each winter, she added.

SHS's Health Education service employs four people to conduct programs in exercise, nutrition, weight control, chemical and substance abuse and stress management. "Their job is to take health education out to the students," Cowan said.

On is a substance abuse counselor, while another coordinates the Wellness

Resource Center in Woolen Gym and teaches a P.E. wellness course, she said.

"(The Wellness Resource Center) is an area where there is a great deal of health information," Cowan said. When the Student Recreational Center is completed, The Wellness Resource Center will move into it, she added.

SHS is located between Kenan Stadium and South Campus. SHS is open from 9 a.m. to 4:30 p.m. from Monday to Friday and from 9 a.m. to 12 noon Saturday. Emergency services are available 24 hours per day for acute physical or psychiatric problems.

Appointments can be made by calling 966-2281.

Student Psychological Services: A shoulder to lean on, no matter how small the problem

By ANDRE HAUSER
Staff Writer

Grades, parents, dating, alcoholism and sex. What do these all have in common? They are all issues that can overwhelm college students.

Instead of suffering through personal problems alone, though, Student Psychological Services is available for students who need someone to talk to. Many students feel that only someone with a serious problem should go to SPS, but this view is incorrect, said Dr. John Reinhold, senior clinical social worker at SPS.

"We do see some students with serious problems, but most have mild or only slightly serious problems," he said. Many students do not think their problems are important enough for SPS, but if a student thinks he has a even a small problem, it is serious enough to talk about, he added.

"Most of our help with students is on an individual basis," Reinhold said, in which the student's problems are first identified and then solved by a therapist and the student. SPS also offers couples' counselling for both married and unmarried couples, as well as short-term group therapy sessions.

Group sessions run every semester for people with eating disorders, children of alcoholics, gays and lesbians who want emotional support, and for people who want help in stress management, Reinhold said. Therapy groups for a variety of other problems are started as needed, he added.

Seeking psychological help is not a

"Most of our help with students is on an individual basis. This is very confidential and no one will know unless a student requests it."

— Dr. John Reinhold,
SPS clinical social worker

sign that someone is "sick" or "crazy," Reinhold said. Rather, it is a sign of health and maturity that a person is willing to work towards solving their problems.

Another reason that some students are afraid to seek help is the fear that their therapy will become a part of their permanent college record.

"This is a very confidential service, and no one will know unless a student requests that we let them know," Reinhold said. This rarely occurs; the most frequent reason is if a student decided to go to another clinic and wanted to transfer his records.

"No-one could call up and find out if so-and-so was here, or for what, though,"

Reinhold added. SPS has a staff of 10 trained therapists, all of whom have advanced degrees in clinical social work, psychology or psychiatry. Their services are available free of charge to all enrolled students during the school year, and spouses and students between semesters during the summer may be eligible for care by paying a special Student Health Service fee.

SPS is a division of Student Health Services, and it is located on the second floor of the SHS Building. SPS hours are 8 a.m. to 5 p.m. Monday through Friday. Therapists are also available 24 hours a day for emergencies. Appointments can be made in advance by calling 966-3658.

Ram Furniture Outlet



\$55⁰⁰ SPORTS ROCKER
• Quality Hardwood construction
• Over 300 teams available
• 100% Cotton Duck Canvas

7-PIECE BEDROOM SUITE \$659

- 5-drawer chest
- dresser
- hutch
- headboard/footboard
- mattress
- boxspring

106 N. Graham St.
968-3549

Mon-Fri. 10-6, Sat. 10-5
closed Wed & Sun.



Need An Easy Job This Session?

Earn \$23 this week as a new plasma donor!

SERA-TEC BIOLOGICALS
109 1/2 E. FRANKLIN ST. (above Rite-Aid) 942-0251
Tues.-Thurs. 10-6 Wed.-Fri. 10-3

PEPPER'S PIZZA

A Sunny Place for Shady People

Next to the Varsity Theatre
127-129 E. Franklin Street

Downtown Chapel Hill
967-7766

Collegiate BankingSM Saves You Money

At First Union, we know that college students need to make the most of their money. Which is why we make

banking with us as economical and convenient as possible with First Union's Collegiate BankingSM Express package.

It's Your Choice.

Other banks may think that students only need one type of checking account. With Collegiate Banking Express, we give you a choice between our No Minimum Checking and Organized Banking account. No matter which account you choose, you'll get a lot of service, without a lot of service fees.

Money From Home.

No more anxious waiting by the mailbox for that all important check from home with our optional Fast MoneySM service. Your parents can have money automatically transferred from their First Union checking account to yours at no charge. You'll know exactly when you have access to those funds to help you budget your money.

College Credit.

We make it easy for students to get the credit they deserve with a First Union VISA[®] card. Use it for all the essentials of college life and any unexpected expenses. **And there's no annual fee for the first year!**

Money Saving Extras.

Our Collegiate Banking Express package is available with optional money saving extras including our Instant Cash Reserve option to avoid the bounced check blues and instant access at our 24 Hour Banking Machines.

No other bank in town offers students a package with this much value. To open your Collegiate Banking Express program, come by any First Union branch.

First Union
105 E. Franklin Street
Chapel Hill
919-967-2263

Service. We Guarantee It.[®]

First Union will be open Saturday, August 25 from 9:00 to 2:00. Come by to enjoy free refreshments!



Member FDIC
© 1990 First Union Corporation 809365

EXPERIENCES