

The Wellness Center

The Wellness Center promotes the physical, mental, emotional, and spiritual health and well-being of the campus community by providing an innovative, effective, and holistic array of services and programs. We provide these services in a caring, supportive, and compassionate environment in which the diverse social, religious, and cultural identities of the members of our campus community are respected, valued, and affirmed.

At the Wellness Center, students can find resources for self-awareness, medical issues, relaxation, stress management, sexual health, and interpersonal relationships. The Center is located on the first floor of Andrews Hall at the rear of the building and offers regular office hours Monday through Friday. (Availability may be limited during summer and times when the University is closed.) Students can make appointments or find out more information by calling the Wellness Center at 596-9258 or emailing at wellnesscenter@converse.edu.

Counseling Services

Counseling Services supports the emotional, mental, and spiritual health of students by providing individual and group counseling, conflict mediation, and crisis intervention by licensed therapists and supervised clinical interns. The staff also provide a variety of outreach programs designed to meet the emotional wellness needs of the campus. Appointments are strongly recommended and may be scheduled by calling or emailing the Wellness Center.

In addition, the Wellness Center has a Relaxation Room that students can visit any time during regular office hours. It is a quiet, comfortable space where students can relax, de-stress, and unwind. It is full of educational materials on mental health topics, books, relaxing music, yoga DVDs, and art materials.

The Wellness Center does not offer alcohol and drug treatment, psychological or educational testing, treatment for active eating disorders, evaluation and/or documentation to support service or emotional support animals, or long-term intensive therapy. In the event that these services are required, the staff will assist a student in finding an off-campus provider. If a referral is made off campus to a local psychiatrist or mental health care provider, the cost is the responsibility of the student and/or their family.

For traditional undergraduate students, counseling services are covered through the student health fee. Counseling services are not available for Converse II or graduate students; however, these students may receive services at no cost through a partnership with Emerge Family Therapy and Teaching Clinic. Wellness Center staff may also assist these students with referrals to local counselors and therapists.

Health Services

Health Services supports the overall health of the campus community by providing holistic, high-quality, affordable, and easily accessible preventive and diagnostic primary medical care. We are committed to providing education, programming, and interventions that promote a healthy lifestyle, support academic and professional success, and lead to an optimum level of wellness. Medical services are available to all traditional undergraduate boarding and day students. The nurse practitioner is able to provide a wide variety of services, including:

- Providing wellness services such as yearly physicals
- Prescribing medications
- Treating acute conditions such as bronchitis, sinus infections, flu, injuries, and abdominal pain
- Ordering and interpreting diagnostic tests such as x-rays, blood work, and EKG's

Health services are provided through a partnership program with Spartanburg Regional Healthcare System. It is staffed by a licensed nurse practitioner with medical oversight provided by a Spartanburg Regional physician. Appointments are strongly suggested and may be made by calling or emailing the Wellness Center.

The cost of the basic medical visit is covered through the student health fee. As Converse II and graduate students do not pay the student health fee, they must pay a \$20 copay if they wish to see the nurse practitioner. If the nurse practitioner orders lab work or other diagnostic tests, the student will be responsible for the cost of these tests, and will be notified of the costs prior to performing the tests. Students may pay for these costs at the time of their visit, or may have them billed to their student account. Students are also responsible for the cost of any medication that is prescribed and for any off-campus providers who they may be referred to.

Excused Absence and Sick Leave Policy

It is the policy of the Wellness Center not to provide students with documentation to support absence from class or work. . Converse University was founded with an Honor Code and continues to cherish that code. With this in mind it is the students' responsibility to contact professors for missed classes. In extreme cases, students may work with the Dean of Students to determine best steps and communication with faculty.

Immunizations

All incoming undergraduate students must submit documentation of a physical examination and required immunizations in order to provide health care support to the student and to protect the community from communicable disease. If the record is received and is incomplete, a letter will follow explaining what is needed. **If no record is received, the student will be notified and a hold may be put on their ability to move onto campus and/or attend classes until these records are received and the student's requirements are fulfilled.**

Health Insurance

The University no longer requires that all undergraduate students have health insurance while attending Converse University. However, all international students and athletes are required to carry primary health insurance coverage.