



## Summer Health & Wellness Programming for College Students June-July 2016

The Department of Psychiatry at University Hospitals Case Medical Center will be offering a special series to college age students who will be in Cleveland for the summer.

The department will offer an 8 week, once weekly, series (2 hours per session) for students who need to continue care during summer break. The series will run from June 16<sup>th</sup> through August 4<sup>th</sup> on Thursdays from 10am-12pm at the W.O. Walker Building, located at 10524 Euclid Avenue in University Circle. There is an attached parking garage connected to the building and it is also accessible on public transportation routes from the east and west sides of Cleveland.

The first hour of each session will be dedicated to topical presentations including:

- Common Mental Health Diagnoses
- Time Management & Study Skills
- How to Transition into an Active Consumer of Health Care
- Sleep Hygiene
- Impact of Alcohol and Drugs on Mental Health
- LGBTQIA & Sexual Health

The second hour of each session will be dedicated to a process group and discussion of various individual projects. Each student will be encouraged to engage in an individual project to implement certain skills into their daily living and report back to the group.

In addition to the education series, the department will offer a medication management clinic for individuals who are on prescription medications and will require checking in with a psychiatrist during the summer months. Students will also be eligible for individual therapy if needed.

The Summer Health & Wellness Program for College Students is 16 hours of education and support services, all of which are provided by licensed professionals. In addition, our psychiatrist will be offering group educational experiences for parents including: Common Mental Health Diagnoses, Common Treatments, and How to Prepare your Child for College. The total out of pocket expense will be based on individual coverage. Psychiatric/medication management and individual counseling services will be billed to insurance. We are aware that many insurance providers will not cover more than one group a day. The cost of each group is \$40.00 and there will be 2 groups each day. Therefore, your minimum out-of-pocket expense will likely be \$320.00, or \$40.00 per day. This cost includes 2 hours of group for college students, parent group sessions with the psychiatrist, and parking.

For more information, please contact Miriam Plax, in the Department of Psychiatry at 216-983-3205 or email [miriam.plax@uhhospitals.org](mailto:miriam.plax@uhhospitals.org)