

# Wellness

## AT MCLA

# Monthly Newsletter

### From the desk of the Chief Wellness Officer:

Hello MCLA community,

I am so excited to share the launch of the new MCLA Wellness newsletter. MCLA Wellness consists of health services, counseling services, health promotion, and our CARE Team. As a collective, we will use this space to update MCLA students, faculty, and staff on happenings in Wellness. We will advertise events and provide prospectives from our Peer Health Educators (a new student leadership position).

Our team of experts will also share insights and guidance around the most pressing health issues for college students today. If you have a health-related question that you want answered anonymously in the next newsletter, you can submit it by the 15th of the month.

MCLA is here for you in support of your overall health and wellbeing. This newsletter is one way for us to engage, and stay tuned for more from these essential services.

In health,

*Ashleigh Hala*

**Ashleigh Hala**

Associate Dean for Student Wellness  
& Chief Wellness Officer



### October 2024 Edition Contents:

Chief Wellness Officer  
Updates

Health Services  
Updates

Asking for a Friend

Green Dot: seeking  
stories

Calm App Monthly  
Message

Upcoming Wellness  
Events

---

# What can we provide at the Wellness Center?



## Counseling Services

Wellness Center 2nd Floor, 8:30 am-4:30 pm  
413-662-5331, [counselingservices@mcla.edu](mailto:counselingservices@mcla.edu)

Confidential, free appointments with licensed clinicians, counselors, and social workers. Can include crisis appointments, individual therapy, couples therapy, and groups as needed.

---

## Health Services

Wellness Center 1st Floor, 8:00 am-4:00 pm  
413-662-5421, [healthservices@mcla.edu](mailto:healthservices@mcla.edu)

Offers comprehensive medical care, diagnosis and treatment, labs, prescriptions and medication. Tapestry Health visits weekly to supplement the sexual/reproductive healthcare services (STI testing, birth control counseling, Plan B, PrEP, gender-affirming care, pap smears, vaccines, and more). No appointment required to visit the hygiene closet or grab snacks or sexual barrier products!

---

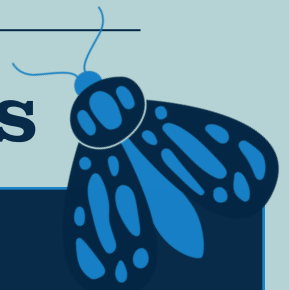
## Health Promotion

Wellness Center room 212, 8:30 am-4:30 pm  
413-662-5336, [wellness@mcla.edu](mailto:wellness@mcla.edu)

Health Promotion is about promoting habits that improve your wellbeing and helping prevent less healthy habits. Madeleine, The Health Promotion Specialist and the Wellness Peer Educators facilitate programming on topics such as mental health, sexual health, alcohol and other drugs, sexual violence prevention, stress management, and more. [Email \[wellness@mcla.edu\]\(mailto:wellness@mcla.edu\) with programming ideas or to inquire about collaborating on events!](mailto:wellness@mcla.edu)



# Update from Health Services



## Get your Flu Vaccine! Your health is our top priority.

Cooler weather, apple picking, and pumpkin spice everything means it's flu season.

Flu shots are conveniently available at **MCLA Campus Center Marketplace on October 29, 2024, from 10 AM to 1 PM**. This convenient timing and location reflect our commitment to prioritizing your health amidst your busy schedules.

If this time doesn't work for you, you can get your flu vaccine and/or a COVID-19 vaccine at many pharmacies or through [Get Vaccinated Berkshires | COVID-19 Vaccine](#).

We strongly encourage MCLA students to get the flu and updated COVID-19 vaccines.

By getting the flu shot, you are not just protecting yourself but also helping to avoid influenza-related hospitalizations and deaths and keeping the MCLA community safe.

While it can be tricky to distinguish illnesses, most mild symptoms can be managed at home with supportive care, such as fluids, Tylenol, and rest. Remember, you are not alone in this. If you are ill and need assistance, please contact MCLA Health Services for an appointment.

For information on flu activity visit [CDC weekly Flu Map 2024](#).

**If you have any questions, please contact MCLA Health Services at 413-662-5421 or [healthservices@mcla.edu](mailto:healthservices@mcla.edu)**

## Order your free COVID tests!

Go to [special.usps.com/testkits](https://special.usps.com/testkits) to order 4 free COVID tests per household.

Enter your usual campus mailing address. You must enter a ZIP Code plus four number ([look up here](#)). Campus addresses: 01247-4124

\*If you get a notice stating "this address has reached the current limit for test orders," click "start a Service Request," then check "Unknown User Name / N/A," Topic: "Free COVID Tests- Addressing Issues," Sub-Topic: N/A, Check: "I live in an Apartment, Dorm, or Multi-unit building"

**Account Information**  
Provide Your User Name

Unknown User Name / N/A

**Issue Information**  
\* Topic

\* Sub-Topic

Does your issue relate to the order of more accessible COVID-19 tests for people who are blind or low vision?  
 I live in an Apartment, Dorm, or Multi-unit building

**Before continuing, please click [here](#) to confirm your address. Once you have confirmed your address, please resubmit your order with the resulting address [here](#)**  
**\*Please note, currently orders are not available for business addresses.**

\* Date of Problem or Best Guess

# Asking for a Friend...



## Q: Are there free condoms/safer sex products on campus?



**A:** YES! There are several options to find free barrier products/safer sex products such as external condoms (latex and latex-free), internal condoms (latex-free), dental dams (latex), finger cots, and water-based lube throughout campus.



There are several baskets of supplies in the **Health Services waiting area**. Feel free to come in to grab some without an appointment from 8 am to 4 pm each weekday.



You can also find **supplies throughout campus**, such as on the main floor of the Campus Center, dorm buildings, the fitness center, the athletic training room, the library, and the Gender & Sexuality Center (Campus Center 324).

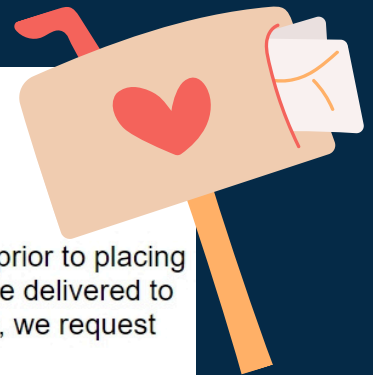


\* Finally, we have an **amazing program called the Barrier Express** that you can use! Simply [place an order through this dynamic form](#) (also available in the portal under "Student Life." Your order will then be delivered discreetly to your MCLA campus mailbox.



### Health Services

#### Barrier Express Order Form



Welcome to Barrier Express! Please review the information below prior to placing an order. Orders will be processed within 3-5 days. All orders will be delivered to your MCLA campus mailbox. Please note: Due to limited resources, we request that orders are limited to a delivery once every 2 weeks.

#### Sexual Health Supplies

##### External Condoms

- For vaginal, oral or anal sex with a penis or sex toy.
- All condoms are lubricated
- Flavored condoms for oral sex



Submit an anonymous question: [forms.office.com/r/0rvMX8CN2V](https://forms.office.com/r/0rvMX8CN2V)

# Green Dot: seeking stories!



MCLA Green Dot wants to share your story, in an effort to make our campus a safer place. A **GREEN DOT STORY** is one where you saw a potential for bullying, violence, sexual or relationship violence, or stalking, and you did something to stop it from happening OR you were almost in a bad situation, but someone stepped in for you. These moments may seem small, but they make a big difference in keeping people safe and creating a wider culture in which these unsafe things don't happen. [Share your story anonymously here: https://forms.gle/mf7PY5jVxytjX2WDA](https://forms.gle/mf7PY5jVxytjX2WDA)

## October message from



Calm

### Calming resources for tough times

Hardships are inevitable in our lives. It's what we do in those moments to care for our mental health and well-being that matters. By incorporating mindfulness practices into your daily routine, you'll be able to better navigate tough times when they arise and practice self-compassion throughout the process. Here are some mindfulness resources from Calm that'll help during these moments:

[Emotions Series](#): In this series with Tamara Levitt, you can explore various guided meditations that'll help you understand, investigate, and soothe your emotions at your own pace.

[Overcoming Negative Thinking](#): In this 6-minute guided session with Chibs Okereke, you'll practice a kindness meditation that'll bring more self-compassion into your day.

[We Were Made for Times Like These](#): In this 4-part series with Kaira Jewel Lingo, you'll explore guided meditations that'll help you meet your challenges with more ease and mental resilience.

[The Stay Vibrant Series](#): In this music series curated and mixed by San Holo, you can check in with yourself and boost your energy with some chill, vibrant beats.

Check out the Calm app for other diverse resources that'll support your mental health journey. Instructions to access your FREE subscription:

1. Download and open the Calm app or go to [www.calm.com/b2b/mcla/subscribe](http://www.calm.com/b2b/mcla/subscribe)
2. Create an account with a personal email address and go to Profile > Settings > Link Organization Subscription
3. Enter Massachusetts College of Liberal Arts as your organization
4. Enter your student email (xy1234@mcla.edu, not A number email) to redeem your free subscription. If not automatically redirected, click on Redeem via Email and follow the prompts.





wellness@mcla.edu



@mclawellness



facebook.com/MCLAWellness

# Upcoming Wellness Events!



## Green Dot Training

**Wed, Nov 6th @ 5 pm-7 pm** in Murdock 218

Green Dot is a **bystander intervention training** program aiming to reduce instances of interpersonal violence on campus. Dinner is provided! Email [ashleigh.hala@mcla.edu](mailto:ashleigh.hala@mcla.edu) to sign your student group up.



## Fresh Check Day

**Fri, Nov 15th @ 11 am-2 pm** in Venable Gym

Fresh Check Day is an **uplifting mental health promotion and suicide prevention event**. Join us for fun activities, a prize raffle, a free donut food truck, and cross-campus collaborations supporting student mental health!



## Berkshire Harm Reduction Mobile Unit

**Fri, Nov 15th @ 12 pm-2 pm** on Montana St

Visit the RV for free harm reduction resources and education, such as Naloxone, testing for STIs/HIV/Hepatitis C, Hepatitis C treatment, HIV health & prevention, syringe service, and sharps disposal.



## Green Dot Training

**Fri, Nov 22nd @ 12 pm-2 pm** in Bowman 119

Green Dot is a **bystander intervention training** program aiming to reduce instances of interpersonal violence on campus. Lunch is provided! Email [ashleigh.hala@mcla.edu](mailto:ashleigh.hala@mcla.edu) to sign your student group up.

