

Hamre Center initiatives planned for 2020 -2021 will strive to be physically distant, mindfully close, and socially just.

Physically located in the Leonard Center, the Laurie Hamre Center for Health & Wellness is a comprehensive health service that is providing support and education to Macalester students around the world.



Comprised of health promotion, medical, counseling, health insurance, and sexual violence prevention education, professional staff facilitate nearly 6,000 appointments and 150+ programs a year. We are dedicated to providing care, support, and connection to resources for students of all identities.

We strive to establish a safe, welcoming, and affirming environment for each person who comes through our doors, meets us online, or interacts with our staff in other settings. And we are committed to continuous learning to make our services more equitable and accessible to all students.

The Hamre Center doors will be shut to protect community members and staff but we are open! You can schedule appointments via phone to meet with a provider or can call us to gain access to pick up medication, supplies, Plan B, etc.

**CONNECT WITH US:**

Website: macalester.edu/healthandwellness

Facebook: [Laurie Hamre Health and Wellness Center](#)

Instagram: [macalesterhwc](#)

Phone: **+1 651-696-6275**

Email: health@macalester.edu

SERVICES AVAILABLE:**COUNSELING SERVICES**

Robust counseling services—individual and group—are available for students via telehealth, at no cost. This is complemented by a 24/7 telephone counseling service, “Press 2”. You can see counselors for many different reasons, including coping with the transition to college, experiences of trauma or identity specific challenges, or diagnosable conditions like anxiety or depression. Suicide prevention training is provided using the QPR program which is available for all community members online. We can also consult with you on how to find a provider in your area if needed.

MEDICAL CARE

Medical staff provide care for students, both in-person and via telehealth. You can be seen for a wide range of health issues—trans care, mental health, sexual health, and all of the aches and pains and illnesses that one might go to their primary care provider for. A telephone nurse triage service provides students with 24/7 access to a health care provider without having to leave their room or apartment. Beginning Fall 2020, testing for COVID-19 will be provided for symptomatic students and students who have been in close contact (within 6 feet for more than 15 minutes) with a person who has tested positive.

HEALTH PROMOTION SPECIALISTS

Health Promotion specialists team up with a creative crew of student staff to empower all Mac students to increase control over and improve their well-being. Whether it's changing the conversation about sexual health, improving sleep, or increasing student resilience, the health promotion's wellness initiatives aim to foster a community environment in which students feel empowered to make healthy choices that contribute to their overall personal and academic success. Initiatives are developed for both online and in-person participation. The movement class "Yoga for Anxiety Management" is an example of a popular activity that is offered virtually. Products such as safer sex and sleep supplies, along with fentanyl test strips can be requested online and free of charge to students in the campus vicinity via the student post office box. Health Promotion has an engaging Instagram page—check it out! (MacalesterHWC)

SEXUAL VIOLENCE PREVENTION EDUCATION

Sexual Violence Prevention Education efforts are focused on building a culture of respect and everyday consent on campus through partnership and education across the community while engaging students in an exploration of what it means to be a "sexual citizen" in the complicated world of relationships and intersecting identities. Speakers, group discussions about current events, book readings, active bystander training are brought forth for all of the Macalester community using a number of online platforms and strategies. Even as you might be away from campus, or your needs change, resources are available for you if you need support related to sexual and/or relationship abuse. Understanding the dynamics of building and maintaining respectful relationships, and what to do if boundaries are crossed, is especially important as we navigate our current cultural context. Consent @ Mac is not limited by our physical campus, but travels with our students wherever in the world they may be!

HEALTH INSURANCE

Health Insurance is required of all Macalester students as it provides access to health care in the United States. Our specialist can help you navigate the US health care system with online and phone consultations. Macalester offers a policy for all students whose own insurance is insufficient and does not cover all of the common concerns that college students face or health care in the Twin Cities area.

PAWS

And don't forget PAWS! (Pet Away Worry and Stress) While the campus canines may be delayed in their return to campus, they will be sure to keep the community up to date with their furry antics. Follow them on Instagram (PAWSatMac).

SAMPLE OF PROGRAMMING

- ▶ **Hunt for the Golden Condom**
Scavenger hunt during Safer Sex Week
- ▶ **Consent at Mac**
Students can pledge to contribute to our culture of sexual respect and get a free t-shirt
- ▶ **QPR Training (Question, Persuade, Refer)**
Online and virtual suicide prevention training
- ▶ **Sexy Training**
Sexual health information presented to each residence hall floor in small online groups
- ▶ **Sleep presentations in First-Year Courses**
Virtual and in-person strategy-building
- ▶ **Active Bystander Training**
Sexual violence prevention online module
- ▶ **Team Culture series for all athletic teams**
Building positive community values regarding mental health, AOD, sexual respect, etc.
- ▶ **Resilience**
Online and individual hands-on activities to assist in building resiliency and help students move through college life.