

the center for  
Health  
Promotion  
& Wellness  
at MIT Medical

RESOURCE GUIDE FOR

# Staying Healthy @ MIT

2009–2010



The Center for Health Promotion & Wellness  
MIT Medical, Building E23-205  
(617) 253-1316 [healthed@mit.edu](mailto:healthed@mit.edu)  
<http://medweb.mit.edu/wellness/chpw>

## TABLE OF CONTENTS

---

How to have a sensitive conversation . . . . .	2
MIT Medical . . . . .	5
How to navigate MIT Medical . . . . .	5–7
MIT Medical Services and contact information . . . . .	8–9
MIT Medical definitions . . . . .	10–11
Questions commonly asked by students . . . . .	11–15
Aches, pains, cold and flu . . . . .	16
Emotional health . . . . .	21
Food and body image . . . . .	26
Exercise and fitness . . . . .	30
Domestic violence/intimate partner violence . . . . .	33
Sexual violence . . . . .	37
Sexual health . . . . .	41
Resources for LGBT individuals . . . . .	44
Alcohol and other drugs . . . . .	47
Quitting smoking . . . . .	51
Additional Resources for Graduate Students . . . . .	54

## Thank you for taking the time to serve as a resource to students at MIT!

Working with students who need tips on handling stress?  
Have questions about sex or contraception? Want to know how  
to make an appointment at MIT Medical? Then keep reading...

This guide was created just for you to help you find quick and easy  
answers to some of the most common questions and issues you  
may encounter in your own life or while working with students  
in your residence here at MIT. This resource can also be accessed  
as a searchable PDF at <http://web.mit.edu/medlinks/>.

For all the topics covered, as well as anything else you might  
be interested in, you can always get more information by...

- ▶ Talking to **staff** at Health Promotion – E23-205, (617) 253-1316,  
<http://medweb.mit.edu/wellness/chpw>
- ▶ Visiting the MIT Medical website at <http://medweb.mit.edu/>
- ▶ Finding a **MedLink** in your residence – Find a list of MedLinks  
near you at <http://web.mit.edu/medlinks/>
- ▶ Calling or visiting a clinical provider at MIT Medical. You can  
make an appointment or speak to a **triage nurse** by calling  
**(617) 253-4481**

**Have a happy and healthy year!**

Health Promotion at MIT Medical

## How to have a sensitive conversation...

Did you know?

- ▶ The majority of your interactions with students involve non-judgmental listening, which is a powerfully supportive experience.
- ▶ Although you are not a health care provider who diagnoses, you are a great referral source who helps others see their options.
- ▶ The major blocks to good listening are (1) leaping to try to solve the problem rather than letting the person speak, and (2) the tendency to evaluate or judge.
- ▶ So much of the communicating you do during an interaction is nonverbal.
- ▶ If you are ever in doubt of how you handled an interaction or if need some help crafting a conversation to reach out to a student or a friend, contact Health Promotion.

### **So, what exactly should you do if someone comes to you with a problem?**

Below is a list of techniques that you should use during your interactions. Obviously, you will not follow the steps exactly. Remember, however, that you should try to incorporate the major concepts in all your interactions in order to be most helpful to those seeking your assistance:

2

#### **1. Be welcoming:**

Make sure you are attentive. Create a safe atmosphere via body language and tone of voice and by being non-judgmental and compassionate.

#### **2. Trust the process:**

Just listen and begin to gather information from the student. Get them talking and hearing the issues they have stored inside. Try not to interrupt and don't be afraid of silence. This part of the interaction is often times all that is needed (e.g., "I just wanted to get something off my chest").

### **3. Help the student identify and clarify the issue:**

Help the person get specific on the issue. You can do this by asking open-ended questions to get more specific info and/or mirroring/reflecting responses until the issue is identified. It's essential that you get as much information and get the person to be as clear as possible BEFORE you make any assumptions about what they need. During this step, your questions and reflections may help the person gain new perspective on his/her concern.

### **4. Help the student identify his/her options:**

Here you try to help the student focus on what his/her next steps should be to address his/her concern. It's important that you don't tell the person what to do but instead empower him/her to create his/her own solution. By empowering the person to take action on his/her own, you avoid having them feel dependent on others to solve their problems.

Ask questions to encourage the person to come up with options or a plan. You may ask, "What could you do to change the situation?" or "What could you do not to feel (x)?" In this manner, you are helping your friend "brainstorm" possible solutions. If the person is struggling to come up with next steps, you may choose to ask questions that might suggest options. For example, use "What might happen if you told him how you feel?" or "Have you thought of talking with him?"

Another useful clarifying technique is the "pro and con" list. Often, people may come to you with a decision to make. Helping them identify the "pros" and "cons" of each option can be very useful.

After using any of these clarifying techniques, it is important to check in with the student and summarize in your own words what he/she is looking for (just as you did when you helped him/her clarify the issue).

## 5. Provide appropriate support:

Based on what you heard, provide appropriate feedback or a referral. Remember that Referral is Not Rejection. In other words, you may suggest that the student get professional assistance with a problem, but also let them know that you are not abandoning them. Helping someone can include any combination of the following...

- ▶ Providing pamphlets or other handouts from your training for them to review
- ▶ Referrals to MIT Medical or other support services including Student Support Services, tutor, resident advisors, and housemasters
- ▶ Accompanying the person to Medical or other support service
- ▶ Assist the person by helping to call for help (triage nurse, 100, etc.)
- ▶ Offering to find out more info and get back to him/her
- ▶ Offering to find out some programs he/she might want to attend
- ▶ Referrals to Health Promotion for informational materials, tips, or to speak with a health educator

After you offer them some options, check in again to make sure this is what they are looking for and if they feel it is manageable.

**If you are concerned about a student's immediate safety, contact campus police right away.**

## 6. Follow-up:

Leave the interaction open for follow-up. You may say things like, "Feel free to come back if this was not what you were looking for," or "I'd be interested in knowing how it turns out," or "Let me know if you need more help or if this connection didn't work out." This reiterates that you care and makes the person leave the interaction feeling that talking with you has opened up possibilities.

# MIT Medical

**Don't know where to go? Don't worry!**  
MIT Medical is easy to navigate!

<http://medweb.mit.edu/>

## Who are we?

MIT Medical is a large health service center located in building E23 on the MIT campus. MIT Medical employs more than 100 health care professionals offering care in an extensive range of specialties from allergy to radiology, as well as internal medicine, pediatrics, OB-GYN, and mental health. During the school year, MIT Medical also offers 24-hour urgent care. Many services at MIT Medical are free to registered students. This includes (but is not limited to) care for colds and flu, routine physical exams, mental health services, laboratory and other diagnostic testing, and confidential STD and pregnancy testing.

## Want to make an appointment with a clinical provider (physician, physician assistant, or nurse practitioner)?

If you have a personal care provider (PCP) you can call them directly between 8:30 a.m.–5:00 p.m. If you need his/her phone number you can call (617) 253-4481 or see list of providers on page 9.

If you would like to communicate with your provider online (including appointment scheduling), see Patient Online information on page 7.

## Want to know how to select a personal care provider (PCP)?

You can call Registration at (617) 253-6286 or you can do this online by visiting the MIT medical website

<http://medweb.mit.edu/howdoi/choose.html>

## Want advice about your symptoms or want to know if you need to come into Medical?

- ▶ Call the Triage Nurse at (617) 253-4481 (7:00 a.m.–7:00 p.m.)
- ▶ Call Urgent Care after hours and on the weekends during the school year by calling (617) 253-1311

- ▶ In an emergency dial 100 from a campus phone or (617) 253-1212
- ▶ Visit a MedLink for help in determining when to seek medical attention and for single doses of over-the-counter drugs and first aid supplies. Find a MedLink by visiting <http://web.mit.edu/medlinks/>

### **Need medical care between 5:00 p.m. and 8:30 a.m. weekdays or on the weekends and holidays during the school year?**

Call Urgent Care at (617) 253-4481 or go directly to Medical; enter at 25 Carleton Street.

### **What if you are too sick to walk to Medical?**

If you are too sick or too injured to walk to Medical, call Urgent Care ((617) 253-1311) to discuss appropriate arrangements. In an emergency, always dial 100 from a campus phone or (617) 253-1212.

### **Want to talk to a mental health clinician?**

Call Mental Health at (617) 253-2916 to schedule an appointment. There are walk-in hours M–F from 2:00 p.m.–4:00 p.m., and there is someone on call for emergencies 24 hours a day.

### **Need a personal health consultation, advice on helping a friend, someone to talk to, a referral, or safer-sex supplies?**

Call or stop by Health Promotion at (617) 253-1316, E23-205  
<http://medweb.mit.edu/wellness/chpw>.

### **Need help resolving an issue or concern that you encountered during a visit or interaction with MIT Medical?**

Contact the Patient Relations Coordinator by calling (617) 253-4976 or by e-mailing [advocate@med.mit.edu](mailto:advocate@med.mit.edu).

**Need information about what services are covered under your insurance or how to waive the extended student insurance?**

Call claims and member services or visit the MIT medical website at <http://medweb.mit.edu/healthplans/student>.

**Want to be able to manage your care or communicate with your provider online?**

Sign up for Patient Online, MIT Medical’s online personal-health management tool, you can request appointments and get automatic e-mail appointment reminders, view certain parts of your health history, request copies of your medical record, and send secure e-mail to participating MIT medical Clinicians.

Visit: <http://medweb.mit.edu/about/patientonline/>.

# MIT Medical Services

Unless otherwise noted, hours are M–F 8:30 a.m.–5:00 p.m.

Medical Departments	Phone	Referral Required
<b>Allergy</b>	(617) 253-4460	No
<b>Audiology</b>	(617) 253-7870	Yes*
<b>Cardiology</b>	(617) 253-4904	Yes**
<b>Center for Health Promotion &amp; Wellness</b>	(617) 253-1316	No
<b>Dental</b> M–F 8:00 a.m.–5:00 p.m., W 8:00 a.m.–7:00 p.m.	(617) 253-1501	No
<b>Dermatology</b> M & W–F 8:30 a.m.–5:00 p.m., T 8:30 a.m.–7:00 p.m.	(617) 253-4295	No
<b>Ear, Nose, Throat</b>	(617) 253-7870	Yes*
<b>Endocrinology</b>	(617) 253-1681	Yes*
<b>Gastroenterology</b>	(617) 253-1681	Yes*
<b>Gynecology</b>	(617) 253-1315	No
<b>Inpatient Unit</b> Open: 24-hour / Visiting Hours: 9:00 a.m.–9:00 p.m.	(617) 253-5486	Yes**
<b>Laboratory</b> M–F 8:30 a.m.–5:30 p.m.	(617) 253-4239	Yes*
<b>Mental Health</b> M–Th 8:30 a.m.–7:00 p.m. / F 8:30 a.m.–5:00 p.m. Walk-in Urgent Hours: M–F 2:00 p.m.–4:00 p.m. Emergency Service: 24-hour	(617) 253-2916	No
<b>Neurology</b>	(617) 253-3956	Yes*
<b>Nutrition</b>	(617) 253-1546	Yes*
<b>Obstetrics (OB/GYN)</b>	(617) 253-1315	No
<b>Occupational Medicine</b> M–F 9:00 a.m.–5:00 p.m.	(617) 253-8552	No
<b>Ophthalmology (Eye)</b> M, T 8:30 a.m.–7:00 p.m., W–F 8:30 a.m.–5:00 p.m.	(617) 253-4351	No
<b>Orthopedics</b>	(617) 253-2974	Yes*
<b>Pediatric Medicine</b>	(617) 253-1505	No
<b>Pulmonary</b>	(617) 253-4355	Yes*
<b>Radiology (X-Ray)</b> M–F 8:15 a.m.–5:15 p.m.	(617) 253-4905	Yes*
<b>Surgery</b>	(617) 253-1302	No
<b>Urology</b>	(617) 253-4356	Yes*

\*Referral required by MIT Physician, Nurse Practitioner, or Physician Assistant.

\*\*Referral required by an MIT Physician only.

## MIT Medical/Cambridge Internal Medicine and Young Adult Medicine Physician, Nurse Practitioner, Physician Assistant, and Nurse Appointment Phone Numbers

David V. Diamond, M.D.	(617) 253-7625
Kelly Fink, B.S.N. (Triage Nurse)	(617) 253-9465
Leigh M. Finn, M.D.	(617) 253-4909
Chandra G. Fontair, B.S.N. (Triage Nurse)	(617) 253-1843
Howard M. Heller, M.D.	(617) 253-1615
Ingrid Henar, M.D., M.P.H.	(617) 253-7803
Joselyn O. Joseph, M.D.	(617) 253-1505
Michael A. Kane, M.D.	(617) 253-7825
William M. Kettle, M.D.	(617) 253-1716
Brian Marriott, M.D.	(617) 253-7803
Janice McDonough, A.P.R.N., B.C.	(617) 252-1516
Diane Mitchell, A.N.P.-B.C.	(617) 253-0581
Barbara O'Pray, M.D.	(617) 253-7448
Noemi M. Pedraza, M.D.	(617) 253-7824
Evelyn Picker, M.D.	(617) 253-7257
Mary Ellen Rhinehart, M.D.	(617) 253-7802
William A. Ruth, M.D.	(617) 253-1321
Stephanie Shapiro, M.D.	(617) 253-0883
David M. Shein, M.D.	(617) 253-0811
Elaine L. Shiang, M.D.	(617) 253-7915
Christine Stella, A.P.R.N., B.C.	(617) 253-7621
George Taylor, P.A.-C.	(617) 258-5384
Lorraine Toher, A.P.R.N., B.C.	(617) 253-4496

### Other MIT Medical Services

#### Medical Records

M–F 8:30 a.m.–5:00 p.m.

Walk-In Hours: M–F 10:00 a.m.–2:00 p.m.

(617) 253-4906

Please call ahead, or come during walk-in hours

#### MIT Optical

M–F 9:00 a.m.–6:00 p.m.

(617) 258-5367

Stratton Student Center, lower level

No appointment necessary

#### Pharmacy

M–Th 8:30 a.m.–7:00 p.m. / F 8:30 a.m.–5:30 p.m.

(617) 253-1324

Prescription from MIT Medical Clinician or from an outside physician referred by MIT Medical

#### Prescription Refills

Available: 24-hour

(617) 253-0202

Refill ready by next business day

## **MIT Medical Definitions**

---

**MIT Student Medical Plan** – a health care plan that covers most services at MIT Medical. Every registered student is automatically enrolled, and the cost is part of the student’s tuition. The MIT Student Medical Plan covers a wide range of services at MIT Medical for no charge, including primary care, mental health services, urgent care, and hospitalization at MIT Medical. Some students think if they complete a “waiver” form these services are not available. This is incorrect. The waiver form only applies to the MIT Student Extended Insurance Plan.

**MIT Student Extended Insurance Plan** – a health care plan that can be purchased for an additional cost and provides coverage for pharmacy, emergency room care, and inpatient hospitalization outside MIT Medical. The State of Massachusetts mandates that all university students have a qualified health insurance program which meets certain standards, so all students are automatically enrolled in this plan. Students can choose not to purchase the MIT Student Extended Insurance Plan if they are covered by their parents’ insurance or their own, as long as the insurance meets Massachusetts minimum requirements. However, students who have comparable insurance choosing not to enroll in the MIT Student Extended Insurance Plan must submit an online waiver form at

**<http://medweb.mit.edu/healthplans/student/waiver.html>** by the waiver deadline. International students must also meet J-1 visa requirements. Additional benefit information can be found at **[http://medweb.mit.edu/healthplans/student/extended\\_plan.html](http://medweb.mit.edu/healthplans/student/extended_plan.html)**

**Eating Disorders Care Coordinator** – At MIT Medical, we have an Eating Disorders Care Coordinator named Audra Bartz. She can be reached at (617) 253-5200 or **[bara@med.mit.edu](mailto:bara@med.mit.edu)**. She is an extremely friendly, knowledgeable resource for all eating disorders or related questions.

**Patient Relations Coordinator (formerly Patient Advocate)** – If you are dissatisfied with your care or any aspect of MIT Medical’s service, you are encouraged to speak directly with the people involved in your care. If the outcome of this discussion is not satisfactory, or if you prefer to discuss the issue with someone else, the Patient Relations

Coordinator on staff will work to resolve your concerns. MIT Medical's Patient Relations Program is designed to help patients resolve any issues that emerge from their interactions with MIT Medical.

Talking with the Patient Relations Coordinator will not jeopardize your care in any way. To protect your privacy, any information you share with the Patient Relations Coordinator will remain confidential, unless you authorize them to release the information. Telephone: (617) 253-4976 or e-mail [advocate@med.mit.edu](mailto:advocate@med.mit.edu).

(Billing or coverage concerns should be directed to the MIT Medical Billing Office at (617) 253-4303 for services within the MIT Medical Department and to Claims and Member Services at (617) 253-5979 or [mservices@med.mit.edu](mailto:mservices@med.mit.edu) for services outside of the MIT Medical Department).

**Triage Nurse** – a Medical staff member who is available to provide self-care information and assistance in identifying those physical concerns that require medical attention. The triage nurse is available by phone at (617) 253-4481 from 7:00 a.m.–7:00 p.m. Monday through Friday.

## **Questions Commonly Asked by Students**

### **What is a personal physician? Do I have one? Do I have to use him/her?**

Your personal physician is basically your personal care provider (PCP), someone who coordinates your health care, performs routine physical exams, and is the person to contact whenever you're feeling sick. Most undergraduates choose an MIT Medical personal physician when they first come to MIT. If you can't remember who your personal physician is, call General Information at (617) 253-4481. If you don't like your personal physician, you are free to make a change. It is very important for you to feel comfortable with the person who coordinates your health care. You can make this change by calling Registration at (617) 253-6286 or by visiting <http://medweb.mit.edu/howdoi/choose.html>.

### **Can I walk-in to see a mental health clinician?**

The Mental Health Service at MIT Medical offers walk-in hours for urgent situations 2:00 p.m.–4:00 p.m. Monday through Friday. Although these are the only designated walk-in hours, the

providers in the Mental Health Service always do their best to make sure that everyone who needs to talk to someone has that opportunity, in a timely fashion (or without a long delay). It is still strongly recommended that students call (617) 253-2916 for an appointment to avoid an unnecessary wait.

**Do I need a referral from my personal care provider (PCP) in order to see a specialist at MIT Medical?**

Yes, you do need a referral for some specialty services. However, there are many services that *do not* require a physician referral. You can call directly to schedule an appointment with services that do not require a referral. Contact your personal care provider (PCP) or nurse practitioner for those services needing a referral. You will find a list of services that do and do not need referrals on page 13.

### **DO NOT need a referral**

Allergy	Mental Health
Dental	MIT Optical
Dermatology	Obstetric
Eye	Occupational Medicine
Gynecology	Pediatrics
Health Promotion	Pharmacy
Internal Medicine	Surgery

### **DO need a referral**

Audiology	Nutrition
Cardiology	Orthopedics
Ear, Nose, Throat	Pulmonary Medicine
Endocrinology	Urology
Gastroenterology	X-ray/Mammography
Neurology	

### **How does MIT Medical's urgent care service work?**

During the academic year, MIT Medical's 24 hour urgent care service is based on a first-come, first-served basis, unless a need for emergency care is determined. It is strongly recommended that students call (617) 253-4481 for an appointment to avoid an unnecessary wait. Same day appointments (not necessarily with your personal physician) are always available to students who need them on campus.

### **What does the triage nurse do?**

For those times when you're sick and it's hard to leave home or when you're unsure if you really need to go to Medical, the triage nurse can serve as a great resource. The triage nurse is available for consultation over the phone ((617) 253-4481) 7:00 a.m.– 7:00 p.m. Monday through Friday to help you decide if you need medical attention.

### **Are my medical records confidential?**

**Yes!** Medical records are completely confidential. Medical will not release records to anyone (e.g., deans, family, friends) unless instructed by the patient in writing or by subpoena by court. For information on how to request a copy of your medical records visit <http://medweb.mit.edu/howdoi/access.html>.

## **What if I don't want the MIT Student Extended Insurance Plan?**

If you don't want the MIT Student Extended Insurance Plan, you must submit an online waiver form (<http://medweb.mit.edu/healthplans/student/waiver.html>). Remember that even with this waiver form, you may still receive many of the services at MIT Medical for free; however, all services outside MIT Medical are subject to the coverage guidelines of your personal commercial insurance.

## **If I've waived the MIT Student Extended Insurance Plan, does that mean I have to pay for visits to MIT Medical?**

Not usually. Whether or not you have the MIT Student Extended Insurance Plan, you may use many MIT Medical services for no additional charge. Read ahead to find a list of services available at MIT Medical and which ones have a charge.

## **Am I covered if I see someone off campus (including summer and vacations)?**

The MIT Student Extended Insurance Plan will cover up to four medically necessary office visits per calendar year. This coverage is available for services referred by MIT Medical, such as a consultation with a specialist not available at MIT Medical, as well as for sick visits while traveling. Services provided by a participating Blue Cross Blue Shield provider will be covered at 80 percent after you pay a \$25 copayment. You are responsible for payment of the \$25 copayment and the 20 percent coinsurance. If you see a provider who is not participating with Blue Cross Blue Shield, the service will be subject to the out-of-network deductible and covered at 60 percent. You will be responsible for payment of the deductible and the 40 percent coinsurance. Always ask the provider, or go to the Blue Cross Blue Shield of MA website below to verify the participating status of any provider.

[http://www.bluecrossma.com/common/en\\_US/index.jsp](http://www.bluecrossma.com/common/en_US/index.jsp)

## **I'm under the regular MIT Student Medical Plan (the one that all students have). Is there anything that I have to pay for?**

Although many services are available at no additional charge with tuition, there are certain services for which you will receive a bill. See page 15 for a list of services that carry a charge.

**Services at MIT Medical**

- Care by a personal physician
- Office care for illness and injury
- Stress management consultations
- Health Education Consultations, comprehensive resource library, and MedLinks
- X-ray and mammography
- Pregnancy testing
- Flu shots
- Confidential diagnostic testing for sexually transmitted diseases
- Care in MIT Medical's Inpatient Unit
- Routine physicals (charge for form physicals)
- Patient Relations Coordinator to help resolve concerns
- Mental health services
- Laboratory and other diagnostic testing
- Alcohol and substance abuse support
- Advocacy and support for survivors of sexual assault, relationship violence, and stalking

**CHARGE Services at MIT Medical\***

- Pharmacy
- MIT Optical (discount for MIT students)
- Dental care (discounted)
- Some immunizations (such as travel vaccines)
- Allergy serums (not covered)
- Routine eye exams
- Obstetrical visits
- Orthotics
- Prematriculation physicals and associated immunizations
- Contraceptive devices
- Physical therapy
- Hearing aid evaluation
- Gardasil®

\*Many of these services are covered under the Student Extended Insurance Plan. If you waived this plan, MIT Medical will bill your insurance but you may be responsible for full charges if benefits are denied.

## **Aches, Pains, Cold and Flu**

With students living together in dorms and FSILGs, eating together, and sitting together in classrooms, illnesses and infections can spread easily. Here is a brief guide to common illnesses and what you should do if you get one.

### **Colds and Flu**

These are caused by viruses. While sometimes it's hard to tell the difference between them, colds usually cause milder symptoms than the flu.

#### **Common cold symptoms include**

- ▶ Coughing
- ▶ Sneezing
- ▶ Watery eyes
- ▶ Mild fevers

#### **Flu symptoms include**

- ▶ Higher fever (commonly above 102°F or 39°C)
- ▶ Body aches
- ▶ Dry cough
- ▶ Upset stomach or vomiting

16

### **What are the symptoms of H1N1 influenza (“swine flu”) and how serious is it?**

Symptoms of H1N1 influenza are similar to the symptoms of seasonal influenza – fever, cough, sore throat, body aches, headache, chills, and fatigue. Some people have also reported diarrhea, nausea, and vomiting. Like seasonal influenza, symptoms of H1N1 can range from very mild to quite severe. To date, however, most cases in the U.S. appear to be no more medically serious than the annual seasonal influenza that moves through our community every winter.

Most patients experience a moderate respiratory illness and recover completely without medical intervention. H1N1 appears to respond well to two antiviral drugs, Tamiflu® and Relenza®; however, antiviral

therapy is recommended only in severe cases or in patients with medical conditions that put them at risk for serious complications from the flu.

### **How can I keep from getting sick?**

Members of the MIT community are urged to follow the same strategies they would ordinarily use to protect themselves and others during a normal cold and flu season: Wash your hands frequently and thoroughly with soap and warm water, or use an alcohol-based hand sanitizer; cover coughs and sneezes; avoid touching your eyes, nose, and mouth; and stay home if you are feeling sick.

### **What should I do if I have influenza symptoms?**

If you have flu-like symptoms – fever, cough, sore throat, body aches, headache, chills, and fatigue – stay home and rest. You do not need to be seen by a clinical provider unless your symptoms are severe or unless you are pregnant or have an underlying medical condition that puts you at risk for developing serious complications from the flu. You may call your personal care provider (PCP) for advice on over-the-counter medications you can take to treat your symptoms. MIT Medical and other health care providers in the U.S. are no longer performing routine flu tests on patients with influenza symptoms. You do not need to report your illness to anyone at MIT Medical.

To avoid spreading the illness to others, the Massachusetts Department of Public Health recommends that individuals who become sick with the flu avoid close contact with other people until seven days after their first symptoms appeared, or until at least 24 to 48 hours after all their symptoms resolve, *whichever is longer*.

For more information you can visit the MIT Medical website at <http://medweb.mit.edu> or the MIT Influenza Information website at <http://web.mit.edu/fluinfo/>.

## Feeling under the weather?

Try these home remedies to help you feel better!

### Cough

- ▶ Drink plenty of liquids
- ▶ Breathe moist air (take a shower or use a vaporizer or humidifier)
- ▶ Suck on throat lozenges, hard candy, cough drops, ice chips, or frozen juice bars
- ▶ Take an over-the-counter cough medicine (but only if it doesn't cause you adverse reactions)
- ▶ Periodically take a deep, sighing, "cleansing" breath

### Sore Throat

- ▶ Gargle with salt water ( $\frac{1}{4}$  tsp. salt in  $\frac{1}{2}$  cup warm water)
- ▶ Take a pain reliever: ibuprofen or acetaminophen (but only if it doesn't cause you adverse reactions)
- ▶ Try an analgesic gargle, lozenge, or spray
- ▶ Drink plenty of liquids
- ▶ Suck on throat lozenges, hard candy, cough drops, ice chips, or frozen juice bars
- ▶ If you smoke, try to stop. Visit Health Promotion for some help or see page 53 for additional resources.

### Upset Stomach

- ▶ Suck on a popsicle (don't chew!)
- ▶ Drink liquids that include some salt or sugar (water, ginger ale, or cola that has gone flat (no bubbles), Gatorade, tea, or a clear-base broth)
- ▶ Avoid solid foods for at least 48 hours
- ▶ Avoid aspirin or ibuprofen
- ▶ Avoid dairy products

## Headache

- ▶ Apply hot or cold packs to the head and neck
- ▶ Massage neck and scalp muscles
- ▶ Take a pain reliever: ibuprofen or acetaminophen (but only if it doesn't cause you adverse reactions)
- ▶ Reduce emotional and physical stress
- ▶ Avoid bright lights
- ▶ Reduce caffeine and alcohol
- ▶ Watch out for foods that can trigger headaches such as chocolate, cheese, nuts, dried fruit, pickled or smoked foods, hot dogs, citrus fruits, and juices
- ▶ Use relaxation exercises; call (617) 253-CALM for a recorded relaxation exercise

## Cuts & Scrapes

- ▶ Thoroughly wash the area soap and warm water
- ▶ Stop bleeding by applying direct pressure
- ▶ Apply an over-the-counter antibiotic ointment (but only if it doesn't cause you adverse reactions)
- ▶ Cover the wound with a sterile bandage or adhesive strip
- ▶ Continue to keep the wound dry and clean

## Repetitive Strain Injury

- ▶ Take a break from whatever activities are causing the pain
- ▶ Make adjustments in your work environment (workstation, keyboard, mouse)
- ▶ Try to vary your work activities
- ▶ If you have to be at the computer, take frequent "microbreaks," where you put your hands in your lap, palms up, for a few seconds

## Sprains & Strains

- ▶ Stay calm
- ▶ Avoid any movement that causes pain
- ▶ Keep the area immobilized (splint or ace bandage if necessary) until you can get medical attention to prevent further injury
- ▶ Apply ice or a cold pack to reduce swelling (in twenty minute increments)
- ▶ Elevate the limb (if it does not cause additional pain)
- ▶ Take a pain reliever: ibuprofen or acetaminophen (but only if it doesn't cause you adverse reactions)

If a problem is particularly bothersome or becomes progressively worse students can make an appointment at MIT Medical by calling (617) 253-4481 or they can be seen in Urgent Care if it is after hours or the weekend during the academic year. In an emergency call 100 from a campus phone or (617) 253-1212.

If you're not sure whether or not you or the person you are helping needs medical attention, call the triage nurse for advice ((617) 253-4481).

MedLinks are located in most residences and can help students determine when to seek medical attention. They also can make available single doses of common over-the-counter medications and first aid supplies when appropriate. To find a MedLink go to

**<http://web.mit.edu/medlinks/www/findus.html>.**

## Emotional Health

**Almost every student at MIT experiences stress. You can feel better by learning ways to manage your stress and by making healthy changes in your daily routine.**

- ▶ **Take personal time, even if it's just a few minutes every day.** Take a walk, stretch, call a friend, listen to music, spend quiet time alone, take lots of deep breaths, go shopping, read for fun, take a nap, try a new hobby, get some fresh air...
- ▶ **Learn some relaxation techniques to calm your mind and body.** Call (617) 253-CALM for a recorded relaxation exercise, or visit <http://medweb.mit.edu/wellness/resources.html> for audio downloads.
- ▶ **Get moving!** Incorporate more movement into your day (i.e., take the stairs, walk to class). Take a Tai chi, yoga or meditation class, or borrow a relaxation DVD from Health Promotion.
- ▶ **Manage your time efficiently.** Make realistic "to do" lists. Don't let tasks pile up. Schedule in breaks. Eliminate unnecessary clutter. For a time management self-diagnosis, visit: <http://web.mit.edu/uap/learning/modules/time/index.html>.
- ▶ **Laugh!** Find the humor in situations or just enjoy a good joke.
- ▶ **Give yourself a break.** Nobody's perfect. We can't be all things to all people.
- ▶ **Express yourself!** Communicate directly with someone who is contributing to your stress, talk to a friend, or write your feelings in a journal. Learn to say "no" to unrealistic demands.
- ▶ **Change negative self-talk ("I'm so stupid") to positive self-talk ("I'm intelligent. I can figure it out").**
- ▶ **Surround yourself with friends who make you feel good.** Try to avoid people who are stress carriers or "negaholics."
- ▶ **Stay energized.** A good night's rest, lots of fluids, and power snacks can keep you going.
- ▶ **Get support and talk it out.** It's smart to talk to someone when stress feels like it's too much to handle on your own.

**Many students at MIT seek mental health support.**

## Identifying Student Distress

---

### Pay attention to CHANGES...

Spending time with and getting to know people allows you to develop a sense of what is normal for them; the psychological term for this is “baseline functioning.” Having a sense of what the person normally looks like, how s/he acts, his/her daily routine, etc., helps you assess when something is not right.

Sudden or prolonged changes in one’s behavior can signify distress or that a problem exists. Pay attention to changes in physical appearance such as hygiene and weight, activity level (decreases or increases), behaviors (strange or bizarre behaviors), interactions with others, and drug and alcohol use. While these changes do not always mean there’s a problem, they are important to note and to follow up on.

### Red Flags

Listed below are some of the more prevalent signs that a student may be in distress:

- 1. Depression.** We all experience times of feeling sad or down in the dumps. It’s normal to experience a range of different moods, and to feel blue at times. However, negative feelings that extend beyond a few days and into weeks, or interfere with the ability to function and interact with others may be signs of a depressive episode. Some of the symptoms of a depressive episode are sleep disturbances, poor concentration, change in appetite, loss of interest in pleasurable activities, withdrawal, poor hygiene, loss of self-esteem, and preoccupation with death.
- 2. Suicidal Thoughts.** Suicide is rarely a spur of the moment decision. Most people (not all) who attempt suicide communicate verbal and nonverbal messages about their distress. Some examples of verbal messages include vague goodbyes and statements such as “I can’t go on,” “Nothing matters anymore,” and “I’m thinking of ending it all.” Nonverbal messages could include giving away personal items and putting financial or university affairs in order. All of these messages should always be taken seriously.

**3. Agitation, Acting Out, Aggression.** These are a departure from normal or socially appropriate behaviors and include being disruptive, restlessness or hyperactivity, being antagonistic, verbal threats of physical violence, physical violence, destruction of personal or others' property, and harassing or stalking behavior.

**4. Self-injury.** This is cutting, scratching, skin picking, hair pulling, and other repetitive self-injurious behavior that is used to relieve emotional distress or make emotional wounds visible. Some students who self-injure may: dress inappropriately for the season, wearing long sleeves and long pants in the summer months; wear adornments that cover the wrists; have clusters of marks/scars at different points on the body; have consistent bandages/injuries; or possess cutting materials in atypical locations.

**5. Anxiety.** Anxiety is one of the most common complaints of students. It can occur in acute episodes called panic or anxiety attacks, be more diffuse and generalized, or be in reaction to a specific event such as test-taking. Some symptoms to look for are excessive worrying, hyperventilation, avoidance of situations, and frequent stomach or digestion problems.

**6. Eating concerns.** Eating concerns are difficult to spot, in part because the student will likely deny that there is a problem or make excuses for their physical symptoms. Some signs that there may be a problem include: preoccupation with weight, food, and/or exercise; excessive, rigid exercise regimens; hoarding or stealing food; self-induced vomiting; and noticeable weight loss.

**7. Drug and Alcohol Abuse.** The misuse of drugs and/or alcohol can be a problem in and of itself, but it also frequently co-occurs with depression, anxiety, and other mental health issues.

If you see any of these signs, or if your gut is telling you something isn't right, trust yourself. Discuss your concerns with the Center for Health Promotion and Wellness or Mental Health Service at MIT Medical to clarify a plan of action. On evenings and weekends, you have access to GRTs, RAs, and Housemasters, as well as the mental health clinician on call (call MIT Medical for access) and the Dean on Call (call Campus Police for access).

For more information, please refer to the resources at the end of the chapter.

This information was adapted from the Mental Health Service at MIT Medical.

Students talk about difficult workloads, worries about a friend, challenges with boyfriends or girlfriends, problems at home, roommate conflicts, loneliness, concerns about drinking, problems with food, homesickness, concerns about the future, or anything that keeps you from enjoying life.

Getting support from a professional can help people sort through problems and help individuals feel more prepared for difficulties that might arise in the future.

## MIT Resources

### 24-Hour Emergency Care

Campus Police	100 (campus phone) or (617) 253-1212 (non-campus phone)
MIT Medical	(617) 253-1311
Mental Health on-call	(617) 253-2916
Dean on Call (Reach through Campus Police)	(617) 253-1212

### MIT Medical (E23) <http://medweb.mit.edu/>

- **Mental Health Service**  
Counseling, evaluation, treatment, crisis intervention, and referral (617) 253-2916
- **Center for Health Promotion & Wellness**  
Advice on helping a friend, information, programs, and referral (617) 253-1316

### Dean's Office

#### Student Support Services (5-104)

Personal advice, consultation, advocacy, arranging leaves and withdrawals, and outreach and support for families of students (617) 253-4861

#### Office of Minority Education (4-113)

Counseling, support, advice, and referral (617) 253-5010

#### Residential Life Programs (W20-549)

Residential Life support for dorms (617) 253-4860

FSILG support (617) 253-7546

#### Undergraduate Advising and Academic Programming (UAAP) (7-104)

Time management seminars, advice, and referral (617) 253-6771

**Student-to-Student Resources**

---

Nightline <http://web.mit.edu/nightline/> Peer listening hotline:  
7:00 p.m.–7:00 a.m. during school semesters (617) 253-8800

---

MedLinks <http://web.mit.edu/medlinks/>  
Basic information and referral (617) 253-1318

---

**Additional Helpful Resources**

---

Chaplains (W11) [religious-life@mit.edu](mailto:religious-life@mit.edu)  
Counseling, private talks, program development, worship, prayer (617) 253-2981

---

Mediation@MIT  
Service to resolve disputes between students (617) 253-7848

---

SAMARITANS  
**24-hour** suicide and depression help (617) 247-0220

---

## Food and Body Image

---

### EAT WELL at MIT!

---

Ever wonder how you can eat well here at MIT? With your busy schedule it is no surprise that taking care of this part of your life is a challenge. As you may know, eating well impacts your energy, your mood, your performance, and ultimately your health. Focusing on these “tips” will go a long way in helping you feel strong, balanced, focused AND PRODUCTIVE!

- ▶ **Eat at least three times a day** – don’t skip meals!
- ▶ Select **WHOLE GRAINS** whenever possible.
- ▶ Remove **trans fats** from your diet; read food labels.
- ▶ Select **lean meats and low-fat** dairy products.
- ▶ Eat **FIVE SERVINGS** of fruits and vegetables every day; more matters.
- ▶ Drink eight (8 oz.) glasses of non-caffeinated; non-alcoholic **FLUIDS** a day and more if you are sick, exercising, and/or it is very hot outside.

### Want more? Find topics like...

- ▶ EAT Well series, “Dining on East, Central, or West Campus”
- ▶ Navigating the menus and options at Dunkin Donuts, Au Bon Pain, Anna’s, Laverde’s, and much more
- ▶ Eating with NO Time and NO Money

Visit: <http://medweb.mit.edu/wellness/topics/nutrition.html>.

## **Warning Signs for Disordered Eating or Exercise Behaviors**

### **Intrusive thoughts**

- ▶ Constantly thinking about eating, weight, and body size
- ▶ Spending considerable amounts of time daydreaming about food
- ▶ Thinking that you never look good enough; being constantly critical of your appearance or the way your clothes fit

### **Anxiety**

- ▶ Becoming anxious prior to eating or fearing that you might be unable to control how much you eat
- ▶ Becoming terrified about gaining weight
- ▶ Experiencing anxiety about being fat that continues even as you lose weight
- ▶ Difficulty in recognizing physical hunger
- ▶ Obsessing over counting calories; feeling anxious when you're eating out and unable to count the calories you consume

### **Compulsive behavior**

- ▶ Going on eating binges or being unable to stop until you feel sick
- ▶ Weighing yourself several times a day
- ▶ Exercising too much or being overly rigid about your exercise plan
- ▶ Eating when you are nervous, angry, lonely, tired, or depressed, or using eating as the only way you allow yourself to take a break from work
- ▶ Placing yourself on severely restrictive diets (very low-calorie, very low-fat, fasting) or cutting out certain food groups
- ▶ Self-induced vomiting or abuse of laxatives, diet pills, diuretics, or enemas

### **Physical problems**

- ▶ A marked increase or decrease in weight not related to a medical condition
- ▶ Unexplained problems with menstruation or fertility

## How You Can Help

If someone is suffering from food and body image concerns, MIT Medical offers a variety of resources and support.

### ► **Make a referral.**

Program managers from the Center for Health Promotion & Wellness and clinicians from the Mental Health Service are available for consultations, referrals, urgent care, individual counseling, and group support. All conversations and visits are strictly confidential. For more information, please contact Audra Bartz or Zan Barry.

Audra Bartz  
Eating Disorders Care Manager  
Mental Health Service  
(617) 253-2916

Zan Barry  
Program Manager  
Center for Health Promotion & Wellness  
(617) 253-3646

### ► **Offer group support.**

MIT Medical's Mental Health Service at MIT Medical sponsors Making Peace with Food, a 10-week, educational group that explores factors that contribute to binge eating and unhealthy behaviors related to managing stress and weight. The group provides a forum for discussion of body image, personal value and achievement, societal pressures around appearance and weight, and nutrition. Practical strategies to manage food intake and decrease preoccupation with food and body image are explored.

### ► **Provide information and education.**

MIT Medical has a number of pamphlets and books that can help you better understand eating and body image concerns. These resources are available online or free of charge at the Center for Health Promotion & Wellness, E23-205, on the second floor of MIT Medical. The Center's Multimedia Library is open Monday through Friday from 8:30 a.m. to 5:00 p.m.

For additional resources visit:

**<http://medweb.mit.edu/wellness/topics/eating.html>**

## MIT Resources

---

### 24-Hour Emergency Care

---

Campus Police	100 (campus phone) or (617) 253-1212 (non-campus phone)
MIT Medical	(617) 253-1311
Mental Health on-call	(617) 253-2916
Dean on Call (Reach through Campus Police)	(617) 253-1212

---

### MIT Medical (E23) <http://medweb.mit.edu/>

---

- **Eating Disorders Care Coordinator** – Audra Bartz – [bara@med.mit.edu](mailto:bara@med.mit.edu)  
Counseling, evaluation, treatment, crisis, intervention,  
and referral (617) 253-5200
  - **Mental Health Service**  
Counseling, evaluation, treatment, crisis intervention,  
and referral (617) 253-2916
  - **Center for Health Promotion & Wellness**  
Advice on helping a friend, information, speakers, programs,  
and referral (617) 253-1316
  - **Nutrition Services**  
Nutritional counseling and treatment. Referral needed  
from a personal physician, nurse practitioner, or mental  
health provider (617) 253-1546
- 

### Dean's Office

---

#### Student Support Services (5-104)

Personal advice, consultation, advocacy, arranging leaves and  
withdrawals, and outreach and support for families of students (617) 253-4861

---

#### Residential Life Programs (W20-549)

Residential Life support for dorms (617) 253-4860  
FSILG support (617) 253-7546

---

### Student-to-Student Resources

---

**Nightline** <http://web.mit.edu/nightline/> Peer listening hotline:  
7:00 p.m.–7:00 a.m. during school semesters (617) 253-8800

---

#### MedLinks <http://web.mit.edu/medlinks/>

Basic information and referral (617) 253-1318

---

### Additional Helpful Resources

---

#### Athletics Department [athletics@mit.edu](mailto:athletics@mit.edu)

Information and referrals (617) 253-4498

---

### Off Campus

---

#### Massachusetts Eating Disorders Association

Groups and literature (617) 558-1881

---

#### National Eating Disorders Association

Information and referral (206) 382-3587

---

## Exercise and Fitness

---

### **Exercise and Fitness: An Overview**

---

Exercise is one of the best ways to increase your energy and lower your stress level. It's also an effective way to maintain a healthy weight and strengthen your muscles and bones. In fact, regular exercise benefits nearly every aspect of your well-being, from boosting your mood, memory, and metabolism to strengthening your immune system and improving your sleep.

### **Exercise your way**

---

Many people automatically envision competitive sports or crowded gyms when they think about exercise, but physical activity doesn't need to be traditional in order to be effective. The most important thing is your enjoyment. You'll never maintain an exercise routine if you dread doing it, so choose an activity that you genuinely like. If you love being outside, go for a hike or try mountain biking. If you love to dance, sign up for a salsa class or get a group of friends together for weekly dance parties. Maybe you get bored easily, and you need to vary your routine every week. Whatever the case, do something that gets you moving, keeps you entertained, and makes you feel good.

### **Getting started**

---

30

Don't get all worked up about working out. If a regular fitness routine is as foreign to you as sleeping 10 hours a night, start off small and work your way up. In fact, you may be surprised by how much you're already moving. Wear a pedometer to count your steps as you walk across campus, and challenge yourself to walk more each week. Brainstorm simple ways to make your daily routine more active, such as taking the stairs instead of the elevator or parking your car a little farther away than normal.

For a broad perspective on integrating exercise into your life, read about adding physical activity to your life on the Centers for Disease Control and Prevention website. <http://www.cdc.gov/physicalactivity/everyone/getactive/index.html>

## **How MIT can help**

---

**Wellness and fitness classes** – The Center for Health Promotion & Wellness sponsors wellness and fitness classes throughout the year for all levels of experience. Classes usually run for six to 10 weeks.

**Fitness centers** – Members of the MIT community have access to the Zesiger Sports and Fitness Center (“Z” Center) in Cambridge and the Lexington Fitness Center.

**Getfit@mit** – Every winter, MIT Medical runs the getfit@mit challenge. The three-month, team-oriented program motivates members of the MIT community to exercise regularly during the colder months, when physical activity is often more difficult.

**Independent Activities Period** – The Independent Activities Period (IAP) is a special four-week term at MIT that runs from the first week of January until the end of the month. Members of the MIT community can participate in a wide variety of activities including health and fitness classes, lectures, and workshops.

**Health education consultations** – If you don’t know where to start or you’d like to speak with someone to clarify your wellness goals, Health Education Consultations are available in person or over the phone. Contact The Center for Health Promotion & Wellness at (617) 253-1316 or [healthed@med.mit.edu](mailto:healthed@med.mit.edu).

## **Information and education**

---

MIT Medical’s Center for Health Promotion & Wellness has compiled a number of pamphlets and articles that you can view online or pick up in room E23-205. The Center’s Multimedia Library is open Monday through Friday from 8:30 a.m. to 5:00 p.m.

## MIT Resources

---

### 24-Hour Emergency Care

---

Campus Police	100 (campus phone) or (617) 253-1212 (non-campus phone)
MIT Medical	(617) 253-1311
Mental Health on-call	(617) 253-2916
Dean on Call (Reach through Campus Police)	(617) 253-1212

---

### MIT Medical (E23) <http://medweb.mit.edu/>

---

Center for Health Promotion & Wellness Advice on helping a friend, information, speakers, programs, and referral	(617) 253-1316
------------------------------------------------------------------------------------------------------------------------	----------------

---

### Dean's Office

---

Student Support Services (5-104) Personal advice, consultation, advocacy, arranging leaves and withdrawals, and outreach and support for families of students	(617) 253-4861
Residential Life Programs (W20-549) Residential Life support for dorms FSILG support	(617) 253-4860 (617) 253-7546

---

### Student-to-Student Resources

---

Nightline <a href="http://web.mit.edu/nightline/">http://web.mit.edu/nightline/</a> Peer listening hotline: 7:00 p.m.–7:00 a.m. during school semesters	(617) 253-8800
MedLinks <a href="http://web.mit.edu/medlinks/">http://web.mit.edu/medlinks/</a> Basic information and referral	(617) 253-1318

---

### Additional Helpful Resources

---

Athletics Department <a href="mailto:athletics@mit.edu">athletics@mit.edu</a> Information and referrals	(617) 253-4498
Zesiger Sports and Fitness Center 120 Vassar Street, Cambridge, MA 02139	(617) 452-3690

---

### Off Campus

---

For more information about exercise and fitness, check out these websites:

Go Ask Alice	<a href="http://www.goaskalice.com/">http://www.goaskalice.com/</a>
Mayo Clinic.com	<a href="http://www.mayoclinic.com/">http://www.mayoclinic.com/</a>
Medline Plus Health Information	<a href="http://medlineplus.gov/">http://medlineplus.gov/</a>
National Women's Health Information Center	<a href="http://www.4woman.gov/">http://www.4woman.gov/</a>
National Institutes of Health (NIH)	<a href="http://www.nih.gov/">http://www.nih.gov/</a>

---

# Domestic Violence/ Intimate Partner Violence

---

**If you are in an unsafe or abusive relationship,  
remember that the abuse is not your fault.**

## **What is intimate partner violence?**

---

Intimate partner violence is a pattern of abusive and coercive behaviors in which a person tries to control the thoughts, beliefs, or conduct of an intimate partner or person with a significant relationship to himself/herself. Abuse can occur in many forms including:

- ▶ **Physical** – Any unwanted or forced physical contact, e.g., hitting, pushing, kicking, choking
- ▶ **Sexual** – Any coerced or forced sexual behavior
- ▶ **Verbal** – Threats, humiliation, intimidation
- ▶ **Psychological/emotional** – Manipulation, isolation, humiliation
- ▶ **Financial** – Controlling access to finances and employment

For a full description and for information about the Cycle of Violence, please reference the Domestic Violence Information PDF located at <http://medweb.mit.edu/index.html>.

## **What are the obstacles to leaving?**

---

Many people in abusive relationships don't want the relationship to end; instead, they want the *abuse* to end. Concerned loved ones may wonder, "Why doesn't this person just leave?" Obstacles to leaving may include:

Lack of intervention and support, feelings of powerlessness, love, physical danger, fear of losing children, financial considerations, self-blame, cultural barriers, and disability. For a full description, please reference the Domestic Violence Information PDF located at <http://medweb.mit.edu/index.html>.

**If you think someone you know is being abused or is in an unsafe relationship....**

- ▶ **Respect confidentiality** – Speak to them in private, without others (including family) present to build trust and ensure safety.
- ▶ **Listen** – Let her/him know that you care. Isolation is often the biggest hurdle that survivors need to overcome in order to find help.
- ▶ **Avoid passing judgment.**
- ▶ **Believe and validate the survivor’s experiences.** *Let her/him know that s/he is not alone* and that millions of women and men in the U.S. face abuse each year.
- ▶ **Tell her/him that the abuse is not their fault.** Explain that abuse in any relationship is never acceptable. Alcohol, drugs, financial pressure, depression, jealousy, etc., are never excuses for abuse and domestic violence is a crime.
- ▶ **Promote access to resources both on campus and in the community** – The Program for Violence Prevention and Response (contact [vpradvocate@med.mit.edu](mailto:vpradvocate@med.mit.edu) or call (617) 253-1307) can connect you with resources both on and off campus.
- ▶ **Be supportive!** Understand that leaving any relationship – especially an abusive one – is difficult.
- ▶ **Respect her/his ability to do what is best for her/him at the time,** even if it means staying or going back to her/his abuser.

Source: Transition House, [www.transitionhouse.org](http://www.transitionhouse.org).

# MIT Resources

---

## 24-Hour Emergency Care

---

Campus Police	100 (campus phone) or (617) 253-1212 (non-campus phone)
MIT Medical	(617) 253-1311
Mental Health on-call	(617) 253-2916
Dean on Call (Reach through Campus Police)	(617) 253-1212

---

## MIT Medical (E23) <http://medweb.mit.edu/>

---

- **Violence Prevention & Response Advocate (VPR)**  
Advocacy and support for survivors of sexual assault, relationship violence, and stalking (617) 253-1307
  - **Sexual Violence Resources**  
<http://web.mit.edu/medical/student/svr/index.html>  
[http://medweb.mit.edu/wellness/topics/sexual\\_violence.html](http://medweb.mit.edu/wellness/topics/sexual_violence.html)
  - **General Information** (617) 253-4481
  - **Mental Health Services**  
Counseling, evaluation, treatment, crisis intervention, and referral (617) 253-2916
  - **Center for Health Promotion & Wellness**  
Health consultation, advice on helping a friend, information, speakers, programs, referrals, and relaxation hotline (617) 253-1316
- 

## Dean's Office

---

- **Student Support Services (5-104)**  
Personal advice, consultation, advocacy, arranging leaves and withdrawals, and outreach and support for families of students (617) 253-4861
  - **Office of Student Citizenship: Disciplinary process when reporting domestic violence** <http://web.mit.edu/citizenship/>  
[http://medweb.mit.edu/wellness/topics/sexual\\_violence.html#report](http://medweb.mit.edu/wellness/topics/sexual_violence.html#report)
- 

**Campus Police** (617) 253-1212

---

**SafeRide** [http://web.mit.edu/facilities/transportation/shuttles/safe\\_ride.html](http://web.mit.edu/facilities/transportation/shuttles/safe_ride.html)  
Night-time Safety Shuttle (Su–W: 6:00 p.m.–3:00 a.m. and Th–S: 6:00 p.m.–4:00 a.m.) (617) 253-2997

---

## Student-to-Student Resources

---

**Nightline** <http://web.mit.edu/nightline/> Peer listening hotline:  
7:00 p.m.–7:00 a.m. during school semesters (617) 253-8800

---

**MedLinks** <http://web.mit.edu/medlinks/>  
Basic information and referral (617) 253-1318

---

## Cambridge/Boston Area Resources (off-campus)

---

### Hotlines

SafeLink: (statewide 24-hour hotline) (877) 785-2020

ATASK Asian Task Force Against Domestic Violence (24 hours) (617) 338-2355

The Network LaRed (Lesbian, Bisexual, Transgendered)

Hotline hours: M–F 9:00 a.m.–12:00 a.m.,  
S 1:00 p.m.–6:00 p.m., Su 1:00 p.m.–12:00 a.m. (617) 742-4911

Gay Men’s Domestic Violence Project (800) 832-1901

Dial 0 and the answering service will contact someone who will call you back.  
For a full description, please reference the Domestic Violence Information PDF  
located at <http://medweb.mit.edu/index.html>

### Police/Legal Information

Cambridge Police

Ms. Leah Cefalo (Civilian Liaison) (617) 349-3371

<http://www.cambridgema.gov/CPD/CommRes/domesticviolence.cfm>

Boston Police Department Domestic Violence Unit

Lt. Detective Wilson (617) 343-4350

[http://www.cityofboston.gov/police/divisions/dv\\_contactInfo.asp](http://www.cityofboston.gov/police/divisions/dv_contactInfo.asp)

Victim Assistance, Cambridge District Court

Victim Witness Bureau (617) 679-6528

District Attorney’s Office (617) 619-4260

The District Attorney’s Office offers a number of services to victims of domestic violence. For information about restraining orders, domestic violence related crimes, safety and shelter needs, and other services.

[http://www.mass.gov/dasuffolk/help\\_dvv.html](http://www.mass.gov/dasuffolk/help_dvv.html)

Victim Rights Law Center (free legal services)

<http://www.victimrights.org/html/help.htm> (617) 399-6720

Greater Boston Legal Services (GBLS)

<http://www.gbls.org/> (617) 371-1234

### Stalking and Cyberstalking Resources

Stalking Resource Center (800) 394-2255

Stalking Resource Center (SRC), a program of the National Center for Victims of Crime (NCVC), raises national awareness of stalking and encourages the development and implementation of multidisciplinary responses to stalking in local communities. SRC provides training, an information clearinghouse, a practitioners’ network, and a peer-to-peer exchange program. <http://www.ncvc.org/src/Main.aspx>

Cyber Angels: [www.cyberangels.org](http://www.cyberangels.org)

Non-profit group devoted to assisting victims of online harassment and threats, including Cyberstalking Personal Safety PDF

<http://www.beverlypd.org/pdf/PERSONAL%20SAFETY/CYBERSTALKING.pdf>

For a full description, please reference the Domestic Violence Information PDF  
located at <http://medweb.mit.edu/index.html>

## Sexual Violence

### What can I do immediately if I have been assaulted or someone I know has been assaulted?

- ▶ Remember that you are not alone and this is not your fault.
- ▶ Get to a safe place.
- ▶ **Try not to bathe, shower, brush your teeth, or go to the bathroom** in order to preserve evidence.
- ▶ **Try not to change your clothes** or if you already have, put the clothes into a clean paper bag and bring them into the emergency room.
- ▶ **You can go to the emergency room**, preferably a Sexual Assault Nurse Examiner (SANE) designated hospital. Toxicology drug screening may occur within **24 hours**, HIV prophylaxis within **72 hours**, and a Sexual Assault Evidence Collection kit can be collected within **5 days**. Medication to prevent sexually transmitted infections is also available at the hospital. **You can choose what happens at the hospital. You DO NOT need to report the assault to the police in order to have evidence collected at the hospital. The sooner you get to the hospital the better.** The following Boston area hospitals are designated SANE sites:
  - Cambridge Hospital
  - Boston Medical Center
  - Massachusetts General Hospital
  - Beth Israel Medical Center
  - Brigham and Women's Hospital
  - Newton-Wellesley Hospital
  - Children's Hospital (for those under 12 years of age)
- ▶ **Get support.** Contact the Boston Area Rape Crisis Center (BARCC) for 24-hour help: (800) 841-8371 or (617) 492-7273.

### Some common emotions and reactions to rape survivors are:

- ▶ Guilt, fear, avoidance, anger, mood swings, distrust, loss of control, numbness, flashbacks  
**(<http://www.barcc.org/information/facts/reactions>).**

## Supporting a Survivor

- ▶ Some general guidelines for helping someone you know that has been raped or sexually assaulted are:
  - Listen.
  - Communicate that you believe the survivor.
  - Let the survivor decide what s/he wants to talk about.
  - Don't ask accusing questions.
  - Don't make decisions for the survivor.
  - Show that you care.
  - Remind the survivor to have compassion for herself/himself.

## What you can do for yourself as you support a survivor

It is difficult to watch someone you care about in pain. You can't make the survivor's pain go away, but you can help the survivor find ways to help herself/himself.

- ▶ Recognize your own limitations.
- ▶ Be aware of your own reactions to the rape.
- ▶ Be aware of wanting to make yourself feel better when it may not be in the best interest of the survivor.
- ▶ Take care of yourself by leaning on friends and family or call the BARCC 24-hour hotline (617) 492.7273 for support ([www.barcc.org](http://www.barcc.org)).

## MIT Resources

### 24-Hour Emergency Care

Campus Police	100 (campus phone) or (617) 253-1212 (non-campus phone)
MIT Medical	(617) 253-1311
Mental Health on-call	(617) 253-2916
Dean on Call (Reach through Campus Police)	(617) 253-1212

### MIT Medical (E23) <http://medweb.mit.edu/>

- Violence Prevention & Response Advocate (VPR)  
Advocacy and support for survivors of sexual assault,  
relationship violence, and stalking (617) 253-1307  
Sexual Violence Resources  
<http://web.mit.edu/medical/student/svr/index.html>  
[http://medweb.mit.edu/wellness/topics/sexual\\_violence.html](http://medweb.mit.edu/wellness/topics/sexual_violence.html)
- General Information (617) 253-4481

---

- **Mental Health Services**

Counseling, evaluation, treatment, crisis intervention,  
and referral (617) 253-2916

---

- **Center for Health Promotion & Wellness**

Health consultation, advice on helping a friend, information,  
speakers, programs, referral, and relaxation hotline (617) 253-1316

---

### **Dean's Office**

---

#### **Student Support Services (5-104)**

Personal advice, consultation, advocacy, arranging leaves and  
withdrawals, and outreach and support for families of students (617) 253-4861

---

**Office of Student Citizenship:** Disciplinary process when  
reporting sexual violence <http://web.mit.edu/citizenship/>  
[http://web.mit.edu/wellness/topics/sexual\\_violence.html](http://web.mit.edu/wellness/topics/sexual_violence.html) report

---

### **Campus Police**

---

Crime Prevention and Sensitive Crime Unit

<http://web.mit.edu/cp/www/>

Reporting, legal advice, speakers (617) 253-6875

---

**SafeRide** [http://web.mit.edu/facilities/transportation/shuttles/safe\\_ride.html](http://web.mit.edu/facilities/transportation/shuttles/safe_ride.html)

Night-time Safety Shuttle (Su-W: 6:00 p.m.–3:00 a.m. and  
Th-S: 6:00 p.m.–4:00 a.m.) (617) 253-2997

---

### **Student-to-Student Resources**

---

**Nightline** <http://web.mit.edu/nightline/> Peer listening hotline:  
7:00 p.m.–7:00 a.m. during school semesters (617) 253-8800

---

**MedLinks** <http://web.mit.edu/medlinks/>

Basic information and referral (617) 253-1318

---

## **Cambridge/Boston Area Resources (off-campus)**

---

### **Hotlines (24 hours/day, 7 days/week)**

---

**Boston Area Rape Crisis Center (BARCC)** <http://www.barcc.org/>

Counseling, medical and legal assistance,  
community outreach, and education programs (617) 492-RAPE (7273)

---

**SafeLink: MA Domestic Violence Hotline** (877) 785-2020

---

**Network for Battered Lesbians** (617) 423-SAFE (7233)

---

**EMERGE** (617) 547-9879

---

Counseling, training sessions, group sessions for abusers,  
community awareness programs

---

**Cornell University Stalking Information**

<http://www.human.cornell.edu/che/hd/stalking/index.cfm>

Information on how to manage an ex-boyfriend or ex-girlfriend  
who just won't let go of the relationship

---

Sexual Assault Nurse Examiner (SANE)

[http://www.ojp.usdoj.gov/ovc/publications/bulletins/sane\\_4\\_2001/186366.pdf](http://www.ojp.usdoj.gov/ovc/publications/bulletins/sane_4_2001/186366.pdf)

Fenway GLBT Peer Listening Hotline for under 25 years of age (800) 399-PEER

Fenway GLBT Helpline for all ages (888) 340-4528

---

### Police/Legal Information

---

Cambridge Police

Ms. Leah Cefalo (Civilian Liaison) (617) 349-3371

<http://www.cambridgema.gov/CPD/CommRes/domesticviolence.cfm>

---

Boston Police

Department Sexual Assault Unit (617) 343-4400

Victim Assistance, Cambridge District Court

Victim Witness Bureau (617) 679-6528

---

Victim Rights Law Center (free legal services)

<http://www.victimrights.org/html/help.htm>

---

Greater Boston Legal Services (GBLS) <http://www.gbls.org/> (617) 371-1234

---

Community Legal Services and Counseling Center

<http://www.clsacc.org/> (617) 661-1010

---

### Medical Services

---

Beth Israel Hospital Rape Crisis Center Deaconess

Medical Center: Center for Violence Prevention and

Recovery (Emergency) (617) 667-8141

[http://www.bidmc.org/CentersandDepartments/Departments/](http://www.bidmc.org/CentersandDepartments/Departments/SocialWork/SocialWorkPrograms/CenterforViolencePreventionandRecovery/SexualAssault.aspx)

[SocialWork/SocialWorkPrograms/CenterforViolencePreventionandRecovery/SexualAssault.aspx](http://www.bidmc.org/CentersandDepartments/Departments/SocialWork/SocialWorkPrograms/CenterforViolencePreventionandRecovery/SexualAssault.aspx)

---

Fenway Health Violence Recovery Program

(617) 927-6250

---

# Sexual Health

## Sexual Health Services for Students at MIT Medical

Many sexual health services, such as physical exams, condoms, pregnancy tests, and **STD testing (including HIV)**, are available at no additional charge for all MIT students. Other services, like contraception and prenatal care, are available at MIT Medical and the cost will vary according to your insurance coverage.

Both male and female students can make appointments for basic sexual health services, including physical exams, prescriptions for contraception, **STD testing**, and **pregnancy tests** through Internal Medicine by calling their personal care provider (PCP) or by calling (617) 253-4481.

All students can get safer sex supplies, such as condoms, lubricant, dental dams, female condoms, and latex gloves, at the Center for Health Promotion & Wellness on the second floor of MIT Medical, M-F, 8:30 a.m.–5:00 p.m.

## Services, Contraceptives, and Safer Sex Supplies Available at MIT Medical

*SI=MIT Medical Student Extended Insurance Plan members*

*Costs listed below are subject to change.*

<b>Service</b>	<b>Cost</b>	<b>Appointment?</b>
Sexual Health Exams	No additional charge	Call your personal care provider (PCP) or Internal Medicine, (617) 253-5384.
STD & HIV Testing/Treatment	No additional charge	
Contraception	Exam available at no additional charge; costs for contraception methods listed below	

<b>Service</b>	<b>Cost</b>	<b>Appointment?</b>
Emergency Contraception	\$46.05 OTC for adults 17 and over. Prescription required for those under 17.	Available for purchase at the Pharmacy during regular business hours. Nights and weekends, if you need help finding the nearest pharmacy you can contact Urgent Care at (617) 253-1311.
Pregnancy Testing	No additional charge	Call your personal care provider (PCP) or Internal Medicine, (617) 258-5384. Pregnancy tests are available for purchase at MIT pharmacy.
Abortion Referrals	No additional charge	Call OB/GYN, (617) 253-1315 for an appointment.
Prenatal/pregnancy care	Set by insurance	All students eligible to receive prenatal care through OB/GYN, but cost is set by your insurance. Call (617) 253-1315 for prenatal appointments. If you have the MIT Student Extended Insurance plan and have questions about your coverage, call member services, (617) 253-4303.

## **Contraceptives**

<b>Method</b>	<b>Prescription?</b>	<b>Cost</b>
Condoms	No	No additional charge at Health Promotion \$6 per box of 12 at Pharmacy
Female Condoms	No	No additional charge at Health Promotion
Latex ("dental") Dams	No	No additional charge at Health Promotion \$1/each at Pharmacy
Lubricants	No	No additional charge at Health Promotion \$2.50 at Pharmacy
Diaphragm	Yes	\$35.10 (SI \$15)
Intrauterine Device (IUD)	Yes	Cost available from prescribing clinician
Oral Contraceptives ("The Pill")	Yes	Cost varies by brand (SI \$15)
Depo-Provera (injection)	Yes	\$55.15 (SI \$15)
Contraceptive Patch (Ortho-Evra)	Yes	\$35.95 (SI \$15)
Contraceptive Ring (NuvaRing)	Yes	\$39.95 (SI \$15)
Emergency Contraception	Yes	\$46.75 at MIT Pharmacy \$26.50 at Planned Parenthood Prices vary at pharmacies

## MIT Resources

---

### MIT Medical (E23) <http://medweb.mit.edu/>

---

- **Internal Medicine**  
Counseling, confidential testing, exams, and contraception (617) 253-4481
  - **Ob/Gyn**  
Counseling, confidential testing, exams, and contraception (617) 253-1315
  - **Center for Health Promotion & Wellness**  
Health consultation, advice on helping a friend, information, speakers, programs, and referral. Also provides free safer sex supplies, such as condoms and lubricant (617) 253-1316
  - **Pharmacy**  
Prescription/nonprescription contraception, information on prescription methods, and safer sex supplies (617) 253-1324
  - **Mental Health Service**  
Counseling, evaluation, treatment, crisis intervention, and referral (617) 253-2916
- 

### Student-to-Student Resources

---

**Nightline** <http://web.mit.edu/nightline/> Peer listening hotline:  
7:00 p.m.–7:00 a.m. during school semesters (617) 253-8800

---

**MedLinks** <http://web.mit.edu/medlinks/>  
Basic information and referral (617) 253-1318

---

### Off Campus

---

**Planned Parenthood League of MA**  
Counseling, confidential testing, prevention advice, contraception, and treatment (617) 616-1600

---

**The Fenway Community Health Center**  
Anonymous, LGBT-friendly, STD/HIV testing, general medicine, GYN (617) 267-0900

---

**Massachusetts General Hospital**  
STD testing, including anonymous HIV testing (617) 726-2748

---

**Beth Israel Hospital Rape Crisis Center**  
Treatment and evidence collection (617) 667-8141

---

### Hotlines

---

**Peer Contraceptive Counseling** (Every day 7:00 p.m.–12:00 a.m.)  
Peer counseling about sex and sexuality (617) 495-7561

---

**The Peer Listening Line** (M–F 5:00 p.m.–10:00 p.m.)  
Gay teens and college students provide support, referrals, and information about: coming out, HIV/AIDS, safer sex, depression and suicide, harassment, and violence (800) 399-PEER

---

## Resources for LGBT Individuals

MIT and its surrounding communities offer a broad spectrum of services, activities, and resources for Lesbian, Gay, Bisexual and Transgender (LGBT), questioning, and supportive individuals. As a resource to students on this campus you may be in a position to be an ally to LGBT individuals looking for resources. Here are some ways to best support LGBT individuals or those who are exploring their sexual identities.

### What do I do if someone comes out to me?

1. **Listen.** Coming out takes a lot of courage and authenticity and may be the culmination of months or years of personally coming to terms with one's sexuality or gender identity/expression. This person shares this information with a keen understanding of the risks involved. It may also be the case that this person simply wants to include you in their life and share something with you.
2. **Remain neutral and non-judgmental.** This is especially important when dealing with people who are just coming out. There is no way for this person to predict your reaction accurately. They've come to you because they trust you! The things you say or do can have a very strong impact on this person. This exchange of intimate information should not be seen as an opportunity for you to advance a particular way of life or discuss the moral ramifications of homosexuality.
3. **Ask sensitive questions and be willing to learn.** Avoid asking questions that imply that there is something wrong with being lesbian, gay, bisexual, transgender, or questioning (e.g., "What do you think caused your homosexuality? How can you live a normal life?"). Also, avoid asking questions that would have been considered rude within the relationship before this disclosure; this person has the same sensibilities as before. Some good questions to ask are:
  - ▶ How long have you known that you were gay (or lesbian, bisexual, transgender)?
  - ▶ Is there someone special that you're dating or interested in?
  - ▶ Has it been hard for you to carry this secret?

- ▶ Is there some way I can help you?
- ▶ Have I offended you unknowingly?

4. **Be supportive.** Let them know that you are there to talk with, or just someone who will listen. People who are just coming out may not be aware of resources available to them, or they may not feel comfortable approaching other people about the subject. You don't need to be an expert on the subject to be supportive – just remember to be open-minded!
5. **Don't ignore it.** When a person chooses to come out to you, it may be because they are tired of living in secrecy. Being an open member of the LGBT community and not feeling like you can openly speak about it can be frustrating. Make an effort to take an interest in this part of their life.
6. **Don't make their sexuality the extent of your interactions.** While it is important to acknowledge and validate a person's sexual orientation, it is not necessary to let this topic dominate your interactions. It is important to remember that the gay person has not changed. You may be shocked by their revelation, but remember that this is still the same person as before.
7. **Be honest and open.** It's okay to admit that you don't know everything, or even anything. It's also okay to admit feeling uncomfortable with this subject. Be honest though! Your own discomfort with the subject may come across as discomfort with the person or their sexuality. If someone who has come out to you wants detailed information or is in need of more in-depth counseling, it is perfectly acceptable to suggest that they speak with someone more educated on the subject. (Adapted from: <http://www.uis.edu/deanofstudents/safezone/HANDOUTS>)

# MIT Resources

---

## 24-Hour Emergency Care

---

Campus Police	100 (campus phone) or (617) 253-1212 (non-campus phone)
MIT Medical	(617) 253-1311
Mental Health on-call	(617) 253-2916
Dean on Call (Reach through Campus Police)	(617) 253-1212

---

## MIT Medical (E23) <http://medweb.mit.edu/>

---

- **General Information** (617) 253-4481
  - **Mental Health Service**  
Counseling, evaluation, treatment, crisis intervention,  
and referral (617) 253-2916
  - **Center for Health Promotion & Wellness**  
Health consultations, advice on helping a friend,  
information, speakers, programs, and referral (617) 253-1316
- 

## Student-to-Student Resources

---

- Nightline** <http://web.mit.edu/nightline/> Peer listening hotline:  
7:00 p.m.–7:00 a.m. during school semesters (617) 253-8800
- MedLinks** <http://web.mit.edu/medlinks/>  
Basic information and referral (617) 253-1318
- 

## Additional Helpful Resources

---

### LBGT@MIT

Connects you with the support and resources offered on the MIT Campus  
W20-549, office 50-005 (617) 253-5440  
<http://web.mit.edu/lbgt>

---

## Off Campus

---

**The Peer Listening Line** (M–F 5:00 p.m.–10:00 p.m.)  
Gay teens and college students provide support, referrals,  
and information about: coming out, HIV/AIDS, safer sex,  
depression and suicide, harassment, and violence (800) 399-PEER

---

**lgbthealthchannel:** Provides trustworthy information about  
health and wellness issues that affect the LGBT community  
<http://lgbthealth.healthcommunities.com/>

---

**National Coalition for LGBT Health:** National organization  
committed to improving the health and well-being of LGBT  
individuals and communities through public education,  
coalition building, and advocacy <http://www.lgbthealth.net/index.shtml>

---

## Alcohol and Other Drugs

### What constitutes a drinking or drug problem?

The most commonly asked question at MIT Medical about substances is, “when does it become a problem?” The answer is different for different people but a common thread is when it causes health or social problems. Examples include interference with relationships, family, friends, schoolwork, and sleep. If you think you or your friend has a problem, please find the best resource for you at the end of this chapter.

### What to do in an emergency

In an alcohol or other drug related emergency, you need to call for help as soon as possible. Time wasted in decision making can affect a person’s chances of recovery or possibly cause death. If you are not sure if it’s an emergency, calling for help is never wrong. Let a medical professional assess the situation and determine the severity – don’t take on that responsibility yourself.

**If you are concerned for any reason: Call 100 on campus or (617) 253-1212 from a non-campus phone.**

**If you call 911 from a cell phone, the call goes to Framingham and it will take longer for help to arrive.**

### When to call for help

You should call for help if a person is:

- ▶ Unable to stand or walk, or can do so only with difficulty
- ▶ Only vaguely aware of his/her surroundings
- ▶ Has difficulty breathing
- ▶ Has passed out
- ▶ Has fever or chills
- ▶ Has difficulty speaking or identifying him/herself to others
- ▶ Is reported to have consumed a large quantity of alcohol, or chugged, or ingested other sedating or tranquilizing drugs within the last 30 minutes

## **What to do in non-critical situations**

---

If the person is conscious, alert, and appears to understand the risks of the situation; can state his/her name, class, and campus address; and is able to stand or walk without assistance, although speech may be slurred, then the situation is non-critical.

In these circumstances it is best to do the following:

- ▶ Get the person to bed
- ▶ Place him/her on his/her side with a pillow on the small of the back
- ▶ Check on him/her every 10–15 minutes for the remainder of the night

This information was provided by the CDSA Center at MIT (Community Development and Substance Abuse Center for Prevention, Policy, and Research); check them out online at <http://cdsa.mit.edu/help/>.

## **What is low-risk drinking?**

---

Remember, it is your right to choose not to drink at all at a particular event or party if you so desire. If you choose to drink, make responsible decisions based on what's good for you, and what is in accordance with the law, campus policy, and any personal health and safety concerns you may have. Set your own pace so that you can enjoy all of the positives while eliminating any of the negatives.

48

- ▶ **Limit intake.** It is not how many drinks you have but how much alcohol you consume. Be aware that some drinks contain more alcohol than others. For instance one glass of punch may contain as much alcohol as 3 typical “drinks.”
- ▶ **Sip drinks.** Be aware that guzzling drinks and drinking games put more alcohol into your system than can be metabolized by the body.
- ▶ **Eat before and while drinking.** The less you have in your stomach, the faster alcohol will be absorbed into your bloodstream. Try high-protein foods, such as cheese. Avoid salty snacks, which will increase your desire for liquids.
- ▶ **Avoid carbonated mixers.** Carbonation increases the rate of absorption of alcohol into the bloodstream.

- ▶ **Alternate alcohol with non-alcohol beverages.** Try a noncarbonated beverage such as juice or water. It will also keep you from getting dehydrated.
- ▶ **Mix your own drinks or take drinks from a closed container.** Otherwise, it is difficult to know exactly what and how much alcohol is in your drink.
- ▶ **Stop drinking for part of the night.** Dance, chat with your friends, etc.
- ▶ **If you want more, refill your glass yourself.** Refill when your glass is empty, not when it's half full.
- ▶ **Avoid alcohol and caffeine drinks.** They can further dehydrate you and cause you to drink more alcohol than you would have otherwise by masking alcohol's depressant effects.
- ▶ **Avoid drinking when suffering from sleep deprivation.** If you are fatigued, the effect of alcohol will be greater than if you are rested.
- ▶ **Avoid injury.** Do not drive, roller blade, bike, ski, work in a lab, or work with machinery while drinking or using other drugs.

### **Some of the early warning signs of a potential problem with alcohol and/or other drugs**

---

If you or a friend is experiencing any of the following signs of a potential problem with alcohol and/or other drugs, get help. You do not have to be diagnosed as an alcoholic or drug addict to have a problem with alcohol and/or other drugs. Talk to someone before habits develop and lead to negative consequences.

Do you (or the person you are helping)...

- ▶ Have private concerns about the amounts and frequency of alcohol or other drugs you are consuming?
- ▶ Find that you often wind up drinking more than you intended to?
- ▶ Worry that drugs are affecting you in a way that is different from others (e.g., behavior change, alcohol and/or other drug craving and seeking, etc.)?

- ▶ Have regrets about specific choices you have made related to your alcohol and other drug use?
- ▶ Have academic trouble (e.g., getting behind in studies, difficulty making classes or finishing problem sets, receiving a B- or C when you knew that you could have achieved an A or a B) due to use of alcohol and/or other drugs?
- ▶ Have relationship problems (e.g., verbal arguments, out-of-control behavior resulting in conflict, threatened or actual physical assault) all in the context of alcohol and/or other drug abuse?
- ▶ Experience personal injury/accidents and violence (e.g., falling down stairs, passing out, acts of vandalism)?
- ▶ Have unintended sexual encounters? Have you woken up next to someone unfamiliar and unable to remember events?
- ▶ Attempt to make adjustments in your drinking and/or drug-using habits in order to control your consumption? For instance, you may make deals with yourself such as switching from drinking mixed drinks to beer only.
- ▶ Adjust your lifestyle (e.g., blow off friends/partners who question your consumption, sign up for afternoon, rather than morning classes, change living groups or dorm floors to be with others who do not hassle you about your consumption) to accommodate your drinking or other drug use?

## Quitting Smoking

According to the Centers for Disease Control and Prevention, more than 70% of smokers want to quit, but smoking is such a tenacious addiction, it's hard to stop. It takes most smokers as many as eight attempts before they are able to quit for good.

### More Tobacco Facts...

Smoking as little as 1–4 cigarettes per day is associated with higher risk of dying from heart disease and lung cancer.

There are over 200 poisons in cigarette smoke (including arsenic, ammonia, and formaldehyde).

Smoking just 4 cigarettes can give a person a 90% chance of becoming addicted.

Smoking weakens your immune system making you even more susceptible to colds and flu.

### Tips for Quitting Successfully

**Take the time to prepare.** Set a quit date one or two weeks in advance and take the time to prepare by working to understand your smoking behavior, planning how to handle urges, learning relaxation techniques and coping strategies for dealing with stress, and enlisting the support of family and friends.

**Consider using quit smoking medication.** Research shows that the use of medication to quit smoking doubles long-term quit rates. Nicotine replacement therapies (like the patch and gum) are both available over the counter. Other medications like Bupropion® and Chantix® are available by prescription. Talk to your personal care provider (PCP) about the best options for you.

**Seek out individual or group tobacco treatment counseling.** Evidence shows that the probability of successfully quitting is much higher with the use of behavioral counseling and pharmacotherapy combined. Members of the MIT community can make a free appointment with a Tobacco Treatment Specialist at MIT Medical.

### Want more information or to request an appointment?

Visit the MIT Medical website at

**<http://medweb.mit.edu/wellness/topics/smoking.html>** or e-mail **[helpmequit@med.mit.edu](mailto:helpmequit@med.mit.edu)**.

## MIT Resources

---

### 24-Hour Emergency Care

---

Campus Police	100 (campus phone) or (617) 253-1212 (non-campus phone)
MIT Medical	(617) 253-1311
Mental Health on-call	(617) 253-2916
Dean on Call (Reach through Campus Police)	(617) 253-1212

---

### MIT Medical (E23) <http://medweb.mit.edu/>

---

• General Information	(617) 253-4481
• Mental Health Service Counseling, evaluation, treatment, crisis intervention, and referral	(617) 253-2916
• Center for Health Promotion & Wellness Health consultation, advice on helping a friend, information, speakers, programs, and referral	(617) 253-1316
• Substance Abuse Recovery Group Welcomes all regardless of recovery status.	(617) 253-2916

---

### Dean's Office

---

#### Student Support Services (5-104)

Personal advice, consultation, advocacy, arranging leaves and withdrawals, and outreach and support for families of students (617) 253-4861

---

#### Residential Life Programs (W20-549)

Residential Life support for dorms (617) 253-4860  
FSILG support (617) 253-7546

---

#### Community Development and Substance Abuse Center for Prevention, Policy, and Research (CDSA) <http://cdsa.mit.edu/>

To participate in a brief, 2 meeting, self-check about your drinking contact (617) 253-3277 or by e-mailing [cdsa@mit.edu](mailto:cdsa@mit.edu).

---

### Student-to-Student Resources

---

Nightline <http://web.mit.edu/nightline/> Peer listening hotline:  
7:00 p.m.–7:00 a.m. during school semesters (617) 253-8800

---

#### MedLinks <http://web.mit.edu/medlinks/>

Basic Information and referral (617) 253-1318

---

### Additional Helpful Resources

---

#### Chaplains (W11) [religious-life@mit.edu](mailto:religious-life@mit.edu)

Counseling, private talks, program development, worship, prayer (617) 253-2981

---

#### Crime Prevention and Sensitive Crime Unit

Reporting, legal advice, and speakers (617) 253-9755

---

SafeRide (617) 258-6510

---

---

**Off Campus**

---

**AA–Alcoholics Anonymous**

Area support groups for alcohol abusers (617) 426-9444

---

**AI-Anon Family Groups of Massachusetts**

Support groups for friends and family affected by other's drinking (508) 366-0556

---

**Bridge over Troubled Waters**

Free drug and alcohol counseling for those under 25 years old (617) 423-9575

---

**Narcotics Anonymous**

Meetings, mentoring, and support groups for drug users (866) 624-3578

---

**Massachusetts Substance Abuse Hotline**

Information about local drug treatment and support services (800) 327-5050

---

**More Off Campus Outpatient Places**

---

**AdCare**

14 Beacon St. Suite 801, Boston, MA 02108 (617) 227-2622

---

**CASPAR (InfoLine)**

(617) 623-2080

---

**Impact**

Counseling for people whose lives are affected by substance abuse  
260 Beacon St., Somerville, MA (ask for Kathy) (617) 661-0405

---

## Additional Resources for Graduate Students

---

### REFS – Resources for Easing Friction and Stress

Graduate students trained and certified as peer mediators

<http://web.mit.edu/mediation/refsprogram>

---

Electrical Engineering and Computer Science (EECS) REFS

<http://projects.csail.mit.edu/eecsrefs/index.php>

---

Chemistry REFS <http://web.mit.edu/chemistry/refs>

---

Physics REFS <http://web.mit.edu/physics/refs>

---

### Office for the Dean of Graduate Education

Support and referral office for graduate students

(617) 253-4860

3-138 <http://web.mit.edu/odge/>

---

### spouses&partners@mit

A support network for the wives, husbands and significant others of MIT students, staff, and faculty

(617) 253-1614

E23-323 <http://web.mit.edu/spouses>

---

### MIT Center for Work, Family, and Personal Life

Resources for parenting, childcare, school information, elders, and job flexibility

(617) 253-1592

16-151 <http://hrweb.mit.edu/worklife/index.html>

---

### MIT LifeSites

Resources for personal, family, and community life <http://web.mit.edu/lifesites/>

---

### Ombuds Office

Neutral, confidential resource for workplace, educational, and personal problems

(617) 253-5921

10-213 <http://web.mit.edu/ombud>

---



the center for  
**H e a l t h  
P r o m o t i o n  
& W e l l n e s s**  
at **MIT Medical**



The Center for Health Promotion & Wellness  
MIT Medical, Building E23-205  
(617) 253-1316 [healthed@mit.edu](mailto:healthed@mit.edu)  
<http://medweb.mit.edu/wellness/chpw>