



Healthy Bodies/Healthy Minds

Providing comprehensive health care to our students through education, prevention, treatment and referral.

2017-2018 School Year

Open Monday through Friday, 7:30 am — 4:00 pm

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Meet our New Mental Health Providers!

In our last issue, we introduced mental health services provided by the Student Health Centers. Counseling can help students avoid risky behavior, deal with grief or loss, provide strategies for issues with school or grades, or to manage anxiety and depression.

While a student’s parent or guardian must be contacted prior to providing mental health services, everything shared between a student and a counselor will be held in strict confidence, except in situations where the student or someone else may be in danger.


We are excited to introduce our two new counselors that joined our team this school year.

Kate Hubbard



Kate began her education by earning her Bachelor’s degree from UNCG as a Human Development & Family Studies major, then continued on to receive her Master of Social Work degree from the UNCG and NC A&T joint Master of Social Work program. She’s a Licensed Clinical Social Worker in North Carolina and has over 15 years of experience providing counseling and social work services to children, teens, and families. Her main areas of focus are grief and loss, coping with chronic illness, adjustment concerns, trauma, cognitive behavioral therapy, and expressive art therapies.

Melonie Davis



Melonie attained her Bachelor’s degree in Recreational Therapy from Winston Salem State University, and after working in the community with disabled children and adults, decided to further her education with a Masters degree in Clinical Mental Health Counseling from Wake Forest. She’s a nationally certified and licensed counselor in North Carolina, with experience working with adolescents and families. Her main areas of focus are working with varying levels of mental, emotional, and developmental concerns, motivational interviewing, cognitive behavioral therapy, and solution focused therapy.

Contact us for more information at:

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Thinking about Gardasil? Good News!

As of October 2016, the CDC announced that Gardasil is now only two doses, which changes from the recommended three dose schedule previously administered. With the new dosing schedule, the first dose is recommended for boys and girls between 9 and 14 years old, but is best given at 11 or 12 years old. The second dose is now

recommended 6-12 months after the first dose. For people over the age of 15, the CDC still recommends a three dose schedule. Gardasil is still recommended by the CDC until age 26 for females and age 21 for males. Gardasil protects against the most common types of HPV that cause

genital warts and types of cervical cancer as well as head and neck cancers. Stop into the Student Health Center for more information



about the vaccine!

Opioid Crisis

According to a recent report, in 2017, Rockingham County EMS responded to 129 calls for drug-related overdoses. There were also a total of 35 deaths due to a suspected overdose. Taken to a national scale, the NIH estimates that over 90 people in the United States die every day after overdosing on opioids.

What are they?

Opioids are a class of drugs that include the illegal drug heroin, and prescription drugs such as fentanyl, morphine, codeine, oxycodone, and hydrocodone. These prescription drugs are safe when prescribed and used as directed, but can lead to overdose and death when misused.

What's the issue?

From 2008 to 2016, there were a total of

101 opioid related deaths in Rockingham County. In 2017 alone, there were 45. This increase is alarming. In a recent poll conducted by Elon University, 1 in 3 people in North Carolina have either personally dealt with an opioid overdose or know someone who has, so the crisis may be closer than you think.

What's being done?

Currently, law enforcement is working to crack down on drug dealers, while also making sure they are stocked with Narcan, which can reverse the effects of an opioid overdose when used right away. Rockingham County, along with multiple other counties in NC, has filed a law suit against some major pharmaceutical companies for failing to recognize and report misuse and unlawful distribution of opioids. Many organizations are also

working to ensure victims of overdose receive treatment for addiction, as opposed to criminal charges.

What can we do to help?

One of the biggest steps you can take is to properly discard any old or unused prescription opioids. It is also important to make sure that you are making smart choices to not abuse drugs. If you are worried about a friend or family member and drug use, make sure to talk to them and let them know how to get help. The National Substance Abuse and Mental Health Services Administration Helpline can be reached at 1 (800) 662-HELP for more information about resources and treatment options near you.

Dance it Out: Tips for Stress Management

Sometimes, the stress of school and responsibilities can seem like too much. While the health centers are here to help with managing this stress, there are plenty of things students can do on their own to ease stress and anxiety.

- Practice mindful breathing: inhale for 6 seconds, hold your breath for 7 seconds, and exhale for 8 seconds. Apps like Calm and Breathe (which works on an AppleWatch!) can help guide you through breathing exercises. Mindfulness has been shown to improve concentration and reduce stress.
- Get some fresh air: research shows that taking a break and spending time outside reduces stress and increases vitality.
- Go for a walk (or run): physical activity reduces stress and encourages the production of endorphins, which is the feel-good hormone in your brain—bonus points if its outside!

- Make a to-do list: being able to visualize tasks makes them seem less overwhelming.
- Get enough sleep: try meditating before bed to reduce nighttime stress and make sure you're getting to bed on time to reduce stress the next day.
- Don't be afraid to chill out with Netflix and pizza: taking time to relax with your favorite show and a tasty snack can help put you in the right mindset to conquer your next task!
- Take a warm bath or shower before bed: literally and figuratively wash away the day and its stresses. Adding scents like lavender or jasmine can relax you even more before bed.

- Unplug: turn your phone and computer off. Sit down with a good book, or journal out anything that's been on your mind.
- Drink less coffee and soda: caffeine can raise your heart rate and cortisol levels, which is a stress hormone, and make you feel more anxious. Try replacing it with water, juice, or hot tea!
- Dance it out: Grey's Anatomy was on to something when Meredith and Christina would dance it out when things got too hard to handle. Dancing can also release endorphins, and belting out your favorite song can make you feel even better!
- Take time for yourself every day: this time can be spent doing whatever makes you happy. Never forget to make your happiness your main priority, and success will follow.

