To Haiti with Love

Dr. Mike McKenzie, Student Health Services Medical Director, provides patient-centered care at home and abroad.
In this issue of Gamecock Health

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Student Health Services is committed to the academic success of University of South Carolina students.

University of South Carolina
Student Health Services
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On the cover: Dr. Mike McKenzie, Student Health Services Medical Director, spends time with a child orphaned in the 2010 earthquake in Haiti.

This page: Dr. McKenzie and his son Hunter McKenzie providing services in Haiti.
To Haiti with Love

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As a college student, what you experience day-to-day will shape the rest of your life.

The people you befriend, the experiences you have and the places you go will define your core values, shape your personality, and chart the course that is uniquely yours.

You’ve already made a great decision in choosing the University of South Carolina. As a USC student, you’re learning in a large, diverse organization within an environment offering an amazing number and variety of programs and services that support academic success.

One of the most important resources offered to all USC students is Student Health Services. Patient-centered, holistic health-care and wellness services provided by our staff offer you a firm base upon which you can grow, learn and thrive while at the university and throughout your life.

In fact, 87 percent of students seen at Student Health Services last year indicated that the care they received improved their academic success.

Student Health Services includes the Thomson Student Health Center, located right behind the Russell House, in which you will find the General Medicine Center, Women’s Care, Sports Medicine, Orthopedics and Physical Therapy Services, Allergy/Immunization & Travel Clinics, the First Responders program, a laboratory, radiology department and a full-service pharmacy.

The center also includes the Psychiatric Services department, which assists students with psychotherapy, medication management and referrals.

Thomson Student Health Center staff includes board-certified physicians, licensed nurse practitioners, registered nurses, certified health educators and support staff to help you meet your healthcare needs.

Sexual Assault and Violence Intervention & Prevention is also housed in the center. In addition to offering 24/7 support and advocacy services to students, faculty and staff who have survived sexual assault, attempted sexual assault, interpersonal violence, harassment, stalking or hate crimes, the staff oversees Stand Up Carolina, a campus-wide bystander accountability initiative.

Student Health Services encourages the entire campus community to become engaged in Stand Up Carolina because it provides evidence-based tools and strategies to prevent violence and other negative behaviors through intervention strategies anyone can learn, incorporate into daily life and share with peers. Stand Up Carolina is actively impacting safety on and around our campus every day.

You can become involved in this initiative today by liking Stand Up Carolina on Facebook at uscstandup. When you do, you’ll get up-to-the minute information about self-defense classes, safety tips and strategies, and annual events including the Hero Awards, the Safety & Stalking Awareness Fair, Domestic Violence Awareness Month, Sexual Assault Awareness Month and more, which all have programs and events you can participate in.

More health and wellness services at the Thomson Student Health Center include those provided by Campus Wellness, including one-on-one consultations with registered dietitians and sexual health staff.

Campus Wellness offers additional programs and services to students, faculty and staff at two additional locations on campus. Student services are managed at the Strom Thurmond Wellness & Fitness Center, and faculty and staff services are housed in the Blatt Physical Education Center. In these locations, staff offer an array of services including body fat and blood pressure measurement, physical fitness assessments, exercise consultations and more.

Campus Wellness also has tools to help students, faculty and staff manage stress—the number one impediment to academic success, as cited by USC students through the American College Health Association’s National College Health Assessment, which is conducted every other year by Healthy Carolina. This assessment is a vital component of ensuring all our programs, services and outreach address the real health and wellness needs of the campus community.

The Counseling & Human Development Center (CHDC), located in the Byrnes building on Sumter Street, is another department within Student Health Services. It is staffed by mental health professionals including licensed psychologists, counselors and social workers, and supervised trainees in psychology, counseling and social work.

The CHDC encourages students to address mental health issues including stress, anxiety, loneliness, depression, relationship difficulties and more by scheduling consultations before issues become problematic and affect academic performance.
Through group, individual and couples counseling, outreach activities and Community Based Services, staff address a multitude of issues and concerns common to college students.

The CHDC recently launched Suicide Prevention Services to generate awareness about suicide and develop a network of trained prevention advocates known as “Gatekeepers” throughout the campus community. Suicide Prevention Gatekeeper Training has already produced nearly 1,000 student, faculty and staff Gatekeepers, and is actively seeking to train more.

All members of the campus community are encouraged to become Gatekeepers and help address the tragic but avoidable reality for many who have lost hope. I encourage you to visit www.sa.sc.edu/shs/chdc/prevention to sign up for training, which is offered year-round through scheduled classes and sessions customized for residence halls, departments and organizations.

Offering targeted, high-quality programs and services that meet the needs of the campus community is truly integral to Student Health Services’ mission. Our organization is accredited through the Accreditation Association for Ambulatory Health Care (AAAHC), which means we operate in strict accordance with the highest quality standards of medical and mental healthcare.

AAAHC accreditation demonstrates Student Health Services offers programs and services aligned with the needs of our campus community, and prevention programs that address urgent needs and emerging trends. We continuously check and document our work through a system of quality improvement including research, benchmarking, incorporation of best practices, information sharing, reporting and policy and procedure development.

This means we are always raising the bar—expanding services and programs that can help you achieve great success while at the university, as well as a lifetime of health and wellness.

In addition to becoming engaged in Student Health Services and utilizing our programs and services, I encourage you to learn about, explore and get involved in Healthy Carolina, USC’s campus-wide lifestyle of good health and wellness.

In addition to offering programs and services including FitWalk Paths, Fitness Buddies, lactation support programs and tobacco-free policy development, Healthy Carolina is actively integrating the components of Healthy Campus 2020 campus-wide.

You will see Healthy Carolina all over campus. Look for the name “Healthy Carolina” or the Healthy Choice icon on food products, office doors, program flyers, websites and more. This assures programs, services and products are components of the healthy lifestyle the university strongly supports.

With Student Health Services, you can be assured your journey through college is supported by many caring and skilled people who understand the connection between health and academic performance. We always put you, the student, at the center of everything we do.

We're here to not only help you build a solid foundation of health while you are in college, but also to help you become an empowered health consumer for life.

We hope that while you’re at USC, you will take full advantage of our programs and services and become the best person you can physically, mentally, emotionally and academically.

They all truly go hand-in-hand, and that’s why we’re here.

Yours in health,

Deborah Beck, RRT, MPA, Ed.D.
Executive Director,
University of South Carolina
Student Health Services
the hero awards. gyt. stand up carolina. resting metabolic rate testing. 24/7 first responders. choose to lose. commit to get fit. allergy/immunization clinic. travel clinic. physical therapy. sports medicine. orthopedics. sexual assault survivors advocacy. interpersonal violence survivor advocacy. urgent care. well woman visits. prescription drugs. primary healthcare. birth control. family planning. laboratory services. add/adhd management. group counseling. individual counseling. couples counseling. community support meetings. good advice. crisis intervention services. referral services. substance abuse assessment and counseling. std/sti testing. glbtq support. anxiety management. survivors therapy. self-hypnosis & relaxation/stress relief training. pre-doctoral psychology internship program. changing carolina peer educators. eating disorder management team. blood pressure measurement. body fat percentage measurement. cholesterol/lipid testing. glucose screening. sexual & reproductive health consultations. presentations on popular health topics. fitness assessments. exercise consultations. tobacco cessation resources. stress management. massage therapy. one-on-one nutrition consultations. medgem metabolic testing. eating disorder management team. grocery store tours. cooking demonstrations. nutrition presentations. one-on-one nutrition consultations. break time, lunchtime, anytime strength training. fitstop. diabetes prevention. colon cancer awareness. over the counter pharmacy products. prescription transfers. insurance filing. online prescription refills. massage therapy. physicals. specialized women’s care. project condom. suicide prevention gatekeeper training. carolina beautiful: celebrate your body week. clothesline project. walk a mile in her shoes. women’s self-defense class. national denim day. flu shot drive through clinics. heart walk. sweet success diabetes management. mindfulness training. gamecock health magazine. dine with the dietitian. healthy holidays challenge. gyt carnival. stalking information fair. world aids day. and a whole lot more.

yeah...we’re all that.
Student Health Services can count on one thing every year—that we will see more patients, provide more services, and engage more students than we did the previous year.

While the number of students at USC has increased over the years, we’ve seen an increasingly larger percentage of the student population utilizing our services every year.

In the spring of 2012, we determined there was a real need to expand access to our Sports Medicine Clinic at the Thomson Student Health Center.

To accomplish this expansion, we formed a partnership with the USC Athletics Department and the USC School of Medicine’s Orthopedics and Family Medicine.

Because of this partnership, we hired Bryan Smith, MD, Ph.D., a physician board-certified in pediatrics and sports medicine, to direct our expansion efforts and provide specialized care to patients. Dr. Smith is a specialist in identification and treatment of concussions and has contributed chapters to multiple textbooks in his field. Before coming to work for Student Health Services, he worked for the Major League Baseball’s Joint Drug Prevention and Treatment Program. Prior to that, he worked at UNC Chapel Hill as the Head Athletics Team Physician for nine years.

To provide greater access to our services, we gave athletic trainers at Williams Brice Stadium access to our secure, online appointment program so they could conveniently schedule Sports Medicine Clinic visits for athletes.

Expansion of the Sports Medicine Clinic resulted in a 40 percent increase in its patient visits last year, demonstrating how patient care is greatly enhanced through partnerships that increase availability of and access to resources.

Through the expertise of our team of physicians including Dr. Smith, Dr. Jason Stacy, Dr. Matthew Pollack, Dr. Christopher Mazoue and Dr. Jeffrey Guy, our Sports Medicine Clinic can diagnose and treat injuries including:

- Hand, tendon and nerve disorders
- Spinal disorders and scoliosis treatment
- Arthritis and joint degeneration
- Occupational injuries
- Fracture care
- Elbow and shoulder disorders
- Hip and knee disorders
- Foot and ankle disorders
- Emergency injury care

The Sports Medicine Clinic is open to all USC students. Students are welcome to make appointments with the providers in this clinic online at www.sc.edu/myhealthspace or by calling 803-777-3175.
The Counseling & Human Development Center (CHDC) has traditionally been associated with its long-time location—the seventh floor of the Byrnes building on Sumter Street. Students have counted on CHDC staff to be there for decades, but now, all that’s changing.

Students, faculty and staff are starting to see the CHDC’s presence all around campus through its new Community Based Services (CBS).

CBS occur all across campus in locations where people typically congregate, including academic buildings and the Russell House. The idea behind CBS is that the CHDC staff are literally putting resources into the campus community, instead of just having students come to them at their office location.

While the CHDC is providing resources in a new and exciting method through its CBS, it is sticking to traditional counseling strategies that combine problem solving, support, psycho-education, advocacy and resource enlistment and utilization.

CBS include these programs:

**Let’s Talk**—a program that provides one-on-one access to CHDC counselors at different locations on campus through informal, drop-in, confidential consultations.

**Suicide Prevention Services**—a range of services designed to raise awareness of suicide, warning signs of suicide, and resources available within the campus community.

Suicide Prevention Services, a large initiative that includes Suicide Prevention Gatekeeper Training, web-based training, an Interactive Screening Program, outreach, referral systems, and intervention are critical components of the CHDC’s comprehensive strategy to develop a student, faculty and staff community that can identify potentially suicidal individuals and intervene effectively.

**Community Support Meetings**—a facilitated support system formed when a campus community experiences a traumatic accident, death, natural disaster or any other critical event affecting it as a whole.

Community Support Meetings take place in a location selected by the affected community. They are structured to provide a safe place to talk about what has occurred, how a community is reacting to the event, and how the group can move forward as a whole.

**Community Consultation & Intervention (CCI)**—a program offering consultation to students, faculty, staff and other campus community members about how to respond to students of concern.

CCI seeks to involve all members of the campus community in the identification of students who may be in mental or emotional distress. Students, faculty and staff who interact with troubled students on a day-to-day basis witness student struggles firsthand and are frequently the first to acknowledge that a student is having difficulties.

If you are concerned about a student and not sure what to do, call the CHDC at 803-777-5223. The office is open from 8 a.m. – 5 p.m. during spring and fall semesters and 8:30 a.m. – 4:30 p.m. during the summer and semester breaks.

When you call the CHDC about a student of concern, the staff will provide you:

- Guidance on how to talk with the student
- Information about how to understand, provide assistance or get help for the student
- Strategies for helping the student connect with the CHDC or other support services

Through CCI consultations, the CHDC is often able to identify and assist students in distress who may never seek help themselves.

The CHDC also provides intervention services for students, which may include meeting with the concerned community member and the student together to provide support, advocacy and guidance, or behind-the-scenes case management or advocacy.

CBS is directed by Dr. Tobin R. Lovell, Assistant Director at the CHDC for CBS. Other CHDC staff working on the CBS Collaborative include Dr. Lara Masri, Coordinator for CCI Services, Dr. Sterling Watson, Coordinator for Let’s Talk Services, Jennifer Myers, Coordinator for Suicide Prevention Services, and Erin Puro, Postdoctoral Resident at the CHDC.

Together, CHDC staff are truly working outside the traditional box of mental and emotional health counseling.

Look for our counselors around campus and get to know them. They are truly your and your peers best advocates.

For more information, visit www.sa.sc.edu/shs/chdc, or contact Dr. Lovell at lovellt@mailbox.sc.edu or 803-777-5223.
outside the box
outside the building

Dr. Tobin R. Lovell, CHDC Assistant Director for Community Based Services
If you’re new to USC, you may associate the term “bystander accountability”—taking action when you see someone behaving unacceptably—with the anti-bullying movement.

Sexual Assault and Violence Intervention & Prevention (SAVIP), a department within Student Health Services, has taken the notion of “bystander accountability” to a whole new level through Stand Up Carolina, an initiative addressing real-life scenarios facing college students.

Awareness of Stand Up Carolina and its messages of self-confidence, safety and responsibility have spread around campus like wildfire in the past few semesters since the program’s inception. Sound interesting? Keep reading to learn how you can get involved in the program!

Stand Up Carolina seeks to prevent interpersonal violence, including sexual assault, domestic violence, fighting, sexual harassment, intimidation, coercion, stalking and hate crimes on and around our campus. It also seeks to empower students, faculty and staff to stand up to all forms of violence by communicating tips and strategies through University 101 classes, presentations to residence halls and organizations, tabling on Greene Street, at annual events and through its social media pages, which anyone can friend, follow, join and share.

You may wonder why we have a program like Stand Up Carolina at USC. Because like all communities nationwide, interpersonal violence does exist within our campus community. It’s an unfortunate but true fact.

According to the spring 2012 American College Health Association’s National College Health Assessment (NCHA), which is conducted by Healthy Carolina every other year at USC, students reported the following within the past 12 months:

<table>
<thead>
<tr>
<th>Incident</th>
<th>Male %</th>
<th>Female %</th>
<th>Total %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being in a physical fight</td>
<td>10.5</td>
<td>2.8</td>
<td>5.2</td>
</tr>
<tr>
<td>Physical assault (non-sexual)</td>
<td>4.4</td>
<td>3.2</td>
<td>3.6</td>
</tr>
<tr>
<td>Verbal threat</td>
<td>21.9</td>
<td>13</td>
<td>15.7</td>
</tr>
<tr>
<td>Sexual touching without consent</td>
<td>2.6</td>
<td>3.9</td>
<td>3.5</td>
</tr>
<tr>
<td>Sexual penetration attempt without consent</td>
<td>.9</td>
<td>2.2</td>
<td>1.7</td>
</tr>
<tr>
<td>Sexual penetration without consent</td>
<td>.4</td>
<td>1.4</td>
<td>1.1</td>
</tr>
<tr>
<td>Stalking</td>
<td>3.5</td>
<td>4.6</td>
<td>4.2</td>
</tr>
<tr>
<td>Emotionally abusive intimate relationship</td>
<td>8.8</td>
<td>10.4</td>
<td>9.9</td>
</tr>
<tr>
<td>Physically abusive relationship</td>
<td>2.6</td>
<td>1.8</td>
<td>2</td>
</tr>
<tr>
<td>Sexually abusive relationship</td>
<td>.4</td>
<td>1.4</td>
<td>1.1</td>
</tr>
</tbody>
</table>

In addition to friending Stand Up Carolina, you can get involved in bystander accountability by participating in SAVIP’s year-round programs. You’ll learn about healthy relationships, violence prevention and how to keep yourself, your friends and even strangers safe!

Avoiding Sexual Assault: Strategies to Protect Each Other

Most sexual assaults are committed by someone known by the victim or an acquaintance. Go over these tips with your friends regularly, especially before you go out, to ensure your safety.

- Pay attention to what is going on around you.
- Come up with a plan beforehand.
- Talk to your friends about how they would want you to intervene if they were in an uncomfortable situation.
- Choose an intervention strategy that is best for the situation.
- If a place or situation doesn’t feel right, it probably isn’t. Trust your instincts and leave.
- Do not immediately trust a person you just met at a party.
- Stay in a group as much as possible. Four or more is best.
- Do not accept alcoholic beverages or
Stop by the Stalking Awareness Safety Fair
In January, SAVIP hosts its annual Stalking Awareness Safety Fair, complete with vendors from a variety of USC organizations and off-campus businesses that can help you make the best use of your phone, online bank account, social media accounts and more while maintaining your personal safety.

Sign up for a free Women’s Self-Defense Class
Offered each fall and spring semester in conjunction with local law enforcement, SAVIP offers free self-defense classes to female students, faculty and staff.

Submit someone for a Hero Award
Every spring, SAVIP recognizes “heroes”—ordinary students, faculty and staff who stepped up as accountable bystanders and took action—resulting in a powerful change in someone’s life. Anyone can submit someone for recognition as a hero including students, faculty and staff. We honor heroes for their compassion, empathy and dedication to others, for making the right choice and making a difference in our campus community. No deed is too small for recognition. Heroes are recognized each spring at a formal ceremony. Visit www.sa.sc.edu/shs/savip/hero to submit a hero of your own for recognition.

Teen Dating Violence Awareness Month
Each February, SAVIP staff, in partnership with Campus Wellness, get the word out on the street about safe relationships and consensual sex. Look for them on Greene Street on or around Valentine’s Day, where they hand out condoms and candygrams.

Sexual Assault Awareness Month
Each April, SAVIP hosts a variety of events, programs and sessions around campus to generate awareness about sexual assault and what everyday people can do to bring it out of the shadows. For 2013, SAVIP will be hosting T-shirt painting sessions in residence halls for the Clothesline Project, Postcard Secrets designing sessions, information sessions and more.

Domestic Violence Awareness Month
Each October, SAVIP conducts a week of events and activities around campus to raise awareness of interpersonal violence and the horrific effects it has on families and communities. Events include “These Hands Don’t Hurt,” “Empty Space at the Table,” information sessions on healthy relationships, stalking and sexual assault, and a headlining guest speaker.

Join True Strength, SAVIP men’s program
Lead by Corey Ingram, MSW and program coordinator at SAVIP, True Strength encourages men to unite and take an active role against sexual assault and sexual violence. True Strength provides men information about sexual assault and violence, and is a venue for sharing personal stories or experiences of how sexual assault or violence has affected their lives or the lives of others. True Strength teaches men to create a safe environment for their mothers, sisters, daughters and others. True Strength is a forum for all to share new and innovative ideas on the topic of sexual assault and sexual violence. Contact Corey Ingram at 803-777-2919 or email cingram@mailbox.sc.edu to join.

Now that you know more about SAVIP and why the department is asking you to Stand Up Carolina, we hope to see you following us on Facebook and participating in SAVIP events. There’s always something going on that you can become actively involved in.

After all, ending interpersonal violence of any sort starts with accountable bystanders, and that’s you!
Shameka Wilson wants you to talk about sex.

She wants you to talk about it whether you’re doing it or not. She wants you to talk about consent, condoms, pregnancy and sexually transmitted diseases and infections. She even wants you to talk about sexual acts and body parts.

More than anything, Shameka just wants you to talk about sex—with each other, and with her.

Shameka is the Sexual Health Coordinator for Campus Wellness, a department within Student Health Services at USC. She has a Master’s in Public Health from USC, and she’s a Certified Health Education Specialist.

Shameka’s primary responsibility at USC is to oversee sexual health programs and services and manage the day-to-day functions of her office, which include one-on-one consultations with students, distributing information about STD/STIs, pregnancy and birth control, and assisting students who drop in with questions, or who are seeking condoms or other barriers to pregnancy and disease.

She has a wealth of knowledge and rock-solid advice and information about everything related to sex, and her job is to help students make educated, informed decisions about sex and sexual health.

Shameka, her graduate assistant and the Changing Carolina Peer Leaders, Student Health Services’ student peer group, spend a lot of time reaching out to students. They frequently staff a table on Greene Street to hand out brochures about sexual health and information about consultation services provided to students.

Shameka and the Peer Leaders give presentations around campus to reach out to students. One presentation, What UR Peers Never Told You About Sex, is given in University 101 classes each fall. In addition to doing presentations in the classroom, Shameka spends a lot of time in residence halls and at student organization meetings talking about sex.

Being available to listen, talk and answer questions around campus in locations where students live and socialize, and presenting information on their terms is the key to engaging students and helping them make good decisions about sex and sexual health, Shameka explained.

This is why she uses a variety of programs and forums—so students will be comfortable with the subject matter and her.

The first of these forums is called Sex In a Fishbowl, and not because students feel like they’re in a fishbowl when they participate, but because a glass fishbowl is literally passed around the room during the presentation. Students write questions they have about sex on a notecard, fold it in half and place it in the fishbowl, which is then passed to Shameka.

Once she begins reading and answering the questions from the fishbowl, students realize everyone is curious about the same things, but too embarrassed to ask. This sparks great conversation, laughter, some blushing, and a lot of learning.

Shameka is available to any group of students willing to host a Sex In a Fishbowl session on or off campus.

One-on-one, private sexual health consultations with Shameka are available to all USC students. Students can come in and talk about anything having to do with sex—abstinence, relationships, sexual orientation, pregnancy, sexually transmitted diseases and infections, contraception, or issues specific to men’s or women’s sexual health.

“Students do not have to be sexually active to have concerns about sexual health or to have a reason to come talk with me,” Shameka explained.

In fact, the spring 2012 American College Health Association’s National College Health Assessment (NCHA), which is conducted every two years at USC, found 25 percent of students reported having no sexual partners in the past 12 months, and 50 percent reported having only one.

Frequently during one-on-one consultations, students just want to know if what they’re experiencing with their growing and changing bodies and emotions is normal, Shameka noted.

“I don’t embarrass students, and they don’t embarrass me,” Shameka explained. “We’re just two people having a conversation. Students can ask me anything. It’s not like your grandparent’s sex ed class or your parent’s sex talk,” she said.

If students come in with concerns that should be addressed by an advocate, mental health professional or a healthcare provider, Shameka refers them to the Counseling & Human Development Center, the General Medicine Center, Women’s Care or Sexual Assault and Violence Intervention & Prevention, which are all departments within Student Health Services.

Raising awareness about the importance of getting tested for sexually transmitted diseases and infections is a vital part of what Shameka and her staff do.
To support this, she brought the GYT (Get Yourself Tested) initiative to campus. It’s a nation-wide program funded by the Centers for Disease Control and Prevention, the Kaiser Foundation and MTV.

Each semester, the Peer Leaders develop and deliver GYT events on campus. Last year, they hosted the GYT Fall Carnival, which included educational games like *Fishing for Facts*, in which students learned about STDs and STIs.

“Young people between the ages of 15 and 25 make up almost half of the 19 million newly diagnosed STD/STI cases each year in our country,” Shameka noted.

The NCHA survey also showed that students having intercourse used condoms 47 percent of the time.

“Correct and consistent condom usage, coupled with STD/STI testing is critical to the health of college students,” Shameka explained.

“Getting tested isn’t something you should do once. Students should consider it a part of their annual check-up if they have engaged in any sexual activity,” Shameka explained.

While STD/STI testing is available through many agencies and organizations around town, the Thomson Student Health Center has a lab that does testing for a fee for HIV, syphilis, Chlamydia and gonorrhea.

Students don’t have to see a healthcare provider first. They simply schedule a lab appointment at [www.sc.edu/myhealthspace](http://www.sc.edu/myhealthspace).

The Peer Leaders host several events annually to keep good sexual health practices on the minds of students. The biggest event is *Project Condom*, which challenges student teams to make garments entirely out of condoms and culminates in a standing-room-only fashion show in the Russell House Ballroom each spring.

While most people don’t associate fashion shows with good sexual health, Shameka and her team always weave the message into the fabric.

If you’d like to schedule sexual health programming for your residence hall or organization or a one-on-one consultation with Shameka, call 803-777-1835 or email wilso359@mailbox.sc.edu.
Have you ever felt completely overwhelmed—felt like you had more on your to-do list than you were capable of—or felt like there was no way you could give each task the time you needed to?

If so, it’s pretty likely that you experienced stress, which can include headache, muscle tension, stomach upset or sleep problems. Stress also affects your mood. It can make you more anxious and restless, affect your motivation and ability to focus, or make you sad or depressed. If you don’t deal with stress effectively, it can affect your behavior, causing you to overeat or undereat, smoke, use drugs or alcohol or withdraw socially.

Stress can be caused by a variety of things. Worries about issues ranging from academics and financial issues to family and relationships can all cause stress. Stress itself isn’t abnormal or bad. What’s important is how you deal with it.

Does simply thinking about stress make your heartbeat speed up, your breath quicken and give you sort of a sick feeling in your stomach? If so, keep reading.

According to the American College Health Association’s 2012 National College Health Assessment (NCHA), 42 percent of students reported experiencing what they consider “more than average” stress, and 8.3 percent of students reported experiencing what they consider “tremendous stress.” Also, 22.9 percent of USC students reported that stress has impacted their studies—more so than anything else.

Stress can have a great impact on your life as a student. Students suffering from stress often feel overwhelmed and can struggle balancing academic and social time, have a hard time maintaining a healthy weight, or even experience depression or anxiety.

Stress can range from low and occasional to levels so high it can be crippling. Take a look at these different levels of stress, see if you have any of the associated symptoms, and if you do—take action now.

Low Stress
Low stress is associated with a healthier life, less fatigue and more peace of mind. You’ll want to maintain this level. Keep practicing any stress management strategies you’re using right now that are working for you.

You’ll need to watch for signs or symptoms of increasing stress including headaches, indigestion, mood swings or increased anger. If you find yourself feeling more stressed, take these preliminary steps.

Start by identifying sources of stress you can eliminate. Consider internal stressors, such as fears or unrealistic expectations, as well as external stressors, like family or work demands. Next, seek out effective strategies for coping with stress including exercise, music or art. Also, try simplifying your life by saying “no” occasionally!

One resource you can use, offered by Student Health Services Campus Wellness, is Keep Calm. Keep Calm encompasses a wide variety of programs developed
to promote relaxation and relieve stress. Activities include yoga, pet therapy, meditation, biofeedback, and one-on-one time with health educators. For specific dates and locations, visit www.sa.sc.edu/shs/cw.

Another resource recommended by Campus Wellness is meditation. At Soundcloud (http://soundcloud.com/meditation-for-students), meditations are completely free, easy to use and last about five minutes each—short enough to fit into your busy schedule, but long enough to help you deal with stressors. Bookmark them so they’ll be at your fingertips when you need them most.

Guided relaxation is offered through Student Health Services Counseling & Human Development Center (CHDC). This is a popular resource that many students take advantage of each semester. It’s a fun way to relax and unwind, and can help you manage your workload and life. Sessions are held Thursdays from 3:30 to 4:30 in room 617 in the Byrnes Building this spring semester.

**Moderate Stress**
Over time, even moderate levels of stress can lead to serious health consequences. Stress that is not managed can lead to:

- Feelings of anxiety, depression and sadness
- Forgetfulness, feeling frantic and out of control
- Body tension and tightness or injury
- Burnout, fatigue and lethargy
- Increased risk for cold, flu and other illness
- Increased risk for unhealthy weight gain or loss
- Unhealthy behaviors—alcohol, tobacco and other distracting and addicting behaviors

If you identify with any of these symptoms, it’s **time to take action.**

Your first action should be to call the CHDC. You will speak with someone on the phone about your issues. They will schedule you to come in and talk with a counselor who can get you on a healthy path to dealing with stress and any other mental health issues you may have.

A popular CHDC resource recommended to students is group therapy. A wide variety of groups are available to students including those that teach effective coping skills and help improve self-esteem, time management and organizational skills—all of which can contribute to stress if you aren’t managing them well in your life.

The CHDC also has specialized groups for stress, anxiety, loneliness, depression, relationship difficulties, questions about identity, disordered eating, substance use, sexuality and managing existing mental health conditions. It also offers general group therapy, graduate and professional student groups, men-only groups and African-American student groups.

Group therapy is free, confidential, and is a great way to get issues off your chest and deal with them before they become problematic and affect your studies.

**High Stress**
A high level of stress puts you at increased risk for serious health issues including obesity, heart disease, addiction, depression and many more.

Stress is very personal and manifests in many different ways. Some people feel a sense of being completely overwhelmed, and cannot get mentally grounded. Others may become completely unmotivated, and other people may go into high gear, feeling nervous and anxious, like they can’t sit still.

If you have an incredible amount of stress, or are adjusting to a new, higher level of stress, you may find it difficult to go about your daily routine. If this is the case, you may have an adjustment disorder, which can seriously affect your feelings, thoughts and behaviors.

Signs and symptoms of very high stress or an adjustment disorder can include:

- Sadness
- Crying spells
- Worry
- Trouble sleeping
- Difficulty concentrating
- Thoughts of suicide
- Fighting
- Poor school or work performance
- Vandalism

If you do not feel you are in danger, but know you’re having real problems with stress that are seriously compromising your life and academics, call the CHDC at 803-777-5223 between 8 a.m. - 5 p.m. during fall and spring semesters and 8:30 a.m. - 4:30 p.m. during summer and breaks.

As a college student, stress is almost inevitable. However, it doesn’t have to take over your life. By taking advantage of the resources offered by Student Health Services, you can learn to prevent, control and manage stress so that it doesn’t get the best of you or derail your academic performance.

Your college career, and your health, could depend on it!
Suicide is a big mystery. It’s tough to imagine what someone must be going through to consider it. It’s difficult to understand why people in crisis don’t reach out for help. Most of us can’t comprehend how someone could possibly inflict enough harm upon themselves to cause death.

Although we may not understand suicide, most people can name someone—a friend, acquaintance, family member, athlete, artist or musician—who committed suicide.

National Statistics
Taking one’s life, while not commonplace in our society, has been on the rise in the US since 2000, increasing to 36,909 suicide deaths in 2009, the most recent year the Centers for Disease Control and Prevention (CDC) has data compiled for.

The CDC also reports:

Suicide is the most preventable form of death, yet it is a leading cause for college students.

You’re more likely to interact with a student in emotional distress or experiencing a suicidal crisis than a student in cardiac arrest or choking.

Eight out of 10 people considering suicide give some sign of their intentions.

USC Statistics
If you think none of your friends or classmates contemplate suicide, consider these statistics revealed by the spring 2012 American College Health Association’s National College Health Assessment (NCHA) conducted at USC:

.9% of male students and .6% of female students reported attempting suicide in the past 12 months—the equivalent of approximately 135 men and 90 women.

5.7% of male students and 3.9% of female students reported seriously considering suicide in the past 12 months—the equivalent of approximately 855 men and 585 women.

24.1% of male students and 24.4% of female students reported feeling so depressed it was difficult to function in the past 12 months—the equivalent of approximately 3,615 men and 3,660 women.

32.5% of male students and 39.1% of female students reported feeling things were hopeless in the past 12 months—the equivalent of approximately 4,875 men and 5,865 women.

What can you do to change these numbers? Become a USC Suicide Prevention Gatekeeper.

USC Suicide Prevention Gatekeeper Training
Becoming a Suicide Prevention Gatekeeper is your opportunity to learn to recognize the signs that someone may be considering suicide and how to intervene.

Those who go through training literally become “gatekeepers” to mental health resources on campus and throughout the community.

Jennifer Myers, Suicide Prevention Services Coordinator at Student Health Services Counseling & Human Development Center, conducts Gatekeeper training year-round for students, faculty and staff interested in intervening and assisting people in crisis. Gatekeeper training takes two-and-a-half hours and is free.

In addition to hosting Gatekeeper training at regular times around campus each semester, Jennifer takes Gatekeeper training to residence halls, offices and organizations upon request.

It’s important to note that participants don’t need experience in psychology, counseling or social work to become effective Gatekeepers. Anyone can learn the signs and signals to be aware of and to intervene, take action and refer students to the most appropriate mental health resources.
Suicide Warning Signs

These signs may mean someone is at risk for suicide:
- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

If You Know Someone Who Needs Help

If you think a friend or classmate is contemplating suicide, talk with them and take action. You may need to be persistent before they are willing to talk. Ask them directly if they are thinking about killing themselves or having suicidal thoughts.

If you think they are in immediate danger, call 911. Stay with them until law enforcement arrives.

If they don’t seem to be in immediate danger, ask if they will go with you to the Counseling & Human Development Center (Byrnes Building, 901 Sumter St., Columbia, SC 29208), which is open 8 a.m. - 5 p.m. Monday - Friday during fall and spring semesters and 8:30 a.m. - 4:30 p.m. during the summer and breaks. Call 803-777-5223 to reach a staff member who can help. You can also take them to USC Police headquarters (1501 Senate St., Columbia, SC 29208). USC Police can be contacted at 803-777-4215.

You can also call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), which is open 24/7, to speak with a crisis worker on behalf of someone you are concerned about.

If the person refuses to get help, you need to find someone who can intervene, whether it’s the Counseling Center, the National Suicide Prevention Lifeline or USC Police.

Act Now

While we may never understand why people take their own lives, there is a lot we can do to identify who may be at risk and help them get the resources they need that may save their lives. You can start by becoming a Suicide Prevention Gatekeeper, and encouraging your friends, classmates and coworkers to join you.

Sign up online for USC Suicide Prevention Gatekeeper Training at www.sa.sc.edu/shs/chdc/training. Contact Jennifer at 803-777-5223 or jenmyers@mailbox.sc.edu to schedule training specifically for your department, organization or group.

If you ever feel suicidal or think about injuring yourself or another, call 911 immediately for help...or call a friend and ask them to do it for you.

Visit the National Suicide Prevention Lifeline at www.suicidepreventionlifeline.org for in-depth information about suicide warning signs, getting help for yourself or a friend, or participating in a live, one-on-one chat with a counselor. Visit the Veterans Crisis Line (1-800-273-8255) at www.veteranscrisisline.net for information for veterans, active duty/Reserve and National Guard members, friends and family.

Myths & Misconceptions About Suicide

**MYTH:** People who talk about suicide/make a nonfatal suicide attempt are just seeking attention.

**TRUTH:** We cannot make assumptions about the person’s intentions and need to take them seriously. Anyone distressed enough to talk about or attempt suicide needs professional support.

**MYTH:** Asking someone if they’re thinking about killing themselves may encourage them to do so if they’re actually considering it.

**TRUTH:** It is important not to treat suicide as a taboo subject. Raising the issue sensitively and asking directly gives the person permission to speak about his or her distress.

**MYTH:** Suicidal people do not ask for help.

**TRUTH:** Most people will tell someone about their plans. Young people will often tell their peers. Studies indicate that the majority of adults visited their doctor within the three month period before their attempt.

**MYTH:** Only experts can prevent suicide.

**TRUTH:** Many people could die if we do not step up and pay attention to the emotional turmoil our peers may be in. Suicide prevention is everybody’s business.
It’s a fact that people have been trying to not get pregnant as long as they’ve been trying to get pregnant.

Through the ages, men and women (primarily women) have used a variety of methods to prevent pregnancy, ranging from those that are just plain silly to those that are potentially deadly.

The good news is that today, men and women both have the ability to be equally involved in decisions not only about birth control, but also about those made to prevent sexually transmitted diseases and infections (STD/STIs).

While women typically are on the decision making end of which birth control method they choose to use, there’s no reason men cannot be equally educated about the methods available and be equally involved in the decision making process with their partners. When partners talk about birth control, avoiding STD/STIs and sexual health in general, it can really open the door to a deeper, stronger, longer-lasting relationship.

Student Health Services always advocates for communication between two consenting people before they become sexually active. Also, we recommend using a male condom during every sexual encounter. Male condom usage is the single best method to avoid transmission of STD/STIs. Other than abstinence or sterilization, condoms are also the best back-up method to unintended pregnancy, so they should be used in conjunction with all other birth control methods.

Student Health Services will also always advocate for abstinence. It’s the only way to completely avoid unintended pregnancy, STD/STIs and the emotional and mental health implications sexual activity entails. You don’t have to be a virgin to be abstinence. You can decide at any point in your life that you’re not comfortable with or not ready for sexual activity. It’s that easy.

This article introduces you to the best birth control and STD/STI prevention methods available to you today. All preventive methods on these pages are available at the Thomson Student Health Center’s General Medicine Center, Women’s Care or our pharmacy. You can pick up free male and female condoms from our sexual health staff on the third floor of the building, as well as in many of our waiting areas.

If you’d like to make an appointment with a healthcare provider to talk about which contraception method is best for you, call 803-777-3175 or visit MyHealthSpace at www.sc.edu/my-healthspace.

We also urge you to make an appointment with our sexual health staff at 803-777-1835 to discuss questions or concerns you may have about sex or sexual health.

Couples, of course, are welcome at all appointments.

<table>
<thead>
<tr>
<th>Method: Male Condom</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Effectiveness against pregnancy:</strong> 82%</td>
</tr>
<tr>
<td><strong>Protection from SI/STDs:</strong> Better than any other method aside from abstinence!</td>
</tr>
<tr>
<td><strong>Effort:</strong> Unless you use a condom every time you have sex, seriously, the condom WON’T protect you!</td>
</tr>
<tr>
<td><strong>Side effects:</strong> Usually none unless you have a latex allergy, but non-latex condoms are made.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Method: Abstinence</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Effectiveness:</strong> 100% against unintended pregnancy and STD/STI transmission when used consistently, 100% of the time</td>
</tr>
<tr>
<td><strong>Effort:</strong> Ranges, depending upon the individual</td>
</tr>
<tr>
<td><strong>Side effects:</strong> None</td>
</tr>
</tbody>
</table>

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The His & Hers Guide to TOP Birth Control
**Method: The Pill**

*Effectiveness against pregnancy:* 91%
*Protection from STI/STDs:* ZERO

**Effort:** You must remember to take a pill every day of your life.

**Side effects:** Temporary breast tenderness, irregular bleeding & nausea

---

**Method: The Patch**

*Effectiveness against pregnancy:* 91%
*Protection from STI/STDs:* ZERO

**Effort:** Easy to use because you change it only once a week

**Side effects:** Temporary breast tenderness, irregular bleeding & nausea

---

**Method: The Ring**

*Effectiveness against pregnancy:* 91%
*Protection from STI/STDs:* ZERO

**Effort:** Easy-to-insert flexible ring only needs replacing monthly

**Side effects:** Can cause nausea, stomach upset and vomiting

---

**Method: The Pill**

*Effectiveness against pregnancy:* 91%
*Protection from STI/STDs:* ZERO

**Effort:** Pretty easy because you get a shot every three months

**Side effects:** Can cause irregular bleeding, increased appetite and weight gain

---

**Method: IUD**

*Effectiveness against pregnancy:* 99%
*Protection from STI/STDs:* ZERO

**Effort:** Easy. You have it put in, and it lasts years.

**Side effects:** Cramps and increased bleeding
Student Health Services is putting patients In the Center

New facility to advance patient-centered care model
Student Health Services is on top of its game.

We know that great health—from physical health to mental, emotional and spiritual health—is critical to academic success.

Our programs, services and outreach through programs like Let’s Talk, Stand Up Carolina and Carolina Beautiful are all developed, refined and fine-tuned to best serve the students of the University of South Carolina.

Our organization is accredited by the Accreditation Association for Ambulatory Health Care, which means our practices, programs and services meet or exceed very high national quality of care standards.

Our medical doctors are all board-certified in at least one area. This means they have mastered the knowledge and skills in their areas of medical specialization, and that the care they provide is of the highest quality.

You will find the Lab in the Thomson Student Health Center holds accreditation through the Commission on Office Laboratory Accreditation, and our Physical Therapy program is accredited by the American Physical Therapy Association.

Staff in our Campus Wellness and Sexual Assault and Violence Intervention & Prevention departments are equally skilled, holding Master’s degrees in their areas of expertise and/or Certified Health Education Specialist certification.

Our Counseling & Human Development Center is home to Ph.D., Psy. D., and Ed.S. and Masters-level staff. It also houses an intern training program that is accredited by the American Psychological Association.

Our entire department, from Women’s Care and the General Medicine Center, to our public relations staff, participates in our continuous quality improvement program, in which we document our work, seek ways we can further improve the quality of our care, and implement the changes within our organization.

We’re always raising the bar. And then, we raise it again.

This is exactly why Student Health Services began making plans for a new healthcare facility several years ago. We know that the highest quality patient care can be obtained in a facility designed to promote optimal delivery of services and patient outcomes.

Student Health Services is currently operated from four different locations on campus. The Counseling & Human Development Center is located in the Byrnes Building. Campus Wellness staff is split between the Blatt P.E. Center, the Strom Thurmond Wellness & Fitness Center and the Thomson Student Health Center, which also houses all medical care, ancillary medical services, Sexual Assault and Violence Intervention & Prevention and Psychiatric Services.
Our internal referral process ensures students receive holistic care when they visit a provider, counselor or advocate at Student Health Services. If a student has an initial appointment with a medical doctor in Women’s Care, for example, she may receive a referral to the Counseling & Human Development Center to help her deal with stress, and one to Campus Wellness to help her quit smoking.

Bringing all these service areas together that make up the holistic care Student Health Services provides will support the provision of integrated, patient-centered care.

In addition to bringing Student Health Services staff and patients together, the new facility will work to connect staff, patients and visitors with the natural environment around the building and the larger campus community.

Architects selected for the project, Quackenbush Architects + Planners and Perkins+Will, envision a modern, 60,000 square foot building that blends well with the natural environment with seamless transitions between outdoor and indoor spaces. They will accomplish this by using large glass walls that make the most of natural light.

Suggesting incorporation of multipurpose space in the new facility, the architects have communicated the benefit of including common community spaces for relaxation, group exercise or yoga classes and a resource area that would be open to those wishing to learn more about health and wellness.

Making use of design features that further blend the indoor and outdoor environment will likely be included in the design. Gardens, plants and water features are also being considered as a part of the overall design to foster an environment of patient-centered care through creation of an area that fosters peace, healing, and health.

The integration of a variety of green principles in the design of the facility will allow Student Health Services to seek LEED (Leadership in Energy and Environmental Design) certification for the new facility. The final plan may include gardens that don’t need irrigation systems, sidewalks that absorb runoff, and lighting that minimizes energy consumption.

In essence, the building would not only improve the health of those who use it, but also have minimal impact on the surrounding environment itself.

The Quackenbush and Perkins+Will team has extensive experience in healthcare and educational design.

Together, the two firms represent the best in developing a patient-centered concept for the new campus healthcare and wellness facility.

The project is currently in the exploratory phase of design. The design and construction team have been working closely with Student Health Services staff for many months now to determine exactly how staff and students envision ideal patient-centered care and how a new building can support that.

Initial plans and design for the new facility are expected in the summer of 2013, and groundbreaking is expected in 2014. The facility is expected to be operational in 2015.

While our operations may take place in different campus buildings now, you can be assured Student Health Services high-quality care and patient-centered mindset will always be at the foundation of our mission and work, regardless of where our services and programs are offered from.
What you said

We asked for feedback about your experiences with Student Health Services.

Here’s what you said.

- Great job! It’s so nice having such a convenient place to come. I feel like I am receiving better quality service than I do at my doctor’s office at home. Especially since I am a nursing major. You are a great example for healthcare majors! Thanks for all that you do.

- I am just so impressed with the eating disorder team. This is truly the best care I have ever received for my issues, and I can’t express my gratitude enough.

- The whole staff was amazing. I had a great experience at Women’s Care.

- This place is awesome. Glad I moved my psychiatric, counseling, and general medical services here.

- Psychiatric Services is absolutely fabulous. My doctor’s professional, caring and supportive nature has made seeking assistance a great experience. I will be truly sad to graduate and have to find a new psychiatrist.

- Thank you. I am grateful for your service and level of commitment.

- I’m very glad I started using the Counseling Center and Psychiatric Services. I’m starting to become more optimistic about my future.

- The lab technician did well. He was very helpful and friendly.

- This procedure that I underwent ran smoothly and the doctor was gentle and kind and very smart. I will come back to the health center for all of my needs.

- My nurse practitioner in the General Medicine Center was so incredibly helpful, genuinely concerned, and very thorough in her examination. She not only made sure to check up on me very frequently, she also made sure that I understood my condition and agreed with my treatment.

- My nurse practitioner at Women’s Care made me feel very comfortable and was very informative. I will definitely be going back to her for future visits, and I will definitely recommend her to my friends!

- The doctor that I saw on my visit was very welcoming. He made me feel like I was a very important patient. The talk we had was very informative, and I am very glad I had him as a doctor.

- Thank you for making me better!

- SHS has exceeded my expectations with quality care all year, and I’d like them to know that I thank them.

- They all had pleasant attitudes and friendly smiles on their faces.

- Campus Wellness explained the fitness testing procedures well. Plus they were friendly and non-judgmental.

- The staff in Sports Medicine showed a lot of patience in trying to understand my condition and developing a pain management plan for me.

- The nurse was really sweet and really cared about my well-being.

- The staff was very accommodating. I had a severe migraine, and they put me in my own room where it was quiet and the lights were off. I really appreciated that.

- Everyone is very nice. They really treated me like an equal, with respect, and answered all of my questions.

- They helped me understand how my medicine worked.

- The people at the front desk at Women’s Care are fantastic and took very good care of me.

We’re always looking for feedback at Student Health Services. We’ve got comment boxes located in each of our service areas, or you can email our Quality Improvement Coordinator at kburu@mailbox.sc.edu.
To Haiti With Love

Student Health Services Medical Director, Mike McKenzie, MD, provides patient-centered care at home and abroad

It began with an earthquake in a faraway island nation. Compelled by passion and love, the congregation of First Baptist Church of Columbia, SC decided to pool their resources immediately to make a difference in Haiti in those first hours when the horrors that besieged the island became evident through the evening news reports.

Today, Dr. McKenzie, Student Health Services Medical Director and member of First Baptist Church, and his church congregation’s work have resulted in permanent, lifelong change for a group of children orphaned by the tragic earthquake that took place January 12, 2010.
At 4:53 p.m. that day, an earthquake with a 7.0 magnitude hit Haiti, with the epicenter 10 miles west of Port Au Prince, the capital city. Within days of the earthquake, hundreds of thousands of people were reported injured or dead, and millions more were in need of emergency medical care or assistance.

A team of people from First Baptist Church, including Dr. McKenzie, quickly got together and decided they would collect medical supplies and travel to Haiti to help the people in need.

Eight days after the earthquake, Dr. McKenzie’s team arrived at the Haitian tent cities with medical supplies, ready to go to work. They quickly set up a makeshift hospital in a tent and began seeing patients in and around Port Au Prince, as well as spreading their message of the hope of Jesus Christ.

While Dr. McKenzie’s team was on the ground in Haiti, back in the US, First Baptist Church was receiving contributions to purchase and ship tents to families in Haiti who had lost their homes in the earthquake.

Four weeks later, a second team from the church delivered the tents and other supplies. While there, the team began to formulate a plan to construct a home for some of the children who had lost their families in the earthquake—Grace Children’s Home for orphans.

To aid in the development and fund construction of the orphanage, Dr. McKenzie and five other men who had traveled to Haiti with him, the Rev. Tripp Atkinson, Rev. Wes Church, Dr. Bruce Cope, Tommy Lydon and Daryl Nations, formed the Haiti Orphan Foundation.

Today, the foundation takes in donations to care for the children housed in the Grace Children’s Home.
The home is run by a partnership with Grace Assembly (a local Haitian church) and Pastor Lesly Bertrand, who oversees a number of churches in Croix Des Bouquets and the surrounding areas and has assisted in operating children’s homes for many years.

For the children, the transition to the safe, educational environment provided by Grace Children’s Home was a scary time.

“When we arrived in Haiti on our second trip,” Dr. McKenzie explained, “we stopped at a village along the way to pick up two orphaned boys who were to going to live at Grace Children’s Home.”

“These very young children had nothing but the clothes on their bodies, not even shoes, and they were going to get in a car with strangers and go to a new home. They were so scared and anxious that one of them vomited on the way there,” Dr. McKenzie explained.

But soon thereafter, the boys found love, comfort, companionship and care at the home.
Since those first critical days on the ground in Haiti, Dr. McKenzie’s church has had a serious impact on the lives of children in Haiti. Church members, including many USC students, have made several trips to Haiti to do volunteer work at Grace Children’s Home. Through contributions to the foundation and sponsorship, the children have clean and safe drinking water. They receive three nutritious meals a day that consist of rice, beans, chicken, goat and vegetables. They receive vitamins and nutrition supplements as needed.

All the children of entry-level school age and above go to school at Grace Christian Academy, where they receive academic and Biblical education.

The Haiti Orphan Foundation has contracted with a local Haitian doctor through Double Harvest Hospital to provide for the medical care of the children. Double Harvest Hospital also provides for the children’s emergency care and treatment for illness.

First Baptist Church didn’t stop after making two trips to Haiti. Its members make regular trips there at all times of the year to work in the home to provide medical and dental care, teach English and the Bible, and even provide eyeglasses and shoes donated by caring people back home. Volunteers frequently work on construction projects and participate in medical clinics and evangelical outreach within the community surrounding Grace Children’s Home.

Sam Kamaroff (left), a USC student, and Dr. McKenzie’s wife Rebecca (second from right), a registered nurse and registered dietitian, provide counsel, comfort and care to patients.

Jim Rabon, a member of First Baptist Church, providing eye exams to Haitians. The team brought hundreds of pairs of donated eye glasses with them to the devastated country.
Dr. McKenzie went back to Haiti during the past two spring breaks with a group of students from his church and USC.

Many of the youth, including Dr. McKenzie’s son Hunter, who was studying architecture at the time, and his friend and USC graduate David Pascutti, wrote about their experiences and posted online at the Haitian Orphan Foundation website while they spent two weeks there.

Hunter described the situation he witnessed in Haiti as not just a short-term crisis, but a long-term issue facing the country for many generations to come.

“We are incredibly blessed in America to have the educational system and economic stability that we do. Even in an economic downturn, we are some of the richest people on the planet. We take things such as waste management, infrastructure and city planning for granted, but the true value of these things comes to light when you see their absence.”

“In the midst of all of this, however, many
people have blown us away with their gratefulness to God for what they do have. David and I have both been incredibly challenged to be more thankful for the blessings that we have.”

David’s posts during his time in Haiti also echo the difficulties facing Haiti and its people.

“We are still working with the kids and trying to teach them some English as well. They can say most of the parts of the face in English and some other words too. We often sit and point at things, and they tell us what it is in Creole, and we say what it is in English. We have been able to confirm some information about them, such as height and age, but a lot is up in the air. Several of them do not know their birthdays either,” he explained.

Today, the congregation of First Baptist Church and many volunteers still take regular trips to Grace Children’s Home to help with provision of services including ministering, teaching and construction.

Recently, volunteers have cleared land and built a soccer field for the children and repaired some outbuildings that suffered near demolition during Hurricane Sandy that hit the island in 2012. Plans for a girl’s home are underway.

*If you are interested in volunteering and making a real difference in the lives of the children at Grace Children’s Home, contact the Haiti Orphan Foundation at info@haitiorphanfoundation.com.*
As the magazine of the University of South Carolina’s Student Health Services, Gamecock Health is always interested in hearing about your success with a provider, program, service, department or initiative we offer the students, faculty and staff that make up the campus community. Feedback about your experiences, great or small, that have really affected your life—academic or otherwise—is always welcome.

Experiences may include:

- A passion you’ve developed for health or wellness through one of our programs
- Something you learned from our staff that has helped you manage a disease or condition
- How a service we offer identified a potential threat to your health
- Weight loss or exercise goal achievement
- A relationship you’ve developed with a counselor, advocate or other staff member
- How a presentation we gave opened your eyes to an issue or something new
- What healthy habits we’ve helped you adopt and how they affected your life
- How a doctor or other healthcare provider helped you get well
- Good advice or care you’ve gotten from any of our staff
- How you’ve gotten involved in Stand Up Carolina or suicide prevention
- Emotional or spiritual strength you’ve gained through our Counseling Center
- How something you learned at one of our events changed your outlook
- How you avoided an unsafe situation
- ...or anything else that’s rocked your world that Student Health Services was a part of!

No experience is too small when we’re talking about your success!

Tell us about it at
- Facebook.com/UofSCshs
- carrico@sc.edu or
- 803-777-4199

We look forward to hearing from you!
Pay less for birth control
Use your Carolina Card
Park in a close, reserved space

Campus Pharmacy
@ Thomson Student Health Center
803.777.4890

Student Health Services

Why Use the Campus Pharmacy?

- Get text, email or voicemail notification that your prescription is ready for pickup
- Park in a reserved space in the Bull Street Garage for FREE
- Transfer prescriptions from any pharmacy
- Use our easy, online refill service
- Pay with Carolina Card, cash, check, credit card, HSA or FSA card
- Have insurance claims filed for you
- Enjoy low, competitive pricing
- Pick up products including pain relievers, cough medicines, nasal decongestants, stomach medications and more

www.sc.edu/myrxspace
Student Health Services

Campus Wellness
803-576-9393 (student office)
803-777-6518 (faculty/staff office)
nutrition consultations 803-777-3175
sexual health 803-777-1835

Counseling & Human Development Center
803-777-5223

General Medicine Center
www.sc.edu/myhealthspace (appointments)
803-777-3175 (appointments & information)

Allergy/Immunization & Travel Clinic
803-777-9511

Pharmacy
www.sc.edu/myrxspace (refills)
803-777-4890 (information & refills)

Psychiatric Services
803-777-5223

Sexual Assault and Violence Intervention & Prevention
803-777-8248
call 911 for emergencies

Women's Care
www.sc.edu/myhealthspace (appointments)
803-777-3175 (appointments & information)