Support for You if You are in Quarantine or Isolation

A GUIDE FOR MORNINGSIDE STUDENTS

Columbia Health has designed a series of programs and services to support your well-being needs while in quarantine or isolation in New York.

You can also visit the Columbia Health Quarantine and Isolation Support page to access this information.

MEDICAL SUPPORT

Daily symptom check-in (Medical Services)
The Medical Services and/or Contact Tracing team will message all students in isolation and quarantine after exposure to COVID-19 to ask about symptoms and how they are feeling.

For those in isolation, nurse case managers will also follow-up during this time and notify students immediately when they are clear to return to campus.

Telephone symptom line (Medical Services)
Phone. Students can call 212-854-7426 to ask about symptoms, available 24/7.

Secure messaging. Exchange messages with your primary care provider at Columbia Health via the Patient Portal.

Self-care kit
All students in isolation or quarantine will receive a self-care kit after their gateway COVID-19 test. The kit includes:

- Digital thermometer (for daily use)
- Hand sanitizer (for times you can’t wash)
- Alcohol wipes (for cleaning, as needed)
- Water bottle (stay hydrated!)
- Temperature and symptom log

If you feel you need immediate treatment of very serious or critical conditions, call 911.

If you decide to go to the emergency department on your own, if possible call the ER prior to your arrival so they can be prepared to potentially isolate you when you arrive.
Support for You if You are in Quarantine or Isolation
A GUIDE FOR MORNINGSIDE STUDENTS

MENTAL HEALTH SUPPORT

Chat 4 Connection: Combat isolation, boredom, and stress
Drop-in virtual support space (Counseling and Psychological Services)

These virtual support spaces aim to help you develop and strengthen resilience by sharing your experience, and giving and taking sympathetic understanding of our need for connection during quarantine or isolation.

Join a lively video conversation about what matters most to you! Share tips for sustaining yourselves during this transition time and maintain your physical and emotional health. Listen to humor, laugh with others. Have some ‘food for the soul,” or break virtual bread.

Due to the open and online nature of this support space, this workshop is not private or confidential though participants are encouraged to be respectful and mindful of each other and to practice discretion. In addition, please note that this is a skill-building support space; it is not group therapy.

Offered daily from Monday, August 24 until Friday, September 18, 2020.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Facilitator</th>
<th>Email for more information or to receive Zoom link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>5:30 PM - 7:00 PM ET</td>
<td>Miriam Korn, PsyD</td>
<td><a href="mailto:msk2164@cumc.columbia.edu">msk2164@cumc.columbia.edu</a></td>
</tr>
<tr>
<td>Tuesday</td>
<td>5:30 PM - 7:00 PM ET</td>
<td>Renee Gibbs, PhD</td>
<td><a href="mailto:rg3330@cumc.columbia.edu">rg3330@cumc.columbia.edu</a></td>
</tr>
<tr>
<td>Wednesday</td>
<td>5:30 PM - 7:00 PM ET</td>
<td>Victoria Grosso, PhD</td>
<td><a href="mailto:vg2107@cumc.columbia.edu">vg2107@cumc.columbia.edu</a></td>
</tr>
<tr>
<td>Thursday</td>
<td>4:00 PM - 5:30 PM ET</td>
<td>Debra Domenech, PhD (en Español)</td>
<td><a href="mailto:dd2034@cumc.columbia.edu">dd2034@cumc.columbia.edu</a></td>
</tr>
<tr>
<td>Thursday</td>
<td>5:30 PM - 7:00 PM ET</td>
<td>David Hittson, PhD</td>
<td><a href="mailto:dlh2120@cumc.columbia.edu">dlh2120@cumc.columbia.edu</a></td>
</tr>
<tr>
<td>Friday</td>
<td>3:30 PM - 5:00 PM ET</td>
<td>Corey Frank, PsyD and Arielle Toporovsky, PhD</td>
<td><a href="mailto:cf2105@cumc.columbia.edu">cf2105@cumc.columbia.edu</a> <a href="mailto:at3378@cumc.columbia.edu">at3378@cumc.columbia.edu</a></td>
</tr>
</tbody>
</table>

Virtual support spaces (Counseling and Psychological Services)

Virtual support spaces are available throughout the term on a variety of topics including trauma, creativity and resilience, specific ethnic and gender identities, mindfulness, and more. Virtual support spaces are open to students who have paid the Columbia Health and Related Services Fee.

Visit the Support Groups page to find a support space for a topic you are interested in.

ONLINE MENTAL HEALTH RESOURCES

- Tools for Coping with Crisis and Self-Help Resources
- Tools for Coping with COVID-19
Support for You if You are in Quarantine or Isolation

A GUIDE FOR MORNINGSIDE STUDENTS

WELL-BEING PROGRAMS

R.O.A.R. Success Drop-in Coaching (Alice! Health Promotion)
2:00 PM - 4:00 PM ET
Daily, Monday to Friday from 8/24 to 9/12

Responsible. Optimal. Authentic. Resilient. Have a health and well-being related issue of concern or challenge? Don't know where to start? Alice! Health Promotion is offering drop-in virtual Success Coaching: a confidential, strengths-based collaborative approach to helping you explore an issue of concern or challenge.

During this one-to-one coaching session, you will work with a strategic partner to help you identify and move forward toward desired goals. Your coach will help connect you to a community of support. Success coaching is on a first-come, first-serve basis.

Join a drop-in session via Zoom.

Take a breath with Alice! (Alice! Health Promotion)
4:30 PM - 5:00 PM ET
Daily, Monday to Friday from 8/24 to 9/12

A daily moment of guided stress management strategies, including exercises for deep breathing and body scanning. Experts recommend these strategies to be practiced about 20 minutes a day. The Alice! Health Promotion team will provide some guidance that could support the development of these regular practices.

Join via Zoom.

Take a (virtual) break with Alice!... and some dogs (Alice! Health Promotion)
Wed. 9/2, 7:00 PM - 8:00 PM ET
Thu. 9/10 3:00 PM - 4:00 PM ET

Join Alice! Health Promotion and New York Therapy Animals for a virtual Dog Therapy session.

Feel free to drop in and drop out of the meeting as you please. We look forward to connecting with you all at this virtual puppy play time! If you have a pet of your own, we welcome (and even encourage!) you to attend with them!

Visit the Columbia Health Quarantine and Isolation Support page to register.

Virtual acupressure and integrative medicine support (Medical Services)
In partnership with Pacific College of Health and Science (PCHS), students may avail of virtual acupressure and integrative medicine support while in isolation or quarantine.

Virtual acupuncture includes a one-hour visit with a PCHS provider who will show you medical qigong exercises, dietary and lifestyle recommendations, and demonstrate acupressure techniques so you can use at anytime to address your complaints.

Schedule a telehealth appointment via the Patient Portal with your primary care provider at Medical Services who can speak with you about whether this option is right for you.
Support for You if You are in Quarantine or Isolation

A GUIDE FOR MORNINGSIDE STUDENTS

WELL-BEING PROGRAMS

Peace & Presence: A Mindfulness Series (Sexual Violence Response)
Peace and Presence is a series of diverse holistic wellness workshops for student survivors and co-survivors of sexual trauma. These sessions will explore non-verbal and experiential healing techniques, self-calm-ing tools, and guide you in incorporating mindfulness into your daily lives.

These programs are available to students from all affiliate schools.

Trauma-focused and Restorative Yoga
Tuesdays at 6:45 PM ET: 8/25, 9/1, and 9/8. Register.

Movement Medicine
Tue. 8/25, 10:45 AM - 12:30 PM ET. Register.
Wed. 9/16, 3:15 PM - 5:00 PM ET. Register.

Participants will explore breath, stretching, different embodiment practices, and some free flow movement. If participants have a scarf or fabric available to dance with, we invite them to include this material in their experience. This class is open to all levels of movement, with no experience necessary.

Voice Journey
Thu. 8/27, 10:45 AM - 12:00 PM ET. Register.
Tue. 9/15, 3:25 PM - 4:30 PM ET. Register.

This workshop guides participants to experience the intrinsic power of their voices through simple, accessible, and liberatory practices of creativity & sound, including toning, chanting, singing, and sound-making. The Voice Journey approach emphasizes not only strengthening vocal technique – expanding where you can take your voice – but also increasing awareness of the powerful nature of vocal vibration as it relates to physical, mental, and emotional states and exploring where your voice can take you.

Drawing & Language
Mon. 8/31, 10:45 AM - 12:30 PM ET. Register.
Wed. 9/22, 3:15 PM - 5:00 PM ET. Register.

This workshop will focus on creating a Circle of Protection, which beckons a safe sense of one’s own boundaries through self-created imagery. Weaving language into one’s mandala-like drawing, the workshop will emphasize creating a sense of wholeness within the the container of one’s being.

Visual Arts
Wed. 9/2, 10:45 AM - 12:00 PM ET. Register.
Tue. 9/29, 3:15 PM - 4:30 PM ET. Register.

Participants will explore art as a way to connect, reflect, and express. We invite participants to gather paper and anything else they would like to draw with before class (i.e., pens, pencils, markers, crayons, or paint). This class is open to all levels of art making. No prior experience necessary.
Support for You if You are in Quarantine or Isolation
A GUIDE FOR MORNINGSIDE STUDENTS

SERVICES

Telehealth visits (Medical Services)
Students can avail themselves of primary care visits at no cost by phone or the HIPAA-compliant video conferencing platform Zoom Health. You can use a telehealth visit for routine and urgent medical care as well as general nutrition and eating disorders, sexual health services, reproductive and gynecological services, LGBTQ health care, and guidance on confidential HIV testing. Schedule a same-day appointment online via the Patient Portal or by calling 212-854-7426.

24/7 year-round Access to a Survivor Advocate (Sexual Violence Response)
Call 212-854-HELP (4357) to speak with a confidential resource for crisis intervention, emotional support, exploring rights and options, seeking medical help, assistance with online temporary orders of protection, referrals, accompaniment to on or off-campus resources, either in-person or telephonically. This helpline is available to students from all affiliate schools.

Virtual Appointments with Sexual Violence Response
Call 212-854-3500 or email SVResponse@columbia.edu to schedule a virtual appointment with one of our staff. These appointments are available to students from all affiliate schools.

Academic Accommodations and Support Services (Disability Services)
Disability Services will provide academic accommodations and support services for students in isolation and quarantine, such as test accommodations, e-text, note-taking, sign language interpretation, foreign language substitution, learning specialist sessions, CART, and captioning.

Students must be registered with Disability Services to receive accommodations.

Virtual Drop-in with Disability Services
Disability Services offers virtual drop-in hours for registered and non-registered students. Drop-in hours allow for an individual 15-minute discussion between a Disability Services staff member and a student with a quick or urgent question. Visit the drop-in page on our website for more information.

CONTACT COLUMBIA HEALTH
Alice! Health Promotion
212-854-5453
alice@columbia.edu
health.columbia.edu/alice

GHAP (Gay Health Advocacy Project)
212-854-6655
ghap@columbia.edu

Counseling & Psychological Services
212-854-2878 (available 24/7 for mental health emergencies)
health.columbia.edu/cps

Disability Services
212-854-2388
disability@columbia.edu
health.columbia.edu/disability

Medical Services
212-854-7426 (available 24/7 for medical emergencies)
secure.health.columbia.edu
health.columbia.edu/medical

Sexual Violence Response
212-854-3500
SVResponse@columbia.edu
health.columbia.edu/svr

COVID-19 RESOURCES
University COVID-19 Website
covid19.columbia.edu

COVID-19 Hotline
212-854-9355

COVID-19 Test and Trace Program
212-853-7100
covidtesttrace@columbia.edu