



Health and Wellness Information and Resources

Mid-Plains Community College is dedicated to the welfare of our students. We want our students and their parents to know about resources and support available to them around campus and the community. The following is information to help aid in this process.

Counseling

Individual counseling is FREE and available on a short term basis for MPCC students. Reasons to visit the counselor include, but are not limited to: adjustment to college life, stress management, anxiety, depression, relationships, grief and loss, substance use/abuse, eating disorders, rape, sexual assault, sexual orientation or identity concerns, etc.

Drugs/Alcohol/Tobacco

In order to provide a healthy learning environment for our students, MPCC Board of Governors has determined that the possession, consumption, sale, or transfer of drugs, alcohol, and/or tobacco (in all forms), and their containers (full or empty), and for any use, are not permitted on campus.

Medical Health Services

MPCC does not provide student health services or student health insurance. The following facilities are options in the community for students to receive medical treatment at their own expense:

*McCook Community
Hospital*
1301 E H Street
McCook, NE 69001
308-344-2650

McCook Clinic
1401 E H Street
McCook, NE 69001
308-344-4110

Quality Urgent Care
3 Bison Holiday Drive
McCook, NE 69001
308-345-7036

Meningitis

Each Nebraska postsecondary educational institution is required by Legislative Bill 513 to provide each student who will reside in on-campus housing and the student's parent or guardian with: detailed information on the risks of the disease; availability, effectiveness, and recommendation of vaccination; and offer information on how to fund the cost of the vaccine for the potentially fatal meningococcal disease.

Risks

- Students in residence hall environments are at increased risk.
- There are two divisions of meningitis (viral and bacterial), that have the potential to quickly become fatal if not treated.
- Long-term effects can be debilitating, recurrent, and include multiple amputations.
- Meningitis is spread through close contact where saliva is transmitted such as coughing, sneezing, kissing, or sharing drinks or cigarettes.
- The bacteria cannot live outside the body for very long, so the disease is not as easily transmitted as a cold virus.
- Ways to help prevent spreading the disease include following good hygiene practices such as washing hands, not sharing water bottles or other drinks, avoiding cigarettes, and generally not transmitting or sharing items that have been in one's mouth.

Vaccines

- MCV-4 conjugate vaccine (there are two commercial products available: Menactra and Menveo) is available for teenagers and young adults, as well as for other high risk

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individuals, to reduce the risk of meningococcal meningitis A/C/Y/W-135 types of infection.

- Men-8 vaccine (there are two commercial products available: Trumenba 0 and Bexsero) is available for teenagers and young adults, as well as for other high-risk individuals, to reduce the risk of meningococcal meningitis B types of infection.
- Mid-Plains Community College encourages all students planning to live in the Residence Halls to get the meningitis vaccination. Contact your local hospitals and doctors offices and inquire if they have the vaccine available or find locations offering the vaccination by going on-line to www.nmaus.org.

Funding

- Contact your local hospitals, doctors' offices, or Health and Human Service Agencies about the availability of payment assistance or indigent patient funds to assist qualified persons with the cost of the vaccine.

For more facts, statistics, and information about Meningococcal Meningitis visit the National Meningitis Association webpage at www.nmaus.org.

Sexual Misconduct

The Department of Education's Office for Civil Rights (OCR), the Equal Employment Opportunity Commission (EEOC), and the State of Nebraska regard sexual harassment as a form of sex/gender discrimination and, therefore, as an unlawful discriminatory practice. Mid-Plains Community College has adopted the following definition of sexual harassment, in order to address the special environment of an academic community, which consists not only of employer and employees, but of students as well: *Sexual harassment is: unwelcome; sexual, sex-based and/or gender-based; verbal, written, online and/or physical conduct.*

Anyone experiencing sexual harassment in any Mid-Plains Community College program is encouraged to report it immediately to the Title IX Coordinator or a deputy. Remedies, education and/or training will be provided in response. See the Code of Conduct for more information.

Steps that Mid-Plains Community College has put into place in order to prevent sexual misconduct are:

- Mandatory events for all students in residence halls about sexual misconduct, consent, and protecting yourself.
- Voluntary events for all students on campus in order to get informed.
- Campus Clarity is a mandatory online workshop for all first-time, full-time degree seeking students. The module must be completed before you will be able to register for Spring 2018 classes. Access information to Campus Clarity will be available in your student email inbox prior to the first day of classes.

Weapons

The MPCC Board of Governors Policy 7314 prohibits the possession on campus of any instrument that could be perceived as a dangerous and/or deadly weapon, including but not limited to safes, knives longer than 3.5 inches, guns, bb and pellet guns, paint ball guns, bows and arrows, martial arts weapons, etc., is not permitted. This prohibition also includes weapons in any vehicle parked on college property.