



**CURTIS**  
INSTITUTE OF MUSIC

# **Student Wellness Guide**

Health and Well-Being Resources for Curtis Students

Produced by the Office of Student Affairs

2023-2024

Fostering a healthy mind, body, and spirit contributes to the well-being of our community.



Wellness reaches far beyond the physical.  
At Curtis, we are committed to supporting our students in all areas of wellness.

## Diversity, Equity, and Inclusion at Curtis

At Curtis, we take great pride in our global community. We seek to celebrate our differences, encouraging students to engage in discussions that promote a deeper understanding of one another. Diversity, Equity, and Inclusion are central to our values, as they enhance the well-being of our community, both intellectually and emotionally. We are pleased to serve as a facilitator for meaningful dialogues among our students, within the Ombuds Office or in collaboration with the Council for Inclusive Excellence (CIE).

**Diversity** acknowledges the ways people differ, including race, ethnicity, socioeconomic status, gender, age, sexual orientation, disabilities, as well as religious, cultural, and political beliefs.

**Inclusion** is diversity in practice. It is the active, intentional, and ongoing commitment to creating a welcoming, supportive, respecting place for all individuals and groups.

**Equity** is often used interchangeably with equality, but there's a core difference: Where equality is a system in which each individual is offered the same opportunities regardless of circumstance, equity distributes resources based on needs.

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## Health Services and Medical Care for Curtis Students

Our mission is to promote the health and well-being of Curtis students and provide a broad array of resources and information to help you lead healthy lives.

**Primary care** is provided by the University of Pennsylvania Student Wellness. Curtis has a long history with Penn in providing quality health care that is accessible and student focused. All students, including those enrolled in the student health insurance plan offered through Curtis, are encouraged to use Penn Wellness facilities whenever possible. All Curtis students can be seen at Penn Wellness regardless of their insurance coverage. *(Please note that Penn Wellness, Penn Health & Penn Medicine are different entities. Services for students from Penn Wellness are included in your comprehensive fee. Treatment from Penn Health or Penn Medicine would fall under your insurance plan.)*



All of the services outlined above are available to you as students at Curtis. Located on the Penn campus at 3535 Market Street, Penn Wellness operates an appointment system. Appointments may be scheduled in advance for non-urgent requests or for the same day for medical problems requiring more urgent attention.

### TYPE OF APPOINTMENTS



**Penn Wellness**  
3535 Market St, Philadelphia  
(215) 746-9355  
[wellness.upenn.edu](http://wellness.upenn.edu)

## WOMEN'S HEALTH SERVICES

Women's Health Services at Penn Wellness provides a number of services to students, including but not limited to contraception counseling, emergency contraception, well-woman care, sexually transmitted infections testing, sexuality issues, urgent care visits, pregnancy testing and options counseling, vaginitis treatment, nutrition concerns, and more. All services are confidential.

For more details, visit [wellness.upenn.edu/](http://wellness.upenn.edu/). To make an appointment, call (215) 746-9355. Some additional offices have been designated as confidential for students who wish to seek guidance and support. Women's Health Services is located within Penn Wellness at 3535 Market Street.

## WELLFLEET STUDENT INSURANCE



Curtis partners with a company, Wellfleet Insurance, out of Springfield, Mass. The plan is available for student purchase annually with an effective date which begins on August 15 and ends on August 14. The plan is part of a PPO (Preferred Provider Organization) Network through Cigna. Health insurance companies often have a network of doctors and hospitals who have agreed to accept a designated fee for services performed. It will generally cost you less to use a network provider. A student is free to use a doctor or hospital who is NOT in network, but that choice comes with a greater cost.

Visit [wellfleetstudent.com](http://wellfleetstudent.com) to learn more about the company and our plan. Once there, you will be asked to search for your school. Once you search "Curtis," it will bring you to our landing page. This landing page has a "Discover Your Benefits" section where you can explore our rich benefits summary.

Should you enroll in Wellfleet you will create an account to track claims and print ID cards.

If you plan to waive student insurance in an academic year, there will be a waiver period which begins in July and ends September 1.

## MUSICIAN INJURY RECOVERY AND PREVENTION

Injuries can be difficult to deal with in the midst of going to classes, preparing for lessons and having hours of rehearsal. The first step to a healthy career in music is injury prevention, but if you become injured or have pain, there are several steps you should take:

1. **Speak to Dean Patricia Carpino and your major teacher** so that the school is aware and can provide you with support through the stages of recovery.
2. **Next, visit a doctor at Penn Wellness** to receive an evaluation and be prescribed a course of treatment or referral.
3. **Follow your doctor's recommendations** and consider some of the additional therapies that are mentioned in this guide. Everyone responds differently to treatments, so you may have to try more than one.
4. **If you need any additional help** with booking appointments or making time in your schedule, see Richard McGovern. Remember to bring your insurance card with you. International students should also bring their passport.

Assessment and diagnosis with a specialist or other health professional are critical to getting the proper treatment for any injury. Follow-through and maintaining your treatment plan are equally important for healing and recovery.

## MASSAGE THERAPY

Massage therapy can be helpful in relieving pain, especially short-term, as it releases tension and stretches tight muscles. Academy Chiropractic Center offers chiropractic, physical therapy, massage therapy, and ergonomic coaching for students. They are considered in-network for those students on the Wellfleet insurance plan and will work with all students to ensure their services are accessible and affordable—regardless of insurance type. You will often see Academy Chiropractic on site providing free massage therapy ahead of orchestra concerts and opera productions.



**Academy Chiropractic Center**  
1420 Locust St. Philadelphia  
(215) 546-4860  
[AcademyChiropracticCenter.com](http://AcademyChiropracticCenter.com)

## Online Physical Therapy/Howard Nelson

**Fit as a Fiddle (FaaF)** is the collaboration between Pamela Frank, violinist and Howard Nelson, PT. They share their respective expertise in music-making and movement analysis to improve a player's physical health, and possibly their performance.

**FaaF's** focus is to identify if a musician's body mechanics, while playing and in daily life, may be the cause of their symptoms, or putting them at risk for injury.

The aim of treatment is to modify and retrain problematic alignments and movement habits.

Their goal is to help the musician find a long-term solution for the problem, and/or prevent a future one. Depending on need, a student can be seen for one evaluation, several sessions, or on an ongoing basis. The length of time for a session is also flexible.

To be added to Howard's roster, contact Dean Carpino for availability.

*Howard Nelson has been practicing physical therapy since 1989 and worked for ten years at Hospital for Special Surgery in NYC. He has been working with musicians since 2012. His physical therapy practice focuses on analyzing how movements and alignments of the body can be healthy or potentially the cause of injury. He uses video to help visualize what can be hard to see in real time. He also looks for how you may repeat specific movement patterns during everyday activities. He believes good biomechanics will help reduce your risk of injury and improve performance.*

*Some typical treatments include providing exercises to counter the effects of playing, modifying painful movement patterns, evaluating and customizing instrument set-up, trying alternative playing postures to reduce negative tension. He also works with people who have no pain or discomfort or who want to be screened to learn if they are using their bodies in a potentially problematic way. He can observe you practicing or giving a mock performance. Depending on your needs, you can be seen for one evaluation, several sessions, or on an ongoing basis.*



## ALEXANDER TECHNIQUE

The Alexander Technique is a powerful tool that allows musicians to discover and redirect the patterns of tension that are interfering with their ability to make music. When musicians move free from unnecessary tension, they can improve agility and poise which improves technique, helps to manage performance anxiety, and reduces the risk of, and helps recover more rapidly from, injury. Alexander Technique will be available to Curtis students during the 2023-24 academic year with Ariel Weiss by signing up for her roster to have weekly lessons. To be added to Ariel's roster, contact Dean Carpino for availability. Additional students will be added to a waitlist throughout the year and have lessons as available.



*Ariel Weiss is an ATI certified teacher who specializes in helping musicians and has been teaching Alexander Technique in Philadelphia since 1988 and at Curtis since 1998. In addition to Curtis and her private practice, she coordinates a Wellness Program for surgeons at Children's Hospital of Philadelphia and co-hosts the Pedagogy Geeks podcast for musicians. Previously Ariel has trained teachers at The Philadelphia School for the Alexander Technique, taught at The Boyer School of Music at Temple University, the Ira Brind School of Theatre at University of the Arts and coproduced the Freedom to Make Music Alexander Technique conference for musicians in New York City. Additionally, Ariel has coached singers at Santa Fe Opera, been an artist-in-residence annually for the Music School at Eastern Carolina University and developed the Move Free, Play Free video course and Facebook Group for musicians. Her TEDX talk Posture Myth-Busting is available here: [Posture myth-busting: it's easier than you think | Ariel Weiss | TEDxWalthamyoutube.com](https://www.tedxwalthamyoutube.com). For more information, contact Dean Carpino.*

## DERMATOLOGY



Pennsylvania Center for Dermatology provides comprehensive medical, surgical and cosmetic dermatology services. The Centre treats both adult and pediatric dermatology patients. Medical services areas include allergic skin disorders, Complicated and rare conditions. Psoriasis treatment, skin cancer, routine dermatological conditions, and cosmetic and laser therapies. The Pennsylvania Center for Dermatology is located at 822 Pine St. suite 21. The phone number is 267-519-0154.

### **Pennsylvania Center for Dermatology**

361 Highland Avenue, Jenkintown

(267) 538-5045

[www.philaderm.com](http://www.philaderm.com)

## VOICE/THROAT



The Jefferson Health Voice and Swallowing Center brings together their Otolaryngology (ENT (Ear, Nose and Throat)) and Rehabilitation Medicine specialists as a joint program to ensure you receive the complete, multidisciplinary care you need for voice and swallowing disorders.

Their expert team of otolaryngologists and therapists will perform a thorough evaluation of your voice or swallowing condition, discuss your short-term needs and long-term goals, and then develop a treatment plan specifically tailored to you based on a full range of treatment options, including integrative and complementary medicine techniques that do not require hospitalization.

### **Jefferson Health Voice & Swallowing Center**

(800) 533-3669

<https://www.jeffersonhealth.org/clinical-specialties/voice-swallowing-care>

## Dental Care

*Dental care is often administered differently than other forms of medicine when it comes to your insurance plan. Make sure to check both with your insurance company and the dental office you go to before approving any procedures. In some cases, you may have to pay out of pocket and submit your invoices to the insurance company for reimbursement.*

Penn Wellness will refer Curtis students to Penn Dental offices, which may be found throughout the city. You can also go to Penn Dental's website to find an office and schedule an appointment.



**Penn Dental**  
240 South 40<sup>th</sup> St, Philadelphia  
[www.dental.upenn.edu](http://www.dental.upenn.edu)

## Health Services FAQs

### **I'm feeling sick and I ache all over. What should I do?**

First of all, try to assess how sick you are. For routine health issues, you should make an appointment with Penn Wellness. "Routine" can mean anything from a sore throat, fever, nausea, bad cough or minor aches and pains, to eye infections, skin rashes, sleep problems, muscle strains, or strep throat. Notify Dean Carpino and ask for assistance in being excused from classes, etc.

### **What if I think I have COVID?**

If you think you may have COVID, you can self-test using any over the counter COVID Instant test. If you need a test, one can be requested from the Office of Student Life, the Office of Residence Life, or if you live in Lenfest Hall, from any RC (resident coordinators). If you test positive, please inform the school by filling out this online [form](#), and a member of the student life team will reach out to discuss needs and next steps. As a rule, students with COVID should quarantine for five (5) days from testing positive. After five days they may return to classes and lessons but must mask for an additional five days while on campus.

### **What if I have a health emergency?**

If your condition is more serious, you might need to go to a hospital emergency room. To determine whether or not your condition is an emergency, contact Penn Wellness and ask to speak with a nurse on call. You'll be directed to either come to Penn Wellness or go directly to the emergency room (ER). If you are in too much pain to contact Penn Wellness, call 911 or go to the nearest ER. The ER for the Hospital of the University of Pennsylvania is located at the Pavilion, 1 Convention Avenue, Philadelphia, PA. You could also choose the ER at Jefferson University Hospital, located at 132 S 10th St. Contact Dean Carpino for assistance. Lenfest Hall residents may call the RC on duty. Important phone numbers are located on the last page of this guide.

### **What does it cost to go to Penn Wellness?**

Routine visits are covered in the comprehensive fee you paid at the start of the school year. The fee covers office visits for routine clinical care. All students, including those enrolled in the Student Health Insurance plan offered through Curtis ([Wellfleet](#)), are encouraged to use Penn Wellness facilities whenever possible.

### **What about my Curtis health insurance? What does it cover?**

For questions about health insurance, make an appointment with Dean Carpino.

### **I've practiced too much and may have injured my hand. What should I do?**

Make an appointment with Penn Wellness to be examined by a sports medicine specialist.

**I like to get a flu shot each year. What's the best way to get one?**

Curtis provides flu vaccines every year in the fall for students, staff and faculty. Vaccines are optional, administered on campus and free to students. You can also visit Penn Wellness at your convenience.

**How do I get to Penn Wellness?**

Penn Wellness is located at 3535 Market St. in University City and accessible on SEPTA. Take the 21 bus West on Walnut St. to 36th St. Walk two blocks north. The building entrance is on 36th Street just north of Market Street. Be sure to call ahead for an appointment.

**I have a chronic health condition and need to establish a relationship with a specialist. What should I do?**

Philadelphia is fortunate to have many fine medical institutions. Contact your health insurance provider for a doctor "in-network."

## Psychological Counseling and Emotional Well-Being

Private counseling with members of our counseling team is available to all students. In addition, our counselors may refer you to a psychiatrist in the event that the services of a medical doctor are in your best interest. Five (5) free sessions with a member of the Counseling team are included in your comprehensive fee. Special arrangements may be available for students requiring extended care. Students can meet with our counselors by appointment only. All sessions are confidential. By utilizing our counseling services, you can learn to manage personal problems and situational crises effectively; learn self-care strategies to cope with academic stress, performance anxiety, relationship issues, gender identity, or addictions. They can help you develop self-awareness, personal responsibility, and skills for lifelong learning.

Students may reach out to a member of the counseling team directly or may request a member of the student life team connect them with a counselor.

### Meet The Counseling Team

Ellen Wright, PhD

215-732-3730 / [dr.ellenwright@gmail.com](mailto:dr.ellenwright@gmail.com)

Jesse Jong-Shik Suh, PsyD

215-207-9373 / [jessesuh@drjessesuh.com](mailto:jessesuh@drjessesuh.com)

Robin B Risler, PsyD

610-246-5459 / [drrobinrisler@gmail.com](mailto:drrobinrisler@gmail.com)

Allan L Goldberg, PhD

215-592-4060 / [drgberg48@comcast.net](mailto:drgberg48@comcast.net)

## **Need a psychiatrist? Medication, psychiatric resources and access:**

In some cases, students might benefit from medication, for example, when dealing with anxiety, depression, performance anxiety or for learning disabilities. Students who are taking medication prescribed by their psychiatrists at home benefit most by establishing a relationship with a treating psychiatrist in Philadelphia to monitor medication and provide prescription refills.

Curtis has psychiatrists available to students as part of the counseling team. Meetings with the psychiatrists are part of the health benefit provided to each student (five (5) free sessions per year, then further sessions as deemed medically appropriate). To access these services, students can either contact Dr. Wright at [dr.ellenwright@gmail.com](mailto:dr.ellenwright@gmail.com) and she will meet with the student and make a referral. All contact with Dr. Wright and the psychiatrists on the counseling team are confidential. If students prefer to see a mental health professional outside of Curtis, they should check with their insurance provider for names of psychiatrists in our local area.

**Privacy:** All mental health providers are required by the rules of their profession to keep your presence at their office and the content of your conversations strictly confidential. If there is a need to talk or disclose medical records with another person involved, such as a physician, information will be released only with your specific consent.

**Financial responsibility:** Curtis does not provide financial assistance for psychiatric services or medication. Students are responsible for payment and submitting insurance claims to their health insurance provider. Students are also responsible for charges if they fail to show up for a scheduled appointment with a member of the counseling team (including psychiatrists).

# MENTAL HEALTH EMERGENCIES

If you feel that you are in a mental health emergency situation, or if you are unsure of how to approach your friend who is in an emergency situation, it may be best to call 988. The local Philadelphia Suicide and Crisis Line is 215-685-6440.

**888-545-2600**  
For mental health and substance use services

**988** or **215-685-6440**  
For mental health crises

City of Philadelphia  
**DBHIDS**  
DEPARTMENT of BEHAVIORAL HEALTH  
and INTELLECTUAL ABILITY SERVICES

## Crisis Response Centers

<b>Friends Hospital</b> 4641 Roosevelt Blvd. 215-831-2600	<b>Episcopal Hospital</b> 100 E. Lehigh Ave. 215-707-2577	<b>Children's Crisis Response Center</b> 3300 Henry Ave., Suite 3N 215-878-2600
<b>Einstein Medical Center</b> 5501 Old York Rd. 215-951-8300	<b>Hall Mercer</b> 245 S. 8th St. 215-829-5433	<b>NET Centers</b> (Substance Use Treatment) 1007 W. Lehigh Ave. 215-408-4987

## Online Services



**HealthyMindsPhilly.org**  
Free, 24/7 online behavioral health screening, access to **Mental Health First Aid** trainings, and resources.



# Psychological Counseling FAQ's

## Why does Curtis offer counseling?

It is a myth that creative people have more emotional problems than non-creative people. What is true, however, is that all individuals pursuing artistic careers face challenges, and with challenges comes stress. There is good stress, such as being excited as you approach a concert, and upsetting stress, like the disappointment that follows an audition or performance that did not go as hoped. Curtis has psychologists available to help you develop the skills that you need to manage stress and the demanding life of a performing musician.

## If I see a counselor, does it mean that I have a serious emotional problem?

No. Living the demanding life of a musician often means that you face many difficult decisions and must juggle competing priorities - your professional life, schoolwork, and personal life. Even healthy individuals experience distress when they have to do new things or make difficult choices. Talking with a psychologist is one way to learn the skills to manage these situations with more comfort and confidence.

## How do I know whether I would benefit from meeting with a counselor?

Common signs of emotional distress are changes in your passion for music or in your playing or singing, feelings of fatigue; difficulty getting out of bed or going to class, orchestra or lessons; changes in sleeping or eating patterns; disquieting feelings (i.e. homesickness, sadness or irritability); lack of desire to talk with or see friends; persistent physical pain; or an increase in alcohol or drug use.

## How do I access my counseling sessions?

You can get information about how to arrange to talk with someone from many people - friends, Resident Assistants or Dean Carpino - or on the Curtis website. You may also contact Doctor Wright for your initial contact, and she will make the appropriate referrals. All members of the Counseling team are easily accessible directly by phone or via e-mail. Their contact information is included in this brochure and can be found on the Curtis website. Because confidentiality cannot be safeguarded completely with e-mail, only general non-urgent inquiries should be sent by this method.

## Where do these meetings take place?

All of the counselors' offices are off campus. Most are conveniently located a couple blocks off Rittenhouse Square. The offices and waiting rooms are private.

**What can I expect during my initial meeting with one of the counselors?**

Counseling is a type of learning about oneself, one's feelings, and one's relationship with others. As in any learning environment, you will benefit most if you participate actively, attend sessions on time, and are open and honest with your counselor. Counseling is a personal choice. Together, you will decide your priorities and how you might address the issues on your mind.

In turn, your counselor will listen to your concerns, assist you in setting and reaching your appropriate goals, and respect your confidentiality. Our psychologists abide by the ethical principles of licensing boards, and students can expect to have services delivered in a professional, legal, and ethical manner.

**Will other people know that I see my counselor or other members of the counseling team?**

No one will know unless you tell them. All mental health providers are required by the rules of their profession to keep your presence at their office and the content of your conversations strictly confidential. If there is a need to talk with another person involved, such as a physician, information will be released only with your specific consent.

**Can I just go once, or do I have to go for a long time?**

You can go to see any member of the counseling team for one or more visits. Generally, it is helpful to go at least twice so you can start to feel better and have the opportunity to figure out what you want to do and how to proceed.

**Will I have to take medication?**

Whether you take medication or not is a very personal decision. Our counselors are psychologists, not medical doctors, and therefore do not prescribe medication. In the case that medication may be helpful, You and your counselor will discuss the pros and cons of the situation and develop a plan, which may include a referral to a psychiatrist.

**Can I see any member of the counseling team?**

Yes. Therapy works best if there is a good fit between the counselor and the student. Sometimes people prefer to see a therapist of a particular gender or cultural background. In all of the above situations, students will be helped to find the right person to consult.

### **How do I know whether I should utilize Curtis Counseling services?**

If you have questions about whether counseling is right for you, you are encouraged to schedule a consultation to speak with Dr. Wright or one of our other psychologists. Consultation may help you answer the question of whether you should consider counseling. Speak with Dean Carpino for more assistance, or to decide which counselor might be right for you.

### **What if I am in crisis and need to talk with someone right away?**

If you are experiencing a life-threatening emergency, call Dean Carpino or another member of staff, one of the counselors, or 911. If you are experiencing a mental health emergency that is not life threatening, call a member of the counseling team to meet with you as quickly as possible within the same day.

### **What if I don't like my counselor or I am not happy with the treatment?**

Inform the counselor, if possible, about any concerns about the therapy process. Our psychologists are often able to make changes in the focus of style or therapy preferred if they are informed. If you are unable to address this directly, or if the changes made are not sufficient, speak with Dean Carpino.

### **I think my friend should talk to one of our psychologists. What can I do?**

It is good to be aware of struggles that friends may be going through. You can certainly make sure your friend is aware of the support available to them from the counseling team. If you prefer, you can also speak with Dean Carpino or Mr. McGovern, and ask them to speak with your friend. Your conversation with them will be kept confidential.

### **If I see a member of the counseling team on campus or at concerts, will they discuss our meeting?**

No. You will see members of the Counseling team at Curtis events and gatherings throughout the year. They often participate in various preventative, health and stress management seminars for students. They will be cordial and friendly but will not reveal the fact that you met or have met, nor will they bring up any context from your talks.

# My SSP

The My Student Support Program (My SSP) app is available to help students partner with mental health care providers if and when they face issues such as new challenges, school success, relationships and other emotional issues. Users receive confidential, short-term counseling support at no cost via live text-based chat, voice and video sessions. Support is available 24 hours a day, seven days a week and in multiple languages.



The My SSP app and website also offer self-directed resources, including videos, articles, podcasts and infographics; anonymous mental health assessments for depression, general anxiety and alcohol and drug use; and free access to the LIFT app for virtual fitness sessions.

All Curtis students are strongly encouraged to register for this free service.

Visit: [MySSP](https://myssp.app/ca/home) or <https://myssp.app/ca/home> for additional information.

**MY SSP** Student Support Program

## Your success starts with great support

Attending college or university is an exciting life experience. It can also be a time of change, adjustment and stress. My Student Support Program (My SSP) is here to help you succeed. Connect with us 24/7 for free, confidential mental health and wellbeing support.

**Call. Chat. Anytime. Anywhere.**  
Download the app to connect today

The My SSP app provides free access to a variety of wellbeing resources

- Articles
- Assessments
- Podcasts
- Videos
- Virtual fitness sessions

Free, confidential support when you need it

- 24/7 real-time phone and chat support
- Multilingual support available
- Match with a professional counselor
- Short-term phone and video support by appointment

My SSP can help you anytime with adapting to new challenges, being successful at school, stress and worry of daily life, relationship concerns, sadness and loneliness, uncertainty and much more.

1.866.492.2252  
\*If calling from outside North America: 001.416.380.6578

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## LEARNING DISABILITIES

Curtis welcomes students with disabilities and is committed to providing the same exceptional opportunities to all Curtis students. Students are required to provide documentation of disability prior to receiving accommodations. Accommodations might include an alternative test location or extended time for in-class tests and quizzes. If you would like to discuss diagnostic testing for learning and psychological disabilities, or would like more information, contact Richard McGovern or a member of the Counseling team.

## Fitness and Nutrition

Curtis provides financial assistance towards gym membership fees and fitness in order to encourage a healthy lifestyle and the good physical conditioning that is crucial to a student's good health. If you can document usage of a facility at least 15 times a semester (approximately once a week), you will receive \$125 each semester towards the cost of a membership fee. Reach out to Dean Carpino with any questions.

## Dining Services

Bon Appétit Management Company provide Curtis' Dining Services.



Bon Appétit strives to create the kind of atmosphere that helps you feel right at home. We strictly adhere to the following principles:

### WE SERVE FOOD THAT IS ALIVE WITH FLAVOR AND NUTRITION

- Menus are written based on seasonality and availability of regional fresh ingredients.
- Flavors are developed through skilled healthy cooking techniques, with the use of fresh herbs and authentic spices,
- Replacing common shortcuts of using fat, sugar, and salt.
- Vegetables are prepared in small batches as close to serving time as possible.
- Ingredients containing artificial trans-fat or MSG are not used in our kitchens.

## **WE SERVE FOOD PREPARED FROM SCRATCH**

- Stocks, soups, salsas, and sauces are made from scratch.
- Salad dressings are made from scratch using olive and canola oils.
- Turkey and beef are roasted in-house daily for deli meat.
- Cookies and muffins are baked fresh daily.

## **WE SERVE FOOD SOURCED IN A SOCIALLY RESPONSIBLE MANNER**

- Fruits and vegetables are grown locally, using sustainable and organic practices, whenever possible.
- Pork comes from hog farms that do not confine sows to gestation crates for their entire pregnancies.
- Turkey and chicken are produced without the routine, non-therapeutic use of antibiotics.
- Ground beef is from cattle raised on vegetarian feed and never given antibiotics or hormones.
- Milk and yogurt are sourced from dairies not using artificial hormones.

## **WHAT IF I HAVE A SPECIAL DIETARY OR NUTRITIONAL NEED?**

We serve many students with food allergies and dietary needs!

The dining services team is well-trained in food allergy awareness and offers several options for students with food allergies and celiac disease. This includes communication about and modification to existing menu items, special preparation of menu items, and access to special products as agreed upon with students. Ingredients and allergen information for menu items can be found on our online menus, and allergen information can be found on our station signage within our cafés. Daily menus for each café can be accessed at [curtis.cafebonappetit.com](http://curtis.cafebonappetit.com). Menus can be filtered to streamline searching using the dietary preferences filter.

Further questions about ingredients can be answered by our trained managers/chefs onsite. Our Dining Director, Natalie Armentrout, is here to assist with any dietary questions or concerns you may have. We also work closely with the University of Pennsylvania's registered dietitian nutritionist, Dan Connolly when needed.

## **GET CONNEC ED**

To learn more about your café, view daily menus, and sign up for daily menu mail, visit: [curtis.cafebonappetit.com](http://curtis.cafebonappetit.com) and check us out on Instagram @curtisinstitedining.

## Other Resources for Mind and Body

### The Quiet Room

The Quiet Room offers quiet space exclusively for Curtis students and is located in the main building at 1726 Locust. It is nicely appointed with comfortable chairs, soft lighting, eye masks to help reduce fatigue, a foot reflexology pad, holistic reading selections, and other enhancements to facilitate meditation, contemplation, relaxation, thoughtful conversation, prayer, pre-performance centering, and reflection.

The quiet room may be reserved via Asimut. If the room has not been reserved, students may utilize the space on a first come first served basis.

Please note: the quiet room is **not for practice**. However, students may use it for reflection or warm up before performances.

### LGBTQ+

Curtis is a safe zone community.

**The Attic Youth Center** Provides case management, counseling, support groups, drop-in hours, life skills, educational resources, HIV testing and counseling. It is located at 255 S 16th St. You can visit the attic online at [www.atticyouthcenter.org](http://www.atticyouthcenter.org). The phone number is 215-545-4331.

**The William Way Centre** offers many services and has an LGBTQ+ Community Center that hosts various group meetings and events for all ages. Visit the William Way Community Centre at 1315 Spruce St. or online at [www.waygay.org](http://www.waygay.org). The phone number is 215-732-2220.

**Mazzoni Center** provides quality, comprehensive health and Wellness services in an LGBTQ+ focused environment, while preserving the dignity and improving the quality of life of the individuals served. Some services are free of charge. Mazzoni also provides information about upcoming events and activities throughout the community, from social gatherings, benefits and fundraisers for Mazzoni Center to conferences and health and fitness events. The medical practice of the Mazzoni Center is located at 809 Locust St. The main office is located at 21 S 12th St. and the phone number is 215-563-0652. You can also visit the Mazzoni Center online at <http://mazzonicenter.org>

**Down Dog Yoga** is an exercise app free to Curtis students. The app guides you through yoga routines customized to your level of expertise, desired style and length of time, and can even access your music library to play appropriate tunes during your workout. Go to <https://www.downdogapp.com/> to download the app and set up your account using your Curtis email address.

## Communicating about Health Needs

Students may of course reach out to health professionals directly to discuss their needs. Student should also feel comfortable bringing concerns and questions to members of the CARE team, who can assist students in navigating the health care system, clarify insurance or billing questions, and advocate for students within Curtis.

## Disability & Academic Accommodations

Curtis works to ensure equal access to education, educational materials, and participation in Curtis activities through reasonable accommodation and/or modification. As the sole criterion for admission to the Curtis Institute of Music is artistic promise, no student shall be denied admission or be subjected to discrimination in admission on the basis of disability.

Students who wish to request accommodations may begin that process by reaching out to the Manager of Student Life. Students are not required to disclose a disability to the school. If a student does not require nor seek an accommodation, they may keep information about any disability or condition private. However, if a student does wish to receive an accommodation for a condition or disability, they must disclose.

More information on Accommodations at Curtis may be found [here](#).

## Confidentiality

Curtis recognizes and respects the personal privacy of each student's information regarding the evaluation, diagnosis, treatment, and/or prognosis of any student, is held in complete confidence by the providers of this care and may not be shared with any member of the Curtis staff, faculty, or administration without the prior written consent of the student. *Please note the Curtis Student Health Insurance Policy does authorize the designated Curtis staff member to work directly with our insurance provider or their agent on all claim resolution matters.*

## CARE team

CARE stands for Concern, Assessment, Response, and Evaluation. The Curtis CARE Team is a group of administrators, led by the Office of Student Life, poised to respond to situations that could disrupt a student's academic participation or psychosocial wellbeing. If a concern is raised regarding a student the CARE team will intervene, review the situation, and coordinate an action plan to support the student through the crisis, life event, or difficulty and maintain the health and safety of the individual and the greater community.

**Being contacted by the CARE Team does NOT jeopardize or affect a student's status at Curtis.** The CARE Team does not discipline or sanction a student. The goal of the CARE Team is to intervene and support the student. Involvement with the CARE Team is not shared across campus nor a part of the student's academic record. The CARE Team exists for the benefit of the student and the health of our community.

More information about the CARE team may be found [here](#).



## **Personal / Medical Release (PMR) Requests**

Students may an approved absence from classes, rehearsals and performances by completing a release form. Releases are classified as either Performance-related (gigs, private lessons, instrument repair, etc.) or Personal/Medical, also known as a PMR. PMRs are requested by completing a Release form, found [here](#).

Students requesting a PMR may share as much or as little information regarding the reason for the request as they choose, however a lack of information may make it more difficult to adjudicate and approve the request. Any information shared on the PMR form will be seen only by members of the Student Services team, and will not be shared without the student's approval.

Students are asked to submit PMRs as early as possible, to allow time for consideration and approval. Requests received less than three days before the requested dates will not be considered, except in cases of emergency. Approval or denial will be noted on the student's Asimut calendar.

Students are still responsible for any lessons or work missed during an approved absence.

## **Absences & Doctors Notes**

In cases where students do not attend a class, coaching or rehearsal, and have not obtained an approved release, they will be debited with an unexcused absence. Individual classes, studios or ensembles may also have attendance grades that are affected by unexcused absences.

In cases where an unexcused absence is caused by an illness, students may provide a note from a doctor or other medical professional to excuse them from class. Such documentation may be provided to the faculty member leading the sessions missed, or to the Manager of Student Life, if the student does not wish to share the note with faculty.

Students are still responsible for any lessons or work missed during an absence due to illness.

## **Public Health / COVID Policies**

Curtis recognizes that all students are living, studying and performing in the reality of COVID-19. The school's administration takes the health and wellness of all students as the highest priority, and constantly reviews best practices and medical guidance to ensure our policies are as up-to-date and effective as possible to meet the needs of our unique academic and performance environment. Changes in policy will be announced to the student population via email as needed.

Masking and testing as needed is encouraged, and students may obtain masks from the security desk in each campus building. Students may obtain tests from the security desk in Lenfest Hall, or from any member of the Student Services team.

## Louisa Womack “Live for Life” Wellness Day

On May 3, 2012, a Curtis second year double-bass student Louisa Womack took her life. Louisa was 24 years old, a beautiful young woman, brilliant musician, cherished friend to many, and beloved member of her family. Her death was a life-changer for everyone connected with the Curtis community. Over those somber days leading up to Commencement we came together to mourn Louisa. Students did what was most comforting for many of them, namely lots of music-making in her honor. Students placed flowers around the campus; it was a difficult time. Days later, the orchestra packed up just hours after Commencement and took off for Dresden. Being together and holding close, sharing the stress of all the preparations, rehearsals, and anticipation of performing the Brahms Symphony No. 2 became a conduit to grapple with the pain, the grief, and find the path to healing. WHY? HOW CAN THIS BE?

In Louisa’s honor, Curtis has sponsored a Wellness Day each year, giving the entire Curtis community an opportunity to reflect on their own wellbeing, learn about resources and techniques to help them take ownership of their health.

While the programming of Wellness Day has evolved and changed to encompass issues from Financial Literacy, LGBTQ+ support and online safety, its core mission, uniting the Curtis family in mutual support and enhancing student life, remains constant.

## 10 Tips for Self-Care

1. **SLEEP:** Sleep is a natural healing for your body, and it allows your brain to actively work while you're sleeping. Tip: Turn off all electronics at least 30 minutes prior to bedtime.
2. **EAT HEALTHY AND BALANCED MEALS:** Give your body the natural vitamins and nutrients it needs to thrive. Incorporate more fruits and vegetables into your daily intake. Stay hydrated.
3. **EXERCISE:** Engage in fitness activities such as yoga, kickboxing, riding your bike, hiking or running.
4. **GET OUTDOORS:** Take breaks to refuel while practicing or writing your paper. Don't cram before the deadline. Manage your daily routine so that you have sufficient time to accomplish what you need to do. Tip: Unplug and take a break from social media.
5. **JOURNAL:** It's a great way to write out your thoughts and feelings. Create a gratitude list in your journal to write out the things that you are thankful for. Shift your mind to think positive even during stressful moments.
6. **MEDITATE AND PRACTICE RELAXATION TECHNIQUES:** Find a quiet space to take deep breaths in a relaxed position. Tip: Find a self-guided meditation exercise on websites like YouTube.
7. **SET SHORT-TERM AND LONG-TERM GOALS:** Remember to reward yourself when accomplishing your goals.
8. **GET SUPPORT FROM RELATIONSHIPS:** Aside from spending time with your friends, get involved in campus activities. Set aside time to have a social life. It will help you recharge!
9. **MAKE A SELF-CARE PLAN THAT WORKS FOR YOU**
10. **MAINTAIN A SENSE OF HUMOR:** When something doesn't go according to plan, take a breath, smile, and persevere.