

## **SCHEDULING AN APPOINTMENT**

Students and Residents who are interested in scheduling an appointment can call the Success Center at 318-676-5002

Monday through Friday  
8:00 a.m. - 4:30 p.m.

## **HOURS OF OPERATION**

We are available to assist you at the clinic during the following days/times:

Monday-Friday 8-4:30

If the situation is potentially life-threatening, please call 911 or go to the nearest emergency room.

We are also available on an emergency basis at the following number:

903-407-2000

## **MEET THE STAFF**

### **Mark Cogburn, PhD, APRN, LMFT**

Dr. Cogburn is the Director of Student Mental Health and the Medical Student Ombudsman. He will always be the first person you see when you seek this service. After his initial screening, you may be referred to another therapist or counselor. Dr. Cogburn is also a Psychiatric Advanced Practice Registered Nurse and will discuss medication interventions if they are indicated.

### **Joshua Hollis, LPC**

Josh is a Clinical Specialist at the Student Success Center who specializes in cognitive behavioral therapy and mindfulness practices. He is committed to helping you learn to effectively navigate the challenges of school and residency programs.

## **LSU HEALTH SHREVEPORT STUDENT SUCCESS CENTER**

820 Jordan Street Suite 104  
Shreveport, LA 71101  
318-676-5002



**A wellness center focused on the personal and professional well being of LSU Health Shreveport School of Medicine and School of Allied Health Professional Students.**

## ACADEMIC SUPPORT SERVICES

The Student Success Center works closely with the Student Affairs Departments in both the School of Medicine and School of Allied Health Professionals. It is our goal to help you adjust to the demands of the medical professional degree schooling.

It is quite common to experience increased **anxiety** approaching and on **test day**—anxiety so intense its actually interferes with your ability to take the test.

We also frequently see students who need assistance developing new **study skills**. We work closely with Peggy Murphy who can help you learn and implement new skills.

In addition to anxiety and study skills, we will also help you **manage your time** so that you achieve maximum efficiency and learn to avoid procrastination.

These are just a few of the academic support services we offer. Please call to schedule an appointment if you feel you need help with your academic stressors.

## EMOTIONAL SUPPORT SERVICES

### Counseling Services

Counseling can involve short-term problem resolution or longer, more intensive psychotherapy. It can be useful to those with mild difficulty in their lives as well as those with more serious or longstanding problems.

People seek counseling for a wide range of problems. For example, some people come to get help with a difficult decision and others come because they feel overwhelmed by the stressors in their lives. Some common reasons for coming to counseling include relationship problems, academic anxieties, unusual sadness, irritability, sleep problems, eating problems, difficulty paying attention, loneliness, suicidal thoughts, and worrying too much. If you are not sure that you need counseling but think it might help, give us a call and try it out.

### Medication Management

When combined, psychotropic medication and therapy are the most effective treatment for depression, anxiety, and many other mental health concerns. Medications are prescribed when symptoms of mental or emotional illness are *severe, persistent, and interfere* with normal functioning. On occasion, two or more medications may be prescribed to relieve multiple symptoms.

**All drugs require careful monitoring.**

## CONFIDENTIALITY

Participation in Counseling services is confidential. We will not give any information to anyone without your written consent. This includes your parents and other offices or departments in the university. Our records are defined as confidential medical records by both state and federal law. There are a few exceptions to the rules of confidentiality in which we may be ethically or legally bound to disclose certain information. These include cases of: child or elder abuse or neglect, court orders to release information, or situations where we believe the client is a serious and immediate danger to self or others.

Please feel free to discuss your questions about privacy and confidentiality with your counselor.

## FEE FOR SERVICES

There is **no** out-of-pocket expense to any student for our services who have paid tuition and fees. The SSC may bill your insurance, but will accept only what the insurance company pays. If there is ever a balance to your bill, please let the office staff of the SSC know so they can assist you in eliminating any balance.