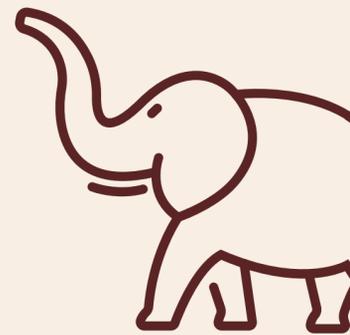
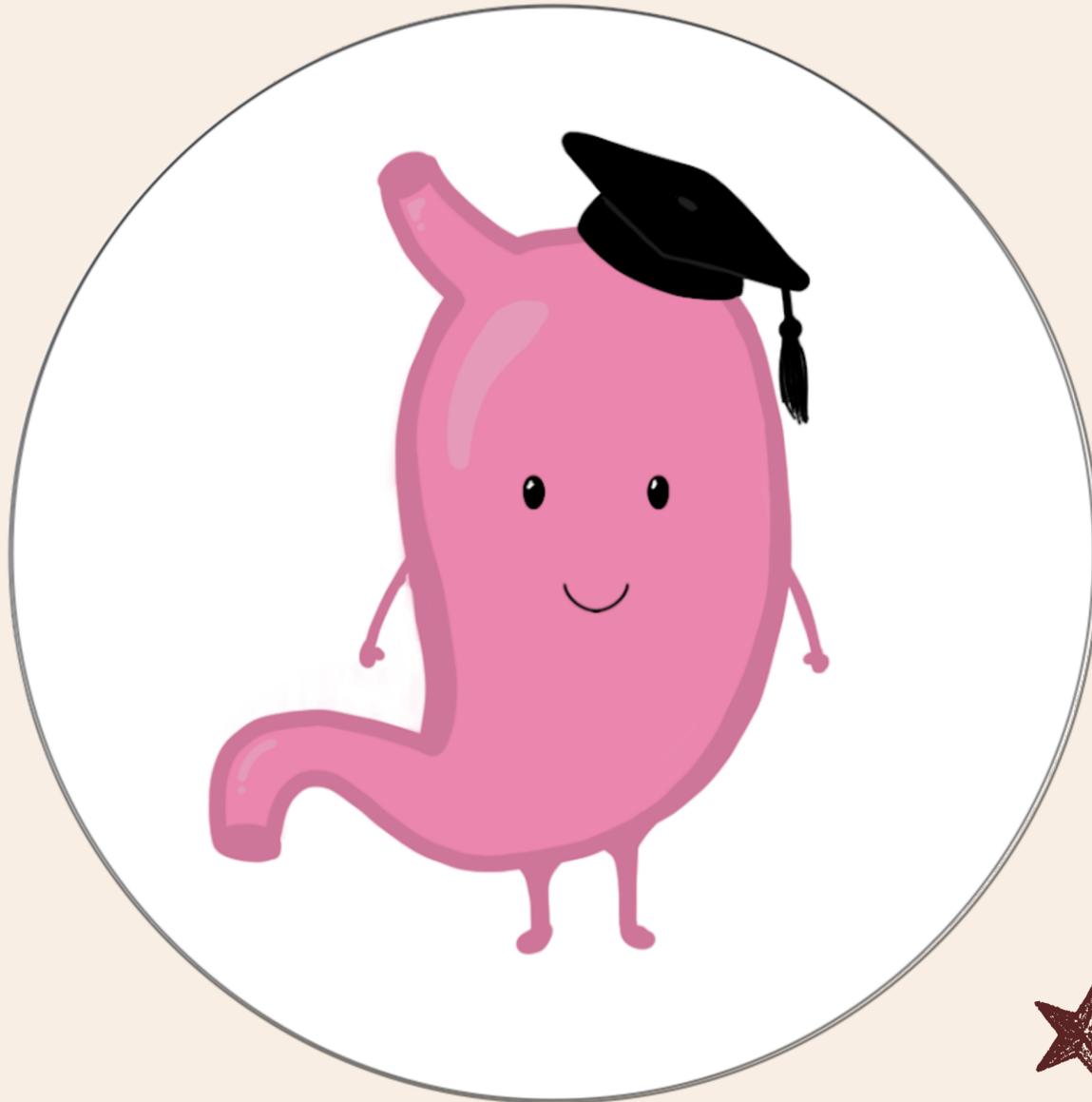


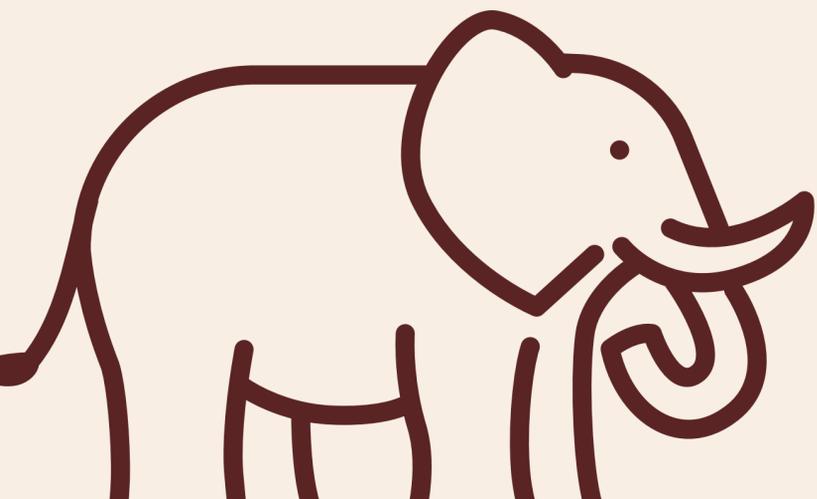
IBD UNIVERSITY



# *Tufts Guide to IBD*



## HOW TO SURVIVE & THRIVE AS A TUFTS STUDENT WITH IBD



*This pamphlet has been developed by IBD University, a non-profit dedicated to providing resources and a community for college students living with IBD, and has been reviewed for accuracy by Health Services. For more information about IBD University, please visit: <https://www.ibduniversityinc.org/>.*

# How to receive accommodations

1



Fill out this registration form with the STARR Center

2

Ask a doctor who's treated you to verify your IBD



3



The STARR center will contact you to make an appointment



including any relevant mental health condition or other disability

4

Meet with the STARR center to discuss what accommodations you qualify for

5

Email your accommodation letter as well as IBDU's Professor Pamphlet to your professors at the beginning of the semester



what you need to know

# FAQ'S

## academic accommodations

### What kind of accommodations can I get?

It's important that you get your unique needs met. Students with disabilities face barriers that other students do not that impact their ability to learn. Students may face barriers in academic spaces such as attending class, graded course components, food and drink in class, and/or remaining in class for long periods of time. To discuss accommodations to meet these barriers, students should connect with their clinician and the StAAR Center.

### What if I'm not happy with my accommodations?

Your accommodation letter is important because it tells your professors which accommodations the STARR center has deemed as appropriate. **If you are not satisfied with your accommodations**, schedule an appointment with the STARR center. It is important that you advocate for your needs, whether it's at the beginning of the semester or the end, STARR is always happy to meet with you. It just takes you reaching out.

### Do I have to repeat this process every semester?

The short answer is, no! Unless you are seeking new accommodations, you can continue to use your letter from the previous semester(s). Make sure to go through the steps outlined below **at the beginning of every semester** to ensure that you receive the help you need.

**01** Go to the [accommodate website](#)

**03** Click *semester request* & select semester

**02** Click *accommodation*

**04** Click *submit for all accommodations*

Tufts

# Mental Health Resources



**Students with IBD have a higher chance of developing a mental health condition than the average college student**

Finding mental health support can be an extremely intimidating process. Tufts has resources to support you through the Tufts Counseling and Mental Health Services (CMHS); CMHS is more than equipped to help you find a therapist or psychiatrist and provide you with care during the process. We know how hard it can be to start this process, especially if you are struggling with your mental health. Below we have streamlined the process as much as possible and hope that it can encourage you to find the support you deserve.

**Tufts  
Counseling**

**Off-Campus  
& Longterm  
Referrals**

**Psychiatric  
Services**

## Off-Campus Referrals

Tufts CMHS is equipped to help you with a lot! Unfortunately, their individual counseling is only a short-term option. Tufts offers same-day appointments as well as a temporary counselor; if you are looking for a sustainable, more permanent solution, you should explore an off-campus option.

This can seem like a daunting task but there are some tools to help with the process. This is a good option if you are looking to build a relationship with a therapist and find consistent support.

## Where to go for help

Even with the help of ThrivingCampus, this can be a lot of navigate! Tufts has care managers available to walk you through the process. If this sounds like something you would be interested in, reach out to [jim.kane@tufts.edu](mailto:jim.kane@tufts.edu) and ask to set up a meeting. Jimmi is great to work with and makes what seems like the impossible, manageable!

## ThrivingCampus

Tufts has partnered with **ThrivingCampus** in order to help students find a therapist with ease. To start your search, go to

[Tufts.ThrivingCampus.com](https://Tufts.ThrivingCampus.com)

You can filter possible counselors using your insurance, address, desired therapeutic approach and identified focus areas, in order to find the best fit for you.



## In the Meantime...

Whether you are in the interim of finding a more permanent counselor, or simply needing to talk something through, CMHS is reliably and readily available to talk! To book an appointment with a short-term counselor, please call

**617-627-3360**



This number also works for same-day appointments! If you need support last minute, don't hesitate to call!

## Psychiatric Services

Tufts offers **adjunct** psychiatric services. If you are actively engaged in counseling, your counselor can refer you to a Tufts psychiatrist. This is a good option to explore if you and your therapist are considering the benefits of medication and seeking the opinion of a reliable psychiatrist.



**Have your therapist fill out this referral form to begin the process**

## Cost

*Initial Evaluation*

**\$0**

*Follow-Up Appointments*

**\$100**

can pay at time of visit or charged to your tuition bill listed as a health service charge. Reach out to CMHS if cost is a barrier.

# A NOTE ON

## PROFESSORS



Dealing with professors can be difficult, especially as a freshman. Explaining IBD and how it may affect you to someone can be difficult to do when you are still trying to figure out those answers yourself. We suggest giving all your teaching our Professor Pamphlet in addition to your accommodation letter (if you have one) to save you the trouble of explaining yourself.

Based on our experience, there are two 'types' of professors that you are likely to encounter at Tufts.

The first type is the professor that is willing to change a deadline, understand your absences, and overall accommodate your needs, with or without an accommodation letter. Professors at the end of the day want you to be successful and to walk away from their class understanding the objectives. These professors will work with you to ensure that you complete those objectives. They would be the type of professor who would trust you to tell them what you need rather than sticking to what is exactly in your accommodation letter (though you should email it to them regardless if you are registered with the STAAR Center). In these cases, you can relax. The biggest thing to remember is to keep in constant communication with them, especially during times of flare ups, so that they can make arrangements for you to complete the work in a way that works for both of you.

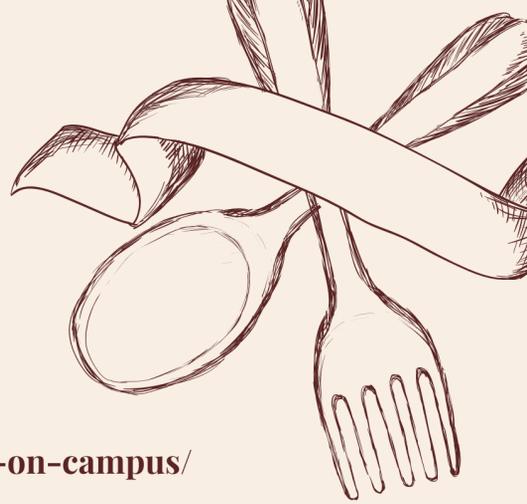


Conversely, there are professors who are not willing to go beyond the guidelines of your accommodation letter. These professors often have a "figure-it-out" attitude that can be uncompromising and believe that if you cannot keep up in their class, you should not be in their class. These professors are sometimes more tricky to deal with, especially when you may need more accommodations than you are given. In these cases, we suggest you speak with your TA if possible, or meeting with your Academic Dean. Your Academic Dean has the ultimate and final say in what happens in class and can override the teacher's policy. However, they are generally difficult to deal with so go into the meeting with an open mind or consider meeting with them and a clinician at the STAAR center together. A more moderate solution is to circle back with the STAAR Center to perhaps get more accommodations or have them work with you on an email to explain your situation further.

Every professor accommodates differently — you will be successful at Tufts if you advocate for yourself and communicate effectively with your professors

# TUFTS DINING

excluding Mugar & Kindlevan Café. For more visit <https://dining.tufts.edu/where-to-eat>



for more information on dining accommodations please visit <https://admissions.tufts.edu/visit/dining-on-campus/>

## • COMMONS MARKET PLACE •

### GOOD FOR...

SNACKS (GF/DF OPTIONS)

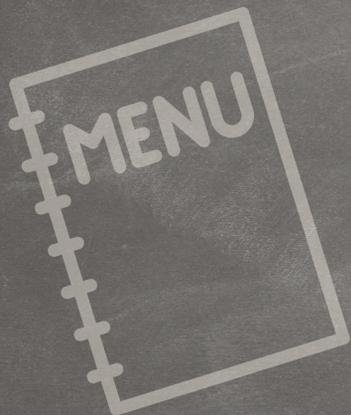
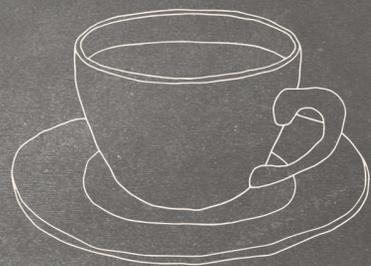
FOOD ON THE GO

LATE NIGHT DINING

### BUT THERE'S...

MOSTLY FRIED FOODS

LIMITED DF/GF MEAL OPTIONS

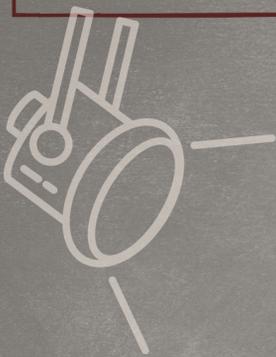


## • HOTUNG CAFÉ •

FANTASTIC  
BREAKFAST

(GF/DF OPTIONS)

INCLUDES DRINKS,  
SNACKS, AND A  
SELECTION OF MEALS



## • TOWER CAFE •

A TRADITIONAL CAFÉ  
THAT OFFERS A VARIETY  
OF DRINKS AND LIMITED  
SNACKS.

THE CONVENIENT LOCATION  
OF THE LIBRARY MAKES  
THIS A GREAT PLACE TO  
TAKE A BREAK FROM  
STUDYING (UP UNTIL 10  
PM!)

DO NOT RELY ON TOWER  
FOR MEALS

GF/DF OPTIONS ARE  
AVAILABLE BUT LIMITED



## DID YOU KNOW

First years automatically get  
Tufts premium meal plan;  
400 swipes (~3/day) and \$75  
of Jumbo Cash!

◉ DEWICK-MACPHIE DINING CENTER ◉

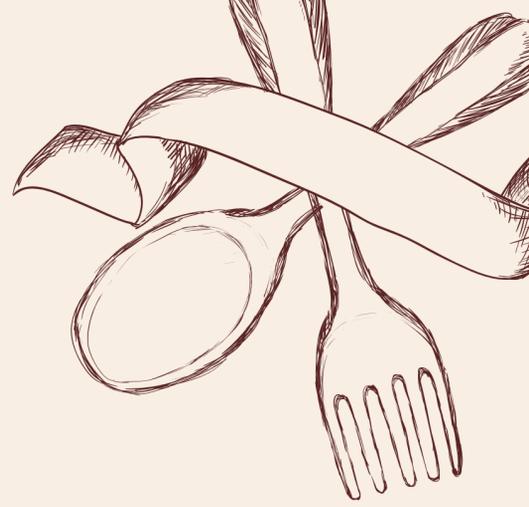
**BEST DEAL FOR A FULL MEAL!**

**IF YOU ARE LOOKING FOR THE MOST VARIETY/CHOICE  
IN WHAT YOU'RE EATING, DEWICK IS THE PLACE TO GO!**

**IF YOU HAVE DIETARY RESTRICTIONS, DEWICK WILL BE  
YOUR MOST CONSISTENT OPTION**

**IF YOU PREFER TO SPEAK TO  
SOMEONE, OR ARE LOOKING FOR  
FURTHER ACCOMMODATIONS, OR  
ARE SEEKING SPECIFIC FOOD  
REQUIREMENTS PLEASE REACH  
OUT TO EMAIL  
KELLY.SHAW@TUFTS.EDU.**

**DEWICK HAS OPTIONS FOR ALL  
TOP 9 ALLERGENS!**



**GF/DF OPTIONS  
AVAILABLE!**

◉ HODGDON FOOD-ON-THE-RUN ◉

**HODGE OFFERS A VARIETY OF STATIONS THAT ALLOW YOU TO  
CUSTOMIZE YOUR OWN MEAL**

**PAN ASIA**

**CHURROS CALIENTE**

**GREENS & GRAINS**

**PITA**

**DELI STOP**

**ADDITIONALLY, YOU CAN BUY PREPACKAGED MEALS, SNACKS, AND SOME BASIC HOUSEHOLD ITEMS**

◉ CARMICHAEL DINING CENTER ◉

**A WORSE VERSION OF DEWICK.**

# TUFTS HOUSING

Tufts guarantees on-campus housing freshman & sophomore year.

All Tufts dorms have their strengths, however, some are more equipped than others to accommodate your possible needs.

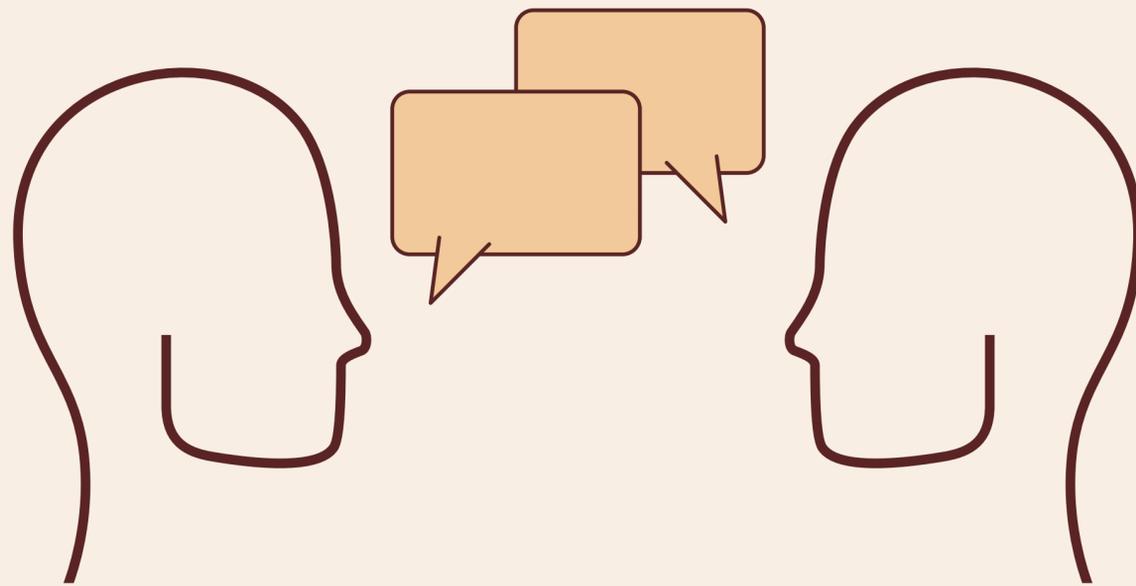
*Your comfort matters* and the STARR center can work with you and Residential Life to help accommodate your accessibility features. See steps above on how to get accommodations from the STARR center.

# TUFTS HEALTH SERVICES

Health Services  
phone number:  
617-627-3350

Tufts Health Services can be a great resource for routine healthcare needs. In our experience, it is a betetr idea for you to find a competent and reliable GI for your IBD management. That being said, Health Services can be a great place to ask questions or seek advice on your wellbeing.

# A LETTER FROM US TO YOU



The purpose of this guide is to help try to prepare you for life at Tufts with IBD. *Things are different for everyone* -- we want this guide to be a conversation between Tufts students that can be passed on so that we can learn from each others mistakes. Within the Tufts community we deserve to have a place and understanding on how to navigate the system. At times, the bureaucracy of Tufts can feel limiting and frustrating -- however, what makes Tufts special is the people. Us with IBD are the most special of the special anyways, and this guide is a collection of our experiences.

Welcome to Tufts IBD community. We can't wait to have you!

Emma Adelstein & Avani Kabra  
IBDU Co-Founders (Class of 2023)

For more information and any feedback you may have, please visit <https://www.ibduniversityinc.org/> and check out our social media: @ibduniversity on Instagram and Facebook!