Parent & Family Orientation
2014
Wellness Services at the University
Dimensions of Wellness
Academic Impacts

1. Stress
2. Anxiety
3. Work
4. Sleep
5. Cold/Flu/Sore Throat
6. Depression
7. Internet use/computer games
8. Concern for a troubled friend or family member
9. Relationship Difficulties
10. Finances

National College Health Assessment (2013)
How your student is going to be well

1. Listen to their body
   Get some shut eye, go for a walk, eat something green, take care of illnesses
2. Develop healthy coping mechanisms
   Take up yoga, talk with friends, get organized
3. Recognize their decisions matter
4. Resources
   Center for Student Wellness
   University Counseling Center
   Student Health Center
Center for Student Wellness

- wellnes.utah.edu
- wellness@sa.utah.edu
- Student Services Building, Room 328
- 801-581-7776
- Moving to Student Life Center in January 2015
Student Health Center
studenthealth.utah.edu
801-581-6431
555 Foothill Drive, Level 1

**HOURS:**
Monday – Friday
7:30 a.m.-5:00 p.m.
(closed Wednesdays
12-2)

During Fall and
Spring semesters:
Tuesday
7:30 a.m.-7:30 p.m.

Saturday (Closed
Saturdays during
breaks and those
before Monday
holidays or after Friday
holidays.):
9:00 a.m.-12:00 p.m.
College Health:
What should my child bring to college?

Health summary
- List of medications
- List of allergies
- List of past medical, surgical, or mental health problems
- List of any special needs (chronic conditions/disabilities)
- Immunization record of ALL vaccines, not just the required ones

Proof of health insurance
- Know provider networks
- Educate your student regarding the policy and how it works

First aid kit for small emergencies
- Bandages for cuts/scrapes
- Gauze/tape
- Antibacterial ointment
- Hand sanitizer
- Thermometer
- Acetaminophen and/or ibuprofen
Student Health Center Services

A primary care clinic for students, their spouses, and dependents
- Sick and well care with appropriate referral to subspecialty
- Urgent/emergent care
- Sports medicine, Travel medicine services available
- Immunizations

In Network provider for the University of Utah Student Health Insurance Plan administered by United Healthcare Student Resources
- Fully Affordable Health Care Act Compliant
  - [www.uhcsr.com/utah](http://www.uhcsr.com/utah)
- Open enrollment at beginning of each semester or for a qualifying event

Billing Office will bill other 3rd party insurances as an out of network provider; in network providers may be available at other local practices. Please check your student’s policy!

University Healthcare Pharmacy on site
Immunization Requirement

Two MMR’s (Measles, Mumps, and Rubella) are REQUIRED

Fill out the “Proof of Immunity” form by supplying the dates of immunization and signing the attestation.

Your student received this card at Orientation

If unable to find the dates of immunization

- Look at State Vaccine Registries
- Look at High School Transcripts (Utah)
- Have titers drawn at your own health care provider or at Student Health Ctr
- Get immunized (typically free if you see an in-network insurance provider)

Religious or medical exemptions are allowed

- Must receive a written statement requesting the exemption and supporting documents

Return to Student Health Center before September 30th

If not received, a registration hold will be placed on the student’s account until they have complied.
426 Student Services Building
801-581-6826
counselingcenter.utah.edu
Monday – Friday, 8:00am – 5:00pm
About the Counseling Center

- Short-term mental health therapy
- Personal development & wellness
- Collaborative & goal-oriented
- Multiculturally sensitive
- Eligibility: U students, staff & faculty
- Multidisciplinary staff:
  - Psychologists, Social Workers, Psychiatrist, Advanced Graduate Trainees
Counseling Services

- Individual counseling (Short-term)
- Group counseling
- Couples counseling
- Psychological assessment
- Psychiatry & medication management
- Career counseling
- Referral services to community resources
- Mindfulness Clinic
- Outreach
What to Expect for the First Appointment

http://www.youtube.com/watch?v=JLajMJ5agMo

(Created by Kyle Chittenden, U film student Subsidized by the Parent Fund)
Getting Started

- First appointment = “Intake”
  - Free
  - Advanced Intakes (Scheduled ahead)
  - Same Day Intakes (Call that day @ 8:00)

- Ongoing Services: Reasonable fees
  - Individual: $12
  - Groups: $5
  - Services not limited by ability to pay

- Confidentiality
  - Services confidential for those over 18
  - Limitations & rights of students’ privacy
We Can Help With:

- Academic struggles
- Relationship & family issues
- Stress management
- Depression
- Anxiety
- Grief or loss
- Gender & sexual identity issues
- Relaxation techniques
- Career Planning
Crisis Services

• Crisis Coverage Throughout the Day

• Consultation: Parents, Faculty, & Staff

• Critical Incident Support
University Counseling Center

Contact Us
201 S 1460 E, Rm 426
Student Services Building
The University of Utah
Salt Lake City, UT 84112

Phone:
801-581-6826

Hours:
Monday-Friday 8 a.m. - 5 p.m.

Resources

Are You in Crisis?

Online Mental Health Screenings

Videos

You're welcome to take a group class or call if you're interested.

More Videos
Outreach Services and Affiliated Offices

• Online mental health screenings
• www.bigthingslittlethings.com
• Presentations & workshops by request
• Suicide prevention trainings
• Credit-bearing courses (Educational Psych. Department)
• Center for Student Wellness
• Learning Enhancement Program
• ASUU Tutoring Center
• Testing Center
Tech Reach

• Social media outreach
  Facebook page
  YouTube channel
  Twitter account
  Pinterest boards
  Instagram
For What Reasons Do You Think Students Seek Our Services?
# Reasons Endorsed for Seeking Counseling

## Annual Report 2012-2013

<table>
<thead>
<tr>
<th>Reason for Seeking Coun.</th>
<th>Num.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>525</td>
<td>63%</td>
</tr>
<tr>
<td>Depression</td>
<td>479</td>
<td>58%</td>
</tr>
<tr>
<td>Stress</td>
<td>461</td>
<td>56%</td>
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<tr>
<td>Academic</td>
<td>368</td>
<td>44%</td>
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<tr>
<td>Self-Esteem</td>
<td>334</td>
<td>40%</td>
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<tr>
<td>Loneliness</td>
<td>265</td>
<td>32%</td>
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<tr>
<td>Relationship w/ Partner</td>
<td>263</td>
<td>32%</td>
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<tr>
<td>Social Anxiety</td>
<td>197</td>
<td>24%</td>
</tr>
<tr>
<td>Relationship w/ Friends</td>
<td>179</td>
<td>22%</td>
</tr>
<tr>
<td>Family I Grew Up In</td>
<td>171</td>
<td>21%</td>
</tr>
</tbody>
</table>
By the Numbers:
Annual Report 2012-2013

- **994**: Intakes (new UCC clients)
- **1226**: Different clients seen
- **4093**: Individual & couple sessions
- **1511**: Group therapy-client sessions
- **13**: Different weekly therapy groups
- **143**: Presentations/workshops
- **7,023**: Presentation recipients
- **31**: Mindfulness coaching sessions
Breakdown of Clinical Utilization by Appointment Type
Students of Concern

• Collaborative campus resources:
  UCC Services (Crisis & On-going Services)
  Student Health Center
  Women’s Resource Center
  LGBTQ Resource Center
  Dean of Students Office
  Residence Halls
  University Police

• Behavioral Intervention Team
You Are Not Alone
(Created by Micah Herman)

http://www.youtube.com/watch?v=FA23AFcTXLs&list=FLKQGNqlZ0AqVe-ZLaGOI-oA