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HOW DO I GET TO THE CLINIC OR REPRODUCTIVE HEALTH?
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Student Health and Counseling Services Utilization

For Counseling Services, appointments continue to increase, and for 2012/2013, there were approximately 2000 individual appointments, and if we count each group session for each individual, we can add an additional approximately 160. Our client numbers continue to increase as well and are now approaching 500 (up from approximately 480 in 2011/2012).

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Evaluation of Services: External Reviews
Counseling Services underwent an external review in 2012/2013 in which we conducted a formal self-evaluation, had two external reviewers on campus for two days meeting with multiple persons and groups on campus, and then made multiple changes based on recommendations from the reviewers. Plans are underway for an external review for Student Health Services 2013/2014.
Student Health & Counseling Services

- Provides access to clinical health and mental health services.
- Monitors the health and mental health of students, the campus, and the community.
- Identifies pertinent health and mental health concerns and issues.
- Addresses health and mental health issues through collaborative health programming, services, and policies.
- Serves as a consultant and resource for health and mental health related information and services.

Student Health and Counseling Services are supported primarily by a portion of the segregated fees paid by students. The Student Health Advisory Committee (SHAC) serves as an advisory group regarding services and programming offered through Student Health and Counseling Services that promote healthy students through a broad, integrated, contextual view of health. Students interested in serving on SHAC can contact the Student Senate Office or Student Health and Counseling Services.

Student Health and Counseling Services has also been able to secure grant funding from multiple sources annually since 2002 to help support health and mental health initiatives and efforts, totaling over $250,000 since 2002.

Student Health Services

The mission of Student Health Services is to enhance students’ health by collaboratively providing basic health services, access to information and resources, advocacy for campus health policies, and prevention focused programming so that students can successfully pursue their academic, personal, and professional endeavors.

Many clinical health services commonly used by students are provided through Student Health Services for registered full-time and part-time students through contractual agreements with the River Falls Medical Clinic and the Pierce County Reproductive Health Services. Students call directly to the River Falls Medical Clinic (715-425-6701) or Pierce County Reproductive Health Services (715-425-8003) to set up an appointment and bring their student ID and health insurance information. Rides to and from both locations are also covered by Student Health Services by calling River Falls Taxi at 715-425-7878. Specific services covered are available on the Student Health Services web page. The UWRF Student Health Nurse provides nursing care, health information, counseling, outreach and advocacy for students at the River Falls Medical Clinic and serves as a liaison between providers at the River Falls Medical Clinic and the University.

Counseling Services

The mission of Counseling Services is to provide professional mental health counseling and consultation services for our campus community that:

- Incorporates a brief-therapeutic model to address the emotional and behavioral needs of our students.
- Creates developmental programming to increase healthy lifestyle and coping behaviors across campus.
- Provides leadership and advocacy for university mental health policy and initiatives.

Counseling Services provides confidential one-on-one and group counseling for students to help students work through a wide variety of issues that they might be facing during their college years. Counseling Services incorporates a brief therapeutic model with an emphasis on developmentally-oriented therapy directed at helping students succeed in the university environment. When specialized or longer term services are needed, Counseling Services can assist in making referrals to off-campus professionals. Students who wish to make an appointment can either stop in to the Counseling Services office or call and make an appointment.

Counseling Services has instituted a number of practices to help resources go farther and to serve students in better, more timely ways:

- We have instituted a new intake system whereby students are seen in a much more timely way, often within a day or two.
- We now offer group therapy counseling, which is a very effective method for therapy for many students.
We serve as a training site for graduate counselor and psychologist students, who are closely supervised by Counseling Services therapists. Having counseling trainees is a value-added service for UW-River Falls students.

We instituted a new counseling services management system, Titanium, which includes an electronic confidential intake/assessment system, client records, appointment calendar, and tracking/utilization data.

Students coming in for their first visit will be seen for a brief (20-30 minute) intake with a counselor who will:

- Provide information about what to expect from the counseling process
- Discuss the student’s presenting issues and concerns
- Develop a plan to best meet the student’s needs, which may include:
  - Referral to a counselor on our staff for individual counseling

### Student Health and Counseling Services Web Pages

The Student Health and Counseling Services web pages contain information on:

- Health and mental health services and how to access them
- Where to go/what to do for emergencies/crisis situations (including suicide, medical emergencies, and sexual assault)
- Special medical or mental health needs
- Area and online physical and mental health resources
- Coping with tragedy, trauma, and death
- Online mental health screening
- eCHUG Alcohol ECHECKUP
- Recommended immunizations and where/how to obtain
- Health insurance, including information about the Affordable Care Act
- Medical excuses
- Wellness assessment and available campus and community resources
- Weekly and annual wellness events and opportunities for fitness and exercise

http://www.uwrf.edu/StudentHealthAndCounseling/StudentHealthServices/
http://www.uwrf.edu/StudentHealthAndCounseling/CounselingServices/
http://www.uwrf.edu/StudentHealthAndCounseling/Wellness/
- Referral to group counseling
- Referral to a mental health counselor or service off campus
- Information and referral to other campus services

Outreach

In 2012/2013, Student Health and Counseling Services staff participated in or sponsored nearly 225 outreach events, reaching over 11,000 students (some students multiple times), family members, faculty/staff, and community members. These outreach efforts included events such as:

- Summer Registration
- New student and new faculty/staff orientation
- New international student orientation and screening for tuberculosis
- Student Involvement Fair
- Study abroad sessions with students and program leaders
  - First Year Seminar for Student Athletes
  - On-campus Job Fair
  - Residence Life staff training
  - Classroom presentations
  - Residence Hall and Student Organization Presentations
- Weekly wellness sessions such as yoga, Tai Chi, cardio boot camp, Zumba, Sit and Knit Relaxation Group, Habits of Happiness Group
- Annual wellness event such as Pet Therapy Sessions, the Health Fair, Wellcheck, the Wellness Challenge, the De-Stress Fest
- Annual campus influenza shot clinics for students and faculty/staff

Campus and Community Collaborations

In our efforts to connect with others on campus and in the community to better serve students, Student Health and Counseling Services staff have organized and chaired the following campus and community groups:

- Chancellor’s Advisory Council on Alcohol, Tobacco, and Other Drugs: mission is to serve as an advisory council to the Chancellor and the campus on alcohol, tobacco, and other drug issues impacting campus and the community. The council does this by reviewing, evaluating, and bringing forward recommendations on initiatives, efforts, and policies, or serving as an advocate for the campus on these issues, based on best practices and relevant data and trends.
- Campus Sexual Assault Coalition: mission is to strengthen the coordination between on-campus services and community services to build comprehensive joint campus and community-based services for victims of violence and enhance the existing sexual violence prevention education programs on campus.
- Pierce/Saint Croix Counties Share Group: group of area providers of health/mental health related services, who meet quarterly for the mission of networking, sharing information, and educational purposes.
In addition, Student Health and Counseling Services staff have participated in or served on multiple campus and community groups, such as:

- UWRF Academic Staff Council
- UWRF Medical Withdrawal Committee
- UWRF Behavior Intervention Team
- UWRF Students of Concern group
- UWRF Leadership Assembly
- UWRF Student Affairs Leadership Team
- UWRF Student Affairs Programming Team
- UWRF Student Affairs Assessment Team
- Twin Cities Health Directors
- St. Croix Valley Alliance Against Family Violence
- River Falls School District Crisis Response Team
- Emergency Preparedness Community Consortium
- Pierce County Partnership for Youth
- Western Wisconsin Working for Tobacco-Free Living (W3TFL)
- Pierce County Healthy Eating Active Living Coalition
- River Falls Chamber of Commerce Leadership River Falls program
- Pierce and Saint Croix Counties Medical Reserve Corp
- River Falls Area Hospital Community Engagement Committee
- Healthier Together Saint Croix County
- Meetings with providers and staff at the River Falls Medical Clinic and Pierce County Reproductive Health Services

**Step Up/Bystander intervention**

Step up is a community-promoting bystander intervention program that challenges UWRF students to sign their name to the pledge below and live it while being a member of our campus community. Campus staff working with Step Up meets with all incoming first-year students as well as with student athletes. Campus staff working with Step Up also supports and is visible at many community-building events on campus throughout the year.

*PUBLICLY STATE YOUR INTENTION TO HELP AND INTERVENE IN THE SAFEST WAY POSSIBLE.

“It was the right thing to do.”
(The main reasons students intervene)*

**1. SEE**

like a friend.

**2. APPROACH**

the problem. Be the change.

**3. HELP**

end the problem.

**4. RECRUIT**

others if needed.

**STEP UP OWN IT**

I pledge that I will protect the basic right of all people to live a life free from physical, emotional, or sexual violence, by not participating in it myself or standing by while it occurs.
Suicide Prevention Efforts at UW-River Falls

Based on This Model, Specific Examples of Suicide Prevention Efforts at UW-River Falls:

- Identify Students At-Risk, in Need of Assistance
  - Eg. Students of Concern
- Establish and Follow Coordinated Crisis Management
  - Eg. Behavior Intervention Team
- Encourage and Increase Help-Seeking Behaviors and Reduce Stigma
  - Eg. Active Minds
- Provide Appropriate and Responsive Mental and Medical Health Services
  - Eg. Counseling Services and Student Health Services
- Restrict Access to Potentially Lethal Means of Harm to Self or Others
  - Eg. Weapons are not allowed in our buildings on campus
- Encourage and Promote Life Skills and Resiliency
  - Eg. Wellness Initiatives
- Creating and Maintaining a Caring Campus Environment
  - Eg. Tobacco and Alcohol Policies/Efforts, Bystander Intervention/Step Up

Public Health

Student Health and Counseling Services works with others on campus and in the community to assure conditions for the campus to be a healthy environment for persons to learn and work. We do this through monitoring and assessing the health and mental health needs and issues of our campus members. We provide education and information for students and the campus community and advocate for policies and processes that promote health, and serve as a resource and a consultant on health and mental health issues that impact our students and campus. We work to provide services and access to appropriate, effective, quality resources and services that enable the campus community to be mentally and physically healthy.

- Policies:
  - In the past Student Health and Counseling Services has worked with others on campus to advocate for policies to positively impact the health and mental health and students and our campus, for example the Health Insurance Requirement for International Students Policy, to assure international students and scholars and their families have adequate health insurance, and the Advertising, Sponsorship, and Promotions of Alcohol and Tobacco Products on Campus, which prohibits alcohol or tobacco advertising in official University print or online publications and media or sponsorship of campus events.
  - An extremely positive accomplishment this year was the Chancellor signing a Tobacco-Free Campus Policy to go into effect on July 1, 2013. This was done after a Chancellor’s Task Force on a Campus Tobacco Policy was formed through Faculty Senate consisting of 4 faculty (one from each college), 2 Academic Staff, 1 Classified Staff, 2 Students (one a tobacco user) and 2 from Student Health Services who were non-voting members, and this Task Force unanimously recommended that UW-River Falls proceed with tobacco-free policy language and forwarded this to the Chancellor and Faculty Senate. Student Senate also passed a resolution supporting the policy language.

Survey and Assessment Data

- American College Health Association National College Health Assessment (NCHA) is conducted every three years to UW-River Falls students, including in Spring 2012
- The Healthy Minds Survey, a national study examining mental health and service utilization among college students, was also administered to UW-River Falls students in the Spring of 2012 as part UW System Consortium as part of efforts of the UW System Mental Health Population Assessment Committee
- The Counseling Satisfaction and Outcomes Survey is administered each semester to Counseling Services clients in coordination with the UW System Counseling Services Impact Committee. In addition, Counseling Services participates annually in collaboration with the Center for Collegiate Mental Health (CCMH), which is a multi-disciplinary, member-driven, research center focused on providing accurate and up-to-date information about the mental health of today’s college students in order to serve the needs of mental health providers, administrators, researchers, and the public. The long-term vision for CCMH is to develop a national infrastructure of aggregate, de-identified, anonymous data from participating counseling centers for the purposes of improving services, identifying trends, and influencing policy decisions.

UW-River Falls Student Health and Mental Health Data

For additional results, go to the Student Health and Counseling Services Mental and Physical Health Data Highlights web page at http://www.uwrf.edu/StudentHealthAndCounseling/StudentHealthData.cfm.
UW-River Falls Student Health/ Mental Health Data and Connection to Academics

- UW-River Falls 2009 National College Health Assessment secondary analysis by Survey Research Center
- The following student health behaviors were all associated with lower GPA:
  - Alcohol use more than 1-2 days per month
  - Smoking cigarettes/tobacco use
  - Marijuana use
  - Sleep difficulties
  - 6 or more mental health stressors
  - 3 or more hours/day using computer not for academics or work
  - Being involved in an emotionally or physically abusive relationship
  - Lower health self-report

UW-River Falls Student 30 Day Smoking Rates Declining Over Time

- 2000 Spring NCHA:
  - 24.1% say they have used cigarettes in the last 30 days
- 2002 Spring Core Added Question:
  - 22.6% said they’d smoked one day or more in the last 30 days
- 2002 Fall Campus Tobacco Survey:
  - 22% say they have smoked in the past month
- 2003 Spring NCHA:
  - 19.2% say they have used cigarettes in the last 30 days
- 2003 Fall Campus Tobacco Survey:
  - 22% say they have smoked in the past month
- 2005 Spring UW System AODA Use Survey:
  - 20% say they have smoked over the past 30 days
- 2006 Spring NCHA:
  - 14.9% say they have used cigarettes in the last 30 days (3.9% Daily)
- 2007 Spring UW System AODA Use Survey:
  - 19% say they have smoked over the past 30 days
- 2009 Spring NCHA:
  - 17.7% say they have used cigarettes in the last 30 days (6% Daily)
- 2011 Spring UW System AODA Use Survey:
  - 16.7% say they have smoked over the past 30 days
- 2012 Spring NCHA:
  - 14.8% say they have used cigarettes in the last 30 days (5.5% Daily)

UW-River Falls Student Alcohol Binge Drinking Rates Declining Over Time

- Core Spring 1999: 52.5% last two weeks five or more drinks in one sitting (42% nationally)
- ACHA-NCHA Spring 2000: 51.5% last two weeks five or more alcoholic drinks at a sitting (38.2% nationally)
- Core Spring 2002: 51.2% last two weeks five or more drinks in one sitting (42% nationally)
- ACHA-NCHA Spring 2003: 39.0% last two weeks five or more alcoholic drinks at a sitting (39.1% nationally)
- UW System AODA Use Survey Spring 2005: 50.0% last two weeks had at least five drinks in one sitting
- ACHA-NCHA Spring 2006: 38.3% last two weeks five or more alcoholic drinks at a sitting (36.8% nationally 2005)
- UW System AODA Use Survey Spring 2007: 46.7% last two weeks had at least five drinks in one sitting
- ACHA-NCHA Spring 2009: 36.2% last two weeks five or more drinks of alcohol at a sitting (36.7% nationally 2009)
- UW System AODA Use Survey Spring 2009: 31.4% last two weeks had at least five drinks in a two hour time frame
- UW System AODA Use Survey Spring 2011: 31.2% last two weeks had at least five drinks in a two hour time frame
- ACHA-NCHA Spring 2012: 29% last two weeks five or more drinks of alcohol at a sitting (34.1% nationally 2012)
UW-River Falls Student Depression Rates (Similar to National Rates)

**Ever Been Diagnosed With Depression**

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<thead>
<tr>
<th>Year</th>
<th>Females</th>
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<td>URF 2012</td>
<td>14%</td>
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<td>14%</td>
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<tr>
<td>URF 2003</td>
<td>12%</td>
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**Student Health and Counseling Services Knowledge of and Satisfaction with Services, and Utilization**

National College Health Assessment Added Questions UW-River Falls 2012

1. 79.1% of UW-River Falls student respondents said yes to: If you were to get sick or injured and needed to see a doctor during the semester, would you know where and how to make an appointment for clinical health services?

2. 66.6% of UW-River Falls student respondents said yes to: If you wanted to receive mental health services, such as talking to a personal counselor, would you know where to go or how to make an appointment for counseling services?

**Student Health and Counseling Services Satisfaction Data**

- 97.5% of Counseling Services clients said they “would return to the counseling center again,” and 97.5% said they “would recommend...”
counseling services to a friend.” The top reasons students came in to Counseling Services were stress, anxiety, depression, and academics. (2012/2013 Client Information Form and Learning Outcomes and Satisfaction Survey)

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