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 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 River Falls Medical Clinic and the Pierce County Reproductive Health Services. The River Falls Medical Clinic name changed to Vibrant Health Family Clinics in River Falls in the summer of 2014. Pierce County Reproductive Health Services moved in the spring of 2013 to a more accessible and attractive location, to 1234 South Wasson Lane. Students call directly to 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 an intake system whereby students are seen in a much more timely way, often within a day or two.
- We offer group 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 utilize a 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
  - Referral to group counseling
  - Referral to a mental health counselor or service off campus
  - Information and referral to other campus services

Outreach

In 2013/2014, Student Health and Counseling Services staff participated in, sponsored, or conducted over 265 outreach events, reaching over 11,000 students (some students multiple times), family members, faculty and 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
• Student Athlete seminars
• On-campus Job Fair
• Residence Life staff training
• Classroom presentations
• Information desk and campus tour guide training
• Residence Hall and Student Organization Presentations
• Multiple interviews on a variety of health and mental health issues with students from campus media, such as the Student Voice, WRFW, the campus cable television
• Weekly wellness sessions such as Yoga, meditation, Tai Chi, Sit and Knit 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
• In January 2014, worked with others on campus to bring Dr. John Taylor, Licensed Psychologist from Michigan State University, who presented, together with Student Health and Counseling Services staff, to faculty and staff on handling difficult situations with students. Dr. Taylor also presented to the campus and community on QPR (Question, Persuade, Refer) training.
• Sponsored campus participation in "Wisconsin Colleges and the Affordable Care Act Teach-in and Webcast" in November of 2013 and had information tables in the University Center on the Affordable Care Act in collaboration with the local public health department and hospital in March of 2014
• Presented at a regional college health professional conference on "Addressing Mental Health from a Wellness Perspective"
• Organizes and facilitates a Health Day annually for the River Falls Chamber of Commerce Leadership River Falls program

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.
• University Advisory Council on Health and Wellness: mission is for students, faculty, and staff and community members to work collaboratively to identify and address health and wellness issues that affect UWRF students, faculty, and staff, in a broad, systematic manner, based on available data, information, and research. The Council recommends that UWRF be a participant in the Healthy Communities Partnership worksite wellness program sponsored by Allina Health (through the River Falls Area Hospital), a three-year program open and available for any employer in the area. The program provides an annual Health Risk Assessment and a Biometric Screening for participants (conducted on campus for employees in January 2014). A Wellness Coach reviews the biometric screening results and connects participants with area resources. Ongoing wellness coaching is offered to participants with critical results either in small groups or one-on-one. Group worksite wellness education sessions are offered based on the overall participant results and needs and aggregate data is provided to the employer (no individually identifiable information). Data from UWRF employees from January 2014 revealed that 41% of participants were found to be borderline hypertensive 120/80 - 139/89 mm Hg and 33% were found to be overweight according to the Body Mass Index (BMI) scale. 2% of participants were found to have borderline high total cholesterol levels (200-239 mg/dL). Lunch and learn sessions are planned for the summer of 2014. Student Health and Counseling Services staff are managing and organizing the program for campus.

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

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• UWRF Leadership Assembly
• UWRF Student Affairs Leadership Team

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
• Campus Victim Advocate, provides advocacy and services to students, faculty, and staff who have experienced sexual assault, harassment, dating/domestic violence, or stalking (located in Student Health and Counseling, through an agreement with St. Croix Valley SART)
• 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
• Student Health and Counseling Services Web Pages

http://www.uwrf.edu/StudentHealthAndCounseling/StudentHealthServices/
http://www.uwrf.edu/StudentHealthAndCounseling/CounselingServices/
http://www.uwrf.edu/StudentHealthAndCounseling/Wellness/
Step Up/Bystander intervention

Student Health and Counseling Services worked with the Survey Research Center to conduct a Step Up bystander intervention survey (used with permission from the University of Arizona) in 2010 and again in 2013 administered to all Greek students, all student athletes, and a random sample of the general student body. The survey has items related to experiences and attitudes of students with regard to bystander intervention practices in four situations where the personal safety of another person is at risk: (1) Someone has had too much to drink, (2) Hazing, (3) Someone being taken advantage of sexually, (4) Verbal mistreatment/harassment based on gender, race, class, sexual orientation, etc. In 2013, compared to 2010, higher proportions of students report witnessing someone who has had too much to drink has declined significantly, though by a relatively small amount.

Compared to 2010, the frequency with which students report witnessing someone who has had too much to drink has declined significantly, though by a relatively small amount. In 2013, compared to 2010, higher proportions of all three student groups agreed that an “extreme amount” or “very much” should be done when someone has had too much to drink.

In 2013 there was a significant increase in the proportion of students who said they would likely intervene if they witnessed verbal abuse compared to 2010.

Compared to 2010, significantly higher proportions of students said it was their responsibility to intervene when they notice a problematic situation, 28% of respondents in 2013 strongly agreed with this statement compared to 24% in 2010.

For the statement that there is no need for them to intervene in problematic situations, 22% of respondents in 2013 strongly disagreed, but only 16% felt that way in 2010.

Compared to 2010, the frequency with which students report witnessing someone who has had too much to drink has declined significantly, though by a relatively small amount.

For the statement that they agree or strongly agree that an “extreme amount” or “very much” should be done when someone has had too much to drink, (2) Hazing, (3) Someone being taken advantage of sexually, (4) Verbal mistreatment/harassment based on gender, race, class, sexual orientation, etc. In 2013, the survey also included items related to bystander intervention in regard to someone experiencing significant emotional distress or thoughts of suicide. Data revealed:

- Roughly three-quarters or more of all students indicated that they agree or strongly agree that they would like to learn skills to intervene when confronted with these problematic behaviors.
- Compared to 2010, significantly higher proportions of students said it was their responsibility to intervene when they notice a problematic situation, 28% of respondents in 2013 strongly agreed with this statement compared to 24% in 2010.
- For the statement that there is no need for them to intervene in problematic situations, 22% of respondents in 2013 strongly disagreed, but only 16% felt that way in 2010.
- Compared to 2010, the frequency with which students report witnessing someone who has had too much to drink has declined significantly, though by a relatively small amount.
- In 2015, compared to 2010, higher proportions of all three student groups agreed that an “extreme amount” or “very much” should be done when someone has had too much to drink.
- In 2013 there was a significant increase in the proportion of students who said they would likely intervene if they witnessed verbal abuse compared to 2010.

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

Meditation on Campus

In an effort to support the holistic wellness of the University community, the Meditation Room was created in 2015 in response to requests from students, and provides an important space for quiet prayer, reflection, and meditation. Scientific evidence indicates that there are significant physiological, mental, and cognitive benefits to meditation. It is our hope that the meditation room will allow students and employees of all faiths to experience a place of peace and sanctuary while learning and working.

Located in 162 Hagestad is a small, quiet space designed for reflection, meditation, or silent prayer open daily Monday–Friday from 8:00 AM to 4:30 PM. This space is managed by Student Health and Counseling Services.
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.
  - UW-River Falls became a tobacco-free campus on July 1, 2013. A Faculty Senate Implementation Committee was formed 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 are non-voting members. The Implementation Committee is charged with effectively and efficiently implementing a tobacco-free campus, to ensure that all students, faculty, and staff know policy and are provided with information on available resources to help them adapt to the policy.

Survey and Assessment Data
- American College Health Association National College Health Assessment (NCHA) is conducted every three years to UW-River Falls students, including Spring 2012, with plans to conduct the survey again to UW-River Falls students in the Spring of 2015, possibly as a part of a UW System campuses consortium administration.
- 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 and 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 Health/ Mental Health Data

Smoking Rates Declining Over Time
- 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)
- 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 (37.6% 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](image)

<table>
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<th>Year</th>
<th>Males</th>
<th>Females</th>
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<tr>
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<tr>
<td>UWRF 2000</td>
<td>15%</td>
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</tbody>
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Healthy Minds Study, UW System

UW System Consortium

UW System Population Assessment Committee

UW System students, including UWRF students, are statistically higher than students nationally in:

- Cutting
- Seriously thought about attempting suicide, past year
- Made a plan for attempting suicide, past year
- Attempted suicide, past year

www.healthyminstudy.net

info@healthyminstudy.net

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

- 92% of Counseling Services clients who responded to the survey said they “would return to the counseling center again,” and 94% said they “would recommend counseling services to a friend.” 96% said that it was important or very important to have counseling services on campus. Of the 22% of students who reported that they were considering leaving school prior to counseling, 75% said counseling helped them stay in school.

- The top reasons students came to Counseling Services were stress, anxiety, depression, and academics. (2013/2014 Client Information Form and Learning Outcomes and Satisfaction Survey)

- When seen at the River Falls Medical Clinic, 93% of students were satisfied to somewhat satisfied when asked, “How satisfied were you with the time you spent with your Healthcare Provider?”, and 75% responded “yes” when asked, “Did your Healthcare Provider address your needs?” 1% responded “no” and 24% did not respond to this question (2001/2012 data, most recent available).

- For students seen at Pierce County Reproductive Health Services, 97.5% responded “definitely” and an additional 2.5% responded “probably” (for a total of 100%) to “Would you recommend Pierce County Reproductive Health Services to another student?” While 42.5% of survey respondents were students, overall responses to the question, “Overall rating of your visit,” were 97.5% “very satisfied” and an additional 2.5% “somewhat satisfied” (for a total of 100%). (Fall 2013)

Student Health and Counseling Services Utilization

Emergency Preparedness

Student Health and Counseling Services has worked with others on campus and in the community to develop a Campus Pandemic Influenza Plan, a Continuity of Operations Plan for Student Health and Counseling Services, and has developed a plan for a closed a Point of Distribution Appendix to the Pierce County Mass Clinic Plan, to provide antibiotic prophylaxis or vaccinations to the University staff/faculty, their families, and the student body, spouses and their dependents within 48 hours of a confirmed public health incident while minimizing transmission, reducing morbidity, mortality and social disruption.

Evaluation of Services: External Reviews

Counseling Services underwent an external review in 2012/2013 and Student Health Services underwent an external review in 2013/2014. For both reviews, formal extensive self-evaluations were conducted, two external reviewers were on campus for two days of meetings with multiple persons and groups (including staff and providers from the River Falls Medical Clinic and Pierce County Reproductive Health Services for the Student Health Services external review) and multiple changes have been made in both Counseling Services and Student Health Services based on recommendations from the reviewers.
Frequently Asked Questions:

Where do I go when I get sick, injured, or need a Physical Exam?
Vibrant Health Family Clinic: 1687 East Division Street, River Falls
Call 715-425-6701 for an appointment

Where do I go when I need to talk to a Personal Counselor?
UWRF Counseling Services: 211 Hagestad Hall
Call 715-425-3884 for an appointment

Where can I go for Reproductive Health Services?
Pierce County Reproductive Health: 1234 S Wasson Lane Suite A
Call 715-425-8003 for an appointment

How do I get to the Clinic or Reproductive Health?
River Falls Taxi Services (free with Student ID)
Call 715-425-7878

Where Do I Get Information about Health Insurance & Immunizations?
Call 715-425-3293 or visit www.uwrf.edu/StudentHealthandCounseling