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
UW-River Falls
Student Health and Counseling Services
Year-In-Review 2014/2015

Student Health and Counseling Services
Division of Student Affairs
211 Hagestad Hall
Student Health: 715-425-3293
Counseling: 715-425-3884
M-F, 8 a.m.-4:30 p.m.

http://www.uwrf.edu/StudentHealthAndCounseling/
### Counseling Services Utilization

<table>
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<tr>
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<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Total number sessions</td>
<td>1,199</td>
<td>1,109</td>
<td>1,009</td>
<td>1,230</td>
<td>1,402</td>
<td>2,087</td>
<td>2,002</td>
<td>1,886</td>
<td>1,648</td>
</tr>
<tr>
<td>Average number of sessions</td>
<td>3.59</td>
<td>3.15</td>
<td>2.71</td>
<td>2.83</td>
<td>2.59</td>
<td>4.36</td>
<td>4.08</td>
<td>4.23</td>
<td>3.64</td>
</tr>
<tr>
<td>Number of Clients</td>
<td>334</td>
<td>352</td>
<td>372</td>
<td>434</td>
<td>541</td>
<td>479</td>
<td>491</td>
<td>446</td>
<td>453</td>
</tr>
<tr>
<td>Enrollment</td>
<td>6,229</td>
<td>6,452</td>
<td>6,555</td>
<td>6,728</td>
<td>6,902</td>
<td>6,788</td>
<td>6,447</td>
<td>6,171</td>
<td>6,184</td>
</tr>
<tr>
<td>Percentage of enrolled students seen</td>
<td>5.36%</td>
<td>5.46%</td>
<td>5.68%</td>
<td>6.45%</td>
<td>7.84%</td>
<td>7.06%</td>
<td>7.62%</td>
<td>7.23%</td>
<td>7.33%</td>
</tr>
</tbody>
</table>

*How numbers have been counted have varied from year to year, so are somewhat approximate.
*Initiated Titanium counseling services management system in August of 2012 so working on more consistent numbers.
*Currently does not include group sessions.

### Student Health Services Utilization

Vibrant Health Family Clinic (formerly River Falls Medical Clinic)

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Total number appointments</td>
<td>3,195</td>
<td>3,472</td>
<td>3,856</td>
<td>3,977</td>
<td>3,018</td>
<td>2,982</td>
<td>2,950</td>
<td>2,489</td>
<td>2,778</td>
</tr>
<tr>
<td>Enrollment</td>
<td>6,229</td>
<td>6,452</td>
<td>6,555</td>
<td>6,728</td>
<td>6,902</td>
<td>6,788</td>
<td>6,447</td>
<td>6,171</td>
<td>6,184</td>
</tr>
<tr>
<td>Average number of appointments per enrollment</td>
<td>1.95</td>
<td>1.86</td>
<td>1.70</td>
<td>1.69</td>
<td>2.29</td>
<td>2.28</td>
<td>2.05</td>
<td>2.33</td>
<td>2.23</td>
</tr>
<tr>
<td>Percentage of total costs that are uncovered insurance costs. The trend is increasing uncovered insurance costs and hence higher costs to Student Health Services.</td>
<td>25.7%</td>
<td>29.1%</td>
<td>33.2%</td>
<td>36.9%</td>
<td>35.8%</td>
<td>36.4%</td>
<td>39.8%</td>
<td>47.3%</td>
<td>43.6%</td>
</tr>
</tbody>
</table>

*How numbers have been counted have varied from year to year, so are not always direct comparisons.
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. 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 nearly $265,000 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 Vibrant Health Family Clinic in River Falls and Pierce County Reproductive Health Services. Students call directly to Vibrant Health Family Clinic in River Falls (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 the River Falls taxi service 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 Vibrant Health Family Clinic in River Falls and serves as a liaison between providers at the 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.

In 2014/2015, with a counseling staff member leaving, we were able to reconfigure positions so that there is now a counseling position that serves as the Assistant Director of Counseling Services (who also serves as the Intake Coordinator) and also a counseling position that serves formally as the Training Coordinator (who oversees the graduate counselor training program and also serves as the outreach coordinator).

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 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

The Counseling Services Assistant Director, Jennifer Elsesser, after being awarded the UW-River Falls 2014 Chancellor’s Award for Academic Staff, was awarded the UW System 2015 Regents’ Academic Staff Excellence Award.
Counseling Services staff, the Training/Outreach Coordinator, serves as Advisor for Active Minds, a student organization whose mission is to empower students to change the perception about mental health on college campuses. In addition, we have provided support for Dan's Bandana Project, a UWRF Foundation outreach campaign to promote a supportive environment for students suffering with symptoms of depression and anxiety, by empowering fellow students as advocates for their well-being.

Plans are underway to create a Relaxation Room in Counseling Services, where students can sign up to use the room for the biofeedback computer program, the massage chair, or the Seasonal Affective Disorder (SAD) light.

Outreach

In 2014/2015, Student Health and Counseling Services staff participated in, sponsored, or conducted over 170 outreach events, reaching over 8000 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, including tours of Vibrant Health Family Clinic in River Falls, being screening for tuberculosis, and receiving influenza vaccines
- 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, Tai Chi, Stretch and Relax, etc.
- Monthly pet therapy
- Annual wellness events such as the Health Fair, Wellcheck, the Wellness Challenge, De-Stress Fest
- Annual campus influenza shot clinics for students and faculty/staff
- Weekly sessions in residence halls offering students body composition testing and education about increasing physical activity and improving diet
- Bi-weekly information tables in the University Center with information and resources on services and a variety of health and mental health issues

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 (For 2014/2015 nearly 100 students went through online screening for either depression, alcohol, anxiety, post traumatic stress disorder, eating disorders, or bipolar disorder, and received information on services and resources.)
- eCHUG Alcohol ECHECKUP (Students who take the required physical activity course complete this online alcohol screening program, including 876 students in 2014/2015 who also received information on services and resources.)
- 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 (Over 1200 students have taken the online wellness assessment since its inception)
- 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/
• Sponsored Ally Training for staff through the Minnesota Campus Alliance in January 2015
• Presented at the American Lung Association SPARK conference in Madison, WI about how we used this grant on our campus and also presented at the Teaching and Learning Symposium: Designing Learning for the Millennial Generation in New Richmond, WI on “Supporting the Mental Health of Our Millennials”
• Organizes and facilitates a Health Day annually for the River Falls Chamber of Commerce Leadership River Falls program
• Provide marketing on information, services, and resources on multiple health and mental health issues through a variety of means such as poster stands across campus, Access TV, residence hall posters, periodic yard signs across campus, etc.

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 recommended that UWRF be a participant in the Healthy Communities Partnership work-site 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 of 2014 and 2015). 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 work-site 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 and January 2015 revealed that 41% (2014) and 52.5% (2015) of participants were found to be borderline hypertensive 120/80 – 139/89 mm Hg and 33% (2014) and 40% (2015) were found to be overweight according to the Body Mass Index (BMI) scale. 21% (2014) and 23% (2015) of participants were found to have borderline high total cholesterol levels (200-239 mg/dl). Lunch and learn sessions were planned for summer 2014 and are being planned fall 2015. 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 Leadership Assembly
• UWRF Student Affairs Leadership Team
• UWRF Student Affairs Programming Team
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, 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 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.

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.

I pledge that I will appreciate differences, celebrate individualism, and respect others. I will support those around me and Step Up against intolerance. I will Step Up to do what is right, I’m not a bystander, I’m part of the solution.
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. Collaborative working relationships and regular meetings with campus departments such as Residence Life to monitor and intervene early with 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 2013 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 was charged with effectively and efficiently implementing a tobacco-free campus, to ensure that all students, faculty, and staff know the policy and are provided with information on available resources to help them adapt to the policy, and this committee sunsets during the summer of 2015. Implementation Committee members developed a Tobacco-Free Campus web page with the policy and information and resources.

- **Other Efforts:**
  - Student Health and Counseling Services staff worked with Pierce County Public Health Department and campus partners to designate and identify current and new breastfeeding/lactation spaces across campus and to identify these spaces as well as other resources on the campus web page.
  - Student Health and Counseling Services staff conducted a campus environmental sleep scan and supervised a UW-Eau Claire Nursing student who conducted a literature review and gathered information and resources on promoting health sleep on campus. We provide this information along with healthy sleep kits at our office and campus events.

### 5 Steps to Help a Distressed Student

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>1. Express Concern/Validate:</strong></td>
<td>“I’m happy you came to me. What’s been going on? Things will get better. Let’s work together to figure this out.”</td>
</tr>
</tbody>
</table>
| **2. Be Direct (it shows you care enough to go there):** | “Have you had any thoughts about suicide? Do you have a plan?”  
(If **YES** call 911 or Counseling Services. Office hours/info below) |
| **3. Get a Commitment to Live:** | “What is your plan for the next few days? Let’s write down a few names of people you could call if you start to feel really overwhelmed or sad again.” |
| **4. Increase Support Network:** | “I am a support for you but I want you to know that I believe counseling can actually help you. I know other students who have been helped by it, and it’s the only time in your life it will be this easy to access.” |
| **5. Refer to Counseling:** | “Would you like me to help make an appointment?” Or “Would you feel more comfortable if I walked with you over to counseling?”  
**Don’t**  
Dismiss: “You don’t mean that.”  
Invalidate: “You just need a good night sleep.”  
**Do**  
Consult: Tell us what you are seeing (don’t worry alone), ask for support when you are unsure what to do. |

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**Student Health and Counseling Services**

Counseling Services: 715-425-3884, 211 Hagestad Hall (M-F, 8 a.m.-4:30 p.m.)
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 2015, and this administration was 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/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)
- 2015 Spring NCHA (UWRF as part of UW System administration): 9.6% say they have used cigarettes in the last 30 days (vs. 9.5% UW System overall) (3% UWRF daily vs. 3.1% UW System overall daily)
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.healthymindsstudy.net
info@healthymindsstudy.net

Healthy Minds Study 2012
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)
- 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)
- 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
- NCHA Spring 2006: 38.3% last two weeks five or more alcoholic drinks at a sitting (37.1% nationally 2006)
- UW System AODA Use Survey Spring 2007: 46.7% last two weeks had at least five drinks in one sitting
- 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
- NCHA Spring 2012: 29% last two weeks five or more drinks of alcohol at a sitting (34.1% nationally 2012)
- NCHA Spring 2015 (UWRF as part of UW System administration): 28.2% last two weeks five or more drinks at a sitting (vs. 35% UW System overall 2015/34.7% nationally 2014)

Student Health and Counseling Services Knowledge of and Satisfaction with Services

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

- From the 2015/2016 UW System Client Information Form and Learning Outcomes and Satisfaction Survey:
  - 92.6% of UW-River Falls Counseling Services clients who responded to the survey said they “would return to the counseling center again.”
  - 95.1% said they “would recommend counseling services to a friend.”
  - 97.5% agreed or strongly agreed that “It is important for me to have counseling services located on campus.”

- 48.1% agreed or strongly agreed that “Counseling has helped me to focus better on my academics” and 38.3% agreed or strongly agreed that “Counseling has helped me stay at school.”

- The top reasons UW-River Falls students came to Counseling Services were anxiety, stress, depression, and low self-esteem.

- Past comments from Counseling Services clients: “My counselor listened and helped guide me toward deeper issues and supported me in making my own adjustments towards positive change,” “My counselor was willing and able to offer support and really helped me understand parts of myself that I had trouble coming to terms with,” and “The counselors helped me learn to deal with the overwhelming stress and anxiety in my life. I wouldn’t have been able to find success at college if it weren’t for them.”

- Compared to national samples of counseling centers, clients in the UW System were more likely to report a history of mental health counseling (53% vs. 48%) and prior medication for mental health concerns (40% vs. 33%) though rates of prior hospitalization were similar.
- UW System clients were more likely to report a history of non-suicidal self-harm (27% vs. 24%), suicidal thoughts (34% vs. 31%) and suicidal behavior (11% vs. 9%) than national comparisons and less likely to report homicidal ideation (8% vs. 11%) and intentionally causing harm to others (2.8% vs. 3.3%).

- For students seen at Vibrant Health Family Clinic in River Falls in the fall of 2014, 93% answered “yes” to “Has having access to health care through Student Health Services had a positive impact on your academics?” For “How satisfied were you with the time you spent with your Healthcare Provider?,” on a scale of 1 Not Satisfied to 5 Satisfied, 83.9% of students indicated 5 and an additional 12.9% indicated a 4. All respondents (except one who responded Not Applicable) indicated that they felt their “questions were answered,” that they felt “respected and listened to,” and that they were “kept informed on all matters related to your health care.”

- For students seen at Pierce County Reproductive Health Services from the fall of 2014, 97.2% responded “definitely” and an additional 2.8% responded “probably” (for a total of 100%) to “Would you recommend Pierce County Reproductive Health Services to another student?” 70.4% responded “definitely” and an additional 29.6% responded “probably” to “Having access to health services through Student Health Services has had a positive impact on academics.” While 46.8% of survey respondents were students, overall responses to the question, “Overall rating of your visit,” were 90.6% “very satisfied” and an additional 9.4% “somewhat satisfied” (for a total of 100%).

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.

In the spring of 2015, Student Health Services staff participated in a Public Health Mass Dispensing Clinic full-scale exercise sponsored by Pierce County, St. Croix County, and Washington County, along with MN Health Departments. We are using the information learned to tailor our campus mass clinic plan and order supplies. For 2014/2015, Student Health Services staff has worked with others on campus and in the community to monitor and follow recommended local, state, and federal guidelines in regard to the Ebola Virus outbreak in West Africa, and have developed and keep updated a campus Ebola Plan.

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 Vibrant Health Family Clinic in River Falls 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