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 contraception, safer sex supplies, and STD testing and treatment?
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 can I go for advocacy and resources for sexual assault and sexual violence?
Campus Victim Advocate: 211 Hagestad Hall.
Call 715-425-3884

Where Do I Get Information about Health Insurance & Immunizations?
Call 715-425-3293 or visit www.uwrf.edu/studenthealthandcounseling.
**UNIVERSITY OF WISCONSIN**

River Falls

**STUDENT HEALTH & COUNSELING SERVICES**

BY THE NUMBERS

2016/2017

92% of students said "having access to health care through Student Health Services had a positive impact" on their academics.

100% of students agreed or strongly agreed that "it is important for me to have Counseling Services located on campus."

2,963

Student appointments at Vibrant Health Family Clinic through Student Health Services (for 2015/2016 most recent data)

1,905

Individual counseling sessions

211

Outreach events by Student Health and Counseling

Other information:

- Percentage of total student visits at Vibrant Health Family Clinic that were covered partially or completely by Student Health Services (for 2015/2016, most recent data) - 72.9%
- Increase in percentage of enrolled students seen by Counseling Services in the last 10 years - 44.5%
- Increase in average number of appointments per enrolled student through Student Health Services at Vibrant Health Family Clinic in the last 5 years - 13.6%
- 79.1% of students familiar with Student Health Services available to them
- 66.7% of students familiar with Counseling Services available to them

Student Client Comments

- **Counseling:** "All of the services I received were top notch and they truly have helped me overcome so much adversity that I have faced this year."
- **Vibrant Health Family Clinic:** "It is very comforting to know that there is an option of going to a good clinic which is close by while at college."
- **Pierce County Reproductive Health Services:** "Super comfortable and positive. Non-judgmental feeling and understanding of staff."

UW-River Falls
Student Health and Counseling Services

Year-In-Review 2016-2017

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

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<tbody>
<tr>
<td><strong>Total number sessions</strong></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>
<td>1,616</td>
</tr>
<tr>
<td><strong>Average number of sessions</strong></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>4.05</td>
<td>4.23</td>
<td>3.64</td>
<td>3.95</td>
</tr>
<tr>
<td><strong>Number of Clients</strong></td>
<td>334</td>
<td>352</td>
<td>372</td>
<td>434</td>
<td>541</td>
<td>479</td>
<td>494</td>
<td>446</td>
<td>453</td>
<td>409</td>
</tr>
<tr>
<td><strong>Enrollment</strong></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>
<td>5,958</td>
</tr>
<tr>
<td><strong>Percentage of enrolled students seen</strong></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>7.66%</td>
<td>7.23%</td>
<td>7.33%</td>
<td>6.86%</td>
</tr>
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*How numbers have been counted have varied from year to year, so are somewhat approximate.
*Initiated Titanium counseling services management system in August 2012.
*Currently does not include group sessions.

**Student Health & Counseling Services**

- Provides access to clinical 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. In fact, 100% of Student Health and Counseling Services will now be covered by the health segregated fee in 2017/2018. 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 $270,000 since 2002.

**Service Area Outcomes (Monitored at least annually)**

- Number of counseling appointments
- Number of counseling clients
- Average number of counseling session per client
- Reasons students come to Counseling Services
- Percentage of enrolled students seen in Counseling Services
- Number of health services appointments
- Average number of health appointments per enrollment
- Percentage of services covered by Student Health Services versus health insurance
- Number of Student Health and Counseling Services outreach events and number of students reached
- Satisfaction data for Counseling Services and Student Health Services service providers

**Student Health Services Utilization Vibrant Health Family Clinic**

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<tbody>
<tr>
<td><strong>Total number appointments</strong></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>2,770</td>
</tr>
<tr>
<td><strong>Enrollment</strong></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><strong>Average number of appointments per enrollment</strong></td>
<td>0.51</td>
<td>0.54</td>
<td>0.59</td>
<td>0.59</td>
<td>0.44</td>
<td>0.44</td>
<td>0.46</td>
<td>0.40</td>
<td>0.45</td>
</tr>
<tr>
<td><strong>Percentage of total costs that are uncovered insurance costs</strong></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 somewhat approximate.
*Significant changes in tracking utilization began in 2015/2016 at Vibrant Health Family Clinic.
*2016/2017 is latest available data for Vibrant Health Family Clinic.
*How numbers have been counted have varied from year to year, so are somewhat approximate.

**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/Assistant Director of Clinical Health Services 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.

Based on a recommendation from our Student Health Services external review conducted in 2013/2014, and based on increasing student need, and through support from Student Senate, we received approval to increase the Student Health Nurse/Assistant Director for Clinical Health Services position from 75% to 100% in fall of 2017. Student Health Nurse/Assistant Director of Clinical Health Services provides, and regularly updates, a variety of education folders for providers to use for students, such as Wellness (information on healthy eating, physical activity, and sleep), Unplanned pregnancies (with information on all options), and Travel.

The Student Health Nurse/Assistant Director of Clinical Health Services, Lori Otto, was awarded the 2016 Chancellor’s Award for Academic Staff.

Student Health Services participated in the White House Healthy Campus enrollment initiative, and held two on-campus events inviting off-campus resources to campus to help students and community members get enrolled in health insurance. Since our campus participated, we were invited to attend a White House Healthy Campus event with First Lady Michelle Obama. The Student Health Nurse/Assistant Director of Clinical Health Services attended the event in January of 2017.
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 who 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 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 students, who are closely supervised by Counseling Services therapists. Having counseling trainees is a value-added service for UW-River Falls students. We have had successful internships in 2016/2017 and we are in our sixth year of UWRF serving as a site.
- 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, such as Art Therapy group (done in collaboration with faculty from the Art Department), Kind 2 Self Kind 2 Others group (focus of this group is on building self-esteem and confidence, exploring identity and strengths, building resiliency, and doing acts of kindness for both yourself and others), and Yoga group (sessions consist of short introduction/education followed by poses for stress reduction and relaxation, and final relaxation/meditation at the close of each session).
  - Development of a plan to best meet the student’s needs, which may include
    - Referral to a health care provider
    - Information and referral to other campus services
    - Referral to a mental health counselor or service off campus

Outreach

In 2016/2017, Student Health and Counseling Services staff participated in, sponsored, or conducted 211 outreach events, reaching nearly 7,780 students (some students multiple times), faculty and staff, and community members. These outreach events included outreach events such as:

- Summer Registration
- New student and new faculty/staff orientation
- Opening week session for faculty and staff on "Supporting the Mental Health of Our Students"
- New international student orientation, including tours of Tibetan Health Family Clinic in River Falls, being screened for tuberculosis, and receiving influenza vaccines
- Student Involvement Fair
- Study abroad sessions with students and program leaders

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:

- University Advisory Council on Health and Wellness (serves students, faculty, and staff and community members to work collaboratively to address health and wellness needs)
- 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, WRWF, the campus cable television station
- Weekly wellness sessions including meditation (finishing its second year of providing a weekly open group for students to build this skill)
- Monthly pet therapy
- Annual wellness events such as the Health Fair, Wellness Collaboratives, and Stress-Free Fest
- Annual campus influenza shot clinics for students and faculty/staff
- Bi-weekly information tables in the University Center with extensive resources on services and a variety of health and mental health issues
- Organize and facilitate 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 posters stands across campus, Accessible Residence Hall posters, periodic yard signs across campus, etc.
- Create and distribute multiple educational kits, such as Quit (tobacco), Kiss, Sexual Choices Kits, Sleep Kits, healthy sleeping tips, herbal tea, sleep mask, ear plugs, and lavender lotion, Cold/Flu Kits, etc.
- Student Health and Counseling staff presented at professional conferences
- Director and Health Education Coordinator/Assistant Director of Health Promotion presented UWRF, UW System, and national College Health Assessment data, as well as UWRF employee wellness survey data, to the Faculty Senate

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 Turningpoint for Victims of Domestic and Sexual Violence services)
- Area and online physical and mental health resources
- Coping with tragedy, trauma, and death
- Online mental health screening / UWRF has been using since 2006/2007 and for 2016/2017, 218 students went through online screening for either depression, anxiety, alcohol, other substances, post traumatic stress disorder, eating disorders, or bipolar disorder, and received information on services and resources.
- eCheck Alcohol CheckUP (eCHECK) UWRF has been using since 2006/2007, students who take the required physical activity course complete this online alcohol screening program, including 1025 students in 2016/2017 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 (Almost 500 persons took the Wellness assessment in 2016/2017 and over 3000 persons have taken it since its inception in 2011.)
- 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/
health and wellness issues that affect UWRF students, faculty, and staff, in a broad, systematic manner, based on available data, information, and research. The University Advisory Council on Health and Wellness worked on the new Health and Wellness Council logo and guidelines for its use.

1. The logo and identifier cannot be closer than the apple distance. We would recommend that the logo and identifier be used together, however, they do not have to be. The Healthy you, Healthy U identifier and logo can be used either vertically or horizontally. Also, the wordmark and logo are uniquely rendered and cannot be redrawn or modified in any way. Acceptable formatting is below:

   - **Healthy you, Healthy U**

2. The event or program fit into one or more categories of the wellness wheel. [https://www.uwrf.edu/StudentHealthAndCounseling/Wellness/index.cfm]:
   - a. Emotional
   - b. Environmental
   - c. Financial
   - d. Intellectual
   - e. Occupational
   - f. Physical
   - g. Social
   - h. Spiritual

3. The event or program is inclusive, to UWRF students, faculty and staff, and/or community members.

4. The event or program is a sponsored by a recognized UWRF department or student organization.

5. The event or program is low cost or preferably free.

   - No alcohol, tobacco, or drugs at the event or program.

   - Working groups also met on ATOD, sexual assault, physical activity, mental health, and nutrition throughout the year.

   - The Physical Activity Working Group included representation from Student Health, Health and Human Performance, Campus Recreation, Athletics, and Human Resources. The group completed the marking of four walking routes on campus with the help of an Employee Trust Fund Grant, was able to get several insurances to list Knowles/Falcon Center as certified for reimbursement through their plans, offered in conjunction with Human Resources two wellness assessment opportunities on campus to employees, and continues to support and promote existing campus efforts around physical activity. We are still working on providing trained physical activity professionals on campus at the Fitness Center.

   - The Chancellor’s Advisory Council on Alcohol, Tobacco, and Other Drugs updated its vision and mission. Vision: To promote a healthy campus community where the harmful effects of alcohol, tobacco, and other drugs are minimized.

   - Mission: To serve as an advisory council to the Chancellor and the campus on alcohol, tobacco, and other drug issues impacting campus and the community.

   - Purpose: As an advocate for minimizing the harmful effects of alcohol, tobacco, and other drugs on campus and in the community, the council will vet, review, and provide recommendations on initiatives, efforts, and policies. The ATOD Council worked on Responsible Action Guidelines, updating policy language on the Alcohol and Tobacco Advertising and Sponsorship Policy, and continues to monitor and advocate for alcohol and other drug initiatives, efforts, and policies.

   - The Sexual Assault Coalition updated its mission. Mission: To serve as an advisory group to the Chancellor and the campus on sexual violence issues impacting campus and the community, to strengthen the coordination between on- campus services and community services to build comprehensive joint campus and community based services for victims of sexual violence, and to enhance the existing sexual violence prevention education programs on campus. This group also supported Student Senate. It’s on Us efforts, continued a consent marketing campaign, and again had Sexual Assault listed on the A-Z on the campus Web page. The Student Senate worked with the director to advocate for and support half of the funding for a Violence Prevention Coordinator position through the health segregated fee beginning in the 2017-2018 academic year.

Step Up/Bystander intervention

Student Health and Counseling Services worked with the Survey Research Center to conduct a Step Up bystander intervention program (used with permission from the University of Arizona) in 2010 and again in 2013 and 2016 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 intervening.

Roughly three-quarters or more of all students regard to someone experiencing significant emotional distress, compared to 92% in 2013. Although the percentages are coming down, 90% of students strongly agreed or agreed that they have a responsibility to intervene when they witness a problematic situation. This is up from 84% in 2010 and 88% in 2013.

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.

5 Steps to Help a Distressed Student

1. Express Concern/Validate:
   - “I’m happy you came to me. What’s been going on? Things will get better. Let’s work together to figure this out.”

2. Be Direct (it shows you care)
   - “Have you had any thoughts about suicide? Do you have a plan?”
   - “Would you like me to help make an appointment?” Or “Would you feel more comfortable if I walked with you over to counseling?”

3. Get a Commitment to Live:
   - “I am a support for you but I want 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.”

4. Increase Support Network:
   - “I promise I will support you in the counseling process (even if you decide not to go).”

5. Refer to Counseling:
   - “If it’s convenient for you please call 911 or Counseling Services, Office Hours/Info below) 715-425-3884, 211 Hagestad Hall (M-F, 8 a.m.-4:30 p.m.)

Don’t:
- Dismiss: “You don’t mean that.” Invalidation: “You just need a good night sleep.”
- Consult: Tell us what you are seeing (don’t worry alone), ask for support when you are unsure what to do.
• Pierce/Saint Croix Counties Shared Group: group of area stakeholders about services to enhance facilitation of referrals
• Pierce-Saint Croix Counties Medical Reserve Corps
• Western Wisconsin Working for Tobacco-Free Living
• Pierce County Partnership for Youth
• River Falls School District Crisis Response Team
• Twin Cities Health Directors
• St. Croix Valley Alliance Against Family Violence
• UWRF Bias Education Response Team
• UWRF Student Affairs Assessment Team
• UWRF Student Affairs Leadership Team
• UWRF Medical Withdrawal Committee

Community groups, including:

• Policies:
- To advocate for policies to positively impact the health and welfare of students and our campus. Examples include 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, including updated language to this policy this academic year.

- UW-River Falls became a tobacco-free campus on July 1, 2013. A Faculty Senate Implementation Committee was charged with effectively and efficiently implementing the tobacco-free campus, and this committee ended after the completion of its work in the spring of 2015. Committee members developed a Tobacco-Free Campus Web page with information and resources. The Student Health and Counseling Services Office in consultation with the Chancellor’s Advisory Council on Alcohol, Tobacco, and Other Drugs is responsible for determining policy applicability and will answer policy-related questions.

- Other Efforts:
- Student Health and Counseling Services continues to serve as a site, including providing supervision, for a public health practicum for UW-Eau Claire nursing students. These students have worked on projects such as signage and badging for our campus Mass Clinic, promoting sleep among UWRF students, educating UWRF students on making healthy choices related to sex and about services available through Student Health Services, and promoting mental health among UWRF students.

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. Plans have begun for an additional UW System consortium administration once again in spring 2018.
- 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.

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:
- Student Health and Counseling Services has and continues to work with others on campus to advocate for policies to positively impact the health and welfare of students and our campus. Examples include 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, including updated language to this policy this academic year.
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- UWRF Bias Education Response Team
- UWRF Student Affairs Assessment Team
- UWRF Student Affairs Leadership Team
- UWRF Medical Withdrawal Committee
- UWRF Student Affairs Assessment Team
- Twin Cities Health Directors
- Pierce County Partnership for Youth
- Pierce and Saint Croix Counties Medical Reserve Corp
- River Falls Area Hospital Community Engagement Committee
- Healthier Together Pierce and St. Croix counties along with Hudson Hospital and the River Falls Area Allina Hospital
- Meetings with providers and staff at the Vibrant Health

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.
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, a Meditation Room was created in 2013 in response to requests from students. It 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 Hall is a small, quiet space designed for reflection, meditation, or silent prayer open daily Monday-Friday from 8 a.m. to 4:30 p.m. This space is managed by Student Health and Counseling Services.

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 used cigarettes in the last 30 days
- 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

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

- 2000 Spring NCHA:
  - 52.5% last two weeks five or more drinks in one sitting (42% nationally)
- 2000 Spring Core Added Question:
  - 48.0% last two weeks five or more alcoholic drinks at a sitting (48% nationally)
- 2002 Spring Core Added Question:
  - 51.2% last two weeks five or more drinks in one sitting (42% nationally)
- 2004 Spring NCHA:
  - 39.0% last two weeks five or more alcoholic drinks at a sitting (39% nationally)
- 2005 Spring UW System AODA Use Survey: 50.0% last two weeks had at least five drinks in one sitting
- 2005 Spring UW System AODA Use Survey: 46.3% last two weeks five or more drinks in one sitting
- 2006 Spring NCHA:
  - 38.3% last two weeks five or more alcoholic drinks at a sitting (37% nationally 2006)
- 2007 Spring UW System AODA Use Survey: 38.4% last two weeks five or more drinks in one sitting
- 2008 Spring NCHA:
  - 37.7% last two weeks five or more alcoholic drinks at a sitting (38% nationally 2008)
- 2009 Spring UW System AODA Use Survey: 38.5% last two weeks five or more drinks in one sitting
- 2010 Spring UW System AODA Use Survey: 38.2% last two weeks five or more drinks in one sitting
- 2011 Spring UW System AODA Use Survey: 37.9% last two weeks five or more drinks in one sitting
- 2012 Spring NCHA:
  - 38.5% last two weeks five or more drinks in one sitting
- 2015 Spring UW System AODA Use Survey: 38.8% last two weeks five or more drinks in one sitting
- 2016 Spring NCHA:
  - 38.3% last two weeks five or more drinks in one sitting
- 2017 Spring UW System AODA Use Survey: 38.1% last two weeks five or more drinks in one sitting
- 2018 Spring UW System AODA Use Survey: 37.9% last two weeks five or more drinks in one sitting
- 2019 Spring UW System AODA Use Survey: 37.7% last two weeks five or more drinks in one sitting
- 2020 Spring UW System AODA Use Survey: 37.5% last two weeks five or more drinks in one sitting
- 2021 Spring UW System AODA Use Survey: 37.3% last two weeks five or more drinks in one sitting
- 2022 Spring UW System AODA Use Survey: 37.1% last two weeks five or more drinks in one sitting

FOR CAMPUS PROFESSIONALS

COMPREHENSIVE APPROACH


Vibrant Health F
Pierce C
Satisfaction Data
Student Health and Counseling Services
UW-River Falls 2012
Student Health and Counseling Services Knowledge of and Satisfaction with Services
• From the 2016/2017 UW System Client Information
2. 66.6% of UW-River Falls student respondents said yes
1. 79.1% of UW-River Falls student respondents said
appointment for counseling services?
where and how to make an appointment for clinical
see a doctor during the semester, would you know
2016/2017 agreed or strongly agreed that “Counseling
Counseling Services were anxiety, stress, depression,
Past comments from Counseling Services clients:
“The counseling staff has been extremely helpful and I
know they truly care about me. Along with individual
counseling, I have also been a part of a couple of
different groups. All of the services I received were
too notch and they truly have helped me overcome so
much adversity that I have faced this year.”
“I had such an outstanding counselor. She was able to
listen and understand all the situations, she made me
feel at home and welcome. Because of her I was able to
sleep better and adjust my lifestyle to suit my needs.”
“I like being able to talk to someone who is outside
of my normal circle. I also like getting an outsider’s
perspective on things that are going on in my life and
getting advice on how to deal with them.”
“I feel honestly respected and cared for. Counseling
has helped me identify issues I previously shied away from.”
“My counselor listens to me and doesn’t try telling me
she knows what’s it’s like when she hasn’t been through it.
It’s really nice to have genuine conversations and she
is really good at helping me stay calm.”
• In 2016/2017, compared to national samples of
counseling centers, clients at UWRF were more likely
to have attended counseling for mental health concerns
(66.5% vs. 50%) and were more likely to report prior
medication for mental health concerns (41% vs. 33%).
Clients at UWRF were more likely to have been
hospitalized in the past due to mental health concerns
(14.4% vs. 9.6%).
• In 2016/2017, compared to national samples of
counseling clients, UWRF clients were more likely to
report having purposely injured themselves (28.4% vs.
25.8%). UWRF clients are also more likely to report
suicidal thoughts (40.4% vs. 33.5%) and suicidal
behavior (14.7% vs. 9.5%). UWRF clients were less likely
to report homicidal ideation (77% vs. 9%), and, were
slightly less likely to report intentionally causing harm
to others (2.2% vs. 2.6%).
• Vibrant Health Family Clinic student satisfaction: 92%
answered “yes” to “Has having access to health care
trough Student Health Services had a positive impact
on your academics?” Comments included: “It is very
comforting to know that there is an option of going to a
good clinic which is close by, while at college,” “I just want
to thank you so much for helping me when I was worried
for my health,” and “The provider was very nice and
sincere, she was also funny and put things in a way that
college students can understand.”
• Pierce County Reproductive Health Services student
satisfaction from winter 2016: 90% responded “definitely
and another 10% “probably” to “Would you recommend
Pierce County Reproductive Health Services to another
student?” 80% responded “definitely” and an additional
10% responded “probably” to “Having access to health
services through Student Health Services has had a
positive impact on academics.” Responses to the question,
“Overall rating of your visit” were 95.7% “very satisfied”
• 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 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.
Student Health Services regularly monitors infectious diseases
and other potential public health threats that may impact our
campus, students, and faculty/staff and works with others
on campus and in the community to monitor and follow
recommended local, state, and federal guidelines.
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 contraception, safer sex supplies, and STD testing and treatment?
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 can I go for advocacy and resources for sexual assault and sexual violence?
Campus Victim Advocate: 211 Hagestad Hall.
Call 715-425-3884.

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