



# Health & Wellness

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STUDENT HEALTH CENTER

COUNSELING CENTER

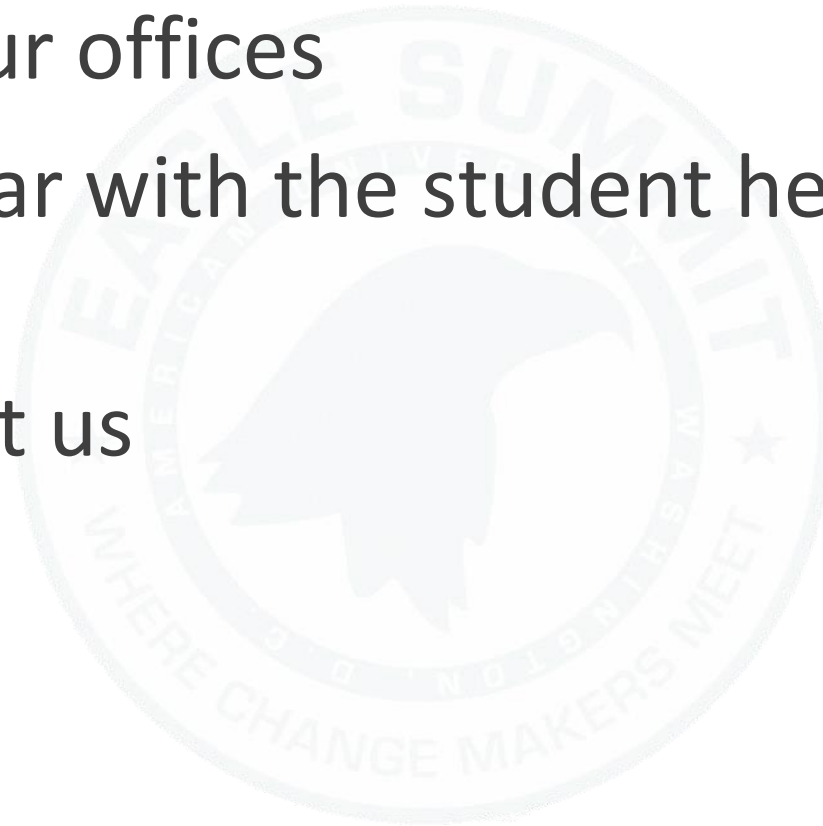
HEALTH PROMOTION & ADVOCACY CENTER



# Goals for Today

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- Learn about our offices
- Become familiar with the student health and wellness context at AU
- How to contact us
- Q&A



# AU's Culture of Wellness

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# AU Student Health Impacts

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Top 5 factors that impede academic success (self-reported):

1. Stress (41.6%)
2. Anxiety (34.0%)
3. Sleep Difficulties (25.7%)
4. Depression (24.6%)
5. Cold/Flu/Sore Throat (23.5%)

*Data from AU's Spring 2018 National  
College Health Assessment*

# Health Promotion & Advocacy Center



- One-stop-shop office for all things related to health & wellness!
- Provide outreach programming and implement prevention interventions to campus community & individuals on a wide range of health topics
- 2 health educators & 2 victim advocates
- Peer Health Education program
- Victim Advocacy services
- Hours: Mon-Fri, 9am-5pm



# Important Reminders for your Student!

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## Mandatory Online Training & Education for All Incoming Students

“Alcohol Edu” & “Sexual Assault Prevention”

Part 1 – will be or was sent out on **July 22nd**

Part 1 – will be due by **August 18th**

Part 2 – will be sent out *45 days after* complet

Part 2 – will be due by **October 6th**

EVERFI

# Student Health Center

- Comprehensive primary care medical service
- ALL enrolled students can be seen regardless of insurance status or type
- Patients seen by appointment
  - Students can make appointments online
  - Same-day appointments available every day (for sick students)- call directly for this
- All board-certified medical providers
  - 1 Physician
  - 5 Advanced Practice Clinicians
  - 1 Psych Nurse Practitioner
  - 1 Psychiatrist
- Hours: 8am-6pm (8pm Mon and Thurs)



*Accredited by the*

ACCREDITATION ASSOCIATION  
*for* AMBULATORY HEALTH CARE, INC.

# Additional Information

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## **Fees:**

- \$20 visit fee (not a copay)
- Some additional fees for medications, rapid tests etc.
- Psych visits \$75 initial visit, \$35 follow-up (longer appts)
- Lab work billed to insurance

## **After Hours:**

- Nurse Advice Line (24 hours)
- Walgreens Pharmacy (2 blocks off campus)
- CVS (~1 mile off campus)
- Urgent care (quick Uber ride)
- Sibley Memorial Hospital ED (~1 mile off campus)





# Important To-Do's

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## Immunizations

- Required by DC for all students up to age 26
- DC specific = Need 2 Chicken Pox (varicella) vaccines, month/year of disease, or blood titers
- Records due by **Aug 1st**
- Incomplete records  Registration holds
- Forms were emailed to students

## Insurance Waiver

- Health Insurance plan provided by Carefirst
- All full time students automatically enrolled
- If NOT needing it, student must complete online waiver by **Sept 25<sup>th</sup>** or show proof of comparable insurance (this is done annually)
- Cost of Insurance = \$1,935 (Aug 1, 2019 – July 31, 2020)

# Recommendations

## Medication Planning:

- Regular medications
- Controlled substances (e.g. ADHD medications)
  - Storage of medications
  - Sharing medications
- Develop plan with home provider
- Pharmacies

## Health Insurance Cards:

- All students should come with one if using home insurance
- Discuss details of insurance, how to use it etc.

BlueCross BlueShield		GRP	XXXXXXX
Name	ELIZABETH SAMPLNAME		
ID #	000000000000		
Svc Type	XXX	Care Type	XXX
RxBIN	XXXXXX	Office Copay	\$
RxPCN	XXX	ER Copay	\$

SYMBOLS PRINT HERE

of Minnesota, a nonprofit independent licensee of the Blue Cross and Blue Shield Association, is serving only as the claims administrator.

# The Counseling Center

Accredited by the  
**International Association of Counseling Services  
(IACS)**

- Psychological and mental health care
- All services are **free** and **confidential**
- Time-limited individual therapy & unlimited group therapy
- Case management & community referrals
- Staffed with licensed clinicians, doctoral interns, other clinical trainees
- Urgent care: Mon-Fri 2-4pm
- Normal Hours: Mon & Thurs 9am-6pm  
Tues, Wed & Fri 9am-5pm

# Fast Facts

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- The vast majority of our students report feeling extremely satisfied with the services they received at our center (4.5/5).
- Last year, the center offered 10 different therapy groups, including 7 unique groups.
- We have a thriving outreach program! Over 11,352 students were reached through outreach initiatives last year, including our most popular event:
  - De-Stress with Dogs! We also provided over 242 workshops and presentations.
- Students are typically able to schedule a first time appointment within five business days.
- If students are unsure whether or not they might benefit from counseling, they can take a free Mental Health Screening on our website.
- Even if students aren't seeking mental health services, they can follow us on Twitter & Instagram (@AUCounselingCtr) to learn about self-care, wellness, and positive strategies for success!

# Additional Information about Services

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- Reminder: All services at the Counseling Center are free and confidential!
- A free consultation is available for all enrolled students to help determine what services are going to BEST meet a student's needs.
- The majority of students who present to the Counseling Center are able to receive ongoing care from us (80%), so it's always a great place to start!
- Referrals
  - The Counseling Center may not always be the best fit..
    - Clinical Case Manager
  - Urgent Care (M-F: 2-4pm) is available for students experiencing a mental health crisis or who need referrals.

# Important Considerations

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## *Prepare your mental health resources!*

- **Who:** Will a local provider in DC for long term or specialized care be needed?
  - But please don't forget, the Counseling Center is always a great place to start!
- **What:** Consider specific needs, such as medications, support groups not offered at the center, etc.
- **When:** Have conversations about when your student may need treatment (e.g., evening, weekends, bi-weekly?)
- **Where:** Learn where the resources are located and obtain a referral and provider before a student is in crisis.
- **Why:** College presents unexpected challenges that you want to prepare for, if you can. Know this information before arriving at AU.
- Please visit our website to learn more: <https://www.american.edu/ocl/counseling/>

# Confidentiality

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- Federal and DC mental health laws, as well as HIPAA, limit disclosure of confidential information for many college students.
- Limits to confidentiality only pertain to court mandates, harm to others, and student safety
  - AUPD and local hospital, which may NOT include family, friends, or non-emergency treatment providers.
  - We **WANT** to consult with you when you have questions or concerns!
- Your student will need to sign a release for an AU clinician/provider to:
  - Confirm that your student has been to the Counseling Center or Student Health Center
  - Discuss any treatment-related matters specific to your student
- Our clinicians are available to provide general feedback and consultations to others. We're happy to hear from

# Follow Us!

THE HEALTH PROMOTION &  
ADVOCACY CENTER AND  
STUDENT HEALTH CENTER



/AUHealthWell



/AUHealthWell



@AUHealthWell



@AUHealthWell







# Tips for Families

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1. Stress the importance of “good health practices”
2. Check in on your student
3. Talk about values & choices
4. Talk about classes & workload
5. Talk about student involvement
6. Review campus resources
7. Help manage finances
8. Send a care package



COLLEGE  
PARENTS  
MATTER  
have the conversation

The logo features the text "COLLEGE PARENTS MATTER" in a bold, sans-serif font, with "COLLEGE" in teal and "PARENTS MATTER" in black. Below it, the phrase "have the conversation" is written in a smaller, teal font. The entire logo is framed by two horizontal teal bars.

  
**SET TO GO**  
A JED PROGRAM

The logo consists of a green arrow icon pointing to the right, positioned above the text "SET TO GO" in a bold, green, sans-serif font. Below "SET TO GO" is the text "A JED PROGRAM" in a smaller, green, sans-serif font.



# Dates to Remember

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**Aug 1**

Immunization  
Records Due

**Aug 18**

EverFi Courses  
Due

**Sep 25**

Waive Out of  
Health  
Insurance

Talk to your student about medication planning, providers in the  
**ASAP** area, understanding insurance, healthy choices and more!

***Thank You!***

***How to  
Contact Us***

***Questions?***

**Counseling Center:**

202-885-3500

<http://www.american.edu/ocl/counseling/>

*Mary Graydon Center 214*

**Student Health Center:**

202-885-3380

[shc@american.edu](mailto:shc@american.edu)

<http://www.american.edu/ocl/healthcenter/>

*McCabe Hall, 1<sup>st</sup> Floor*

**Health Promotion & Advocacy Center:**

202-885-3276

[hpac@american.edu](mailto:hpac@american.edu)

<http://www.american.edu/ocl/promote-health/>

*Hughes Hall 105*

