University Health & Counseling Services

Specializing in the unique needs of college students
Building the foundation for life-long learning and wellness by providing high quality physical and mental health care, outreach, and consultation for our diverse campus community.
Integrated Care

Health
Counseling
Wellness
Accessing Our Services

Ambrose Health Center (UHCS)
- Location: 710 Starin Road
- Hours:
  - Monday – Friday 8:00am-4:30pm
  - Open all year (except legal holidays)
- Website: www.uww.edu/uhcs
UHCS Pillars of Care

High Quality
- Vast majority of patients rated UHCS as excellent and report that they would visit again if needed.
- Accredited by the Accreditation Association for Ambulatory Health Care, Inc. (1 of 10%)

Confidential
- If information needs to be shared, student must sign a release of information document.
- UHCS health record is not connected to student academic record.

Inclusive
- Zero or reduced fees for services
- Ongoing staff training on diversity and cultural competency
Health Issues That Most Affect Academic Performance:

- Stress
  - 81% felt mentally exhausted
- Anxiety
  - 59% felt overwhelming anxiety
- Depression
  - 33% felt so depressed it was difficult to function
- Sleep Difficulties
  - 32% experienced trouble sleeping
- Cold/Flu/Sore Throat
- Concern for a Friend or Family Member
- Internet Use/Computer Games
- Relationship & Roommate Difficulties
- Attention Deficit/Hyperactivity Disorder

(2018 UWW National College Health Assessment-280 respondents)
Health Services

- 2 MDs
- Front Office Assoc.
- RN
- 4 NPs
- Lab Tech
- Health Director
- 6 MAs
- Physical Therapist

UNIVERSITY OF WISCONSIN WHITewater
Health Services

- Exams and treatment for illnesses and minor injuries
- Allergy injections
- Immunizations (including flu shots)
- Lab tests
- Pelvic exams and pap tests
- STI testing
- Contraceptives
- Physical therapy for students with disabilities
- Physicals (incl travel)
- Medications
Medications

Some available on-site if prescribed by a UHCS provider

Local Pharmacies*

• Walgreens
• McCullough's
• Walmart

*will need private insurance card
Health Care Fees

• No charge to see a provider

• **Fees** for procedures, meds, labs

• Payments can be made with:
  • Cash
  • Checks
  • Purple Points
  • Bill to Student Account
Health Insurance

• We do not bill to insurance companies and students are not required to have health insurance.

• We can provide a receipt so that a student can submit a claim for reimbursement.

• We recommend they carry a copy of their card and know what it covers.
Scheduling Health Services

A. Phone call: 262-472-1300
B. Online (health only)
Types of Health Appointments

20 – 40 – 60 minute time slots

• Well exam

• Procedure
  • i.e. sutures, wound care, ear irrigation, wart removal

• Sick visits
  • Including day room for monitoring

• Time-sensitive / same day
  • i.e. injury, fevers
  • UHCS is not urgent care or ER
Emergencies

- Fort HealthCare – Fort Atkinson (10 miles)
- Aurora Medical Center – Elkhorn (15 miles)
- St. Mary’s – Janesville (21 miles)

Urgent Care: Mercy Clinic- Whitewater (.5 miles)
Counseling Services

- 3 Psychologists
- Psychiatrist
- AODA Counselor
- Doctoral & Master Interns
- Case Manager
- 3 Licensed Counselors
Counseling Services

• Individual & Group
  • Stress
  • Anxiety
  • Depression
  • Grief & Loss
  • Relationships
  • Sexual Assault/Abuse
  • Eating Disorders
  • Alcohol or Other Drug Abuse

- Part-time Psychiatrist
Crisis Intervention

• Same-day appointments are available.

• County crisis line phone number is on our website and posted outside our building.
  
  • 1-800-365-1587 (24 hours)

• If you believe someone is in immediate danger, call 911.
Counseling Fees

• No charge to see a provider
• 14 session/year limit
• Strong community partnerships for referrals
• Call 262-472-1305 to make an appointment.
Wellness Services

Making the healthiest choice, the easiest choice.

Wellness Coordinator
Wellness Peer Educators
Wellness Educator
8 DIMENSIONS OF WELLNESS

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being.

EMOTIONAL
Coping effectively with life and creating satisfying relationships.

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

FINANCIAL
Satisfaction with current and future financial situations.

PHYSICAL
Recognizing the need for physical activity, diet, sleep and nutrition.

SOCIAL
Developing a sense of connection, belonging and a well-developed support system.

OCCUPATIONAL
Personal satisfaction and enrichment derived from one’s work.

SPIRITUAL
Expanding our sense of purpose and meaning in life.
### Priority Programs

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<td>• Warhawks Step Up</td>
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Wellness Initiatives

Warhawks Drink Responsibly

IF YOU CHOOSE TO DRINK:
Set drink limit before going out
Pace drinks to 1 or less per hour
Alternate water & alcohol
Designate a sober driver
Eat before and during
Stick with friends

CALL 911
if a peer has irregular breathing, pale/cool skin, is unresponsive and/or is vomiting while passed out.

Think About It

We pledge to not drink and drive.
Massage Therapy

• 15 minute chair massage: $15
• 25 minute table massage: $20
• 50 minute table massage: $35
• 75 minute table massage: $45

CASH OR CHECK ONLY
Free Meditation Classes

- Wednesdays 12:15-12:45pm
- Ambrose Health Center: rm 2028
- All abilities welcome
- Mats & cushions provided
- Led by Rebecca McAllister, DNP
Involvement Opportunities

- Follow us on Social Media: @UWWUHCS
  - Instagram
  - Facebook
  - Twitter

- Student Employment: Handshake
  - Front Desk Assistants
  - Wellness Peer Educators

- Internships
  - Master & Doctoral Counseling Interns
  - Direct Care Interns

- Student Health Orgs
  - Active Minds
  - Student Health Advisory Committee
  - Coalition Against Sexual & Interpersonal Violence
  - Communicating Health in Practice
Questions?

Please share this information with your students.

Health: (262) 472-1300

Counseling: (262) 472-1305

Website: uww.edu/uhcs