HEALTH AND WELLNESS INFORMATION

Student Health Services
Student Health Services (https://www.wcupa.edu/_services/studentHealthServices/default.aspx) is staffed by physicians, nurse practitioners, and registered nurses. The Student Health Services staff is available to meet emergency and first-aid needs and to perform routine treatment of minor illnesses and minor surgical conditions.

Care provided by Student Health Services includes the following:
1. Acute medical care, including sore throat, cold, flu, and other illnesses
2. Minor surgical care, including suture placement and removal, and abscess care
3. Sexually transmitted infection (STI) and HIV testing, treatment, and referrals
4. Gynecological services, including routine examinations, contraceptives, and pregnancy testing
5. General preventative care, including immunizations and nonathletic general physicals
6. First-aid

During the fall and spring semesters, Student Health Services has appointments available Monday - Friday, 8:00 a.m. through 6:00 p.m., and Saturday, 9:00 a.m. through 1:00 p.m. Appointments are available during summer and winter sessions from 8:00 a.m. through 3:30 p.m. Visits are by appointment, except for emergency situations. Any emergencies during the night and on weekends may be treated at the Chester County Hospital Emergency Room.

All Student Health Services practitioners have received training to meet the unique needs and situations of the LGBTQA+ community.

Student Health Services is located on the lower level of Commonwealth Hall. The Student Health phone number is 610-436-2509.

Wellness Promotion
The Office of Wellness Promotion engages students in opportunities to cultivate sustainable skills in health and well-being. Comprised of experienced professional staff, graduate students, and undergraduate Certified Peer Educators, the Office of Wellness Promotion provides resources, programs, and services to help students make informed choices that support personal, academic and professional goals. Topics addressed include alcohol and other drugs, nutrition, physical health, sexual health, sleep, stress reduction, well-being, and other topics.

The Office of Wellness Promotion offers a variety of programs and services including:
1. Free individual wellness coaching that empowers students to explore and practice strategies to support their health and well-being
2. Alcohol and cannabis group and individual programs for students to assess current use, gain additional skills and knowledge, and learn strategies to make informed decisions
3. Peer to peer workshops, information tables, and outreach
4. Large scale campus events
5. Awareness messaging and campaigns through social media, in the Stall Seat restroom newsletter, print communications, and other mediums
6. Connection to campus and community resources and services

The Office of Wellness Promotion provides learning opportunities for students interested in gaining professional skills and experience through internships, shadowing opportunities, and through paid positions including peer educators and office assistants.

The Office of Wellness Promotion is located on the ground floor of Commonwealth Hall at the Student Health Services entrance. The office can be reached Monday - Friday, 8:00 a.m. through 4:30 p.m., by phone at 610-436-0730 or by email at wellness@wcupa.edu. Additional information about the Office of Wellness Promotion can be found at www.wcupa.edu/wellness (http://www.wcupa.edu/wellness/).

Speech and Hearing Clinic
The Speech and Hearing Clinic (http://www.wcupa.edu/speechHearing/) (located at 201 Carter Drive, Suite 400) is a free community clinic maintained by the Department of Communication Sciences and Disorders to train student clinicians under licensed, certified faculty supervision. The clinic provides evaluation, intervention, and consultation services to individuals with speech and language disorders, hearing disorders, communication differences, and professional communication enhancement needs to individuals across the lifespan. The clinic also provides diverse community outreach and education opportunities for individuals and institutions. Clinic services are offered free of charge to all individuals. Appointments can be made by contacting the clinic office at 610-436-3402 or by emailing jjohnson@wcupa.edu.

Department of Counseling and Psychological Services
The Department of Counseling and Psychological Services (http://www.wcupa.edu/counselingCenter/) (The Counseling Center) is located in 241 Lawrence Center (610-436-2301). All currently enrolled undergraduate and graduate students may come in for a brief triage assessment (M – F, between 1 and 3 pm), at which time a determination is made to help the student receive the most appropriate mode of treatment (e.g., individual, group, or a referral off campus). The Counseling Center includes licensed psychologists, licensed counselors, consulting psychiatrists, and graduate-level trainees with whom students may discuss their concerns. The Counseling Center is a confidential resource on campus.

Counseling Services
Since the Counseling Center provides services for a wide range of concerns, each student’s experience will be tailored to meet their needs. Students may wish to focus on their emotions and learn better ways to cope, improve their interpersonal skills, resolve personal conflicts, or clarify their educational or vocational choices. Any of the following approaches may be recommended to address a student’s concerns:

1. Individual psychological counseling consists of a brief form of treatment in which the counselor and the student engage in a one-to-one experience. The focus is typically on resolving personal or interpersonal conflicts. The goal is to improve the student’s expertise at making meaningful choices and recognizing patterns of behavior that can be changed for the better. Counseling also may help students avoid choosing behaviors that restrict personal growth and undermine their well-being.

2. Group counseling consists of a small number of peers and one or two facilitators. Such groups meet weekly with a goal of improving interpersonal relationships. In addition, some groups have a very specific focus. Past groups have included navigating relationships group, a group dealing with grief/loss, a sexual identity group, a women’s group, and assertiveness training. An updated list of ongoing groups can be found on the Counseling Center’s web page at http://www.wcupa.edu/CounselingCenter (http://www.wcupa.edu/counselingCenter/).

3. Referred Out Consultation is for students seeking assistance in connecting with an off-campus mental health provider.

4. Crisis Intervention is for students that are experiencing a mental health emergency. Students who are in urgent need of mental health assistance may walk into the Counseling Center and indicate that they are experiencing a mental health emergency during business hours.
5. **Psychiatric services** for students currently being seen for individual or group therapy are available in the Counseling Center. The psychiatrist is available to assist in evaluations and follow up where medication may be necessary as an adjunct to counseling.

6. **Consultation services** for staff, faculty, and students are available by calling the Counseling Center’s main number (610-436-2301) during regular business hours. Counselors may be able to assist with crises, program planning, group and interpersonal communications, and referrals to other agencies.

7. The Counseling Center also has an **Alcohol and Other Drug (AOD) counselor**. Note that students may not use this individual to meet sanctions imposed by the court. The AOD counselor does not send notice of attendance or progress to any outside individuals, excluding WCU’s Office of Student Conduct. Most students who are motivated to make changes and reduce their drug or alcohol consumption are appropriate for the AOD counselor. This person also works with students who have received sanctions through WCU’s Office of Student Conduct.

8. **Outreach services** are an integral part of the activities conducted in the Department of Counseling and Psychological Services. Our outreach services aim to serve the campus community as a whole by extending our clinical and educational services beyond the walls of the Counseling Center. We offer a variety of outreach services to the university community with the goal of creating and maintaining a healthy, psychologically-minded student population. Our outreach services allow the provision of deliberate, systematic, and creative psycho-educational programming with a multicultural and developmental perspective on prevention, wellness, and student self-help. Such efforts allow us to work collaboratively with students, staff, and faculty across campus to ensure student engagement and success.