

# HEALTH AND WELLNESS INFORMATION

## The 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, licensed social workers, 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 in the Counseling Center are available. 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.

### Student Health Services

Student Health Services ([https://www.wcupa.edu/\\_services/studentHealthServices/default.aspx](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 provide well and sick care, as well as sexual and reproductive care.

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 basic immunizations and physicals
6. First-aid

Student Health Services offers some on-site testing, such as COVID-19, Mono, Strep, and Flu. Other testing can be sent to a local laboratory provider. Student Health Services does have an on-site medication dispensary in which a medical provider can dispense medications for students that are prescribed, or a prescription can be provided to take to a local pharmacy.

Student Health Services does not process appointments through insurance. Charges for Student Health Services are submitted to the student account.

During the fall and spring semesters, Student Health Services has appointments available Monday - Thursday, 8:00 a.m. through 6:00 p.m., and Friday, 8:00 a.m. through 4:00 p.m. Appointments are available during summer and winter sessions from 8:00 a.m. through 4:00 p.m. Visits are by appointment and can be made by calling 610-436-2509. Any emergencies, or sickness during the night and on weekends, may be treated at the Chester County Hospital Emergency Room or one of the local Urgent Care facilities.

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

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

### Wellness Promotion

Wellness Promotion engages students in opportunities to cultivate sustainable skills in wellness and well-being. Comprised of experienced professional staff, graduate students, and undergraduate Certified Peer Educators, 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 drug use, mental health, nutrition, movement, sexual health, sleep, and building social connection.

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 wellness 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, the Stall Seat restroom newsletter, print communications, and other mediums
6. Connection to campus and community resources and services

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

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 e-mail at [wellness@wcupa.edu](mailto:wellness@wcupa.edu). Additional information about Wellness Promotion can be found at [www.wcupa.edu/wellness](http://www.wcupa.edu/wellness) (<http://www.wcupa.edu/wellness/>).

## Physical Examination Requirements

Each semester, new students receive e-mail information about Student Health Services which includes instructions on how to submit health history and immunization information electronically via the web portal (<https://wcupa.studenthealthportal.com/>). No physician signature is required. Electronic submission of this form is requested by the start of classes.

A physical examination is no longer a general University requirement and is only necessary if needed by a specific academic major or athletic group. The professor or coach will provide the student with this information.

## Insurance Programs

Because of the unpredictable nature of medical and surgical emergencies, all students are encouraged to be covered by a health insurance program. Information on insurance health programs may be obtained directly from the Student Health Services website ([https://www.wcupa.edu/\\_services/studentHealthServices/generalInfo.aspx](https://www.wcupa.edu/_services/studentHealthServices/generalInfo.aspx)).

Insurance requirements may be mandated by specific departments and/or athletic programs. For example, there are special liability insurance requirements for students in the nursing program. Refer to the appropriate section (e.g., academic department, athletic program) in the catalog for further information on these requirements.

## Communicable Diseases

A current report of a negative tuberculin test or chest X-ray showing no active tuberculosis (TB) is mandated by the Pennsylvania Department of Education for all student teachers and students participating in a field experience in the public schools. The TB test can be given at Student Health Services for a nominal charge.

Pennsylvania state law requires the meningococcal vaccine, or a signed waiver, for all students living in University housing. Guidelines published by the Centers for Disease Control and the American College Health Association will be adhered to and revised as appropriate to protect the health of those in the University community.

Student Health Services provides free needle disposal boxes and disposal of medical waste.