Welcome to MSU!
MSU recommends several vaccines for incoming students. Can you name 3 of them?
MSU recommends several vaccines for incoming students. Name 3 of them.

Answer:

• Hepatitis B
• Hepatitis A*
• Meningococcus
• Influenza
• Pneumocococcus*

• Varicella (Chickenpox)
• HPV (Human Papilloma Virus)
• Tdap (Tetanus/Diphtheria/Pertussus)
• MMR (Measles/Mumps/Rubella)

*for those with certain health conditions.

Most immunizations are available by appointment through MSU Student Health Services.
Welcome to MSU
Student Health Services
Our vision is to be the health and wellness resource of choice for the MSU Student Community
North Campus
Neighborhood Clinics

- **East** - 127 S. Hubbard Hall
  (Hubbard, Akers, Holmes and McDonel)
- **Brody** - 148 Brody Hall
  (Armstrong, Bailey, Bryan, Butterfield, Emmons, and Rather)
- **South** - G17 Holden Hall
  (Holden, Wilson, Case, and Wonders)
- **River Trail** – W9 McDonel Hall
  (McDonel, Shaw, Van Hoosen, and Owen)

- The Neighborhood Clinics are available by appointment for minor injuries, illness, and preventive services.

- **North** – Olin Health Center
**Courtesy Van**

- Available to transport patients to and from Student Health Services
Medical Clinics

• Primary Care
• Women’s Health
• Allergy & Immunization
• Counseling & Psychiatry
• Sports Medicine
• Orthopedics
Additional Services...

- 24 Hour Phone Information Nurse
- MyHealth secure messaging
- Physical Therapy & Orthopedic Services
- X-Ray
- Laboratory
- Pharmacy
- Massage Therapy, Reiki, Reflexology
Health Education Services

- Center for Sexual Health Promotion
- LIFE: Rx Fitness Testing
- Nutrition Services
- Financial Coaching
- Alcohol, Tobacco, & other Drugs
  - Traveler’s Club – MSU’s Collegiate Recovery Program
- Student Involvement and Support
Student Involvement
Prepaid Visits

• Three medical office visits each year to Student Health Services (Olin &/or Neighborhood clinics)
• Some charges excluded*
• Three lifetime Psychiatry visits are covered

• Patient is billed for fourth and subsequent visits as well as services* not included in office visit.

*Lab, X-ray, procedures, medical equipment, etc.
Health Insurance for Students

• Make sure your student has a copy of his/her Medical and Prescription insurance cards

• Check with MSU Benefits office regarding requirements and Student Insurance: http://www.hr.msu.edu/benefits/studenthealth/
Billing & Insurance

• We will bill insurance, and bill the patient for any charges not covered.

• Patient responsibility to know what is and is not covered by their insurance plan.

• Participate with traditional BCBS, BCN, Cofinity, MSU Student Insurance, and PHP for urgent care.

• Out of Network for other HMO’s and PPO’s
Local After-Hours Care Options

• Olin Phone Information Nurse (24/7)
• Lansing Urgent Care
• Sparrow After-Hours/Urgent Care
• Sparrow Hospital
Student Health Services Hours

**Olin Health Center – Open Year Round**
- Monday – Friday: 8 am to 6 pm
- Saturday: 10 am to 1 pm

Winter, Spring, & Summer Break:
- Monday – Friday: 8 am-5 pm

**Neighborhood Clinics – Open fall & spring semesters.**
- Monday- Friday
- Hours vary by clinic.
Visit us on the web!

olin.msu.edu
PARENTS IN TRANSITION
Primary Services:

- Time-limited Individual Counseling
- Group Counseling
- Multicultural Counseling and Services
- Wellness Workshops, seminars, consultations, referrals
- Psychological and Needs Assessments & Off Campus referrals
- Sexual Assault Crisis & Safety Education Program
- Substance Abuse Assessment and Services
- Testing Office
- Suicide Awareness & Prevention Education

*Services are Confidential*
University Roles:

- Collaboration with Olin Primary Care and Psychiatry Services
- Faculty/Staff Consultation
- Outreach Services in the Neighborhoods
- Liaison with Residence Life and Colleges
- Preventive Education
- Crisis Intervention
- Behavioral Threat Assessment Team
- Behavioral Intervention Team

*Services are Confidential*
Counseling Center

How to Access us:
Student Services Building, Room 207
517-355-8270

Hours:
Monday – Tuesday:  8 a.m. – 7 p.m.
Wednesday – Friday: 8 a.m. – 5 p.m.

Web Site:
counseling.msu.edu
PARENTS IN TRANSITION
MSU POLICE

MISSION:
The mission of the Michigan State University Police is to enhance the quality of life on campus, by building relationships, strengthening stewardship, and working collaboratively within our diverse community to reduce crime, enforce laws, preserve peace, and provide for a safe environment.

CORE VALUES:
Honor, Integrity, & Leadership

MOTTO:
“Committed to Courtesy and Excellence”
MSU-Like a Small City

- MSU – Average daily population over 60,000
- Just like any other city, there is the potential for criminal activity to occur here
- Most prevalent crime – theft
MSU Police Department

• Fully sworn law enforcement entity, charged with maintaining safety and security of all areas governed by the MSU Board of Trustees

• Consists of 79 sworn law enforcement officers licensed through the State of Michigan

• All police officers have a minimum of a bachelor’s degree

• Work in collaboration with academic and housing departments to create a safe and orderly environment
Uniform Patrol & Investigations Divisions

Parking Services

Investigative Division

Support Services Division

Uniform Division

Joint Terrorism Taskforce
Special Events Planning
Bicycle Team
Motorcycle Team
Traffic Enforcement Unit
Patrol
Fugitive Unit
Community Team Policing
Emergency Notification System

Computer Forensic Unit
Dignitary Services
Special Victims Unit
Accident Investigation Unit
Fire Marshall
Behavioral Threat Assessment
Special Response Team

Emergency Management

Court Officer
Parking Division

- Vehicle Parking Permits
  - Freshman not allowed to have vehicles on campus
  - Parking regulations
- Bicycle Registration
  - Required
  - Free
  - [www.police.msu.edu](http://www.police.msu.edu)
Annual Clery Crime Report Data

- Murder/Non-Negligent Manslaughter
- Negligent Manslaughter
- Forcible Sex Offenses
- Robbery
- Aggravated Assault
- Burglary
- Motor Vehicle Theft
- Arson
- Domestic Violence
- Stalking

Personal Safety on Campus

• 27 Reported Sexual Assaults in 2013
  • Keep in mind sexual assault is nationally underreported to law enforcement
  • Majority of our sexual assaults are committed by someone who knows the victim.
    • This in no way makes this crime any less horrible to experience
    • Need to be cautious even when with someone you know and trust
    • MSUPD Special Victims Unit investigates these crimes

• 10 Robberies
  • Most are “strong-armed” (unarmed)
  • Electronics (cell phones, laptops, etc.) are hot targets

• 25 Domestic Violence and 36 Stalking Reported Incidents
  • These statistics were newly introduced into the annual crime report
  • These are also investigated by the Special Victims Unit
Personal Safety on Campus

• **Common Sense Approach**
  • Call 911 if in danger
  • Be aware of surroundings
  • Walk in well-lit areas if possible
  • Walk with others when possible
  • Be mindful of vehicle traffic and pedestrians while on campus
    • Obey traffic control devices—they are there to assist you
  • Wear a helmet when riding a bicycle, motorcycle or moped
Know Your Safety Resources

- **Resources Available to Students**
  - MSU Police Safety Presentations
  - Self Defense Through Sports & Recreation
  - State Walk (student group out of the Library)
  - MSU Safe Place – Campus Domestic and Sexual Violence Shelter
  - CATA Bus Service – Including Late Night Hours
  - Over 170 Green Light phones
Know the MSU Local Ordinance & Student Policies

- Weapons are Prohibited on Campus by Local Ordinance
  - Only personal defense spray compliant with state law is allowed
  - Per ordinance, individuals possessing a CPL may carry a concealed pistol as long as they are compliant with state law provisions and prohibitions
  - MSU Police enforce the local and state laws on campus

- Policy Prohibits MSU Students, Faculty, and Staff (except police) from Carrying a Concealed Firearm
  - This is even if they have a concealed pistol license
  - This is a condition of employment or student status
  - Enforced through student conduct process or human resources
Property Related Crime on Campus

• 120 Burglaries
  • 61 from residence halls
• Over 650 General Thefts
  • Over 250 bike thefts annually
• 62 Motor Vehicle Thefts
  • Most (49) were mopeds
• 62 Frauds Reported
  • Many due to phone scams or fraudulent check deposits
Keeping Property Safe

- Register Your Bike for Free
- Never Give Out Your ATM and PIN
- Consider Buying a Small Room Safe
- Keep Your Residence Hall Doors Closed and Locked
- Never Deposit a Check into Your Bank Account for a Stranger
- Keep Record of Property Serial Numbers
- Call 911 for Suspicious Behavior
- Don't Prop Exterior Doors
- Use a U-Lock to Secure Bikes and Mopeds
- If You See Something Say Something
- No Soliciting Sales Allowed at MSU
- Never Leave Property Unattended
- Don't Fall for Phone Scams
Stay Informed

• MSU ALERT
  • http://alert.msu.edu
  • Students are signed up, but should verify and choose the best method of emergency communication

• Website
  • http://police.msu.edu/

• Facebook
  • https://www.facebook.com/msupolice

• Twitter
  • https://twitter.com/msupolice
PARENTS IN TRANSITION
Critical Health: Issues & Action

- MSU surveys show that students **turn to parents first** when looking for information on being ill, that parents are looked at as being believable most (66%**) of the time (73%** for freshman).
  
  **Action**: Be available, be informed and learn to refer.

- Being ill with a **cold or the flu** is the number one reason students miss class – 54%* report having had a cold or flu and 16%* report a negative impact on academics.
  
  **Action**: Wash your hands, cover your cough!

**ACHA - National College Health Assessment, 2012 (NCHA)**

*ACHA - National College Health Assessment, 2014 (NCHA)
Critical Health: Issues & Action

- 37%* of MSU students reported that their time spent **texting, using social media, or playing electronic games** hurt their academic performance.  
  **Action:** Help your student to recognize when too much time is spent on their phone and social media sites.

- 71%* of MSU students said they experienced stress last year and 28%* report that **stress** seriously affected their academic performance.  
  **Action:** Encourage regular activities that have worked in the past to counter stress for the student (i.e. listening to music, exercise, talking to family & friends, prayer, SLEEP, etc.)
  - 51% of MSU students reported experiencing sleep difficulties, and 19% reported it as an impediment to their academic performance.

*NCHA 2014
Critical Health: Issues & Action

In the last year, 31%* of MSU students reported finances as very difficult or traumatic to handle.

**Action:** Have a conversation about smart spending habits, budgeting, goals, expectations, and other financial concerns with your student. Looking for helpful resources?

- [https://www.msufcu.org](https://www.msufcu.org)
- [http://www.themint.org/](http://www.themint.org/)
- A Financial Coach is available to MSU students to provide counseling on:
  - Personal money management
  - Setting a budget
  - Understanding credit
  - Call 517.432.1229 for an appointment.
Critical Health: Issues & Action

- Most MSU students (70%*) report being at or slightly under weight, and 46%* overall report trying to lose weight.
  
  **Action:** Recognize that body image is really a matter of perception. Restricted eating to control one’s weight can lead to more serious eating problems.

- Most MSU students (65%*) report exercising three or more times per week to improve cardiovascular fitness.
  
  **Action:** At MSU there is plenty to do to stay active - walk, ride, run, use IM sports and facilities!

* NCHA 2014
The majority (61%*) of MSU students drink 0 – 4 drinks (alcohol) when they party. 27%* of MSU undergraduates report not having drank alcohol in the past 30 days. Most students are not high-risk drinkers.

**Action:** Affirm moderate use and use of protective behaviors, i.e. eat before and during, use a designated driver, avoid drinking games, etc.

88%* of MSU students report not having smoked cigarettes in the past 30 days. 68%* report never having used tobacco and only 3%* reported smoking daily.

**Action:** Validate that smoking is not the norm at MSU.

*NCHA 2014*
73%* of MSU students report having one or less sexual partners, and overall 77%* report using some form of contraception at last intercourse.

*Action*: Encourage healthy sexual decision-making.

Most students (88%*) report feeling ‘very safe’ on campus during the daytime, and at night most (80%*) report feeling ‘very’ to ‘somewhat’ safe.

*Action*: Use community resources – CATA Night Owl, Green light phones.

*NCHA 2014*
MSU Counseling Center
207 Student Services Building

PARENTS IN TRANSITION
Top Eight Areas of Concern

1. Depression
2. Anxiety
3. Academic issues
4. Relationship concerns
5. Traumatic experiences
6. Substance abuse (alcohol and other drugs)
7. Eating concerns (anorexia, bulimia)
8. Racial and acculturation issues
Definition of Transition:

“Moving away from previous sources of structure, affiliation, and identity toward the new sources of structure, affiliation, and identity of the next life stage.”
PARENTS IN TRANSITION 2015