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
- Pneumococcus*
- 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.
North Campus
Neighborhood Clinics

**East** - 127 S. Hubbard Hall
(Hubbard, Akers, Holmes)

**Brody** - 148 Brody Hall
(Armstrong, Bailey, Bryan, Butterfield, Emmons, Rather)

**South** - G17 Holden Hall
(Case, Holden, Wilson, Wonders)

**River Trail** - W9 McDonel Hall
(McDonel, Shaw, Van Hoosen, Owen)

The Neighborhood Clinics are available by appointment for minor injuries, illness, and preventive services.
Courtesy Van
Available to transport patients to and from Student Health Services
Clinics at Olin

• Allergy & Immunization
• Counseling & Psychiatry Services (CAPS)
• Primary Care
• Sports Medicine
• Women’s Health
Additional Services at Olin

- Laboratory
- Pharmacy
- Physical Therapy
- Radiology (X-ray)
- Reiki, Reflexology, & Massage
Health Promotion Services

• Sexual Health Promotion
• **SPARTAN**fit Programs
• Nutrition Services
• Alcohol, Tobacco, & other Drugs
  • MSU Collegiate Recovery Community
• Student Involvement and Support
Prepaid Visits

• Three medical office visits each year
• Three lifetime Psychiatry visits

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

*Lab, X-ray, procedures, medical equipment, etc.
Billing & Insurance

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

We participate with:

- Traditional BCBS, BCN, MSU Student Insurance,
- McLaren, Aetna PPO
- McLaren Medicaid, BC Complete

Out of Network for other HMO’s and PPO’s
Health Insurance for Students

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

- MSU Benefits office for BCN Student Health Insurance: [https://www.hr.msu.edu/students.html](https://www.hr.msu.edu/students.html)
Local After-Hours Care Options Available 24/7

- Olin Phone Information Nurse
  (517)353.5557

- Lansing Urgent Care
  (24/7 on Clippert St.)

- Sparrow Hospital Emergency
  (Lansing, Michigan Ave.)
Student Health Services Hours

Olin Health Center – Open Year Round
Neighborhood Clinics – Open fall & spring semesters.
Counseling & Psychiatry Services (CAPS)

Primary Services:

• Time-limited Individual Counseling
• Group Counseling
• Wellness Workshops, seminars, consultations, referrals
• Psychological and Needs Assessments & Off Campus referrals
• Psychiatric consultation and care

*Services are Confidential*
Counseling & Psychiatry Services (CAPS)

Primary Services:

• Substance Abuse Assessment and Services
• Multicultural Counseling and Services
• Suicide Awareness & Prevention Education

*Services are Confidential*
University Roles:

- Integrated Counseling, Primary Care and Psychiatry
- Faculty/Staff Consultation
- Sexual Assault Program
  - Crisis intervention and Advocacy Services
- Outreach Services in the Neighborhoods
- Liaison with Residence Education and Colleges
- Behavioral Threat Assessment Team
- Behavioral Intervention Team

*Services are Confidential*
Counseling & Psychiatry Services (CAPS)

Hours:
Monday – Thursday:  8 am – 6 pm
Friday:  8 am – 5 pm

517-355-8270
463 E. Circle Drive
Olin Health Center  counseling.msu.edu
MSU Police Department

PARENTS IN TRANSITION 2017
A Little Bit About Us

- MSU PD officers are licensed through the State of Michigan
- Responsible for responding to crimes and calls for service on all property owned by MSU
- We believe in community policing as the basis for our actions

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Fully sworn and armed law enforcement officers
Reflecting the Community We Serve

All officers have a minimum of a Bachelor’s Degree

Some officers have furthered their education by receiving advance degrees while employed at MSU Police Department

We all have lived the college experience and survived the frustrations and rewards of life as college students.
Joining the MSU Police Department

Student Positions

- Cadets
- Special Events
- Parking Services
- Access Control Assistants

Sworn Officer Training

- Michigan Police Academy (14-16 weeks)
- MCOLES certified

Advancement Opportunities

- Field Training Officer
- Canine Unit
- Digital Forensics & Cyber Crime Unit
- Special Response Team
- Emergency Management
Transparency & Accountability

Police Oversight Committee
- Email: oversight@police.msu.edu
- Phone: 517-432-2256

Decision making based on the use of force continuum, to include verbal de-escalation

Comprehensive training
- Inclusion and Anti-Bias Unit
- Trauma informed approach to sexual assault investigations

Body Worn Cameras
- All patrol officers trained and equipped
- All official law enforcement duties to be recorded
Community Policing

Community policing focus which works with the MSU community to facilitate a safe environment

Neighborhood offices throughout campus
MSU Police Department

PARENTS IN TRANSITION 2017
Safety Resources On Campus

- 24/7 police and fire department response on campus
- MSU Police safety presentations for groups
Campus Safety

Common Sense Approach
• Be aware of surroundings
• Walk in well-lit areas if possible
• Walk with others when possible

Reporting a crime or suspicious activity
• Call 911 for emergencies
• Non-emergencies, call 517-355-2221
• Report anonymously:
  • on our website
  • on our ‘Submit Tips’ tab on Facebook
  • or by texting MSUPD to CRIMES (274637) along with your message.
Campus Safety

Locking Securely

- Cable secured through U-Lock and wheels
- U-Lock secured through rack, front wheel, and bike frame
- Replace quick release with locking skewers for added security

OR

Removing the Front Wheel

- U-Lock secured through rack and bike frame through rear triangle and wheels
Who’s watching it...when you’re not?

PROTECT YOURSELF ONLINE
MSU Alert

Emergency messages can be delivered via three main platforms:

• voice messages to phones
• e-mail
• SMS text messaging

Free to subscribe
http://alert.msu.edu/
How Do I...

Register a bike
• It’s required and it’s FREE
• Sign up online at http://police.msu.edu/

Park on campus
• Must be 2nd-year freshman with at least 20 completed credits to park vehicles on campus

Register a moped
• Permit valid for 1 year
• Register at http://police.msu.edu/
Contacting the MSU Police Department

http://police.msu.edu/contact-us/

Phone: 517-355-2222
How You Can Stay Informed

Website
http://police.msu.edu/

MSU Alert
http://alert.msu.edu/parents-or-guardians/

Social Media @msupolice
The State of Spartan Health

MSU surveys show that students turn to parents first when looking for information on being ill.

*Action*: Be available, be informed and learn to refer.

Being ill with a cold or the flu is one of the main reasons students miss class – 44%* report having had a cold or flu.

*Action*: Wash your hands, cover your cough!

*(NCHA) National College Health Assessment, 2016*
The State of Spartan Health

46%* of MSU students experienced sleep difficulties in the past year, and 18% reported that those difficulties seriously impacted their academic performance.

*Action:* Help your student to recognize the importance of getting enough sleep daily.

70%* of MSU students said they experienced stress last year and 27%* report that stress seriously affected their academic performance.

*Action:* Encourage regular activities that counter stress for the student (i.e. listening to music, exercise, talking to family & friends, prayer, SLEEP, etc.)

*NCHA 2016
Most MSU students (67%*) 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 (60%*) 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. The SPARTANfit program can provide support and guidance.

*NCHA 2016*
The State of Spartan Health

The majority (70%*) of MSU students drink 0 – 4 drinks (alcohol) when they party. 29%* 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.

89%* of MSU students report not having smoked cigarettes in the past 30 days. 76%* report never having used cigarettes and only 3%* reported smoking daily.

**Action:** Validate that smoking is not the norm at MSU. MSU is a tobacco-free campus.

*NCHA 2016*
The State of Spartan Health

75%* of MSU students report having one or less sexual partners, and overall 67%* report using condoms at last intercourse.

*Action:* Encourage healthy sexual decision-making.

Most students (87%*) 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 2016*
Counseling & Psychiatry Services (CAPS)

PARENTS IN TRANSITION 2017
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.”