



Student Health & Wellness  
MICHIGAN STATE UNIVERSITY

# Student Health & Wellness

[studenthealth.msu.edu](http://studenthealth.msu.edu)

@healthyspartans



# Student Health & Wellness Includes:

- **Health Services:** [olin.msu.edu](http://olin.msu.edu)
- **Health Promotion:** [healthpromotion.msu.edu](http://healthpromotion.msu.edu)
- **Counseling & Psychiatric Services (CAPS):** [caps.msu.edu](http://caps.msu.edu)
- **Center for Survivors:** [centerforsurvivors.msu.edu](http://centerforsurvivors.msu.edu)
- **MSU Safe Place:** [safeplace.msu.edu](http://safeplace.msu.edu)

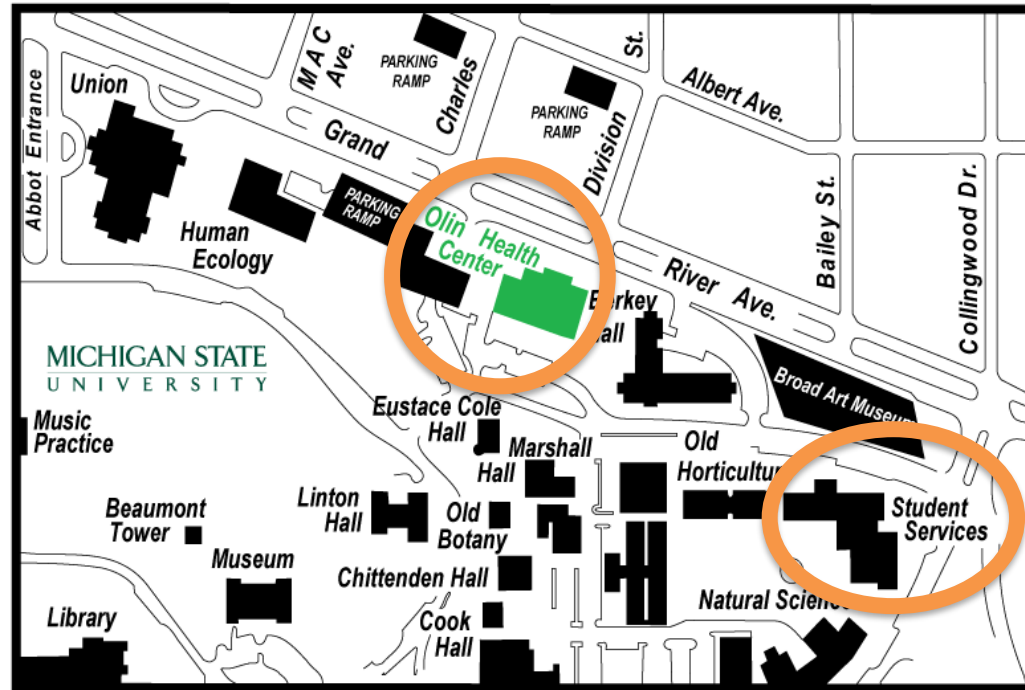
# North Campus

## Olin Health Center

- CAPS
- Health Promotion
- Health Services

## Student Services

- Center for Survivors
- Health Promotion



# Health Services

- Accredited by the Joint Commission
- Board-certified physicians and mid-level providers
- Courtesy van that travels up to a mile off campus
- Visit [olin.msu.edu](http://olin.msu.edu)



# Health Services at Olin Health Center

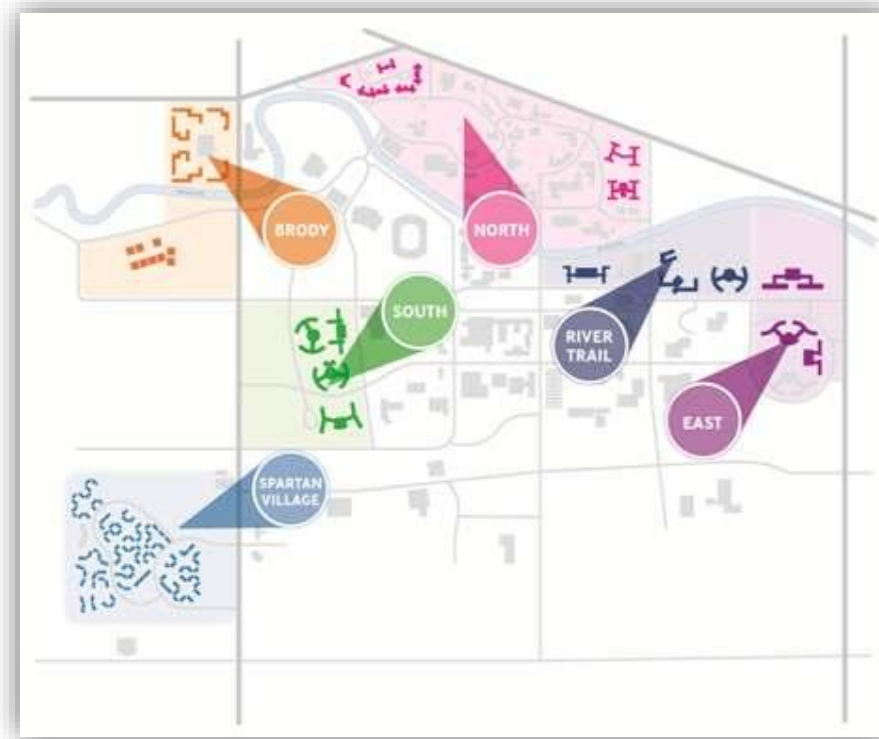
- Allergy & Immunization Clinic
- Primary Care Clinic
- Women's Health
- Laboratory
- Physical Therapy
- Radiology (X-ray)



# 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)

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



# Getting Started

- **Call** (517) 353-4660
- Students can request their preferred location and provider
- **Prepaid clinic visits**
  - Three medical office visits per year
  - Patient is billed for fourth and subsequent visits and any services not included in the office visit (e.g., lab, X-rays, procedures or medical equipment)

# Billing & Insurance

- Important to know what is and is not covered by your insurance plan.
- We participate with:
  - Traditional BCBS, BCN, MSU Student Insurance (BCN)
  - McLaren, Aetna PPO, Priority Health
  - McLaren Medicaid, BC Complete
- Out-of-network for most other HMOs and PPOs.
- Student should have copies of medical and prescription insurance cards.
- No insurance? MSU Student Insurance BCN plan information is available at [hr.msu.edu/benefits/students/health](https://hr.msu.edu/benefits/students/health).



# 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.)



# Health Promotion

[healthpromotion.msu.edu](http://healthpromotion.msu.edu)



# The State of Spartan Health

- MSU surveys show that **students turn to parents first** when looking for information on being ill.
  - 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.
  - Wash your hands, get a flu shot, cover your cough!

48%

Of students report having had a cold or flu.<sup>1</sup>

# The State of Spartan Health: Sleep

Help your student recognize the importance of getting enough sleep daily.

47%

of MSU students experienced sleep difficulties in the past year.<sup>1</sup>

18%

reported that these difficulties seriously impacted their academic performance.<sup>1</sup>

# The State of Spartan Health: Stress

Encourage relaxing activities (listen to music, exercise, talk to family/friends, prayer, sleep, etc.).

68%

of MSU students said they experienced stress last year.<sup>1</sup>

32%

report that stress seriously affected their academic performance.<sup>1</sup>

# The State of Spartan Health: Fitness

Recognize that body image is a matter of perception. Restricted eating to control one's weight can lead to more serious eating problems.

**63%**

of MSU students report being at or slightly under weight.<sup>1</sup>

**51%**

of MSU students report trying to lose weight.<sup>1</sup>

# The State of Spartan Health: Fitness

At MSU, there are plenty of ways to stay active: walk, ride, run, use IM sports and facilities and more.

The **SPARTAN**fit Fitness & Wellness program can provide support and guidance.

# 64%

of MSU students report exercising three or more days per week to improve cardiovascular fitness.<sup>1</sup>

# The State of Spartan Health: Alcohol

Encourage use of protective behaviors including drinking moderately, eating before and during, using a designated driver, avoiding drinking games, etc.

69%

of MSU drink 0–4 alcoholic drinks when they party. About half limit themselves to one or two drinks.<sup>1</sup>

29%

of MSU undergrads report not having drank alcohol in the past 30 days.<sup>1</sup>

About **1,500** MSU students are navigating college while in recovery from alcohol or other drugs and are achieving academic success. MSU's Collegiate Recovery Community is here to support a real college experience — without substance use — through peer support and on-campus recovery housing.

Students can connect with the Collegiate Recovery Community at [healthpromotion.msu.edu/recovery](https://healthpromotion.msu.edu/recovery).



# Health Promotion Services

- **Alcohol & Other Drugs Program**
- **Collegiate Recovery Community (CRC) Program**
- **Nutrition Services**
- **Sexual Wellness Program**
- **SPARTANfit Fitness & Wellness Program**
- **Student Involvement and Support**
  - SOAR: Students' Organization for ALL Recovery
  - SEBA: Spartans Empower Body Acceptance
  - MSU Student Food Bank
  - SHAC: Student Health Advisory Council



# Counseling & Psychiatric Services (CAPS)

[caps.msu.edu](https://caps.msu.edu)



# About CAPS

CAPS connects each student to the most appropriate level of care needed to address their unique needs and concerns.

# Counseling & Psychiatric Services (CAPS)

- **Drop-in screening (Olin 3<sup>rd</sup> floor)**
  - MSU Student Union and Neighborhood locations by appointment
- **On-campus resources**
  - CAPS short-term individual counseling, group counseling, psychiatric care
  - CAPS Connect within MSU colleges and departments
  - Referrals and collaboration with Student Health, Health Promotion, Center for Survivors, Safe Place
- **Off-campus network of providers**
  - Option for long-term, intensive or weekly counseling

# Crisis Options When CAPS is Open:

- Go to CAPS on the 3<sup>rd</sup> floor of Olin Health Center
- Inform staff at CAPS check-in that you have a crisis situation (no appointment is needed)
- Student will receive an in-person screening
- Hours:
  - **Monday–Thursday** 8 a.m.–6 p.m.
  - **Friday** 8 a.m.–5 p.m.

# Crisis Options When CAPS is Closed:

- Call CAPS at (517) 355-8270
  - Caller is prompted to press 1 to connect to a counselor
  - Free and confidential
- Call 911
  - Two emergency departments in Lansing (Sparrow and McLaren)

# How CAPS Works

- All CAPS services are confidential.
- Counseling services are free.
- Psychiatry appointments:
  - First three lifetime visits are at no charge.
    - Lab work and prescriptions are billed separately.
  - Insurance or patient is billed for fourth and subsequent visits.

# Why Students Visit CAPS

- Depression
- Anxiety
- Academic issues
- Relationship concerns
- Traumatic experiences
- Eating concerns (anorexia, bulimia)
- 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.”



**Questions?**