Student Health & Wellness

studenthealth.msu.edu
@healthyspartans
Student Health & Wellness Includes:

- Health Services: olin.msu.edu
- Health Promotion: healthpromotion.msu.edu
- Counseling & Psychiatric Services (CAPS): caps.msu.edu
- Center for Survivors: centerforsurvivors.msu.edu
- MSU Safe Place: 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
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.
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.)
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.¹

¹. National College Health Assessment (NCHA), 2020.
Help your student recognize the importance of getting enough sleep daily.

47% of MSU students experienced sleep difficulties in the past year.¹

18% reported that these difficulties seriously impacted their academic performance.¹
Encourage relaxing activities (listen to music, exercise, talk to family/friends, prayer, sleep, etc.).

68% of MSU students said they experienced stress last year.¹

32% report that stress seriously affected their academic performance.¹
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.¹

51% of MSU students report trying to lose weight.¹
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 SPARTANfit Fitness & Wellness program can provide support and guidance.

64% of MSU students report exercising three or more days per week to improve cardiovascular fitness.¹
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.¹

**29%**

of MSU undergrads report not having drank alcohol in the past 30 days.¹

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](http://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
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 3rd 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 3rd 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
“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?