Student Health & Wellness 2019

Health Services – olin.msu.edu
MSU Safe Place – safeplace.msu.edu
Sexual Assault Program - go.msu.edu/sap
Health Promotion - olin.msu.edu/healthpromo/
Counseling & Psychiatric Services - caps.msu.edu
North Campus

Olin
- CAPS
- Health Promotion
- Health Services

Student Services
- SAP
- Health Promotion
Health Services at Olin Health Center

- Allergy & Immunization Clinic
- Primary Care Clinic
- Women’s Health
- Laboratory, Pharmacy
- Physical Therapy
- Radiology (X-ray)
- Massage
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.
Prepaid Clinic Visits

Three medical office visits each year

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

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 HMO’s and PPO’s

Student should have copies of Medical and Prescription insurance cards.
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

olin.msu.edu/healthpromo/
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 – 48%* report having had a cold or flu.

*Action:* Wash your hands, get a flu shot, cover your cough!

*(NCHA) National College Health Assessment, 2018*
The State of Spartan Health

47%* 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.

68%* of MSU students said they experienced stress last year and 29%* 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 2018
Most MSU students (67%*) report being at or slightly under weight, and 48%* 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 (67%*) report exercising three or more days 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 2018*
The State of Spartan Health

67%* of MSU students drink 0 – 4 drinks (alcohol) when they party, about half limit themselves to one or two drinks. 29%* of MSU undergraduates report not having drank alcohol in the past 30 days. Most MSU 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.

*NCHA 2018
Health Promotion Services

• SPARTANfit, Nutrition Services, Sexual Wellness

• Alcohol & Other Drugs Programming
  • MSU’s Collegiate Recovery Community (CRC) Program
  • Recovery Housing - Must apply online for CRC first.
    • https://olin.msu.edu/recovery

• Student Involvement and Support
  • Traveler’s Club
  • MSU Student Food Bank
Counseling & Psychiatric Services

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)
  - Union and other Neighborhood locations by appointment
- On-campus resources
  - CAPS short-term individual counseling, group counseling, psychiatric care.
  - CAPS Connect within MSU colleges and departments (Fall 2019)
  - Referrals and collaboration with Student Health, Health Promotion, Sexual Assault Program, Safe Place
- Off-campus network of providers
  - Option for long-term, intensive, or weekly counseling
Counseling & Psychiatric Services (CAPS)

After Hours Options

➢ In crisis? Call CAPS anytime day or night.
  ➢ 517.355.8270

➢ 24/7/365 My SSP
  ➢ Text, talk or video chat with a MySSP professional counselor
  ➢ Available at no charge to registered MSU Students
  ➢ Download the “My SSP” app
Counseling & Psychiatric Services

➢ All CAPS services are confidential.

➢ Counseling services are no charge.

➢ Psychiatry appointments are charged.
  ➢ First three lifetime visits are at no charge.
    ➢ Lab work and/or prescriptions are billed separately
  ➢ Insurance or patient is billed for fourth and subsequent visits.
Why do students visit CAPS?

- Depression
- Anxiety
- Academic issues
- Relationship concerns
- Traumatic experiences
- Substance abuse (alcohol and other drugs)
- 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.”
Michigan State University Police Department

Parent/Family Orientation Program
ABOUT THE MSU POLICE

• Licensed through the State of Michigan

• Responsible for responding to crimes and calls for service on all property owned by MSU

• 24/7 police response on campus

• We believe in community policing as the basis for our actions
REFLECTING THE COMMUNITY WE SERVE

• All officers have a minimum of a Bachelor’s degree
• Some officers have furthered their education by receiving advanced degrees while employed at MSU Police Department

*We have lived the college experience and faced the rewards and frustrations of life as a college student.*
TRANSPARENCY & ACCOUNTABILITY

- Body worn cameras
  - All patrol officers are trained and equipped
  - All official law enforcement duties are to be recorded

- Comprehensive training
  - Inclusion and Anti-Bias Unit
  - Trauma informed and victim-centered approach to sexual assault investigations
  - Verbal de-escalation

- Decision making based on the use of force continuum

- Police Oversight Committee
  - Email: Oversight@police.msu.edu
  - Phone: 517-432-2256
COMMUNITY TEAM POLICING

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

- Seven neighborhood offices throughout campus
WE ARE A RESOURCE

• MSU Police safety presentations for groups

• Response for calls for service

• Special Victims Unit

• Behavioral Threat Assessment Unit

• Inclusion & Anti-Bias Unit
PROPERTY SAFETY ON CAMPUS

Locking Securely
- Cable secured through U-locks and wheels
- U-locks secured through rack, front wheel, and bike frame

Removing the Front Wheel
- U-lock secured through rack and bike frame through rear triangle and wheels

LOCK IT OR LOSE IT

PROTECT YOURSELF ONLINE
PERSONAL SAFETY ON CAMPUS

• 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.
MSU ALERT

• Responsible for issuing emergency notifications
• These messages are intended to warn our community about weather emergencies, ongoing dangerous situations or threats to the campus.

NIXLE Channel:
Text MSUALERT to 888777
PARKING SERVICES: VEHICLES, BIKES & MOPEDS

• If you live on campus, you must be at least a second-year freshman with 28 or more completed credits to park a vehicle on campus

• Registration:
  • Bikes: Required and FREE
  • Mopeds: Required: $50 (valid for a year)

• Mopeds:
  • Mopeds must be registered and parked in designated moped parking areas
    • http://police.msu.edu/mopeds

• https://permits.police.msu.edu
CONTACTING THE MSU POLICE

• EMERGENCIES: 911
• Non-emergencies: 517-355-2221

• http://police.msu.edu

• Community Team Policing Offices
  • Main Library
  • Brody Hall
  • MSU Union
  • Spartan Village
  • East Wilson Hall
  • Holmes Hall
  • Shaw Ramp

• Social Media: @msupolice