Health & Wellness

A Presentation for New Wildcat Families

August 6, 2020
Agenda

- Northwestern University Health Services (NUHS)
- Counseling & Psychological Services (CAPS)
- Health Promotion and Wellness (HPaw)
- Q & A with pre-submitted questions
- Wrap Up

Northwestern | NEW STUDENT AND FAMILY PROGRAMS
Northwestern University Health Service (NUHS)

https://www.northwestern.edu/healthservice-evanston/index.html

Evanston Campus
633 Emerson Street
Evanston, IL, 60208
847.491.8100
NUHS (Student Health Services)

- Convenient, affordable, on-campus medical care provided to all degree-seeking NU students
  - **No charge for appointments with any provider**
  - Fees may apply for additional services including lab, xray, immunizations, and medications depending on your insurance
- “Primary Care Provider” (PCP) for the Aetna NU Student Health Insurance Plan (NU SHIP)
  - Referral is required for specialist care outside of NUHS
- Visits are by appointment via web book through the NUHS portal or by calling 847.491.2204
- Same-day and walk-in appointments are available, there may be a wait to be seen by a provider
Services at NUHS Evanston

- Primary Care
- COVID testing and Care
- Sexual and Reproductive Health
  - Sexually Transmitted (STI) testing
  - Pre-Exposure HIV Prophylaxis (PrEP)
  - Transgender and Gender Non-binary care
  - PAP tests (Cervical cancer screening)
  - Birth Control and Family Planning
- Musculoskeletal and Sports Medicine
  - Athletic Training services
  - Concussion evaluation and treatment
- Immunizations and Allergy, Medication Injections
- Laboratory (no cost to NU SHIP holders if sent from NUHS)
- X-Ray (no cost to NU SHIP holders if performed at NUHS)
- Pharmacy
- Patient Support Services
Personal Health Portal

- https://www-healthy.nuhs.northwestern.edu/login_directory.aspx
- Schedule appointment
- Request a medication Refill
- Review lab results
- Communicate with your provider*
- Access referrals
- Access Immunization record
Patient Support Services

• Guidance on student financial support for medical expenses
• Determining eligibility for healthcare services available to students
• Coordinating referrals and pre-authorization for specialty medical care or medical diagnostic testing
• Scheduling an appointment with a specialist or for medical diagnostic testing
• Interpreting medical bills and Explanation of Benefits statement (EOB forms)
• Assistance with patient satisfaction with healthcare services
• Email inquiries to patient.support@northwestern.edu

All inquiries concerning health insurance should go directly to Student Health Insurance at: student.insurance@northwestern.edu
Emergency and Urgent Care

- No referral to ER or Urgent Care required when NUHS is closed
  ✓ Northshore Hospital
  ✓ Northwestern Medicine Immediate Care on Maple St

- All visits to ER or Urgent Care are subject to deductible and co-insurance

- Costs may exceed $250 deductible, even at Urgent Care

- Northwestern Medicine Immediate Care is **NOT** NUHS and subject to a higher cost

- After Hours Nurse; call 847.491.8100 to speak with a nurse when NUHS is closed

- $100 charge for ER visits; waived if admitted to the hospital
Covid-19 Care

- In-person, telephone, and video appointments available
- Students with flu-like/respiratory symptoms:
  - Assessed via telehealth or at specific sites on Chicago Campus
- Covid-19 testing is available on Chicago Campus
  - Program requirements
  - Exposures
  - Symptoms

- Extensive safety measure are in place at NM facilities to prevent spread of Covid-19
  - Symptom/temperature screening
  - Universal masking
  - Physical distancing
  - Rigorous cleaning of all NM facilities
  - Disinfecting of high touch areas
  - Hand sanitizer dispensers
Counseling & Psychological Services 'CAPS'

Meghan Finn, LCSW  Care & Referral Coordinator

Monika Gutkowska, PsyD  Assoc. Director for Outreach and Education
How can CAPS support your child’s mental wellbeing?

Overview of CAPS

Confidential Services Offered:
- Individual & group counseling
- Medication management
- Tailored referrals
- Educational programming

18% Utilization Rate

Brief Treatment Model
For Your Child’s Health & Safety:

All services are provided remotely via telemental health (TMH)

Schedule online or call (847) 491-2151 for information or an appointment

In emergencies, in-office space is available to students for tele visits when lack of access to tech or safety is an issue.

In-office CDC guidelines
24 hr Crisis Services

- Daytime crisis appointments
- Call CAPS (847) 491-2151
- If After Hours Call main number then Press “0” at the prompt
- You will be forwarded directly to a clinician
- CAPS has a clinician and an administrator on call for consultations
Community Referrals & Support

• **Insurance** - *How to use your insurance or NU Aetna plan for mental health care*

• **CAPS Public Referrals List**

• **Personalized referrals for open-ended or specialized care**

• **Advocacy and support for students with limited resources** — *Low income students may qualify for a grant to cover the cost of the NU Aetna plan and out of pocket costs, let's follow up!*
FOR MORE INFO VISIT
bit.ly/CAPSSonline2020
Remember to **breathe**

Introducing **breathe**, CAPS’ new mobile-friendly portal, providing audio & video resources that include:

- Guided meditations
- Mind & body exercises
- Positive coping strategies

northwestern.edu/breathe
Not sure if your child should seek professional help?

- CAPS is always available for consultation
- **Mental Health Screening** on our website
- Let’s Talk – informal consultation with CAPS staff
- No topic is off limit, no problem is small enough

https://www.northwestern.edu/counseling/index.html
Follow us on Instagram & FB @NorthwesternCAPS
There are many roads to **Wellness**. HPAW will help get you there.

**Find your route at** northwestern.edu/hpaw
About HPaW

The mission of Health Promotion and Wellness is to **educate and empower students to make healthy decisions that enhance individual success and community well-being.**

To fulfill this mission, Health Promotion and Wellness will utilize evidence-informed and innovative strategies to:

- foster a campus environment that supports healthy behaviors and reduces harmful behaviors.
- engage diverse campus and community stakeholders in collaborative efforts to identify and promote healthy norms and clear expectations.
- develop students' knowledge, attitudes and skills within relevant content areas.

Angela Mitchell, MA, LCSW
Director

Kevin Meier, MPH
Assistant Director

Samantha Conway, MA, LCSW
Senior Program Coordinator

Rachel Liddle, MPS, CHES
Health Promotion Specialist
What is health promotion?

“...the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment.”*

What is health promotion?

Health promotion requires a positive, proactive approach, moving “beyond a focus on individual behaviour towards a range of social and environmental interventions” that create and enhance health in settings, organizations and systems.*

Okanagan Charter: An International Charter for Health Promoting Colleges and Universities

Two calls to action:

- Embed health into all aspects of campus culture, across the administration, operations, and academic mandates.
- Lead health promotion action and collaboration locally and globally
Social-ecological model
Harm Reduction Approach

Principles and strategies designed to minimize the harmful consequences of high-risk behaviors.

- Evidence-based
- Stresses autonomy
- Developmentally appropriate
What is Wellness?

- Wellness is a conscious, self-directed and evolving process of achieving full potential
- Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment
- Wellness is positive and affirming
- The definition of wellness long used by the National Wellness Institute is consistent with these tenets:
  - *Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.*
  - *National Wellness Institute, 2019*
Health v. Wellness

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

World Health Organization

National Wellness Institute
The Eight Dimensions of Wellness
8 Dimensions of Wellness

We invite you to explore each dimension in more detail through this website and beyond.

Northwestern Health Promotion and Wellness
The Eight Dimensions of Wellness

1. Physical
   - Physical activity
   - Diet/nutrition
   - Sleep
   - Substance use

2. Emotional
   - Identifying feelings
   - Coping effectively
   - Relationships
   - Stress management
   - Conflict resolution

3. Social
   - Communication skills
   - Connections
   - Belonging
   - Support systems

4. Intellectual
   - Academics
   - Expanding knowledge and skills
   - Valuing and nurturing creativity, curiosity, lifelong learning

• Valuing and nurturing creativity, curiosity, lifelong learning
The Eight Dimensions of Wellness

- En 5: Environmental
  - Pleasant and stimulating social, living, working, study environments which support well-being
  - Sustainability

- Sp 6: Spiritual
  - Values and beliefs
  - Meaning and purpose in life
  - Religion and spirituality

- Vo 7: Vocational
  - Academics
  - Internships
  - Job/Career

- Fi 8: Financial
  - Satisfaction with current and future financial situations
  - Budgeting, money management skills
How HPaW Supports Student Wellness

Programs and Services
Individual Services

- **Remote Wellness Coaching**
  - Individual conversations to assist students in making health behavior changes
- **Virtual BASICS** (Brief Alcohol Screening and Intervention for College Students)
- **Alcohol and Other Drug Consultations**

**Online Resources**
- **eCheckup To Go** alcohol, cannabis, and nicotine assessments
- **Prescription Drug Abuse Prevention Course**
Outreach and Education

- Virtual Wellness True Northwestern Dialogue (with CAPS); required of all incoming students
- AlcoholEdu for College (Online): (required of all incoming students)
- Wellness Workshops and Trainings for Students
  - **The Eight Dimensions of Wellness**
  - **Mental Health First Aid** Mental Health First Aid is a “gatekeeper” training that teaches participants how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives participants the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Trainings are led by MHFA-Certified HPaW staff trainers.
  - **QPR (Question, Persuade, Refer)** is a “gatekeeper” suicide prevention training that teaches participants how to Question, Persuade and Refer someone who may be suicidal. Trainings are led by QPR Institute Certified HPaW staff trainers.
Outreach and Education (Cont.)

Virtual ResilientNU

- A 6-week small group psychoeducational program designed to foster wellness by helping students manage stress and find balance.
- The curriculum, developed by Northwestern students and HPaW staff, draws from aspects of positive psychology, mindfulness, and other evidence-based practices.
- Cohorts of up to 10 students are led quarterly by student and staff co-facilitators.
Outreach and Education (cont).

- AOD Workshops and Trainings for Students
  - **Red Watch Band**: Bystander intervention for alcohol emergencies
  - **Alcohol ‘NU**
  - **Drinking Culture Close Up**
- Student leader and faculty/staff trainings
Outreach and Education (cont.)

- Social norms and social marketing campaigns
Outreach and Education (cont.)

- Staff and Student Leader Training
  - Residential Life
    - Resident Assistant and Resident Director training
  - New Student and Family Programs
    - Peer Advisor training
  - Fraternity and Sorority Life
    - Harm Reduction and Wellness Workshops for chapter leaders
- Campus Life
  - Dillo Day Volunteer training
- Other trainings as requested
Outreach and Education (cont.)

- Other Outreach and Education/Collaborations
  - Body Acceptance Week
  - Play Day
  - ASG Wellness Week

- Student Involvement
  - WATCH Peer Health Educators
  - ResilientNU (Student Facilitators and Board)
Institutional, Community, and Policy Work

- Community Alcohol Coalition
- Dillo Day Task Force
- Student Well-being Task Force
- Student Health Workgroup
- Genderqueer, Non-Binary, and Trans Task Force
- Fraternity and Sorority Life Harm Reduction Working Group
- Campus Coalition on Sexual Violence
- Wellness Collaborative
- Contemplative Practices Collaborative
- Collective Impact Leadership Group
Institutional, Community, and Policy Work

- **Health and Wellness Surveys**
  - [American College Health Association/National College Health Assessment (ACHA/NCHA)](#)
  - Core Survey of Alcohol and Other Drug Use
  - [College Prescription Drug Study](#)
  - AlcoholEdu for College

- **Data Dashboards**
  - [Alcohol and Other Drug Data Dashboards](#)
Wellness at Northwestern Website

Wellness at Northwestern

Educating our students in making healthy decisions that enhance individual success and community well-being.

Wellness at Northwestern
Alcohol and Other Drug Resources Website

Alcohol and Other Drug Resources
Tips for talking with your student about developing healthy habits in college

- Don’t be shy—start the conversations.
- Communicate your expectations.
- Ask your student about their worries or concerns. Familiarize yourself with on-campus resources and encourage them to seek these out.
- Help your student learn to advocate for themselves.
- Normalize help-seeking to reduce stigma.
General health and wellness tips:
https://www.cdc.gov/family/college/index.htm

Transition to College/Social-Emotional Wellness and Mental Health
Set to Go: A JED Program
The JED Foundation
The Steve Fund: Supporting the mental health and emotional well-being of young people of color

Alcohol and Other Drug Misuse Prevention
College Parents Matter
Fall Semester—A Time for Parents To Discuss the Risks of College Drinking
College Drinking: Changing the Culture
Campus Drug Prevention
American College Health Association: Alcohol, Tobacco, and Other Drugs/Substance Use
Contact HPaW

Angela Mitchell, MA, LCSW, Director
angela.mitchell@northwestern.edu
hpaw@northwestern.edu

Websites:
Health Promotion and Wellness
Wellness at Northwestern
Alcohol and Other Drug Resources

facebook.com/nuHPaW
facebook.com/ResilientNU
facebook.com/NorthwesternWATCH

@nuHPaW
nuhpaw
resilient_nu
Q & A
Pre-Submitted Questions
Parent & Family Orientation Webinar Series

- **August 13**: Residential Services & Dining
- **August 16**: The Black Student Experience
- **August 20**: Parent to Parent
- **August 23**: Chat with a ‘Cat
- **August 27**: Student Engagement
- **August 30**: Coming to Campus

Northwestern | NEW STUDENT AND FAMILY PROGRAMS
Important Reminder

Students should consult Purple Prep often for upcoming deadlines and to-dos.
Questions?

Call: (847) 467-3988
family@northwestern.edu
www.northwestern.edu/nsfp/families/

Northwestern NEW STUDENT AND FAMILY PROGRAMS