This past year started off as any other academic year, but in March 2020 COVID-19 could not have dreamt of the power it held over so many people’s lives. The Student Health Center quickly moved to telehealth, telepsychiatry, and teletherapy options to continue to provide the much-needed services. Our priority was to continue to provide high-quality health care while keeping everyone safe. Our staff coordinated with campus leaders, local and state public health departments to identify opportunities for COVID-19 testing for students, faculty and staff. We will continue to assess campus health needs as we move through the pandemic and partner with public health on testing, treatment, and eventually a vaccine. We provide the highest quality services and training experiences to UNI students, and provide consultation services to UNI health, safety, and student staff.

Provide to our students.

Which is so important to our ability to continue to improve the care we are committed to providing the highest quality service in a friendly and compassionate way.

To provide consultative services to the college environment that is conducive to growth and learning.

To provide the highest quality of individual and group counseling services to students who may be experiencing ongoing or situational psychological, social, or behavioral difficulties.

To engage in research and evaluative activities in order to enhance the efficacy of the services being offered.

To provide the highest quality of individual and group counseling services to students who may be experiencing ongoing or situational psychological, social, or behavioral difficulties.

To facilitate outreach training/mental health awareness events, and conduct a training program for mental health counseling and social work interns.

Provide the personal development and psychological well-being of all students and encourage a college environment that is conducive to growth and learning. We provide high-quality counseling services and training experiences to UNI students, and provide consultation services to UNI health, safety, and student staff.

WELCOME

In support of the University of Northern Iowa and the Division of Student Affairs, the Student Health Center houses the Counseling Center, Student Wellness Services, and the Student Health Clinic. We strive to meet the varying health and well-being needs that our students face. We are committed to providing the highest quality service in a friendly and compassionate way.

We are committed to supporting students’ success, diversity and inclusion, campus vitality, and community engagement. We are committed to supporting students’ success, diversity and inclusion, campus vitality, and community engagement.

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COUNSELING CENTER

The University of Northern Iowa Counseling Center subscribes to the set of professional responsibilities set forth by the University Counseling Center’s Board of Accreditation of the International Association of Counseling Services (IACS). The responsibilities are as follows:

1. To provide programs that focus on the developmental issues that affect UNI students in order to help them benefit from the academic environment and experience.

2. To provide programs that focus on the developmental issues that affect UNI students in order to help them benefit from the academic environment and experience.

3. To engage in research and evaluative activities in order to enhance the efficacy of the services being offered.

4. To provide programs that focus on the developmental issues that affect UNI students in order to help them benefit from the academic environment and experience.

5. To be prepared to assess the strengths and needs of counseling and evaluation of counseling services.

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THE COUNSELING CENTER

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STUDENT WELLNESS SERVICES

WHO WE ARE

Angela Meeter
Associate Director of Student Health and Wellness

Brianna DeMoss
Graduate Assistant

Jenna Petersen
Health Promotion Coordinator

Shawna Jesse
Health Promotion Coordinator

Anna Rogers
Graduate Assistant

Shyanne Sporrer
Wellness Ambassador

WHAT WE DO

Staff performs individual and group programming to send consistent positive health messages across campus. Programming includes attendance and participation at campus events and activities. Health education is researched, developed, and implemented to the campus community.

MISSION

Staff performs individual and group programming to send consistent positive health messages across campus. Programming includes attendance and participation at campus events and activities. Health education is researched, developed, and implemented to the campus community.

VALUES

Committed health education professionals who strive to promote a wellness culture and keep students healthy.

WHO WE ARE

Inclusive, respectful, holistic, collaborative, welcoming, and supportive.

WHAT WE DO

Committed health education professionals who strive to promote a wellness culture and keep students healthy.

WHAT WE DO

Engaged students as active partners in peer-led education and in the design and delivery of programs and services.

MEDICAL EDUCATION PROGRAMS PROVIDED

59

1,448

SERVED

STUDENTS

ACCOMPLISHMENTS

Expanded primary prevention efforts through numerous heavily developed and updated campaigns, outreach programs and individual services in our current college health- related areas and into new wellness areas.

Free condoms and dispensers were provided in Rod Library this year along with the Safer Sex Express program that provides free safer sex supplies per online order to have available for their residents.

Engaged students as active partners in peer-led education and in the design and delivery of programs and services.

It was super helpful to have someone to discuss my goals with me, but I still hold me accountable. It makes me feel more motivated to actually take the steps to start working toward those goals.

Over 8,000 interactions with students provided by professional and student wellness staff

239 students reached through individual and group wellness coaching

STUDENT HEALTH ADVISORY COMMITTEE (SHAC)

WHO WE ARE: The Student Health Advisory Committee is: A dedicated group of students voicing the needs & concerns of the UNI student body. Comprised of students who have an interest and concern about the health and well-being of UNI students.

WHAT WE DO: Educate students on key health and wellness information through: outreach, tabling, social media posts, campaigns, and events.

Collaborate with Student Wellness Services to implement student-led wellness initiatives.

ACCOMPLISHMENTS: The “Gene” Project

SHAC collaborated with Student Wellness Services to implement the Gene Project during the National Eating Disorders Awareness (NEDA) week. This event featured a display of different sized jeans in the Union to advocate for students to love the jeans they’re in and promote body positivity!

“I Love Female Orgasm” Event

SHAC members educated their peers about safer sex supplies at the Sexual Health Fair prior to the event. SHAC assisted Student Wellness Services in reaching 90 students at the fair!

To me, SHAC offers an opportunity to positively contribute to UNI and also enables its members to address and solve issues on campus.

Tabling Events

SHAC facilitated information tables about the following events/campaigns:

• The “Gene Project” (body positivity)
• Super Sleeper Campaign (good sleep hygiene)
• De-Stress Days (de-stressing activities, information & resources)
• Spring Break Safety Tips (responsible alcohol consumption & resources)
MISSION: To promote and support student success by providing individualized holistic healthcare and health education.

VALUES
Compassionate care, service to others, accessible service, teamwork, and a safe and secure environment.

WHO WE ARE
We function as a general medical clinic and provide evaluation and treatment for a wide variety of health concerns.

WHAT WE DO
Our staff is comprised of caring, supportive professionals who are licensed and certified in primary healthcare. We are here to aid in student health and success.

WHAT WE ARE
Compassionate care, service to others, accessible service, teamwork, and a safe and secure environment.

PROVIDERS
Abdur Rahim, MD
Practice Interests: Mental health

Jennifer Jaso, DNP, ARNP
Practice Interests: General Medicine, women’s health and mental health

Andrew Batoryskay, ARNP
Practice Interests: Mental health

Cathryn Baumgartner, MSW
Mental Health Case Manager

Lawrence Ochoa, MD, Medical Director
Practice Interests: General Medicine, women’s health, and eating disorders

Bruce Fonsdale, MD
Practice Interests: General Medicine and orthopedics

Gina Ellingson, PA-C
Practice Interests: General Medicine and women’s health

DeAnna Parsons, PA-C
Practice Interests: General Medicine, women’s health and pain management

From left to right: Becky Goda, Jan Olson, Michele Gerdes, Sarah Behrends (not pictured: Nicole Meyer)

University of Northern Iowa Laboratory: Located on the first floor of the Student Health Center. Staffed by certified laboratory technologists who are available to conduct testing during clinic hours.

Amber Houser
Laboratory Technologist

Sue Myers
Laboratory Technologist

Ambra Hauser
Laboratory Technologist

In fiscal year 2019-2020, they conducted
1,461 OFFICE VISITS and administered
833 INJECTIONS

NURSING STAFF
The registered nurses provide support and resources to our students. They provide services both over the phone and through in-person visits. The nurses provide travel consultations, immunizations, and allergy shots.

10,187 APPOINTMENTS PROVIDED

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10,187 APPOINTMENTS PROVIDED
SERVICES PROVIDED

- Injections: 833
- Immunizations: 3,918
- Labs: 5,182
- Mental Health Visits: 1,529
- Vaccines: 3,918
- Mental Health Visits: 1,529

- Medical Supplies: 1,529
- Nurse Consultations: 1,461
- Office Visits: 6,584
- Medical Supplies: 1,529

Total Unique Patients Impacted: 4,809

PATIENT DIAGNOSIS*

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preventative</td>
<td>4,423</td>
</tr>
<tr>
<td>Mental, Behavioral, and Neuro-developmental Disorder</td>
<td>7,023</td>
</tr>
<tr>
<td>Diseases of the Respiratory System</td>
<td>3,918</td>
</tr>
<tr>
<td>Symptoms, Signs, Abnormal Clinical &amp; Laboratory Findings</td>
<td>2,300</td>
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<tr>
<td>Diseases of the Genitourinary System</td>
<td>546</td>
</tr>
<tr>
<td>Disease of the Skin and Subcutaneous System</td>
<td>465</td>
</tr>
<tr>
<td>Diseases of the Musculoskeletal System</td>
<td>465</td>
</tr>
<tr>
<td>Diseases of the Nervous System</td>
<td>472</td>
</tr>
<tr>
<td>Infectious and Parasitic Diseases</td>
<td>864</td>
</tr>
<tr>
<td>Injury, Poisoning and certain other Consequences of External Causes</td>
<td>2,408</td>
</tr>
<tr>
<td>Diseases of the Ear and Mastoid Process</td>
<td>2,300</td>
</tr>
<tr>
<td>Diseases of the Eye and Adnexa</td>
<td>436</td>
</tr>
<tr>
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<td>436</td>
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<tr>
<td>Diseases of the Digestive System</td>
<td>436</td>
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<tr>
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<td>436</td>
</tr>
<tr>
<td>Endocrine, Nutritional and Metabolic Diseases</td>
<td>436</td>
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<tr>
<td>Diseases of the Circulatory System</td>
<td>436</td>
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<tr>
<td>Diseases of the Blood</td>
<td>436</td>
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<tr>
<td>Neoplasms</td>
<td>436</td>
</tr>
<tr>
<td>Congenital Malformations, Deformations, &amp; Chromosomal Abnormalities</td>
<td>436</td>
</tr>
</tbody>
</table>

**total number of patient diagnoses not unique**

ACCOMPLISHMENTS AND CONTRIBUTIONS

- 2-YEAR ACCREDITATION from COLA Commission on Office Laboratory Accreditation

- Developed a common mission and shared values for integrated services between the
  STUDENT HEALTH CLINIC, STUDENT WELLNESS SERVICES, COUNSELING CENTER, and
  RECREATION SERVICES

- Administered alcohol and other drug screening tools (AUDIT-C) and (DAST) to assess for substance abuse and safety of students.

- Implemented Telehealth and Telepsych Services

- Assessed the mental health and safety of students using the screening
  ASQ TOOL
  (Ask Suicide Questions)

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This publication was designed by Amelia Duax, class of 2021, majoring in graphic design.

THE UNI STUDENT HEALTH CENTER IS PROUD TO BE ACCREDITED

The Student Health Clinic is an AAAHC accredited facility. We go through a voluntary site survey to measure the quality of our services and performance against nationally recognized standards of the Accreditation Association for Ambulatory Health Care (AAAHC).

HOURS
Clinic Hours:
8 a.m. to 4:30 p.m. - M, T, TH, F
9 a.m. to 4:30 p.m. - W

Counseling Center
8 a.m. to 4:30 p.m. - M-F

CONTACT INFORMATION
Health Clinic (319) 273-2009
Resource Nurse (319) 273-5161
SHIP Insurance (319) 273-7736
Billing Questions (319) 273-7962
Student Wellness Services (319) 273-3423
Counseling Center (319) 273-2676

The Student Health Clinic has also achieved COLA accreditation through a biennial survey since 1993. Our patients can be assured that we meet federal and state regulatory requirements.

University of Northern Iowa

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