WELCOME

The Student Health Center looks forward to meeting students’ various health and well-being needs. The Student Health Center houses the Counseling Center, Student Wellness Services, and the Student Health Clinic. Our goal is to guide you along a path of optimal health, mental health and wellness. The Student Health Center staff take unwavering pride in our services, and dedicate themselves to compassionate support and uncompromising principles. Our primary focus is to deliver exceptional care that exceeds national standards in quality, safety, and patient satisfaction.

I have the privilege to be a part of an exceptional team of people who are passionate about providing the very best care for our students. We welcome the opportunity to serve you now and in the future.

Sincerely,
Shelley O’Connell, MAE
Executive Director
Student Health and Well-being Services

STUDENT HEALTH AND WELL-BEING SERVICES

Our Mission
Student Health and Well-being Services supports student success by providing an integrated approach to holistic well-being through the Student Health Clinic, Counseling Center, Student Wellness Services, and Recreation Services.

Our Vision
Our success is based on continuous innovation, promoting the well-being of all students through personal attention, inclusive services, and out of classroom learning providing lifelong knowledge and skills to grow within all dimensions of wellness.

Be You
Be Well
Be Connected
Be A Panther
STUDENT HEALTH CLINIC

OUR PROVIDERS

MEDICAL

Martha Ochoa, MD, Medical Director
General Medicine, Women's Health, and Eating Disorders

Bruce Forystek, MD
General Medicine and Orthopedics

Gina Ellingson, PA-C
General Medicine and Women's Health

April Barnett, ARNP
General Medicine and Women's Health

MENTAL HEALTH

Abdur Rahim, MD
Psychiatrist

Cathryn Baumgartner, LMSW
Mental Health Case Manager

Jennifer Jass, DNP, ARNP
General Medicine and Psychiatric Nurse Practitioner

Andrew Batovsky, ARNP
Psychiatric Nurse Practitioner

NURSES

Becky Corbin
Registered Nurse

Jan Olsen
Registered Nurse

Nicole Meyer
Registered Nurse

Michele Gerdes
Registered Nurse

Sarah Behrends
Assistant Director of Nursing

Our Mission
To promote and support student success by providing individualized holistic health care and health education.

Our Vision
The Student Health Clinic's vision is it to educate and empower students to advocate for their health and well-being.

Our Values
• Service to others
• Safe and secure environment
• Compassionate care
• Accessible services
• Teamwork

Who We Are
Our staff is comprised of licensed, caring, supportive professionals.

What We Do
We function as a general medical clinic and provide evaluation and treatment for a wide variety of health concerns.
Utilized telehealth and tele-psych to deliver services to students during the pandemic to reduce staff exposure to ill persons, preserve personal protective equipment (PPE), and minimize the impact of patient surges on the facility.

SHC staff engaged in professional development multicultural opportunities.

Pursued technological innovation as a means toward greater efficiencies and improved quality of care by launching the tele-visit within the electronic health record software system.

Throughout the pandemic, partnerships advanced with Black Hawk County Health Department, Iowa Department of Public Health, and Allen College of Nursing. We identified the unique risks and protective factors affecting the campus community and ensured equitable access to testing and vaccinations.
### Accomplishments & Contributions

#### Patient Diagnosis

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preventative</td>
<td>9,573</td>
</tr>
<tr>
<td>Mental, Behavioral and Neurodevelopmental Disorders</td>
<td>7,361</td>
</tr>
<tr>
<td>Symptoms, Signs and Abnormal Clinical and Laboratory Findings</td>
<td>2,651</td>
</tr>
<tr>
<td>Diseases of the Respiratory System</td>
<td>1,637</td>
</tr>
<tr>
<td>Injury, Poisonings and certain other Consequences of External Causes</td>
<td>857</td>
</tr>
<tr>
<td>Diseases of the Genitourinary System</td>
<td>483</td>
</tr>
<tr>
<td>Diseases of the Nervous System</td>
<td>374</td>
</tr>
<tr>
<td>Infectious and Parasitic Diseases</td>
<td>295</td>
</tr>
<tr>
<td>Disease of the Skin and Subcutaneous Tissue</td>
<td>290</td>
</tr>
<tr>
<td>Diseases of the Ear and Mastoid Process</td>
<td>154</td>
</tr>
<tr>
<td>Diseases of the Musculoskeletal System</td>
<td>153</td>
</tr>
<tr>
<td>Diseases of the Digestive System</td>
<td>112</td>
</tr>
<tr>
<td>Endocrine, Nutritional and Metabolic Diseases</td>
<td>88</td>
</tr>
<tr>
<td>Diseases of the Eye and Adnexa</td>
<td>53</td>
</tr>
<tr>
<td>Diseases of the Circulatory System</td>
<td>20</td>
</tr>
<tr>
<td>Disease of the Blood</td>
<td>11</td>
</tr>
<tr>
<td>Congenital Malformations, Deformations and Chromosomal Abnormalities</td>
<td>9</td>
</tr>
<tr>
<td>Neoplasms</td>
<td>5</td>
</tr>
<tr>
<td><strong>Overall Total</strong></td>
<td><strong>24,126</strong></td>
</tr>
</tbody>
</table>

* Total number of patient diagnoses not unique number

#### COVID-19 Testing and Vaccination

- **Test Iowa site for the campus**
  - 2,455 COVID-19 vaccine doses given to the campus i.e. students, faculty, staff, and faculty & staff eligible family members

- **COVID-19 hotline to triage for symptoms and schedule testing**
- **Provide contact tracing for the campus community**
## Our Mission
The UNI Counseling Center provides clinical mental health services, outreach programming, and training to support the mental health, safety, and well-being of the campus community.

## Our Values
We value and are dedicated to Inclusivity, safety, instilling hope, fostering healing, building resiliency, and developing personal and professional growth.

## Who We Are
A team of dedicated and caring mental health professionals.

## What We Do
We provide clinical services, outreach and training, and a training program for interns from the School of Social Work, Psychology, and Mental Health Counseling.

## Our Work & Accomplishments

<table>
<thead>
<tr>
<th>Description</th>
<th>FY 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total number of counseling appts (in person and teletherapy)</td>
<td>2704</td>
</tr>
<tr>
<td>Unique number of students served</td>
<td>589</td>
</tr>
<tr>
<td>Crisis after hours (protocol)</td>
<td>145</td>
</tr>
<tr>
<td>Intern and practicum graduate students trained as mental health therapists in our training program</td>
<td>8</td>
</tr>
<tr>
<td>Co-curricular assessment focus for FY21</td>
<td></td>
</tr>
<tr>
<td>Training program learning outcomes</td>
<td></td>
</tr>
<tr>
<td>Trained students, faculty, staff in supporting students in distress</td>
<td>517</td>
</tr>
<tr>
<td>Trained mental health allies to join a mental health ally network</td>
<td>61</td>
</tr>
<tr>
<td>Outreach presentations (diversity, mental health, etc)</td>
<td>65</td>
</tr>
<tr>
<td>Staff size- (including director)</td>
<td>7</td>
</tr>
</tbody>
</table>

## We offer...
- Group Therapy
- Couples Therapy
- Individual Therapy

---

**COUNSELING CENTER**

The Counseling Center is accredited by the International Association of Counseling Services (IACS).

---

**Group Therapy**

**Couples Therapy**

**Individual Therapy**
SERVICES PROVIDED

- Initial assessments and clinical recommendations
- Walk in crisis and consultation appointments
- Referrals to campus and community resources
- Individualized treatment planning - connection to non-Western interventions
- After hours & weekend mental health support by selecting option 2 when calling 273-2676
- Outreach presentations, events, and trainings on Racial Healing Circles, Resilience, Diversity & Mental Health, You Matter at UNI events, new student orientation
- "Let's Talk" outreach support stations on campus
- Training program for UNI Interns
- Outreach presentations, events, and trainings on VAR, QPR, Mental Health Ally, Men & Mental Health, Supporting Students in Distress & Mindfulness

Our Staff

- Jennifer Schneidman, LISW
  Director, Mental Health Therapist
- Xin Zou, LMHC
  Phil Ed. and Mental Health therapist
- Gretchen Honsell, LMHC
  Mental Health Therapist
- Karla Reznicek, LISW
  Mental Health Therapist
- Cathryn Baumgartner, LMSW
  Mental Health Case Manager
- William Peach, LMHC
  Mental Health Therapist
- Shantila Caston, LISW
  Mental Health Therapist
- Eric Eittreim, LMHC
  Mental Health Therapist
- Riley Rodemaker, MA
  G.A. in Suicide Prevention
I have grown so much since my first Wellness Coaching meeting. I learned a lot about myself and what kinds of goals I can make for myself that can be sustained throughout my life. Having a coach to encourage me every week gave me the motivation I needed to take those next steps to reach my ultimate goal. My coach was able to give me affirmations when I needed them, and she gave me resources when I was open to them. I enjoyed the approach that addressed how to use my strengths to attain my goals. It made the overall process realistic and enjoyable!

- comment from Wellness Coaching Participant

It was so informative I don't think there was a topic they missed!

- comment from Condom Sense Program Participant

**Our Mission**
Student Wellness Services supports the journey toward optimal health and well-being through holistic health promotion and education to enhance student success.

**Our Values**
Inclusive, respectful, holistic, collaborative, welcoming, and supportive.

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

**What We Do**
Student Wellness Services provides outcome-based health education programming, services and resources to meet the health and wellness needs of our unique student population based on the UNI National College Health Assessment.
SERVICES PROVIDED

Our Staff

- Angela Meeter
  Associate Director of Student Health and Wellness

- Shawna Jesse
  Health Promotion Coordinator

- Shyanne Sporrer
  Wellness Ambassador

- McKenna Mitchell
  Wellness Ambassador

- Anna Rogers
  Graduate Assistant

Safer Sex Express Program
Health Promotion Campaigns
Condom Sense Program
Red Watch Band Training
Coping with Stress Program
Facts on Tap Program
Sleep to be Your Best Program
Your Wheel to Wellness Program
Group Wellness Coaching Workshop
Individual Wellness Coaching Sessions
Wellness BINGO and Kahoot events
ACCOMPLISHMENTS & CONTRIBUTIONS

**Group Wellness Coaching - Common Themes of Exploring VIA Character Strengths**
- Showed Areas of Growth/Improvement: 10%
- Increased Awareness of Strengths and/or How Strengths Are Used in the Student’s Life: 40%
- Increased Awareness of Values/Priorities: 39%
- Increased Awareness of Both Strengths & Weaknesses: 6%
- Miscellaneous: 5%

**Individual Wellness Coaching**
- Academics/Class assignments: 15%
- Eating Well: 13%
- Involvement/Connections/Friendship: 8%
- Time Management: 8%
- Meditation/Journaling/Grounding: 5%
- Exercise/Movement: 5%
- Phone Use: 5%
- Gratitude: 5%
- Budget: 21%

- Wellness Coaching Goals Set Among 20-21 Wellness Coaching Program Participants:
  - 15% Academic/Class Assignments
  - 15% Eating Well
  - 10% Involvement/Connections/Friendship
  - 8% Time Management
  - 8% Meditation/Journaling/Grounding
  - 5% Exercise/Movement
  - 5% Phone Use
  - 5% Gratitude
  - 21% Budget

**Substantive Accomplishments**

- Expanded primary prevention efforts through newly developed virtual programs and technologies
- Implemented extensive and consistent COVID-19 ongoing health education and promotion
- Served at the UNI COVID-19 vaccination clinics
- Collaborated with Undergraduate Studies faculty to develop and implement a peer education and wellness pilot program
  - Including facilitation of strategic wellness programming for level 1, 2, & 3 UNI Peer Educators
- Developed and implemented new in-person and virtual peer-led wellness events in collaboration with the Student Health Advisory Committee
- Enhanced and focused professional development in multicultural areas
THE UNI STUDENT HEALTH CENTER IS PROUD TO BE ACCREDITED

University of Northern Iowa

HOURS

Clinic Hours
8AM - 4:30PM M,T,TH,F
9AM - 4:30PM W

Counseling Center
8AM - 4:30PM WEEKDAYS

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.

The University of Northern Iowa does not discriminate in employment or education. Visit uni.edu/policies/1303 for additional information.

This publication was designed by Natalie Betancourt, Class of 2022, majoring in graphic design.