UNIVERSITY OF NORTHERN IOWA

STUDENT HEALTH AND WELL-BEING SERVICES

ANNUAL REPORT
In support of the University of Northern Iowa and the Division of Student Life the Student Health and Well-being Services encompasses the Counseling Center, Student Wellness Services, Recreation Services and the Student Health Clinic. We believe a student’s success is directly impacted by their physical and mental health. We strive to meet the varying health and wellness needs that our students face through a holistic approach. We have resources and programs to help you more efficiently manage your time, talking through challenges, set strategic wellness goals, or engage with your friends in one of our intramural sports. We are committed to providing the highest quality services in an inclusive and welcoming environment.

Please let us know how we can better serve you. We welcome all feedback, which is so important to our ability to continue to improve the services we provide to our students.

Shelley O’Connell
Assistant Vice President/Executive Director Student Health and Well-being

OUR VISION

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

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.

CONTENT

Student Wellness Services 3
Recreation Services 6
Counseling Center 9
Student Health Clinic 11
STUDENT WELLNESS SERVICES

WHO WE ARE
We are a team of caring, compassionate individuals who are committed to student holistic wellness.

MISSION
Student Wellness Services provides holistic development, learning, and social justice through prevention education and health promotion towards optimal well-being for students and the campus community.

VALUES
Inclusive
Respectful
Holistic
Collaborative
Welcoming
Supportive

WHAT WE DO
Student Wellness Services promotes student health and wellness on campus through collaborative, inclusive, student-centered programs involving stress management, mindfulness/relaxation, sleep, safer sex, alcohol and other drug education and bystander intervention, and wellness coaching. Our services are driven by the UNI National College Health Assessment results.

OUR STAFF

Angela Meeter
Associate Director of Student Health and Wellness
Wellness Coach

Kaili Benham
Student Health & Well-being Coordinator
Wellness Coach

Shawna Jesse
Health Promotions Coordinator

Baling Tang
Wellness Ambassador

Kayla Kellogg
Wellness Ambassador

Katie Currier
Graduate Assistant
Wellness Coach

Hallie Starr
Graduate Assistant
Wellness Coach

Sydney Thelen
Graduate Assistant
Wellness Coach
Student Wellness Services Provided:

- De-Stress Days
- Wellness Bingo
- Exploring Relaxation
- Facts on Tap
- Red Watch Band Training
- Individual Wellness Coaching Sessions
- Your Wheel to Wellness
- Sleep to be Your Best
- Health Promotion Campaigns
- Gratitude & Self-Compassion
- Coping with Stress
- Safer Sex Express

Wellness Coaches listen carefully and share tools and ideas that are tailored to my specific needs.

Wellness Coaching was super helpful to have someone discuss my goals out loud and hold me accountable.

Wellness Coaching made me feel more motivated to actually take the steps to start working toward those goals.

PROGRAM PARTICIPATION SATISFACTION

- Coping with Stress: 97%
- Exploring Relaxation: 98%
- Red Watch Band: 94%
- Your Wheel to Wellness: 95%
- Wellness Coaching: 100%
**Student User Data by Program Topic:**

<table>
<thead>
<tr>
<th>Program Topic</th>
<th>Total Number of Students Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellness Coaching</td>
<td>216</td>
</tr>
<tr>
<td>Alcohol &amp; other drug education</td>
<td>381</td>
</tr>
<tr>
<td>Dimensions of Wellness</td>
<td>1,239</td>
</tr>
<tr>
<td>Stress Management/Relaxation</td>
<td>1,632</td>
</tr>
<tr>
<td><strong>Total Number of Students Served:</strong></td>
<td><strong>3,467</strong></td>
</tr>
</tbody>
</table>

**Suicide Prevention/Mental Health Training Provided:**

- Validate, Appreciate, Refer (VAR)
- Question, Persuade, Refer (QPR)
- Men & Mental Health
- Mental Health Ally Part 1
- Mental Health Ally Part 2
- The Art of Mindfullness
- Test Anxiety
- Resilience

Total Number of Students Served: 392

**ACCOMPLISHMENTS AND CONTRIBUTIONS**

- Awarded SAMSHA Garrett Lee Smith Suicide Prevention 3-year $300,000 grant
- Implemented multiculturalism and inclusion training/onboarding for enhanced staff development
- Developed a new program to educate students on mindfulness and relaxation
- Created a new program on self-care and gratitude to support students’ stress management

**Mental Health Skill Building Programs**

- Art of Mindfulness
- Test Anxiety
- Resilience
- Time Management

Total Number of Students Served: 130
**MISSION**
The mission of UNI Recreation Services is to foster healthy lifestyles among members of the UNI community through structured and self-directed activities, educational programs and services, skill and leadership building activities, and campus wide initiatives.

**VALUES**
We are committed to being the leaders in fostering healthy lifestyles among members of the UNI campus community.

**WHO WE ARE**
Committed collegiate recreation professionals who implement a variety of programs and services to meet the needs and wants of the UNI community.

**AWARDS**
- Institutional Member and Recipient of the Outstanding Sports Facility Award 2000
- Recipient of the Facility of Merit Award 1999

**OUR STAFF**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chris Denison, Ed.D.</td>
<td>Recreation Services Director</td>
</tr>
<tr>
<td>Kristy Leen, Ed.D.</td>
<td>Assistant Director of Operations</td>
</tr>
<tr>
<td>Luke Bartlett</td>
<td>Assistant Director: Facilities and Competitive Sports</td>
</tr>
<tr>
<td>Wes Privett</td>
<td>Competitive Sports Coordinator</td>
</tr>
<tr>
<td>Andy Martin, Ed.D.</td>
<td>Aquatics and Outdoor Recreation Coordinator</td>
</tr>
</tbody>
</table>

**POINTS OF INTEREST**

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intramural Participations</td>
<td>8,214</td>
</tr>
<tr>
<td>Sport Club Members</td>
<td>380</td>
</tr>
<tr>
<td>Sport Clubs</td>
<td>17</td>
</tr>
<tr>
<td>Personal Training Sessions</td>
<td>588</td>
</tr>
<tr>
<td>Safety Certifications</td>
<td>482</td>
</tr>
<tr>
<td>Swim Lesson Participants</td>
<td>428</td>
</tr>
</tbody>
</table>

**Total Participations**: 281,009

**+185** Student Employees
PROGRAM ACCOMPLISHMENTS

1. Overall participation in programs increased to 281,009.
2. Return of the WRC Panther Camps led to 352 unique participants in four Friday camps, Spring Break and nine summer weeks leading to 72,704 contact hours.
3. New program manuals as well as the department risk management manual were completed leading to up to date staff training.
5. Women’s Volleyball Club finished ninth in the country at the National Collegiate Volleyball Federation Championships (Division 1AAA).
6. Women’s Rugby finished tied for third in the National Collegiate Rugby National Championships and finished tied for fifth in the National Collegiate Rugby National 7’s Championships.
7. Men’s Rugby played in the Round of 16 at the National Collegiate Rugby National Championships and Round of 12 at the National Collegiate Rugby National 7’s Championships.

2021-2022 GOALS MET

Identify facility needs and develop a plan for facility maintenance and renovation.
Completed Free Weight Room Swap and Climbing Wall/ Bouldering Renovation studies. Established Boxing and Rowing Studios and an Outdoor Fitness Zone. Renovated the Baseball Club field, Rugby Club fields and WRC roof.
Collaborate with Student Life and Academic Units in Innovative Program Implementation.
Marketing Analysis Class- “WRC Group Fitness Class Study” and “Intramural Involvement at UNI Study”;
Applied Engineering Class- “WRC Lighting Study”; Residence- Noehren Hall- “Nite at the Rec”; Recreation Services Special Events- “Aqua Olympics”, “International Student Coffee Hour”, and “Trail Week”
Review current marketing strategy and innovate where necessary.
Completed new department Marketing Manual; completed a review and updated the department website; moved all social media to one department account; and installed hallway scheduling video monitors.

OUR BUDGET

The UNI Recreation Services budget of $1.2 million reflects three categories including the General Education Fund, Recreation Fee, and Program Revenue.

$1.2 MILLION

19% General Education Fund $243,886
52% Recreation Fee $657,818
28% Program Revenue $358,173
The purpose of the Aquatics program is to provide opportunities for aquatic-related fitness and life-saving certifications. The Paddling Panthers program offers all levels of the American Red Cross Learn-to-Swim Program. Certification classes include American Red Cross Lifeguarding, Water Safety Instructor, First Aid, CPR/AED, and Bloodborne Pathogens Training.

The Group Fitness classes include cardio, water, strength and conditioning, mind and body, and special events. Instructor-level certifications are also available in the group fitness program, allowing students to match in-classroom learning with out of class certification and practical work as group fitness instructors.

The Personal Training program allows participants to work one-on-one with a Personal Trainer. Personal Trainers focus on education, motivation, and exercise adherence to help clients enjoy the lifelong benefits of regular physical activity. Hallmarks of the program include a pre-training assessment, 10 one-hour sessions, and a post-training assessment. Sessions are geared toward client goals.

The purpose of the WRC Panther Camps is to provide community-wide youth programming. Camps are offered throughout the year on Fridays, over Spring Break and Summer. Activities include: swimming, climbing, arts and crafts and a wide-range of other sport activities.

The Intramural program provides students with a variety of short-term, competitive activities in single, dual, and team formats. Leadership opportunities exist for students who serve as their team's manager, officiate contests, or become an Intramural Supervisor. A wide range of up to 40 activities including softball, flag football, volleyball, basketball, dodgeball, soccer, swimming, pickleball, racquetball, golf, badminton, and many more are offered. Although most Intramural participation occurs on campus; statewide, regional, and national tournaments are available for campus champions in flag football and basketball.

The Sport Club program provides opportunities for students based on their sport aspirations. Club organization, grassroots recruitment, development of club bylaws, and governance are all hallmarks of the sport club program. Clubs typically practice twice a week and invite other institutions to compete. Competitions take place at UNI or the teams will travel to compete.

The UNI Outdoor Recreation program provides outdoor and environmental education opportunities for students, faculty, and staff. We are committed to providing enjoyable, challenging, meaningful, and educational experiences that will allow individuals and groups to learn the skills necessary for survival and safety in outdoor activities as well as develop an appreciation for the environment. The UNI Outdoors program encompasses two main functions, including managing the WRC Climbing Wall and outdoor gear rental program. UNI Outdoors uses four main facilities, including: the WRC climbing wall, the UNI Outdoor Pursuits Center, the north pond, and the west campus soft trail.
COUNSELING CENTER

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.

MISSION
The UNI Counseling Center provides clinical mental health services, outreach programming, and training to support the mental health, safety, and wellbeing of the campus community.

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

OUR STAFF

Gretchen Honsell, LMHC
Mental Health Therapist

Jennifer Schneiderman, LISW
Director, Mental Health Therapist

William Peach, LMHC
Mental Health Therapist

Shantila Caston, LISW
Mental Health Therapist

Cathryn Baugmgartner, LMSW
Mental Health Case Manager

Ali Sheahan, LMHC
Mental Health Therapist

Eric Eittreim, LMHC
Mental Health Therapist

Riley Rodemaker, MA
G.A. in Suicide Prevention

Karla Reznicek, LISW
Mental Health Therapist
Our Work and Accomplishments

Total number of counseling appointments in person and teletherapy: 3,913

Unique number of students served: 584

Crisis after hours (protocol): 147

Intern and practicum students trained as mental health therapists in our training program: 6

Let’s Talk Sessions held: 283

Staff size (including director): 6

Co-curricular assessment focus for FY23:
- Trained students, faculty, staff in supporting students in distress
- Trained mental health allies to join mental health ally network
- Let’s Talk Training for embedded peer mental health GA’s
- Trained 276 individuals in VAR & QPR

Counseling Services Provided:

- Initial assessments and clinical recommendations
- Individualized treatment planning, including connection to non-Western interventions
- Group Therapy
- Individual Therapy
- Couples Therapy
- Walk In Crisis and Consultation Appointments
- After Hours/Weekend Mental Health Support by selecting option 2 when calling 273-2676
- Training Program for UNI Interns
- “Let’s talk” Outreach Support Stations on Campus
- Referrals to Campus and Community Resources

Outreach Presentations, Events, and Trainings (Such as: VAR, QPR, Mental Health Ally, Men and Mental Health, Supporting Students in Distress, Mindfulness, Racial Healing Circles, Resilience, Diversity & Mental Health, You Matter at UNI events, new student orientation)
STUDENT HEALTH CLINIC

WHO WE ARE
Our staff is comprised of caring, supportive professionals who are licensed.

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

MISSION
To promote and support student success by providing individualized holistic healthcare and health education.

VALUES
Service to others
Safe and secure environment
Compassionate care
Accessible services
Teamwork

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

OUR STAFF

MEDICAL
Martha Ochoa, MD
Medical Director

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

April Barnett, ARNP
General Medicine and Women’s Health

Amy Thurm, ARNP
General Medicine and Women’s Health

NURSES
Sarah Behrends
Director Student Health Clinic

Michele Gerdes
Assistant Director of Nursing

Nicole Meyer
Registered Nurse

Jan Olsen
Registered Nurse

Alana Berger
Registered Nurse

LABORATORY TECHNICIANS
Sue Meyers
Assistant Director of Laboratory Services

Amber Houser
Laboratory Technologist

Leah McGrane
Certified Medical Assistant
KEY PERFORMANCE INDICATORS BY SEMESTER

<table>
<thead>
<tr>
<th>Service Categories</th>
<th>Summer 2022*</th>
<th>Fall 2022</th>
<th>Spring 2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immunizations/Vaccinations</td>
<td>12</td>
<td>1,028</td>
<td>132</td>
</tr>
<tr>
<td>Injections</td>
<td>39</td>
<td>350</td>
<td>226</td>
</tr>
<tr>
<td>Lab</td>
<td>182</td>
<td>3,069</td>
<td>2,278</td>
</tr>
<tr>
<td>Medical Supplies</td>
<td>1</td>
<td>61</td>
<td>28</td>
</tr>
<tr>
<td>Mental Health Visits</td>
<td>184</td>
<td>522</td>
<td>534</td>
</tr>
<tr>
<td>Nurse Consultations</td>
<td>63</td>
<td>404</td>
<td>531</td>
</tr>
<tr>
<td>Office Visits</td>
<td>20</td>
<td>1,866</td>
<td>1,632</td>
</tr>
<tr>
<td>Preventative Exams</td>
<td>14</td>
<td>61</td>
<td>46</td>
</tr>
<tr>
<td>Telephone Encounters</td>
<td>253</td>
<td>1,451</td>
<td>1,075</td>
</tr>
<tr>
<td>Treatments</td>
<td>7</td>
<td>43</td>
<td>34</td>
</tr>
<tr>
<td>Tele-Health</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Tele-Psychiatry</td>
<td>61</td>
<td>60</td>
<td>18</td>
</tr>
<tr>
<td>Web Encounters</td>
<td>168</td>
<td>1,016</td>
<td>805</td>
</tr>
</tbody>
</table>

Total Unique Students Impacted:
- Summer 2022*: 223
- Fall 2022: 2,454
- Spring 2023: 1,330

PATIENT DIAGNOSIS

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental, Behavioral and Neurodevelopmental Disorders</td>
<td>8,341</td>
</tr>
<tr>
<td>Preventative</td>
<td>3,800</td>
</tr>
<tr>
<td>Diseases of the Respiratory System</td>
<td>2,426</td>
</tr>
<tr>
<td>Symptoms, Signs and Abnormal Clinical and Laboratory Findings</td>
<td>1,750</td>
</tr>
<tr>
<td>Diseases of the Genitourinary System</td>
<td>553</td>
</tr>
<tr>
<td>Diseases of the Nervous System</td>
<td>462</td>
</tr>
<tr>
<td>Injury, Poisonings and certain other Consequences of External Causes</td>
<td>424</td>
</tr>
<tr>
<td>Infectious and Parasitic Diseases</td>
<td>353</td>
</tr>
<tr>
<td>Disease of the Skin and Subcutaneous Tissue</td>
<td>314</td>
</tr>
<tr>
<td>Diseases of the Ear and Mastoid Process</td>
<td>296</td>
</tr>
<tr>
<td>Diseases of the Musculoskeletal System</td>
<td>210</td>
</tr>
<tr>
<td>Diseases of the Digestive System</td>
<td>170</td>
</tr>
<tr>
<td>Diseases of the Eye and Adnexa</td>
<td>118</td>
</tr>
<tr>
<td>Endocrine, Nutritional and Metabolic Diseases</td>
<td>83</td>
</tr>
<tr>
<td>Disease of the Blood</td>
<td>38</td>
</tr>
<tr>
<td>Diseases of the Circulatory System</td>
<td>16</td>
</tr>
<tr>
<td>Neoplasms</td>
<td>7</td>
</tr>
<tr>
<td>Congenital Malformations, Deformations and Chromosomal Abnormalities</td>
<td>5</td>
</tr>
<tr>
<td>Overall - Total</td>
<td>19,366</td>
</tr>
</tbody>
</table>

- Dr. Ochoa always has the best care for the students. She is confident and straightforward in her delivery and is always very kind. The staff and other nurses are also very kind and helpful. Smiles all around always with the UNI clinic!
- Everyone was friendly and communicated very well with any concerns they had. This was my first experience, and I will recommend for anyone in the future!
- I thought the Health Clinic was just like the doctor's office I go to at home. I was concerned I may not get the same treatment but it was extraordinary and I will come back whenever I need to see a doctor.
- The Student Health Clinic helps students in many ways. For me, I needed help because I was ill. For other students, they may need help mentally. The Student Health Clinic is a great resource on campus.
- I love visiting the Health Clinic and believe it is a very inclusive environment.
ACCOMPLISHMENTS AND CONTRIBUTIONS

1. Implemented Healow Check-In through eClinicalWorks. This allows students to check in for their appointment and fill out questionnaires through their mobile device.

2. eCW version 12 upgrade was implemented on 6/5/23. This provided many enhancements to the electronic medical record system.

3. Participated in various volunteer opportunities throughout the year to include: the Out of the Darkness Walk for Suicide Prevention; Pack the Dome event for the Northeast Iowa Foodbank; De-stress Days for students sponsored by Student Wellness Services; and provided tours for high school students through the Cedar Valley Career Connection.

4. Partnered with the Panther Pantry in December 2022 to hold the Panther Health Drive to gather supplies donated by students, faculty/staff and community members.

5. Partnered with Black Hawk County Health Department to provide free STI testing to students on campus and to provide tuberculosis medication treatment for students who test positive.

6. Continued to be a Test Iowa COVID-19 saliva test kit location for pick up and drop off specimens.

7. Continued to provide COVID-19 vaccine clinics for students and education regarding isolation and quarantine.

8. Partnered with Iowa Health & Human Services to implement a vaccine campaign on campus to increase vaccination rates among the student population.

GOALS MET

The Student Health Clinic will implement a student learning outcome by 9/30/2022

The Student Health Center Clerks will actively participate in the monthly “Fun Committee” planning to increase employee morale through the 2022-2023 academic year

The Student Health Clinic providers and nurses will complete a continuing education course related to the Monkeypox Virus.

Eating Disorder Care Coordination: Revive an active eating disorder team on campus for care coordination.

To provide Intrauterine Device placement services at the Student Health Clinic
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 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).

This publication was designed by Eliza Carlson, class of 2025, majoring in Graphic Design and minoring in Marketing and French.