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 M. O’Connell, MAE
Assistant Vice President & Executive Director
Student Health and Well-being Services
STUDENT HEALTH CLINIC

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 to educate and empower students to advocate for their health and well-being.

OUR VALUES We value service to others, a safe and secure environment, compassionate care, accessible services, and 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.

14,333
TOTAL APPOINTMENTS PROVIDED

2,373
TOTAL FLU + COVID-19 VACCINES ADMINISTERED TO STUDENTS & FACULTY/STAFF

LABORATORY

WHO WE ARE The University of Northern Iowa Student Health Clinic Laboratory is located on the first floor of the Student Health Center. It is staffed by two certified laboratory technologists and a certified medical assistant who are available to conduct testing during clinic hours.

The Student Health Clinic Laboratory continually strives to perform accurate and high quality laboratory testing for the students of UNI. Our goal is to give the providers the results needed to quickly diagnose and treat patient, as well as keeping costs low.

OUR STAFF

Martha Ochoa, MD
Medical Director

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

April Barnett, ARNP
General Medicine and Women's Health

Bruce Forystek
General Medicine and Women's Health

Abdur Rahim, MD
Psychiatrist

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

Andrew Batovsky, ARNP
Psychiatric Nurse Practitioner

Cathryn Baumgartner
General Medicine and Women's Health

Sarah Behrends
Assistant Director of Nursing

Michele Gerdes
Registered Nurse

Nichole Meyer
Registered Nurse

Jan Olsen
Registered Nurse

OUR LABORATORY TECHNICIANS

Amber Houser
Laboratory Technologist

Leah McGrane
Certified Medical Assistant

Sue Meyers
Assistant Director of Laboratory Services
**SERVICES PROVIDED**

<table>
<thead>
<tr>
<th>SERVICES PROVIDED</th>
<th>SUMMER 2021*</th>
<th>FALL 2021</th>
<th>SPRING 2022</th>
</tr>
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<tbody>
<tr>
<td>Immunizations/Vaccinations</td>
<td>26</td>
<td>2511</td>
<td>248</td>
</tr>
<tr>
<td>Injections</td>
<td>39</td>
<td>387</td>
<td>305</td>
</tr>
<tr>
<td>Lab</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medical Supplies</td>
<td>0</td>
<td>51</td>
<td>27</td>
</tr>
<tr>
<td>Mental Health Visits</td>
<td>56</td>
<td>523</td>
<td>526</td>
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<tr>
<td>Nurse Visits</td>
<td>42</td>
<td>1172</td>
<td>694</td>
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<tr>
<td>Office Visits</td>
<td>154</td>
<td>3133</td>
<td>2,296</td>
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<tr>
<td>Preventative Exams</td>
<td>8</td>
<td>118</td>
<td>38</td>
</tr>
<tr>
<td>Telephone Encounters</td>
<td>433</td>
<td>3,789</td>
<td>1,875</td>
</tr>
<tr>
<td>Treatments</td>
<td>6</td>
<td>57</td>
<td>26</td>
</tr>
<tr>
<td>Tele-Health</td>
<td>0</td>
<td>66</td>
<td>3</td>
</tr>
<tr>
<td>Tele-Psychiatry</td>
<td>30</td>
<td>41</td>
<td>48</td>
</tr>
<tr>
<td>Web Encounters</td>
<td>112</td>
<td>1,245</td>
<td>1,028</td>
</tr>
<tr>
<td><strong>TOTAL UNIQUE PATIENTS IMPACTED</strong></td>
<td><strong>467</strong></td>
<td><strong>3,992</strong></td>
<td><strong>2,158</strong></td>
</tr>
</tbody>
</table>

*Summer session is May and June term

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**GOALS MET**

1. The Student Health Clinic Leadership team determined the need to continue with the COVID-19 phone line but renamed the line to nurse line.
2. In-service training was completed with the Infection Control and Prevention Coordinator to ensure correct use of PPE with appropriate donning and doffing technique.
3. Yellow Fever vaccine training was completed by all medical providers.
4. Psychiatric providers participated in Eating Disorder Care Training.
5. The nurses reviewed the vaccine schedule and updated the VIS (Vaccine Information Sheets), including international forms.
6. The front desk clerks worked with the Counseling Center staff to improve the efficiency of scheduling follow-up appointments.
7. The lab monitored lab results turnaround time (TAT) to ensure that greater than 90% of in house results were completed.

---

"GREAT STAFF AND WAS NEVER A BIT UNCOMFORTABLE. GREAT CONVERSATION AND HELP. I DID GET MY BLOOD DRAWN AND THE PHLEBOTOMIST WAS SO NURTURING AND KIND DURING THE MOMENT. VERY HELPFUL AND HAPPY THAT THIS SERVICE IS PROVIDED TO US." - ANONYMOUS STUDENT
COUNSELING CENTER

OUR MISSION The UNI Counseling Center provides clinical mental health services, outreach programming, and a training program to support the mental health, safety, and well-being of the campus community.

OUR VALUES We value and are dedicated to 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.

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

OUR WORK & ACCOMPLISHMENTS

4,430 TOTAL NUMBER OF COUNSELING APPOINTMENTS

730 UNIQUE NUMBER OF STUDENTS SERVED

166 CRISIS AFTER HOURS PROVIDED

301 INDIVIDUALS TRAINED IN VAR & QPR SESSIONS

120 ‘LET’S TALK’ SESSIONS HELD

40 MENTAL HEALTH ALLY TRAINING & NETWORK ADDITIONS

9 INTERN/PRACTICUM STUDENTS TRAINED AS MENTAL HEALTH THERAPISTS IN OUR PROGRAM

7 STAFF SIZE (INCLUDING DIRECTOR)

36 OUTREACH PRESENTATIONS PRESENTED AT STUDENT ORIENTATION SESSIONS
COUNSELING CENTER

OUR STAFF

Jennifer Schneiderman, LISW
Director, Mental Health Therapist

Gretchen Honsell, LMHC
Mental Health Therapist

William Peach, LMHC
Assistant Director for Training, Mental Health Therapist

Shantila Caston, LISW
Diversity Outreach Specialist, Mental Health Therapist

Karla Reznick, LISW
Mental Health Therapist

Eric Ettreim, LMHC
Mental Health Therapist

Ali Sheahan, LMHC
Mental Health Therapist

Cathryn Baumgartner, LMSW
Mental Health Case Manager

Riley Rodemaker, MA
Grad Assistant in Suicide Prevention

SERVICES PROVIDED

CLINICAL SERVICES
- Individual Therapy
- Group Therapy
- Couples Therapy
- Mental Health Assessment
- Clinical Recommendations & Referrals to Resources
- Daily Walk-in Sessions
- After Hours Crisis Support

OUTREACH & TRAINING
- VAR & QPR
- Mental Health Ally
- Men & Mental Health
- Supporting Students in Distress Presentations
- New Student Orientation Sessions
- You Matter At UNI Events

TRAINING PROGRAMS FOR INTERNS
- School of Social Work
- Psychology
- Mental Health Counseling Program

LET’S TALK SESSIONS

EMBEDDED PEER MENTAL HEALTH SUPPORT
No charge, walk-in. No appointment needed!
*This is not a crisis service. If in a crisis, call 319-273-2676 or go to the UNI Counseling Center for crisis support.
RECREATION SERVICES

OUR 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.

OUR 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.

OUR STAFF

Christopher Denison, Ed.D.  
Director

Kristy Leen, Ed.D.  
Assistant Director of Operations

Luke Bartlett  
Assistant Director: Facilities and Competitive Sports

Cindy Klatt  
Intramural Sports Coordinator

Andy Martin, Ed. D.  
Outdoor Recreation Coordinator

+ 196  
STUDENT EMPLOYEES

AWARDS

Institutional Member and Recipient of the Outstanding Sports Facility Award 2000

Recipient of the Facility of Merit Award 1999

POINT OF INTEREST

RECREATION SERVICES TOTAL PARTICIPATIONS

233,937

OUTDOOR ADVENTURE TRIPS PARTICIPANTS  316

INTRAMURAL PARTICIPATIONS  8,027

UNIQUE GROUP FITNESS PARTICIPANTS  205

SWIM LESSON PARTICIPANTS  470

SPORT CLUB MEMBERS  404

SPORT CLUBS  18

PERSONAL TRAINING SESSIONS  728

SAFETY CERTIFICATIONS  238

PAGE 7
PROGAM ACAPLICMENTS

1. All programs (excluding group fitness and sport clubs) either doubled or tripled in unique participation from 2021-2022.

2. Facility hours and drop-in fitness offerings were expanded throughout the Wellness/Recreation Center.

3. Dr. Andy Martin and the Climbing Club won the UNI “Creating a Responsible Environment” award and Maycie Stanbro (Outdoor Recreation Graduate Student) won the “Diversity Matters” award at the UNI Student Award Ceremony.

4. Completion of the West Field Enhancement project led to multiple home matches for the Men’s and Women’s Rugby Clubs and Men’s and Women’s Soccer Clubs.

5. Women’s Rugby finished the season ranked #2 in the country and participated in the National Collegiate Rugby Association full side National Championship game and the Final Four in 7s.

6. Men’s Rugby finished the season ranked #4 in the country and participated in the National Collegiate Rugby Association full side and 7s Final Four.

OUR BUDGET

The UNI Recreation Services budget of $1.3 million reflects four categories including the General Education Fund, Recreation Fee, and Program Revenue.

- **General Education Fund**: 23.8% ($310,782)
- **Recreation Fee**: 54.1% ($730,750)
- **One Time Funds**: 11.0% ($149,365)
- **Program Revenue**: 24.0% ($313,037)

STAFF TRAINING

Lifeguards reported that their in-service training resulted in maintaining their skills, improving first aid skills compared to the previous year, improved readiness for stressful situations, and increased their understanding of risk management.

USERS AND NON-USERS

As a result of a two year study, “Recreation Services Facilities by Student Housing Unit”, Recreation Services staff have a better understanding of users and non-users based on housing location.

PROGRAM SATISFACTION

Outdoor Adventure Trip Participants reported that they met their goals associated with the trips, were satisfied with the equipment provided for the trips, were likely to recommend the trips programs to others and through the trips were well organized.

2020-2021 GOALS MET
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 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 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 Youth Program is to provide community-wide youth programming. The anchor program is the Spring Break All-Sports Camp. The week-long camp provides swimming and climbing opportunities as well as at least four different sport programs each day. The leisure pool and climbing wall provide programming options that are unique to the WRC.

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.

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 three main functions, including managing the climbing wall, organizing and guiding adventure trips, and providing equipment rental. UNI Outdoors uses four main facilities, including the WRC climbing wall, the WRC Outdoor Recreation Center, the north pond, and the west campus soft trail.
STUDENT WELLNESS SERVICES

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, Respective, Holistic, Collaborative, Welcoming, Supportive

WHO WE ARE Our staff is comprised of caring and supportive professionals.

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.

OUR STAFF

- Angela Meeter
  Associate Director
- Shawna Jesse
  Health Promotion Coordinator
- Emma Baertlein
  Graduate Assistant and Wellness Coach
- Sydney Thelen
  Graduate Assistant and Wellness Coach
- Megan Keniston
  Wellness Ambassador
- Krista Zimmer
  Wellness Ambassador

STUDENT WELLNESS SERVICES PROVIDED

- Wellness Bingo
- Individual Wellness Coaching Sessions
- De-Stress Days
- Sleep to Be Your Best Program
- Red Watch Band Training
- Facts on Tap Program
- Your Wheel to Wellness Program
- Condom Sense Program
- Coping with Stress Program
- Health Promotion Campaigns
- Group Wellness Coaching Workshop

STUDENT WELLNESS SERVICES PROVIDED

- Wellness Bingo
- Individual Wellness Coaching Sessions
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- Red Watch Band Training
- Facts on Tap Program
- Your Wheel to Wellness Program
- Condom Sense Program
- Coping with Stress Program
- Health Promotion Campaigns
- Group Wellness Coaching Workshop
**STUDENT PROGRAM SATISFACTION**

* 100% of requestors of our programs reported being completely satisfied

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<thead>
<tr>
<th>Program</th>
<th>Satisfaction Rate</th>
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<tbody>
<tr>
<td>Coping with Stress</td>
<td>94%</td>
</tr>
<tr>
<td>Your Wheel to Wellness</td>
<td>94%</td>
</tr>
<tr>
<td>Red Watch Band Training</td>
<td>95%</td>
</tr>
<tr>
<td>Group Wellness Coaching</td>
<td>98%</td>
</tr>
<tr>
<td>Sleep to Be Your Best</td>
<td>100%</td>
</tr>
<tr>
<td>Facts on Tap</td>
<td>98%</td>
</tr>
<tr>
<td>Condom Sense</td>
<td>100%</td>
</tr>
<tr>
<td>Group Wellness Coaching</td>
<td>100%</td>
</tr>
</tbody>
</table>

**STUDENTS REACHED PER HEALTH TOPIC**

<table>
<thead>
<tr>
<th>Health Topic</th>
<th>Number Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Management</td>
<td>1,547</td>
</tr>
<tr>
<td>Wellness Coaching</td>
<td>143</td>
</tr>
<tr>
<td>Sexual Health</td>
<td>593</td>
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<tr>
<td>Alcohol and Other Drugs</td>
<td>1,199</td>
</tr>
<tr>
<td>Wellness</td>
<td>928</td>
</tr>
</tbody>
</table>

**ACCOMPLISHMENTS & CONTRIBUTIONS**

1. The De-Stress Days data showed that students wanted more application based techniques that are proactive to stress. Thus, a Mid-Term De-Stress Fest and Exploring Relaxation program was developed and implemented new this year.

2. Instagram Reel videos create a fresh, engaging way to reach Generation Z students. Hence, new weekly #WellnessWednesday Instagram Reel videos highlighting on-campus resources related to each dimension of wellness were developed and published.

3. SWS led the UNI Healthy Campus Coalition in coordinating a new inaugural Spring into Wellness Carnival to connect students, faculty, and staff to health and wellness resources on and off campus based on data that indicates a lack of awareness of these services available to students.

4. Outreach served over half of the UNI student population.
This publication was designed by Raeliegh Schulte, class of 2024, majoring in Marketing: Advertising and Design and minoring in Interactive Digital Studies.