

# UNI STUDENT HEALTH & WELL-BEING SERVICES

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*ANNUAL REPORT*

*FISCAL YEAR 2021-2022*

***UNI***

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University of  
Northern Iowa

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## WELCOME!

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

**BE YOU**  
**BE WELL**  
**BE CONNECTED**  
**BE A PANTHER**

## 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 the classroom learning providing lifelong knowledge and skills to grow within all dimensions of wellness.

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# 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

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



**Bruce Forystek**  
General Medicine and Women's Health

MENTAL 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

NURSES



**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

PATIENT DIAGNOSES	SUMMER 2021*	FALL 2021	SPRING 2022
Mental, Behavioral, and Neurodevelopmental Disorders	422	3,782	4,423
Preventative	293	3,809	1,635
Symptoms, Signs and Abnormal Clinical and Laboratory Findings	100	2,130	1,299
Diseases of the Nervous System	61	210	193
Diseases of the Respiratory System	52	1,812	998
Diseases of the Skin and Subcutaneous Tissue	26	175	113
Infectious and Parasitic Diseases	19	180	90
Injury, Poisonings, & certain other Consequences of External Causes	17	381	243
Diseases of Musculoskeletal System	15	159	181
Endocrine, Nutritional, and Metabolic Diseases	11	47	36
Diseases of the Ear and Mastoid Process	8	204	109
Diseases of the Genitourinary System	8	276	202
Congenital Malformations, Deformations, and Chromosomal Abnormalities	1	1	2
Diseases of the Blood	1	16	19
Diseases of the Digestive System	1	64	67
Diseases of the Eye and Adnexa	1	75	32
OVERALL TOTAL	1,036	13,344	9,654

\*Summer session is May and June term

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

\*Summer session is May and June term

## ACCOMPLISHMENTS & CONTRIBUTIONS

### COVID-19 TESTING & VACCINATION

Test Iowa saliva kit pick-up site for the campus & community

Two private COVID-19 testing rooms

COVID-19 nurse line to triage for symptoms & schedule testing

1,206 COVID-19 vaccine doses were given to the campus community including students, faculty, staff, and faculty/staff eligible family members

COVID-19 rapid test and State Hygenic Lab PCR testing for students, faculty, and staff

### INFLUENZA TESTING & VACCINATION

Respiratory influenza testing - 4-plex for students

Eight influenza vaccine clinics were scheduled at various locations around campus

1,167 flu vaccines were administered to students and faculty/staff

### ACCREDITATION

The Student Health Clinic Lab successfully completed re-accreditation through COLA

### FACILITY

The Student Health Clinic successfully completed re-accreditation through AAAHC

The front desk area was remodeled to better accommodate patient confidentiality

## 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 Eittreim, 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.

## POINT OF INTEREST

# 233,937

RECREATION SERVICES TOTAL PARTICIPATIONS



## 316

OUTDOOR  
ADVENTURE TRIPS  
PARTICIPANTS



## 404

SPORT CLUB  
MEMBERS



## 8,027

INTRAMURAL  
PARTICIPATIONS



## 18

SPORT  
CLUBS



## 205

UNIQUE  
GROUP FITNESS  
PARTICIPANTS



## 728

PERSONAL  
TRAINING  
SESSIONS



## 470

SWIM LESSON  
PARTICIPANTS



## 238

SAFETY  
CERTIFICATIONS

## 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

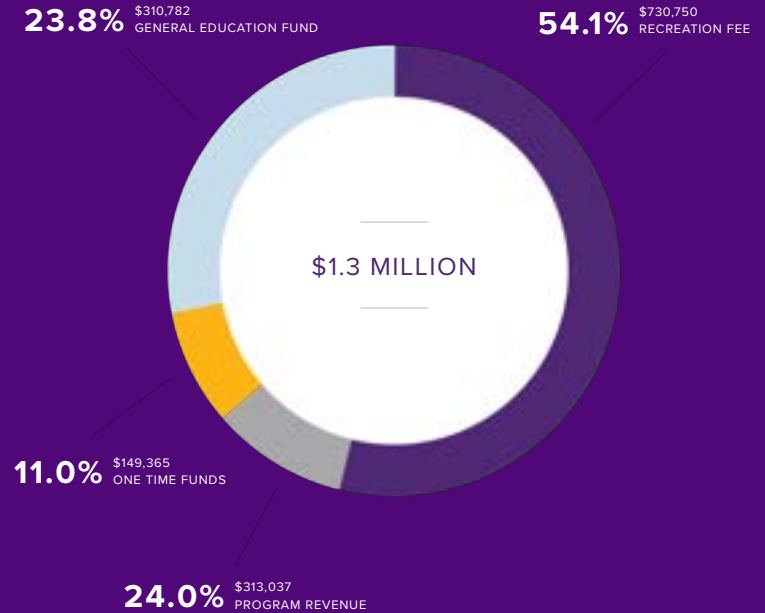


## PROGRAM ACCOMPLISHMENTS

- 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.



## 2020-2021 GOALS MET

**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.





# PROGRAMS



## AQUATICS & CERTIFICATIONS

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.



## SPORT CLUBS

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.



## GROUP FITNESS

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.



## PERSONAL TRAINING

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.



## YOUTH PROGRAMS

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.



## INTRAMURALS

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.



## OUTDOOR RECREATION

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 PROGRAM SATISFACTION

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



## 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.

## STUDENTS REACHED PER HEALTH TOPIC



**1,547** STRESS MANAGEMENT      **143** WELLNESS COACHING

**593** SEXUAL HEALTH      **1,199** ALCOHOL AND OTHER DRUGS

**928** WELLNESS





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### **Counseling Center**

103 Student Health Center, Cedar Falls, Iowa 50614-0385  
counseling@uni.edu | wellbeing.uni.edu/counseling-center | 319.273.2676

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### **Student Health Clinic**

1227 W 27th Street Building 0221, Cedar Falls, Iowa 50614-0221  
healthcenter@uni.edu | wellbeing.uni.edu/student-health | 319.273.2009

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### **Recreation Services**

101 Wellness/Recreation Center Cedar Falls, Iowa 50614-0201  
recreationservices@uni.edu | recreation.uni.edu | 319.273.6275

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### **Student Wellness Services**

16 Student Health Center, Cedar Falls, Iowa 50614-0385  
wellness@uni.edu | wellbeing.uni.edu/student-wellness | 319.273.3423

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This publication was designed by Raeleigh Schulte, class of 2024,  
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