



WELCOME, SPARTAN!

YOUR GUIDE TO
HEALTH AND
WELL-BEING AT MSU

In This Guide:

- Health Services 4
- Health Promotion 5
- Counseling and Psychiatric Services (CAPS) 6
- Transitioning Health Care to MSU 7
- Health Insurance & Immunizations 13
- Emergency Resources 14
- Connect With Us 15
- Contact Us 16
- Campus Partners 16





Your health is a big part of your success.

The five departments that make up Student Health and Wellness — Health Services, Counseling and Psychiatric Services (CAPS), Health Promotion, Center for Survivors, and Safe Place — are here for you year-round.

Together, we work to help you develop healthy behaviors, manage your mental health, connect you with the most appropriate care for your needs, get immediate support in a crisis and more.

In this guide, you'll learn more about the resources and services you can take advantage of — and how to transition your health care to MSU.



HEALTH SERVICES

The Health Services team provides preventative health care and services for illness and injuries. Services (available by appointment) include:

- Primary care
- Gynecologic services
- Physical therapy
- Radiology
- Laboratory
- Allergy and immunization clinic

Registered **MSU students are not charged for the first three medical office visits each academic year** (some services, such as laboratory tests or X-rays, are billed separately).

Five locations for your convenience.

Olin Health center is our main location, and there are four other clinic locations in the MSU neighborhoods. All locations are available for students seeking treatment for illnesses or minor injuries. Students can request their most convenient location and a favorite provider. Visits likely to require X-rays or extensive lab work will be scheduled at Olin.

NORTH

Olin Health Center
463 East Circle Drive

RIVER TRAIL

W-9 McDonel Hall

EAST

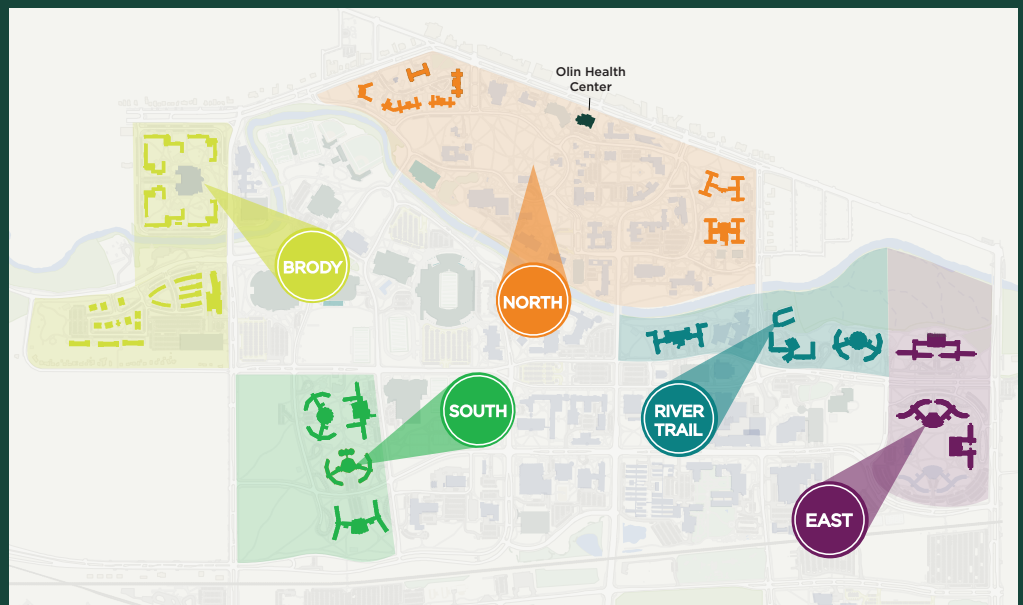
127 S. Hubbard Hall

SOUTH

G17 Holden Hall
(Basement Level)

BRODY

148 Brody Hall





HEALTH PROMOTION

The Health Promotion department helps MSU students reach an optimal and dynamic state of well-being that allows them to reach their full potential and find academic success. Many services — guided by real-world data about students' health and behaviors — are free of charge.



ALCOHOL AND DRUG USE EDUCATION

- Individual education
- Duck Days and Duck Hunts
- Know Your Solo activity
- Spartan Smart class



NOURISH NUTRITION PROGRAM AND BODY IMAGE EDUCATION

- Nutrition Counseling
- Peer Body Project
- Students Empowering Body Acceptance (SEBA)*



COLLEGIATE RECOVERY COMMUNITY

- Individualized recovery planning
- Wellness and life skills workshops
- Sober social events
- Recovery housing
- Recovery ally training
- Spartans' Organization for All Recovery (SOAR)*



SPARTANFIT FITNESS AND WELLNESS EDUCATION

- Comprehensive fitness assessments
- Thrive! Be Fit, Be Well
- Wellness coaching
- ACTIVE Spartans
- Exercise is Medicine on Campus (EIMOC)*



SEXUAL WELLNESS EDUCATION

- 1-on-1 Educational Meetings
- Condom Connection
- Sexual health resources



STUDENT HEALTH ADVISORY COUNCIL (SHAC)*

- Programs aimed at improving MSU students' health
- Provides a student perspective on health initiatives and communication



MSU STUDENT FOOD BANK*

- Campus-based food distributions (by appointment only)
- Food and related items at no cost
- College & University Food Bank Alliance co-founder

* Registered student organization



COUNSELING AND PSYCHIATRIC SERVICES (CAPS)

CAPS works to connect students with the most appropriate available care for their health, well-being and success. Counseling services (such as individual, group or relationship counseling) are free for students. Services available include:



CAPS CONNECT

- Free and confidential
- 10- to 15-minute consultation with a CAPS counselor
- Open to all enrolled MSU students



LGBTQ+ SERVICES

- Non-judgmental counseling and support
- Counselors who work from a multicultural perspective



PSYCHIATRY

- Evaluation and treatment, including prescribing medication, lab orders, and referrals to other professionals
- First three visits are free for enrolled MSU students*



ADHD SERVICES

- Support and information about transferring the ongoing management of ADD or ADHD medication to MSU



INTENSIVE CLINICAL SERVICES UNIT (ICSU)

- Individual or group psychotherapy
- Psychiatric services
- Support system interventions
- Case management & advocacy
- Student-centered hospitalization support and coordination (if needed)



REFERRAL COORDINATION

- Help for connecting with off-campus therapeutic or psychiatric care
- Available to MSU students and their spouses or partners.



CRISIS SERVICES

- 24/7 crisis counseling
- Text, hotline, online chat, and other resources
- Safety planning resources



OUTREACH SERVICES

- Listening spaces for students to share and connect
- Presentations and training for campus and community partners

* Does not apply to Lifelong Ed students.



TRANSITIONING HEALTH CARE TO MSU

As you prepare for your first days as a Spartan, talk to your family and care providers. Consider taking notes and organize them in a way that you find comfortable.

In the next few pages, we'll share more about the options below — and what you'll need to know for a smooth transition to college.

Option 1:

Continue care with your provider from back home.

Option 2:

Start care on campus.

Option 3:

Start care with a nearby off-campus provider.

To transition your care, you'll need to:

1. Know the name of any **conditions you were diagnosed with**.
2. Be able to **describe your concerns or symptoms** (excessive worrying, difficulty concentrating, poor sleep, not being as interested in doing things, etc.)
3. Be ready to **describe how these issues affect your life** (feeling left out, avoiding social situations, lacking interest in eating, etc.).
4. Describe the **treatment you've received or are currently receiving** (group therapy, medication, academic coaching, etc.).
5. Bring a **copy of your immunization record, including the dates they were given** (if transitioning your medical care).
6. Be able to **describe your reactions and responses to your treatment** — and what has and hasn't been helpful.
7. Know the **names and contact information** of your current treatment providers.



Accommodations at MSU:

If your high school worked with you to develop a disability or mental health services plan — such as an Individualized Education Program (IEP) or 504 plan — you should understand the accommodations and how they were designed to help you. Share a copy your plan with the MSU Resource Center for Persons with Disabilities (RCPD). If you don't have a written plan, make notes about its features and how it helped you.

RCPD can also assist with accessible housing.

You can register with RCPD as soon as you receive your MSU NetID/email address.



If you take medication:

1. Know the name of medications and herbal supplements, when you started taking them (e.g., September 2018), the dosage, and how frequently you take them (as needed, every morning, etc.).
2. Write down the English translation of your medication or supplement, if it's not already in English.
3. Be responsible for taking your medication as prescribed.
4. Be able to describe how medication makes you feel, including any side effects, allergies or other issues (current or past). Pay close attention to side effects and intended effects.
5. Know your medication history, including what medication you've used in the past and the reason for any changes.

PHARMACY SERVICES

On-campus pharmacy services — including prescription pick-up or delivery — are available through the MSU Health Care Pharmacy on S. Hagadorn Road. **Delivery is free within 30 miles of campus.**

To learn more, call (517) 353-3500 or visit pharmacy.msu.edu.

KNOW YOUR CARE OPTIONS

As you consider your care options, keep your needs and what you're most comfortable with in mind.

Option 1: Continue care with a doctor or clinician from home.

This option could be best for you if:

- You are comfortable working with your current care team
- It's possible and convenient to be in regular contact with them.

You and your family should discuss with your care team whether this is an option that makes sense for you. **Consider these questions** when you do:

- Will you be too far from home?
- If your provider is not in the U.S., will they be able to continue treatment without face-to-face visits?
- Will phone calls and infrequent face-to-face visits be enough?
- If you take medication, how will you get it?
- What happens in an emergency?

If you choose this option, you may still want to connect with Health Services or CAPS for additional support or in case you have an urgent need that they can help with.

You may need to connect with MSU's Resource Center for Persons with Disabilities to help with academic accommodations or planning your specific transition to the college experience.

We recommend having an arrangement to share information as needed between your home clinician and campus-based providers.



Option 2: Initiate care on campus.



This option could be best for you if:

- A CAPS or Health Services primary care provider can provide your care and has the full range of services you need.
- You only need intermittent visits or medication management.

If you choose this option, make sure your care team at home is aware and comfortable with it. They should be prepared to share information and records with your MSU care team if necessary.

For short-term or infrequent face-to-face mental health visits, CAPS group counseling services might meet your needs. Treatment for minor injuries and illnesses are available at Olin Health Center and four neighborhood clinics on campus. You will need your NetID to get started.

Learn more about CAPS at caps.msu.edu or Health Services at olin.msu.edu.

Option 3: Initiate care with an off-campus provider near MSU.



This option could be best for you if:

- You need long-term and regular face-to-face visits.
- Your home provider is far away and hard for you to access regularly.

If you choose this option, make sure that:

- You have insurance coverage or adequate funds to pay for private care by asking providers if they are in-network with your insurance or if visits are affordable.
 - Local providers may see students at reduced rates or participate in the MSU Blue Care Network (BCN) student insurance program, which has relatively low out-of-pocket expenses. Learn more about the BCN plan at hr.msu.edu/benefits/students/health.
- There is an adequate hand-off of clinical information between your home and local providers. If you keep in touch with your provider from home, work out a plan for communication with your home and local provider.

If possible, you and your family can try to meet the off-campus provider before starting classes so that you can have a plan in place before you arrive at MSU. CAPS can help with referral suggestions for mental health providers that fit your clinical needs.

No matter what you choose, make sure:

1. Everyone involved is clear on all details for your follow-up care.
2. There is agreement about specific parameters of care: how often, who is the lead clinician, how changes in treatment will be handled, etc.
3. A **clear communication plan** is in place. File proper releases of information with necessary offices and clinicians. Be specific about when, how, and under what circumstances information will be shared in the event of an issue or emergency, including when family or other guardians should be contacted. Starting the Conversation: College and Your Mental Health offers tips to get started with the planning process.
4. An **advance directive** is in place. An advance directive is a legal document that explains how medical decisions should be made and who should make them if you are unable to decide for yourself, such as in an emergency. This plan should be clearly agreed upon and cover who will make clinical decisions, the primary family contact and when they should be called.
5. You know how to describe your prior care, current needs, and medications, and that your records are sent to the offices and clinicians with whom you'll be working.
6. You register with the RCPD if you need academic accommodations.
7. You know what insurance you have and how to use it.



Check out these guides to help you get started:

- **Starting the Conversation: College and Your Mental Health**
(tinyurl.com/y73zx8f9)
- **Advance Directives in Michigan**
(tinyurl.com/z64ut6nw)



HEALTH INSURANCE AND IMMUNIZATIONS

While preparing to come to campus, make sure to review health insurance options and become familiar with the University's immunization policy.

HEALTH INSURANCE AT MSU

- The MSU student health insurance plan (SHIP) offers health coverage for students and their eligible dependents through Blue Care Network.
- If you are a graduate assistant, medical student or international student, you are enrolled automatically. If you are a student that does not fall into one of these groups, you are eligible to voluntarily enroll.
- Through this plan, you have access to quality health care through hospitals, physicians and affiliated health care professionals in the BCN provider network.

Visit hr.msu.edu/benefits/students for more information about the plan.

IMMUNIZATION POLICIES

- All new MSU undergraduate students are required to review the University's immunization policy and submit the online Immunization Self-Report Form.
- All new MSU international students are required to view a TB e-learning module and complete a quiz.
- All new MSU healthcare professional students are required to submit immunization records to the Office of the University Physician.

More information about these policies is available through the University Physician's office at uphys.msu.edu/student.



EMERGENCY RESOURCES



CENTER FOR SURVIVORS works with sexual assault survivors and others affected by sexual violence. Trained volunteers are also ready to provide support, counseling, advocacy, support groups, crisis intervention and connection to local resources through crisis hotline and crisis chat services. **A 24/7 crisis hotline is available at (517) 372-6666.** For more information — or to access crisis chat services — visit centerforsurvivors.msu.edu. Call **(517) 355-3551** to schedule an appointment with a counselor or advocate.

The **Sexual Assault Healthcare Program** is available for adults who have been sexually assaulted within the past five days. The program — staffed 24/7 by specialized forensic nurses — includes free post-assault care services, like sexual assault kits, prophylactic medication and more. Call **(517) 353-2700** to learn more.



MSU SAFE PLACE provides advocacy, emergency shelter, counseling, safety planning, information and referrals to survivors of relationship violence and stalking. Educational scholarships are available to currently enrolled MSU students whose academic pursuits have been affected by intimate partner violence or stalking. **All support services are free and confidential.** Safe Place serves students, faculty, staff and their spouses or partners. They serve non-MSU-affiliated community members when shelter space and staffing levels allow. Call **(517) 355-1100**, email noabuse@msu.edu or visit safeplace.msu.edu for more information.

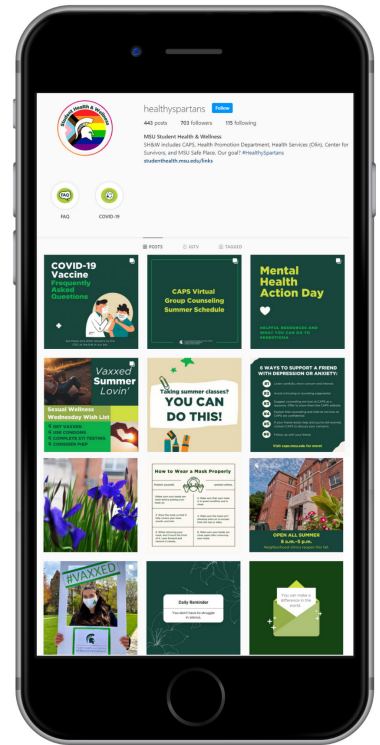
HELPFUL PHONE NUMBERS TO SAVE

Keep these numbers in your phone — and remember to **call 911** if you believe you or someone else is in immediate danger.

- **MSU Police:** (517) 355-2221
- **24/7 CAPS Crisis Counseling:** (517) 355-8270, Press 1
- **24-Hour Information Nurse:** (517) 353-5557
- **Crisis Text Line:** 741 741
- National Suicide Prevention Line: (800) 273-8255

Connect with us.

Follow **@healthyspartans** on Instagram, Twitter and Facebook to get the latest news, events, health tips and more from Student Health and Wellness.



Contact Us

HEALTH SERVICES

Call (517) 884-6546

Email olin@msu.edu

Visit olin.msu.edu

HEALTH PROMOTION

Call (517) 353.0718

Visit healthpromotion.msu.edu

COUNSELING AND PSYCHIATRIC SERVICES (CAPS)

Call (517) 355-8270

Visit caps.msu.edu

CENTER FOR SURVIVORS

Call (517) 355-3551

Visit centerforsurvivors.msu.edu

SAFE PLACE

Call (517) 355-1100

Email noabuse@msu.edu

Visit safeplace.msu.edu

Campus Partners

At MSU, we're working together to help you have a successful, memorable college experience. Here are a few of our campus partners that you might want to connect with.

RESOURCE CENTER FOR PERSONS WITH DISABILITIES (RCPD)

Services and accommodations for disabilities, mental health conditions and more.

Call (517) 884-7273

Visit rcpd.msu.edu

MSU HEALTH CARE PHARMACY

Serves students and the Mid-Michigan community.

Visit pharmacy.msu.edu

Call (517) 353-3500

OFFICE OF INTERNATIONAL STUDENTS AND SCHOLARS (OISS)

Support for MSU's international students, scholars and families.

Call (517) 353-1720

Visit oiss.isp.msu.edu

STUDENT HEALTH INSURANCE

Health insurance is available and recommended for MSU students.

Visit hr.msu.edu/benefits/students

RECREATIONAL SPORTS & FITNESS

Sport, fitness and recreational opportunities.

Visit recsports.msu.edu

GENDER & SEXUALITY CAMPUS CENTER

Celebrates, affirms and supports queer and trans individuals and communities at MSU.

Call (517) 353-9520

Visit lbgtrc.msu.edu

STUDENT AFFAIRS & SERVICES

Career services, programs and organizations for student involvement.

Call (517) 355-7535

Visit studentaffairs.msu.edu

Call (517) 353-4660
Visit studenthealth.msu.edu

SHW-060421

