

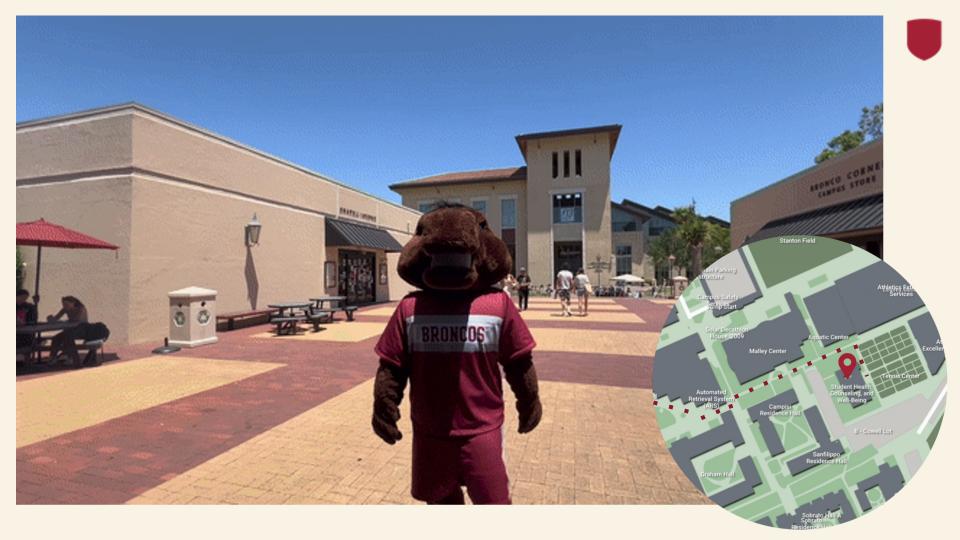
### Supporting your well-being

RESOURCES FOR YOU



Questions?
Please fill out our form!





# Student Medical Services

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# Meet the SMS Staff



LEWIS OSOFSKY, M.D. Campus Physician



KATHRYN MIRANDA, RN, MSN Clinical Manager



ALANNA CONRAD, MSN, FNP, CPNP Nurse Practitioner



MICHELLE COAD, MPH, MS, FNPC Nurse Practitioner



LAUREL HESS, RN, BSN Registered Nurse



THERESA MARCELO-TINIO, RN, BSN Registered Nurse



LARISSA DAVIS
Certified Clinical Medical
Assistant and Phlebotomist



TAMMY OH, MA Health Insurance Coordinator



**COMING SOON**Registered Dietician

#### **SMS** • Student Medical Services

#### **On-Site Medical Care**

- Sick visits
- Minor procedures/injuries
- Physical exams
- Women's wellness exams
- Health education
- Immunizations
- STI testing and TB testing
- Lab services
- Nutrition services
- Medication services
- Accessible and lower cost
- For Pell Grant recipients,
   visit fees are waived

#### We do not offer, but will refer out

- Narcotic medications (pain, sleep aids, anti anxiety, ADHD)
- Psychiatric-mental health medication (antidepressants)
- Imaging services
- As per university policy, we do not provide contraception medication for the purpose of preventing pregnancy

#### Please note:

SMS does not bill insurance

All services and fees on procedures are listed at scu.edu/bewell/about/fees

### Making an appointment with **Student Medical Services**

Appointments are available Monday - Friday 9:00AM - 4:00PM

- Call or stop by the Cowell Center
   Monday to Friday, 8:30AM to
   5:00PM
- Log into the Student Health Portal
   SMS will see all enrolled students
   regardless of the patient's insurance



### Immunization Policy

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Deadline August 1 For all newly enrolled undergraduate and graduate students (including transfers and re-admits)

Visit <u>scu.edu/immunizations</u> for all immunization requirements

If you cannot receive a vaccine for a medical reason, please have your physician complete the Medical Immunization

Exemption Form located at

scu.edu/bewell/about/forms

### SHIP

# Student Health Insurance Plan

Our 2025-2026 university-sponsored

Student Health Insurance Plan (SHIP) is
provided by Aetna Student Health with the
provider network Aetna Open Choice PPO.

For more information visit
scu.edu/bewell/insurance
Or contact Tammy Oh, Insurance
Coordinator (toh2@scu.edu)

Please note that all eligible students are automatically enrolled in the SHIP

#### Be prepared • Deadline August 1





#### ☐ Fill out insurance waiver form

For students who will use their own insurance

Form opens 5 days after students have registered for classes

Contact Tammy Oh, Insurance Coordinator (<a href="mailto:toh2@scu.edu">toh2@scu.edu</a>) for any questions

#### in your MySCU Portal



#### Update information and upload insurance card

Student's phone number, permanent address and local address, and current insurance card should be uploaded AFTER the student has received a waiver approved email from Gallagher Student Health

- ☐ Complete all immunization requirements <u>scu.edu/immunizations</u>
- ☐ Fill out minor consent form

For those who will not be 18 years old by the time they start, fill out form at <a href="mailto:scu.edu/bewell/about/forms">scu.edu/bewell/about/forms</a> then upload it to your Student Health Portal

#### **Health Insurance Waiver**

Kaiser Health Insurance plans meet the requirements for Santa Clara University. However, students whose coverage is based outside of Northern California should make sure to get a Northern California Kaiser number to make sure they are able to access Northern California Kaiser centers.

### The following types of insurance will <u>not</u> be accepted for waivers:

- Travel Insurance
- International insurance plans that are underwritten in a country outside of the United States
- California Medi-Cal or out-of-state
   Medicaid health plans that do not have assigned benefit coverage in Santa Clara County

- Short-term medical plans
- Socialized medicine policies, including Canadian policies
- A limited or restricted network and does not provide full, comprehensive coverage (such as an out of state HMO plan)

Please note: the waiver form must be completed every academic year

#### *EMS*

# Emergency Medical Services



Student-run and student-operated medical care organization - staff of 35 Nationally Certified and State Licensed Emergency Medical Technicians - Basics (EMT-Bs)

The team is dispatched to any emergency scenes on campus that require medical personnel by and alongside Campus Safety Services (CSS) and consults with on-call providers from Student Medical Services (SMS)

#### **Student Emergency Medical Services**

Call Campus Safety (408) 554-4444
 Every day of the academic year
 5:00PM - 8:00AM

To learn more about EMS or the opportunity to join the team, visit <a href="mailto:scu.edu/ems">scu.edu/ems</a>
Stay connected @scuems

# Counseling & Psychological Services

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HEATHER DUMAS-DYER
Associate Vice Provost for
Student Health,
Counseling and Well-Being



ELENA HERRERA,
PSY.D.
Director of CAPS
and Staff Psychologist



ESTRELLA RAMIREZ, PH.D. Assistant Director of Doctoral Training



COMING SOON
Assistant Director of
Master's Level Training



SARAH ROTSINGER-STEMEN, PSY.D. Assistant Director of CAPS Operations



BRYAN NGUYEN, LMFT Assistant Director of Therapists in Residence

# Meet the CAPS Staff



CLARISE BALLESTEROS, MSW, LCSW Staff Therapist



JOSEPH WALLING, PSY.D. Staff Psychologist



MIRI CHOI,
PSY.D.
Staff Psychologist



DANIEL REED, PSY.D. Staff Psychologist



JESSICA KAS-OSOKA, MSW, ASW Clinical Case Manager

#### **CAPS** • Counseling & Psychological Services

### Short term individual, couples and group brief therapy

- No fees
- No session limits

#### **Urgent/Crisis Appointments**

 Available Monday - Friday 10AM, 11PM, 1PM, 2PM, 3PM

#### We do not offer, but will refer out

- Significant substance use concerns, including substance dependence
- Long-term or severe suicidal intent and self injurious behaviors that cannot be addressed with brief therapy
- Long-term or severe eating disorder with no period of remission, continual refusal of treatment or posing as a medical danger
- Formal psychological evaluation or testing
- Court-mandated assessment or treatment
- Noncompliance with treatment recommendations

#### TIR • Therapists in Residence



**JUSTIN FILIAGGI, LMFT** Therapist in Residence Finn, Sobrato & Substance Free Housing



**MELBA MATHEW, LMFT** Therapist in Residence Swig, McWalsh & Nobili





MITCHELL GALE, LMFT Therapist in Residence Casa Italiana & Dunne

- TIRs live and work in the residence halls
- Supports and addresses the overall mental health needs of undergraduate students who live on campus
- Functions as an extension of CAPS
- Business hours with some later appointments available
- Offer workshops on various topics throughout the year
- Same day, next day, same week check-in appointments in the residence halls that can be booked through the Student Health Portal

#### Group

#### **Therapy**

Workshops

∞ Autistic Self Expression and Connection

Getting Unstuck (Depression)

**BIPOC Support and Empowerment** 

Grief

**Body Liberation** 

**Self-Compassion** 

**Difficult Families** 

**Tools for Anxiety** 

**Holistic Wellness and Mindfulness** 

**Unlock Your Focus** 

SCQ @ SCU

**Stronger Together** 

**Understanding Self and Others** 

# Making an appointment with Counseling and Psychological Services (CAPS)

#### Appointments are available Monday - Friday 9:00AM - 4:00PM

- Call or stop by Monday to Friday,
   8:30AM to 5:00PM
- Log into the Student Health Portal for Therapist in Residence appointments (CAPS appointments need to be scheduled by phone)





#### Case Management

Connecting students with on- and offcampus referrals that best fit the student's needs and insurance benefits

Assists with both Student Medical Services (SMS) and Counseling and Psychological Services (CAPS)

Clinical Case Manager, Jessica Kas-Osoka (jkasosoka@scu.edu)

# Confidentiality & Reporting

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As a healthcare facility, all interactions are strictly confidential.

However, if a student gives permission by signing a Release of Information form (per event), Student Medical Services (SMS) and Counseling and Psychological Services (CAPS) staff can consult with faculty/staff, offcampus providers, or parents in order to better meet students' needs.

If you have a medical power of attorney, you can upload it into your Student Health Portal

Please discuss with your family about accessibility and privacy



**FREE** Immediate Access to

#### **TELETHERAPY**

and crisis support

408-554-5220 uwill.com Experiencing a mental health crisis? Help is available 24/7

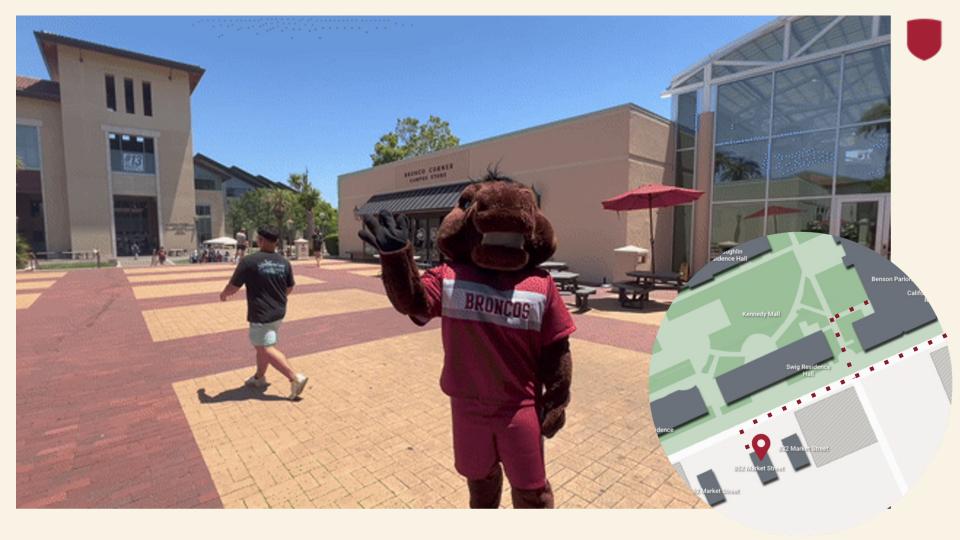


uwill.com

- Create a profile with Uwill using your SCU email address
- 2. Choose a therapist based on your preferences including issue, gender, language, ethnicity
- 3. Choose a time that fits your schedule with day, night and weekend availability

**Uwill**.





#### Meet the

#### **Wellness Center Staff**





COMING SOON
Director of the Wellness Center



JASON MUNOZ, MPH (he/him) Assistant Director for Substance Use & Recovery Programs



ASHLEIGH PEZZONI,
MPH (she/her)
Assistant Director for Student Survivor
Advocacy & Campus Support



DANIELLE de HAERNE (she/her)
Assistant Director for Violence
Prevention



#### Explore the

# **Eight Dimensions** of Well-Being

at scu.edu/8dimensions



















- As part of a Jesuit institution, we take a community of care approach.
  - Accountability + Compassion
- Evidence based practices for the prevention of:
  - interpersonal harm
  - relationship and dating violence
  - substance misuse
- Peer-led education: our primary modality for eliminating harm

Peer **Education** Prevention and Recovery **Programs** 

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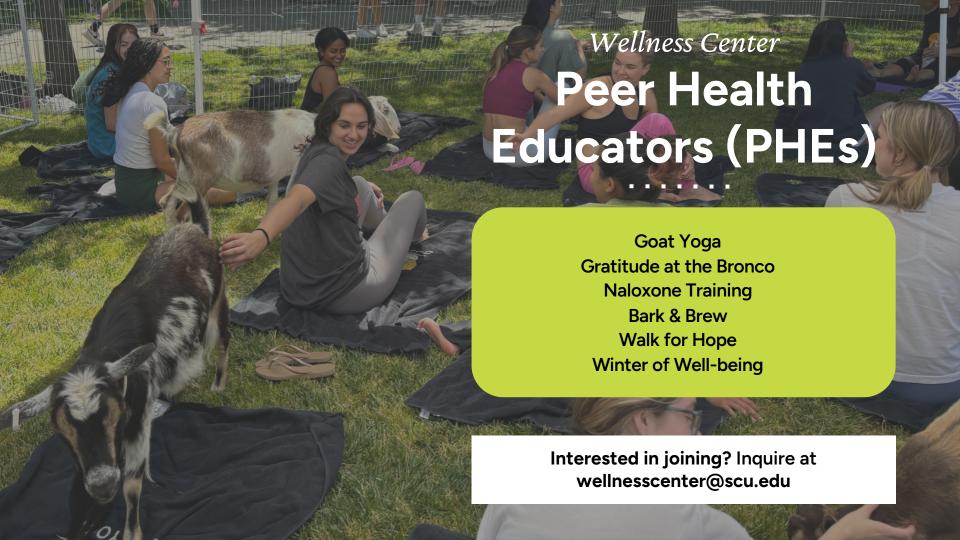
#### Wellness Center

# Violence Prevention Educators (VPEs)

Creates intentional programming and spaces to raise awareness around interpersonal violence and healthy relationships as well as providing tools for bystander intervention and encouraging a culture of accountability and care

Interested in joining? Inquire at wellnesscenter@scu.edu





### Wellness Coaching

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Students work collaboratively with a coach to explore strategies for achieving, maintaining, and revisiting goals over time

Common topics students receive support on are:

- Time management and procrastination
- Substance use moderation
- Navigating academic and extracurricular stressors
- Practicing communication skills
- Exploring what living a healthy life means to them

Advocacy is relational, confidential, and survivor-centered

- Safe and supportive space to process
- Emotional, physical, and technological safety planning
- Informed choice on rights, options and connection to resources
- Walking alongside throughout your journey

Healing Community Nights: Nourish relationships through artistic expression, community building circles and a shared meal.

# Confidential Student Survivor Advocacy

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#### Wellness Center

### Student Groups

#### **Healing Community Nights**

A drop-in healing space

- Student survivors can be in community with other survivors and allies
- No disclosure necessary
- Co-create a trusting space for the healing journey through artistic expression, community building circles and a shared meal

#### **Burnout Broncos**

provides a safe space and supportive community for students in recovery from substance use and addiction, as well as those who are "sobercurious".

#### One Night At a Time (ONAAT)

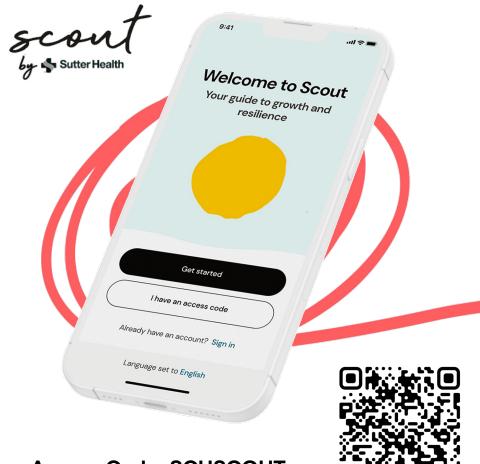
is our on-campus AA group for young people.

A personalized digital resiliency journey that helps you build resilience to better manage everyday mental health

For students and their families

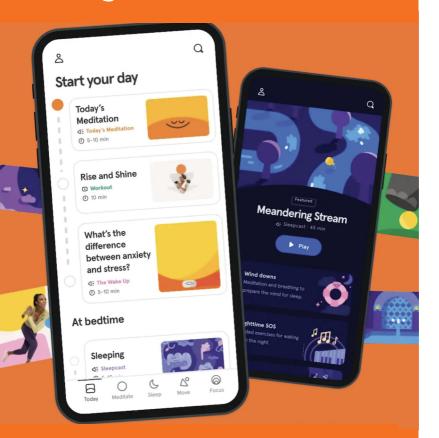
#### **Scout offers:**

- Express how you are feeling through drawing and writing with an option to share with others
- Library of evidence-based tools
- Trends, badges and streaks
- Quick access to support resources



**Access Code: SCUSCOUT** 

### The everyday app for feeling better at exam time





#### Headspace can help students to:

- Learn to stress less
- Focus more and decrease mind wandering
- Reduce strain and burnout
- Improve self-compassion
- Prepare for exams, presentations with custom exercises

Students can sign up for Headspace using their SCU email through uwill.com

#### **Get connected**



SCAN to add the SMS & CAPS contact



408-554-4501 cowellcenter@scu.edu

SCAN to add the Wellness Center contact



408-554-4409 wellnesscenter@scu.edu

**CAPS 24/7** 

(408) 554-5220

**Emergency Medical Services** 

(408) 554-4444 or 911



Add us on Instagram:

- @scuwellnesscenter
- @scuviolenceprevention
- @bewellbroncos



Questions?
Please fill out our form!

## Visit scu.edu/well-being

to get the support and resources you need to nourish your *well-being*