



Campus Community Health

UNIVERSITY OF CENTRAL MISSOURI

LEARNING TO A GREATER DEGREE

What We'll Cover

- The University Health Center
- The Counseling Center
- Health and Wellness Promotion
- Kahoot! Quiz
 - you'll need your phone!



UNIVERSITY OF CENTRAL MISSOURI®

LEARNING TO A GREATER DEGREE

At UCM:

- We strive to promote a healthy and safe environment.
- Most UCM students make healthy choices!



UNIVERSITY OF CENTRAL MISSOURI®

LEARNING TO A GREATER DEGREE

Kahoot!

- Go to kahoot.it
- Enter the **Game PIN**



UNIVERSITY OF CENTRAL MISSOURI®

LEARNING TO A GREATER DEGREE

University Health Center (UHC)

- All international students are required to have health insurance
 - Company that manages this is Relation: (800) 955-1991
- Come to the UHC first for your health care needs.
- Call first to make an appointment.
- We can help you with a minor sickness before it becomes a serious condition.



UNIVERSITY OF CENTRAL MISSOURI

LEARNING TO A GREATER DEGREE

University Health Center Services

- Wellness care (including treatment for colds, flu, minor cuts, infections, well woman exams)
- Contraception options
- HIV and STD testing and prevention
- Follow-up testing



UNIVERSITY OF CENTRAL MISSOURI

LEARNING TO A GREATER DEGREE

University Health Center Services

- Referrals to other doctors or clinics as needed
- Medication Clinic
 - prescription medications
 - over-the-counter medications
 - less expensive for students



UNIVERSITY OF CENTRAL MISSOURI®

LEARNING TO A GREATER DEGREE

UHC or Emergency Room (ER)?

UHC for routine needs:

- Colds, sore throats
- Mild fevers, mild headaches
- Breathing or stomach issues
- STD testing and prevention (including free condoms)

ER for very serious issues:

- Broken bones, major wounds, chest pain, severe burns, breathing difficulties, severe headaches
- The ER can be very expensive



UNIVERSITY OF CENTRAL MISSOURI

LEARNING TO A GREATER DEGREE

University Health Center Contact Info

- 600 S. College Street (south of the Union)
- Call to make an appointment: 660-543-4770
- uhc@ucmo.edu



UNIVERSITY OF CENTRAL MISSOURI®

LEARNING TO A GREATER DEGREE

The Counseling Center

- Free to visit, friendly counselors
- Enrolled students and their spouses can use the Counseling Center
- Why would you go to the Counseling Center?
 - To help cope with stress, anxiety, loneliness
 - Adjusting to life in the U.S., cultural concerns, being far away from family



UNIVERSITY OF CENTRAL MISSOURI

LEARNING TO A GREATER DEGREE

The Counseling Center - How it Works

- Call or go to the office to make your first appointment.
- First appointment: you will fill out some paperwork, and talk with a counselor to see how they can help.
- You and the counselor will make a plan together.
- You might meet with that counselor again, or they might suggest that you meet with an off-campus counselor.



UNIVERSITY OF CENTRAL MISSOURI®

LEARNING TO A GREATER DEGREE

Mental Fitness Workshops

Topics like:

- ✓ Healthy Relationships
- ✓ Stress Management
- ✓ Motivation
- ✓ Managing Anxiety
- ✓ Self Care

Free; in the Student Recreation and Wellness Center;
Fall and Spring semesters



UNIVERSITY OF CENTRAL MISSOURI

LEARNING TO A GREATER DEGREE

Counseling Center Contact Info

- Humphreys 131
- Phone: 660-543-4060
- ucmo.edu/cc



UNIVERSITY OF CENTRAL MISSOURI

LEARNING TO A GREATER DEGREE

Health and Wellness Promotion

- Variety of programs and services
- To help keep you safe and healthy at UCM
- We focus on education, engagement, and prevention
- Offices inside the UHC



UNIVERSITY OF CENTRAL MISSOURI®

LEARNING TO A GREATER DEGREE

Sexual Assault Prevention Program (online)

- What makes a healthy relationship
- Warning signs of unhealthy relationships and abuse
- Gender-based stereotypes and how they can hurt others
- Types of sexual harassment and stalking, and how to address these behaviors



UNIVERSITY OF CENTRAL MISSOURI

LEARNING TO A GREATER DEGREE

Sexual Assault Prevention Program (online)

- Understanding that consent is a normal, natural, and expected part of healthy communication
- How to support a survivor of abuse and/or assault
- How to help prevent a bad situation



UNIVERSITY OF CENTRAL MISSOURI

LEARNING TO A GREATER DEGREE

UCM Green Dot

- Official UCM program about preventing sexual assault, dating & domestic violence, and stalking
- Everyone can do something to make a safer community
- Free seminar and workshops
- Green Dot training attendees receive a certificate in Bystander Intervention



UNIVERSITY OF CENTRAL MISSOURI

LEARNING TO A GREATER DEGREE

UCM Green Dot: How to get involved

- Bystander Intervention Training
 - Recognize warning signs, and effectively intervene
 - Influence others to help prevent violence too
 - Receive a certificate in Bystander Intervention
 - Free food
 - Register at ucmo.edu/greendot
- Volunteer for a Green Dot program
- Request an overview for your student organization



UNIVERSITY OF CENTRAL MISSOURI

LEARNING TO A GREATER DEGREE

Friendship Families

- Especially for students here for only one semester
- Spend time with American families
- Limited number of spaces in the program
- Program starts this Fall
- Apply at ucmo.edu/friendshipfamilies



Applications are due August 18



UNIVERSITY OF CENTRAL MISSOURI

LEARNING TO A GREATER DEGREE

Off Campus Living

- Free classes about your rights and responsibilities as a renter
- On Warrensburg campus
- Scheduled for October 14, 15, 16
- Taught by UCM staff, local landlords, and City of Warrensburg staff
- ucmo.edu/offcampusliving



UNIVERSITY OF CENTRAL MISSOURI

LEARNING TO A GREATER DEGREE

Health and Wellness Contact Information

- Offices inside the UHC
- 660-543-8947
- ucmo.edu/hwp



UNIVERSITY OF CENTRAL MISSOURI®

LEARNING TO A GREATER DEGREE

Kahoot!

- Go to kahoot.it
- Enter the **Game PIN**



UNIVERSITY OF CENTRAL MISSOURI®

LEARNING TO A GREATER DEGREE

Questions?

