

CENTER
FOR Health &
Counseling Services
LEWIS UNIVERSITY

Immunization Compliance

Required health information needed before you begin your studies at Lewis University

Domestic Students

- ✓ Medical/Immunization History Form

International Students

- ✓ TB and Vaccination History for International Students

Failure to submit records by the semester deadline will result in a delay in registration for the next semester (**Health Services Hold**) and a late fee.

Records can be submitted via: Mail, Email, Fax, or In-person

Questions

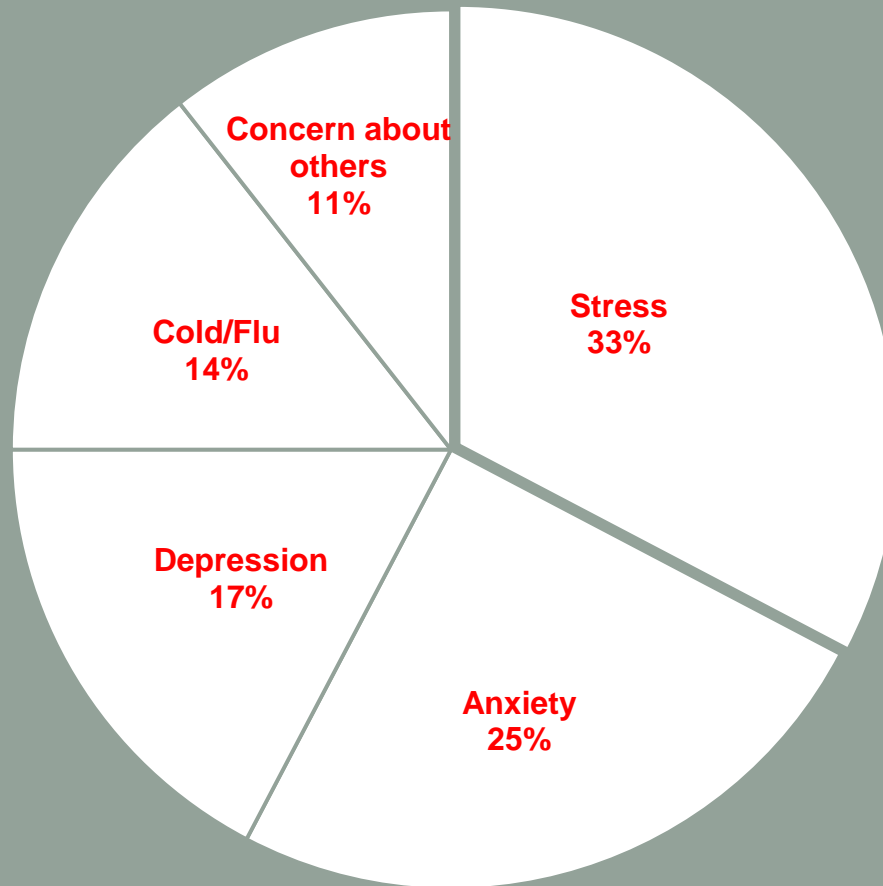
- Please visit our website, stop by or call the Center where a representative from Health Services is available to review this information and answer questions.



<http://www.lewisu.edu/studentservices/health/index.htm>

Student Wellness Impacts Academics

ACADEMIC IMPACT



College Presents Challenges

- managing independence/responsibility
- time management/priority management
- deciding what to do with one's life
- sorting values, politics, faith, worldview
- fitting in to a large, diverse group
- opportunities for drug and alcohol use and navigating relationships

Counseling Services

- Focused on short-term, skill building, strength based
 - ❖ Students with significant mental health concerns may be referred to the community
- Plus, evaluation and treatment of substance abuse concerns
- Crisis intervention

Student Satisfaction with Counseling

Clients Surveyed in 2017-18:

- 69% said, “My motivation to school has increased” as a result of counseling
- 71% said, “I was able to maintain or improve my academic performance” as a result of counseling
- 95% said, “I am better able to address the concerns that caused me to seek counseling.”



Counseling Services

Counseling Services

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Overview

Dedicated to assisting students with issues or concerns that may impact their academic success or quality of life, Counseling Services is staffed by mental health professionals. Issues and mental health concerns addressed by staff members may include relationships, depression, anxiety, transition to the University,

victimization, drug/alcohol abuse, loss, grief, stress, and poor self-concept. The following professional services are available at no charge to Lewis University Students:

- Short-term individual and group counseling
- Outreach programming
- Consultation
- Referrals to community resources
- Crisis intervention



Appointments

Non-emergency counseling assistance is provided through an appointment system. Call the Center at Ext. 5455 to schedule an appointment. When calling the Center, please state if the call represents an emergency counseling need. Appointments are not necessary for emergency Counseling Services.

Hours of Operation

Counseling Services during Fall and Spring Semesters

Monday- Friday 9:00 a.m. - 5:00 p.m.

Contact

Counseling Services can be reached at (615) 636-5455 during hours of operation.

Helpful Resources

[Alcohol Poisoning: Learn the signs and know what to do](#)

[Half of Us](#)

[2015 Campus Climate Survey Report](#)



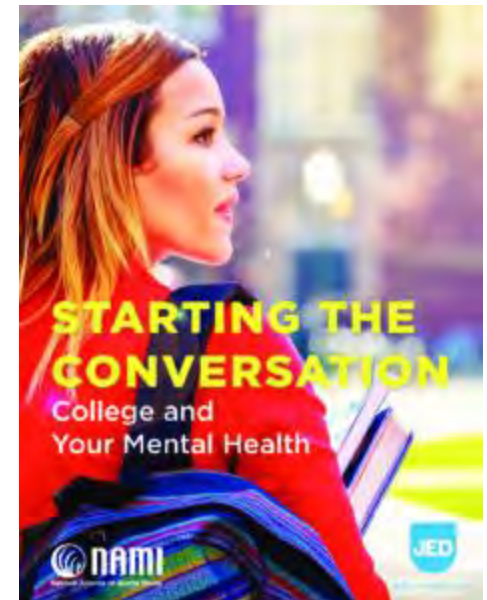
College and your mental health

You Still Play a Role

During the transition to college, parents and caregivers can play a crucial role in continuing to make a positive impact on their student's health and well-being.

- Alcohol
- Marijuana
- Relationships

Available on
Counseling webpage



Alcohol

- Drinking at college has become a ritual that students often see as an integral part of their higher education experience
- Associated with 50% of all sexual assaults on college campuses
- Public health issue that can negatively impact the intellectual and social lives of college students

Marijuana

- **Marijuana interferes with the very skills one needs to be successful at school.**
- Poor: concentration, short-term memory, knowledge acquisition, ability to organize thoughts, and judgment/decision-making.
- Cognitive impairments resulting from smoking marijuana can last up to at least 28 days after an individual last smoked the drug.
- Remember, the marijuana used these days is much stronger so the negative effects are much stronger (psychosis)

E-Check Up to Go

LEWIS UNIVERSITY

Search site

Go

About Us | Academics | Admission & Aid | Athletics | Student Life | Campuses

Counseling Services

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Alcohol & Other Drugs

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Sexual Assault

Mental Health Urgent
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Distressed Students

Personal Concerns

Program Request Form

e-CHECKUP TO GO for Alcohol & Marijuana

Alcohol e-CHECKUP TO GO and Marijuana e-CHECKUP TO GO are free interactive surveys that provide personalized feedback about a person's alcohol or marijuana use patterns. The survey, which takes about 15-30 minutes to complete, encourages the student to reflect on the following:

- Past and current usage
- The good and not-so-good aspects of use
- Lewis University norms and national college use patterns
- Specific health and personal consequences
- Unique personal and family risk factors
- Campus and community support and emergency services

Helpful Resources



**Complete
ASAP!**



Sexual Assault in the News on College Campuses

Exact numbers are hard to come by since many of these cases go unreported, but campus sexual assault has become an all-too-frequent news story

Survey: Sexual assault not investigated at 2 in 5 colleges

Federal government names 55 colleges facing sexual assault investigations



Sen. Claire McCaskill on her fight to end campus sexual assault

LU Cares

LU Cares



Report Sexual Misconduct

Report alcoholically and/or anonymously.



Title IX

Learn the basics about Title IX and how it impacts you.



Get Informed

Learn more about sexual assault, harassment, violence, and stalking.



What can you do?

Find out ways that you can help a friend and others in your community.



Reaching out for help

Identify resources on campus and in the community to help yourself or a friend.



Staff and Faculty

Learn what your role is as a responsible employee.



Parent Resources

The resources for parents.



Rights and Options

A brief summary for those that have experienced sexual harassment.



❑ TITLE IX

Learn about Title IX and student rights

❑ WHAT CAN YOU DO?

Learn how to be an active bystander and helpful friend

❑ STAFF AND FACULTY

Be informed of the responsibilities staff and faculty have in reporting sexual violence

❑ PARENTS

Resources for parents to learn more about these issues and be prepared to engage their student in thoughtful conversations

❑ GET INFORMED

Educate yourself on the Lewis University misconduct policy and learn more about assault and consent

❑ REACHING OUT FOR HELP

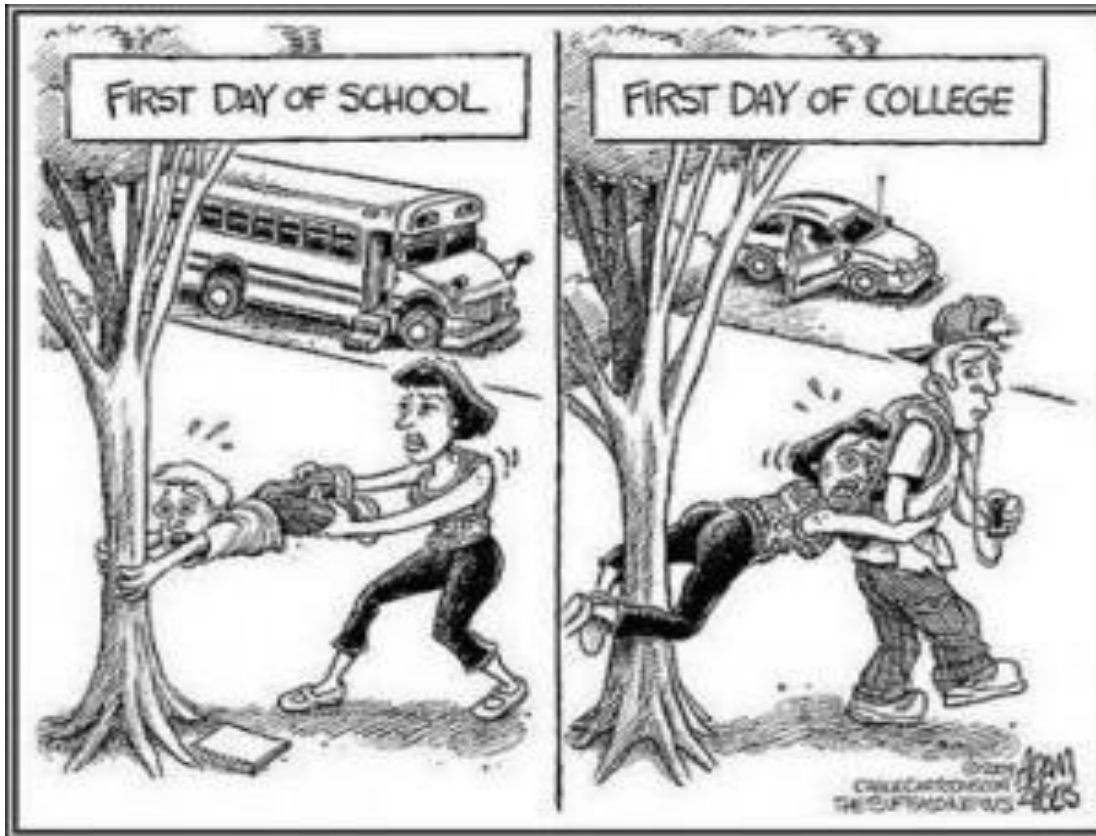
Identify reporting resources

Conversations About Consent

Would you like a cup of tea?

CONSENT

IT'S SIMPLE AS TEA



FLYER
WELLNESS

LEWIS UNIVERSITY

thank
you