SOAR 2021

Center for Health & Counseling Services
<table>
<thead>
<tr>
<th><strong>Health Services</strong></th>
<th><strong>Counseling Services</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Office Hours:</strong> M-F</td>
<td><strong>Office Hours:</strong> M-F</td>
</tr>
<tr>
<td>8:30am-4:30pm</td>
<td>8:30am-4:30pm</td>
</tr>
<tr>
<td><em>Physician Hours:</em> M &amp; Th</td>
<td>By appointment or walk-in</td>
</tr>
<tr>
<td>12:45pm-3:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>Immunization records &amp; updates</strong></td>
<td>Short-term individual counseling</td>
</tr>
<tr>
<td><strong>Treatment of minor illnesses/injuries</strong></td>
<td>Therapy and support groups</td>
</tr>
<tr>
<td><strong>Annual Flu vaccinations</strong></td>
<td>Walk-in; Urgent support</td>
</tr>
<tr>
<td><strong>General health information</strong></td>
<td>Consultation</td>
</tr>
<tr>
<td><strong>Outreach programming</strong></td>
<td>Outreach programming</td>
</tr>
<tr>
<td><strong>Prescription &amp; over-the-counter medications</strong></td>
<td>Information on various concerns &amp; referrals to outside professionals</td>
</tr>
</tbody>
</table>
Our Team

Mental Health Professionals

Jill Whitaker L.C.P.C. - Director
Tracy Takeda L.C.P.C. - Counselor & Clinical Supervisor
Enrique Silva L.C.P.C. - Counselor
Franky Rodriguez L.P.C. - Counselor
Jada Williams – Graduate Counseling Intern
Alice Amell – Graduate Counseling Intern

• Meet the Counseling Services Team
Navigating College

• Parents in key role to reduce stigma for help-seeking and to encourage student’s connection to campus and community resources.

3 Things Parents Need to Know about Mental Health and College
Immunization Records are due September 1st

- **COVID-19 Vaccine required**
  Students can report vaccination status, request an exemption and engage with university support by reporting their COVID-19 vaccination status through the Lewis U app. The tile on the app is titled, “COVID-19 Vaccination Status.” Students who are unable to access the app, can use this weblink for submission.

  [https://www.lewisu.edu/covid-19/vaccine-faq.htm](https://www.lewisu.edu/covid-19/vaccine-faq.htm)

- **Measles-Mumps-Rubella (MMR)**
  2 doses of MMR administered on/after your 1st birthday.

- **Diphtheria-Tetanus-Pertussis (DPT/DT/Td/Tdap)**
  Any combination of 3 or more doses. Must have proof of at least one dose received within 10 years prior to the term of current enrollment. *One dose MUST be Tdap.*

- **Meningococcal Conjugate Vaccine (MCV4)**
  All students 21 & younger must have at least one dose administered at age 16 or older.

**Deadline for Compliance: September 1st**
Students not in compliance by the deadline will have a Medical Hold placed until compliant. A non-refundable $50 late fee will be assessed if still not compliant by the 1st week of October.
What we offer

- Coping Skills
- Conflict Resolution
- Processing (Talking Things Through)
- Problem Solving
- Communication/People Skills
- Improving Self-Confidence
- Self-Regulation
- Frustration Tolerance
- Managing Test Anxiety
- Personal Insight

Individual Counseling
Group Experiences
Support
Consultations
Crisis Support
Substance Use Education
Prevention Education
Telehealth

Positive Outcomes
Connections to resources
Growth & Skill building
Focus on Whole Person Wellbeing

Benefits of Counseling

- Improved grades
- More patience
- Better communication
- More clear and firm boundaries
- Adaptive, healthy coping techniques
- Increased emotional awareness and strategies for regulating mood
- Personal insight and understanding of identity
- Interpersonal relationship skills
Find Us Online

COUNSELING SERVICES
- Counseling Services Overview
- Center For Health & Counseling Services Overview
- Scope Of Services
- Alcohol & Other Drugs
- Groups

COUNSELING SERVICES REQUEST FOR INFORMATION CALL
- Sexual Assault
- Mental Health Urgent Care
- Resources
- Distressed Students/Patients
- Personal Concerns
- Program Request Form
- LU Cares

COUNSELING SERVICES REQUEST FOR INFORMATION CALL
In the case of a life-threatening emergency, call University Police at Ext. 5911.

REQUEST FOR INFORMATION CALL
- First Name:
- Last Name:
- Student ID:
- Date of Birth: (MM/DD/YYYY)
- Phone:

Make an Appointment
Find Us On Campus

Mother Teresa Hall
Welcome & Thank you!

Wishing you and your student wellness and a successful transition to Lewis University. Please reach out to the Center for more information or support.

815-836-5455

https://lewisu.edu/studentservices/health/index.htm