

Student Health Services - Division of Student Affairs

SUPPORTING OUR STUDENTS THROUGH MIND, BODY & SPIRIT

2017-2018

California State University, Long Beach

- 25,709 Visits to SHS
- 9,025 Unique Students Seen
- 7,396 Students seen as same day patients
- 5,296 Primary care visits
- 9, 531 Prescriptions filled
- 8,149 OTC medications purchased

SHS HIGHLIGHTS & SUCCESSES IN 2017-2018

- Conducted 97 presentations for 1,486 new and returning students.
- Received full reaccreditation for three years from the American Assoc. of Ambulatory Health Care (AAAHC).
- Major facility improvements include enlarged examination rooms in compliance with ADA requirements and emphasis on improved student experience and welcoming environment.
- Increased participation to 15.7% in the 2018 National College Health Assessment (NCHA) survey from 13.2% in 2016.
- Body Positive at The Beach program presented at American College Health Association national meeting in Washington, DC.

OFFICE OF WELLNESS & HEALTH PROMOTION

- 1,502 students attended I all program & service appointments
- 646 attended workshops & Acupuncture Clinic
- 11,646 condoms were I distributed
- 8 Peer Educators and 33 Wellness Warriors
- 13,972 students I received health info at outreach events
- 16,700 Lab tests conducted
- 290 Sports Medicine Visits
- 353 Psychiatry visits
- 2,597 Immunization visits
- 439 Nursing consults
- 4,108 Women's health visits
- 892 Gynecology visits

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Vision Statement

We are distinguished by professional excellence and collaboration in wellness services that are student-centered, respectful and accessible.

SHS Mission

The mission of Student Health Services is to support academic excellence by promoting physical and mental well-being, through affordable quality health services and education. Utilizing a team of dedicated professionals, we provide sensitive, confidential healthcare services to a diverse campus community.

Introducing the Office of Wellness and Health Promotion

Greetings!

After several years in the roles of Chief of Medical Staff and Associate Director respectively, we accepted new roles as Interim Co-Directors of Student Health Services in October 2018. We are proud to share with you our accomplishments from 2017-18 as well as our plans for the current academic year and beyond.

After many months of planning and preparations, we began the long-awaited renovations of the health center in April 2018. To date, we modernized the examination rooms and patient waiting areas on the second floor, giving us a more up-to-date look and bringing our center into full ADA compliance. We have also consolidated our Behavioral Health Services, consisting of our Psychiatrist, Case Managers, ATOD/Violence Prevention and Sexual Misconduct Counselor, and Sexual Assault Advocate. The first floor patient care area is now the exclusive home for this team, allowing for improved collaboration and greater patient privacy. Renovations are still in progress for our triage department, which allows students to be seen on a walk-in basis for minor complaints. An internal study done in early 2018 showed that 92% of students seen via triage were able to complete their visit and get their medical needs met in under one hour!

We are pleased to announce that beginning in spring 2019, we will be offering continuation of gender affirming hormonal therapy for transgender students. Individuals who have initiated hormonal therapy with another provider will be able to receive ongoing hormonal therapy at Student Health Services. In the future, we plan to expand our services to include initiation of hormonal therapy as well. We are grateful to the campus partners who assisted us with this endeavor, including providers from Counseling and Psychological Services and faculty from the Department of Gender and Sexuality Studies.

Thank you for taking the time to review our accomplishments from 2017-18. We hope to see you soon at the newly updated Student Health Services!

Kimberly Fodran, MD
Angela Girard, RN
Co-Directors, SHS

Top 5 Impacts on Academic Performance in the Last 12 Months CSULB 2018

- Depression (19%)
- Work (21%)
- Sleep Difficulties (23%)
- Anxiety (26%)
- Stress (38%)

Meeting students' needs ongoing feedback:

We continue to solicit student feedback in an effort to improve our services and provide the best care possible. Our 2018 Patient Satisfaction Survey data indicated that 100% of respondents would use our services again, and recommend Student Health Services to others. We also encourage students to offer comments and suggestions via our website, email, or in-person comment cards available throughout our center.

FACILITY RENOVATIONS began in April 2018; improvements will include enlarging examination rooms and bringing them into compliance with ADA requirements, and improving the student experience with an updated, welcoming environment. The first phase of renovations will be completed in the early part of the fall semester, with additional improvements to be scheduled during the winter break and early part of the Spring 2019 semester.

MIND & BODY WELLNESS PROGRAMS:

Our Health Education department, formerly known as the Health Resource Center, has a new name!

As of January 2019, we are now the Office of Wellness and Health Promotion.

Have you tried any of our free Mind & Body Wellness Programs? We offer the following services on campus:

- **BODY POSITIVE** - This 8 week series teaches people how to overcome conflicts with their bodies so they can lead happier, more productive lives. We are dedicated to inspiring youth and adults to value their health, unique beauty, and identity so they can use their vital resources of time, energy, and intellect to make positive changes in their own lives and in the world.
- **KORU MINDFULNESS** - A 4 week series aimed at college students and emerging adults. Small groups of students led by a trained staff facilitator meet once a week for 75 minutes and are instructed in mindfulness skills and mediation practices.
- **YOGA FOR HEALING** - An 8 week series for survivors of sexual assault and domestic violence, this program uses gentle yoga, discussion and selected activities to support students in their holistic healing journey.
- **ACUPUNCTURE** - Our weekly group acupuncture sessions for smoking cessation and stress management continue to be a popular service at SHS. Even students who are afraid of needles come away feeling more relaxed!