

CENTER  
FOR Health &  
Counseling Services  
LEWIS UNIVERSITY

# Immunization Compliance

Failure to submit records by the semester deadline will result in a **Health Services Hold** on future registration and a non-refundable \$50 late fee.

The Hold prevents adding, dropping or any future class registration until 100% compliance is met.

## **Domestic Students**

- ✓ **Immunization History Form**

## **International Students**

- ✓ **TB and Immunization History for International Students**

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.

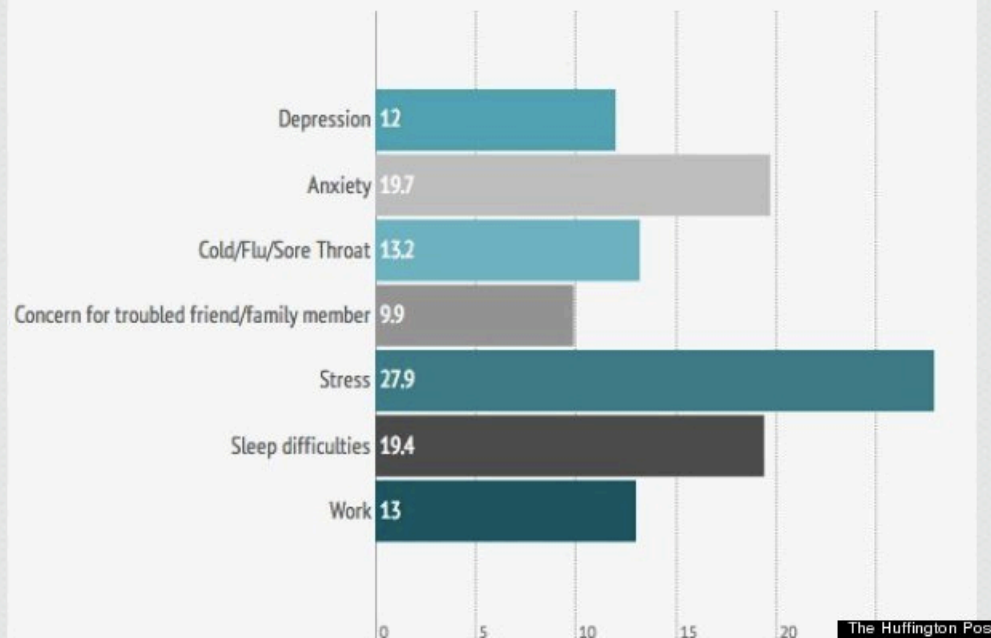


# Counseling Services

## MENTAL HEALTH CONCERNS AMONG COLLEGE STUDENTS

ACCORDING TO THE FALL 2013 AMERICAN COLLEGE HEALTH ASSOCIATION NATIONAL  
COLLEGE HEALTH ASSESSMENT SURVEY

The Percentage Of Students Reporting These Factors As Impacting  
Their Academic Success



# 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

- 69% of clients surveyed in 2016-17 said, “My motivation to school has increased” as a result of counseling
- 73% of clients surveyed in 2016-17 said, “I was able to maintain or improve my academic performance” as a result of counseling



## Counseling Services

### Counseling Services Overview

[Center for Health & Counseling Services Overview](#)

[Alcohol & Other Drugs](#)

[Groups](#)

[Sexual Assault](#)

[Mental Health Urgent Care](#)

[Resources](#)

[Distressed Students](#)

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[Program Request Form](#)

### 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 (815) 836-5455 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

# 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

> Current Students > Faculty > Visitors > Parents > Alumni > Support LU Request Info | Blackboard | myLewis Quicklinks +

LEWIS UNIVERSITY

Search site

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## Counseling Services

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Overview

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### 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**



Students have protested the lack of attention to sexual attacks / CBS NEWS

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

# LU Cares

## LU Cares



<b>Report Sexual Misconduct</b> ▶ <small>Report sexually-related emergencies.</small>	<b>Title IX</b> ▶ <small>Learn the basics about Title IX and how it impacts you.</small>
<b>Get Informed</b> ▶ <small>Learn more about sexual assault, harassment, violence, and stalking.</small>	<b>What can you do?</b> ▶ <small>Find out ways that you can help a friend and address in your community.</small>
<b>Reaching out for help</b> ▶ <small>Identify resources on campus and in the community to help yourself or a friend.</small>	<b>Staff and Faculty</b> ▶ <small>Learn what your role is as a responsible employee.</small>
<b>Parent Resources</b> ▶ <small>Online resources for parents.</small>	<b>Rights and Options</b> ▶ <small>A brief summary for those that have experienced sexual harassment.</small>

### ❑ **TITLE IX**

Learn about Title IX and your 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 your reporting resources

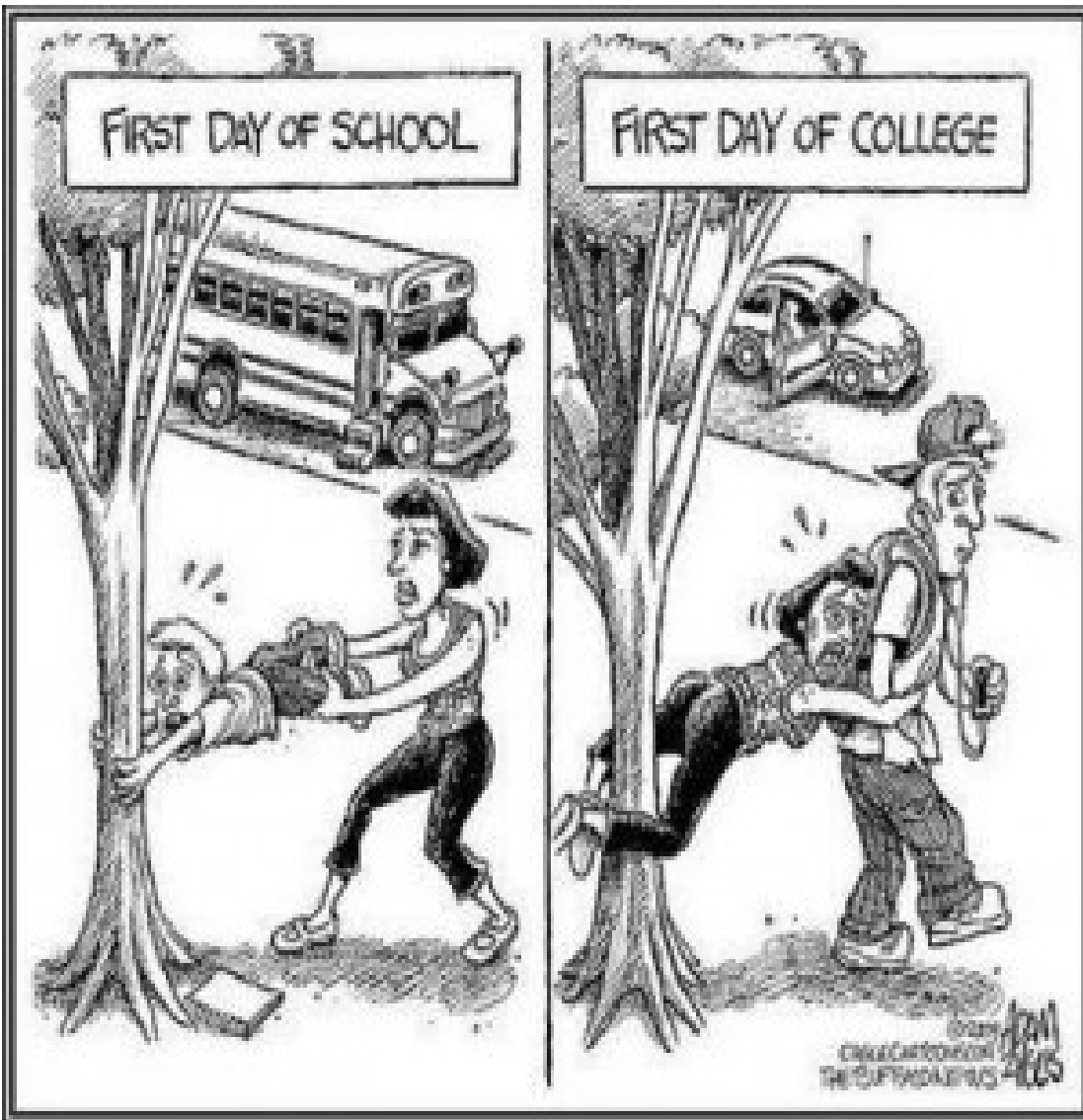
# Conversations About Consent

Would you like a cup of tea?

CONSENT  
IT'S SIMPLE AS TEA

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FLYER  
WELLNESS  
LEWIS UNIVERSITY

thank  
you