Parents/Family in Transition 2018
MSU recommends several vaccines for incoming students.

Can you name 3 of them?
MSU recommends several vaccines for incoming students. Name 3 of them.

Answer:

Hepatitis B
Hepatitis A*
Meningococcus
Influenza
Pneumocococcus*

Varicella (Chickenpox)
HPV (Human Papilloma Virus)
Tdap (Tetanus/ Diphtheria/Pertussus)
MMR (Measles/Mumps/Rubella)

*for those with certain health conditions.

Most immunizations are available by appointment through MSU Student Health Services.
North Campus
Neighborhood Clinics

**East** - 127 S. Hubbard Hall
(Hubbard, Akers, Holmes)

**Brody** - 148 Brody Hall
(Armstrong, Bailey, Bryan, Butterfield, Emmons, Rather)

**South** - G17 Holden Hall
(Case, Holden, Wilson, Wonders)

**River Trail** – W9 McDonel Hall
(McDonel, Shaw, Van Hoosen, Owen)

The Neighborhood Clinics are available by appointment for minor injuries, illness, and preventive services.
Courtesy Van

Available to transport patients to and from Student Health Services at Olin
Medical Clinics

- Allergy & Immunization
- Primary Care
- Sports Medicine
- Women’s Health
Additional Services at Olin

- Laboratory
- Pharmacy
- Physical Therapy
- Radiology (X-ray)
- Reiki, Reflexology, & Massage
Health Promotion Services

- SPARTANfit Programs
  - Wellness Coaching
  - Fitness Assessment
  - IMSPARTANfit

- Nutrition Services
  - Body Image & Weight concerns
  - Eating & Nutrition concerns

- Sexual Wellness
  - Healthy Relationships, HIV Testing, Contraception, Education
Health Promotion Services

• Alcohol, Tobacco, & other Drugs
  • MSU’s Collegiate Recovery Community (CRC) Program
  • Recovery Housing at Mason/Abbot
    • Must apply online for CRC first.
    • [https://olin.msu.edu/recovery](https://olin.msu.edu/recovery)

• Student Involvement and Support
  • Traveler’s Club
  • MSU Student Food Bank
Prepaid Clinic Visits

Three medical office visits each year

Patient is billed for fourth and subsequent visits as well as services* not included in office visit.

*Lab, X-ray, procedures, medical equipment, etc.
Billing & Insurance

Patient responsibility to know what is and is not covered by their insurance plan.

We participate with:
- Traditional BCBS, BCN, MSU Student Insurance (BCN)
- McLaren, Aetna PPO
- McLaren Medicaid, BC Complete

Out of Network for other HMO’s and PPO’s
Health Insurance for Students

- Make sure your student has a copy of his/her Medical and Prescription insurance cards
- MSU Benefits office for BCN Student Health Insurance: [https://www.hr.msu.edu/students.html](https://www.hr.msu.edu/students.html)
Local After-Hours Care Options
Available 24/7

• Olin Phone Information Nurse  (517) 353.5557

• Lansing Urgent Care
  (24/7 on Clippert St.)

• Sparrow Hospital Emergency
  (Lansing, Michigan Ave.)
Student Health Services Hours

Fall & Spring Semester Hours*

Olin Building: Mon-Fri 8 am – 6 pm, Sat 10 am – 1 pm

*Hours vary for Neighborhoods, Pharmacy, Health Promotion

Summer & Break Hours

Monday - Friday:

Olin Health Center – 8 am – 5 pm
Health Promotion – 8 am – 5 pm
Neighborhood Clinics – closed

https://olin.msu.edu
MSU Counseling & Psychiatric Services (CAPS)

Parents/Family in Transition 2018
Counseling & Psychiatry

Primary Services:

- Time-limited Individual Counseling
- Group Counseling
- Wellness Workshops, seminars, consultations, referrals
- Psychological and Needs Assessments & Off Campus referrals
- Psychiatric consultation and care
  - First 3 lifetime psychiatry visits are at no charge.

*Services are Confidential*
Counseling & Psychiatry

**Primary Services:**

- Substance Abuse Assessment and Services
- Multicultural Counseling and Services
- Suicide Awareness & Prevention Education
- My SSP talk or text with a counselor 24/7/365

- Have your student download ‘My SSP’ from the App Store or Google Play

*Services are Confidential*
University Roles:

- Integrated Counseling, Primary Care, and Psychiatry
- Faculty/Staff Consultation
- Outreach Services in the Neighborhoods
- Liaison with Residence Life and Colleges
- Behavioral Threat Assessment Team
- Behavioral Intervention Team

*Services are Confidential*
Counseling & Psychiatric Services

Hours:
Monday – Thursday: 8 am – 6 pm
Friday: 8 am – 5 pm

517-355-8270
463 E. Circle Drive at Olin Health Center
MSU Union (Coming Fall 2018)
caps.msu.edu
Michigan State University
Police Department

Parent/Family Orientation Program
About the MSU Police

• Licensed through the State of Michigan

• Responsible for responding to crimes and calls for service on all property owned by MSU

• 24/7 police response on campus

• We believe in community policing as the basis for our actions

Over 85 sworn law enforcement officers
Reflecting the Community We Serve

- All officers have a minimum of a Bachelor’s Degree

- Some officers have furthered their education by receiving advance degrees while employed at MSU Police Department

*We have lived the college experience and faced the rewards and frustrations of life as a college student.*
Transparency & Accountability

Body Worn Cameras
- All patrol officers trained and equipped
- All official law enforcement duties are to be recorded

Comprehensive training
- Inclusion and Anti-Bias Unit
- Trauma informed and victim-centered approach to sexual assault investigations
- Verbal de-escalation

Decision making based on the use of force continuum

Police Oversight Committee
Community Policing

Community policing focus which works with the MSU community to facilitate a safe environment

Seven neighborhood offices throughout campus
MSU Police Department

Parent/Family Orientation
We are a Resource

- MSU Police safety presentations for groups
- Response for calls for service
- Special Victims Unit
- Behavioral Threat Assessment Unit
Property Safety on Campus

- Locking Securely
  - Cable secured through U-Lock and wheels
  - Replace quick release with locking skewers for added security

- Removing the Front Wheel
  - U-Lock secured through rack and bike frame through rear wheel and wheels

Who’s watching it ...when you’re not?

Protect Yourself Online
Personal Safety on Campus

Common Sense Approach
- Be aware of surroundings
- Walk in well-lit areas if possible
- Walk with others when possible

Reporting a crime or suspicious activity
- Call 911 for emergencies
- Non-emergencies, call 517-355-2221
- Report anonymously:
  - on our website
  - on our ‘Submit Tips’ tab on Facebook
  - or by texting MSUPD to CRIMES (274637)
MSU Alert

Responsible for issuing emergency notifications
- Weather emergencies
- Ongoing dangerous situations
- Threats to campus

*NIXLE Channel:*
*Text MSUALERT to 888777*
Parking Services: Vehicles, Bikes & Mopeds

Parking on campus
- Must be at least a second year freshman with 20+ completed credits to park a vehicle on campus

Registration
- Bikes: It’s required and FREE
- Mopeds: Required, $50 (valid for a year)
  - https://permits.police.msu.edu

Mopeds: New Fall 2018
- Mopeds no longer allowed to park at the bike racks
- Mopeds must be registered and parked in designated moped parking areas
  - http://police.msu.edu/mopeds
Contacting the MSU Police

Emergencies: 911
Non-emergencies: 517.355.2221
http://police.msu.edu/

Community Team Policing Offices
- Main Library
- Brody Hall
- MSU Union
- Spartan Village
- Wilson Hall
- Holmes Hall
- Shaw Ramp

Social Media @msupolice
Parents/Family in Transition 2018
The State of Spartan Health

MSU surveys show that students **turn to parents first** when looking for information on being ill.

*Action:* Be available, be informed and learn to refer.

Being ill with a **cold or the flu** is one of the main reasons students miss class – **48%*** report having had a cold or flu.

*Action:* Wash your hands, cover your cough!

*(NCHA) National College Health Assessment, 2018*
The State of Spartan Health

47%* of MSU students experienced sleep difficulties in the past year, and 18% reported that those difficulties seriously impacted their academic performance.

**Action:** Help your student to recognize the importance of getting enough sleep daily.

68%* of MSU students said they experienced stress last year and 29%* report that stress seriously affected their academic performance.

**Action:** Encourage regular activities that counter stress for the student (i.e. listening to music, exercise, talking to family & friends, prayer, SLEEP, etc.)
The State of Spartan Health

Most MSU students (67%*) report being at or slightly under weight, and 48%* overall report trying to lose weight.

*Action:* Recognize that body image is really a matter of perception. Restricted eating to control one’s weight can lead to more serious eating problems.

Most MSU students (67%*) report exercising three or more days per week to improve cardiovascular fitness.

*Action:* At MSU there is plenty to do to stay active: walk, ride, run, use IM sports and facilities. The SPARTANfit program can provide support and guidance.

*NCHA 2018*
67%* of MSU students drink 0 – 4 drinks (alcohol) when they party, with about half of students limiting themselves to one or two drinks. 29%* of MSU undergraduates report not having drank alcohol in the past 30 days. Most MSU students are not high-risk drinkers.

*Action*: Affirm moderate use and use of protective behaviors, i.e. eat before and during, use a designated driver, avoid drinking games, etc.

92%* of MSU students report not having smoked cigarettes in the past 30 days. 79%* report never having used cigarettes and only 2%* reported smoking daily. 87% of MSU students report not using e-cigarettes in the past month.

*Action*: Validate that smoking is not the norm at MSU. MSU is a tobacco-free campus.

*NCHA 2018*
MSU Counseling & Psychiatric Services (CAPS)

Parents/Family in Transition 2018
COUNSELING

Top Eight Areas of Concern

1. Depression
2. Anxiety
3. Academic issues
4. Relationship concerns
5. Traumatic experiences
6. Substance abuse (alcohol and other drugs)
7. Eating concerns (anorexia, bulimia)
8. Racial and acculturation issues
Definition of Transition:

“Moving away from previous sources of structure, affiliation, and identity toward the new sources of structure, affiliation, and identity of the next life stage.”