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
- Pneumococcus*
- 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.
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 reason students miss class – 48%* report having had a cold or flu.

*Action:* Wash your hands, get a flu shot, 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.)

*NCHA 2018*
Health Promotion Services

- SPARTANfit Programming
- Nutrition Services & Programming
- Sexual Wellness Programming
- Alcohol, Tobacco, & other Drugs Programming
  - MSU’s Collegiate Recovery Community (CRC) Program
  - Recovery Housing at Mason/Abbot
    - Must apply online for CRC first.
    - https://olin.msu.edu/recovery
- Student Involvement and Support
North Campus
Neighborhood Clinics

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)

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

The Neighborhood Clinics are available by appointment for minor injuries, illness, and preventive services.
Clinical Services at Olin

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

- Laboratory
- Pharmacy
- Physical Therapy
- Radiology (X-ray)
- Reiki, Reflexology, & Massage
Prepaid 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, Priority Health
- McLaren, Aetna PPO, McLaren Medicaid, BC Complete

Out of Network for most other HMO’s and PPO’s
- 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
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
@HealthySpartans
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.”
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
Counseling & Psychiatry Services

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:

- Multicultural Counseling and Services
- Suicide Awareness & Prevention Education
- Substance Abuse Assessment and Services

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

We have lived the college experience and faced the rewards and frustrations of life as a college student.
Community Policing

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

Seven neighborhood offices throughout campus
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**
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
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)
Property Safety on Campus

Locking Securely

- Cable secured through U-Lock and wheels
- U-Lock secured through rack, front wheel, and bike frame

Remove quick release with locking skewers for added security.

Removing the Front Wheel

- U-Lock secured through rack and bike frame through rear triangle and wheels

PROTECT YOURSELF ONLINE

Who’s watching it ...when you’re not?
MSU Alert

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

NIXLE Channel:
Text MSUALERT to 888777
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