Health and Counseling Center
Overview Presentation
Our Mission

• Provide exceptional, inclusive, integrated health care
• Promote student success and wellness through education, advocacy and outreach to the University of Denver community
• Strive to provide culturally humility in clinical services, medical treatment, outreach programming, advocacy and training opportunities, and recovery supports
Our Structure

- Medical Services
- Counseling Services
- Center for Advocacy, Prevention & Empowerment (CAPE)
- Health Promotion
- Collegiate Recovery Community (CRC)
- Administration & Finance
Questions and Come Visit Us

RITCHIE CENTER
Located on the North side, 3rd Floor
Medical Services
Counseling Services

ASBURY
Located on the corner of University & Asbury
Health Promotion
CAPE (Center for Advocacy, Prevention, and Empowerment)
Gender Violence Services & Advocacy

CRC
Located at 1931 S. York Street
Collegiate Recovery Community

CONTACT
303-871-2205
info@hcc.du.edu
www.du.edu/hcc

@ThriveatDU

HOURS
Monday & Friday: 8am – 5pm
Tuesdays: 9am – 5pm
Wednesday & Thursday:
HCC Asbury: 8am – 5pm
HCC Ritchie: 8am – 7pm
Saturdays & Sundays: Closed

*Care consultation available when HCC is closed
Medical Services

- Comprehensive/Integrated primary care
- Same-day appointments/nurse triage
- Specialists: Dermatology and Nutritionist
- Diagnostic tests/Laboratory
- Travel Health consultation
- Sexual and Reproductive Health
- Immunizations
- BHC, After-hours care
- Trauma informed
When the HCC is Closed

Call the HCC to speak with an on-call medical provider or on-call counselor.

303-871-2205

Additional Options:
Urgent care or Emergency room

Care Now Urgent Care
1405 E Evans Ave Denver, CO 80210
720-449-8050

Porter Adventist Hospital
2555 S Downing St Ste 140
Denver, CO 80210
303-765-6380
Counseling Services

- Individual, Couples, Group Counseling
- Psychiatric evaluation and medications
- Psychological testing
- Stress, Depression, Anxiety
- Drug or alcohol abuse
- Crisis intervention
- Outreach and workshops
My Student Support Program (SSP)

- Free, 24/7 confidential support specifically for students
- Not just a crisis line! My SSP can help with any day-to-day concerns
- Access to clinical advisors that can speak your preferred language
- Immediate support available through CHAT and PHONE through the free My SSP app!
- On-going support available by appointment 1-866-743-7732
- Website: us.myissp.com
Collegiate Recovery Community (CRC)

THE COLLEGIATE RECOVERY COMMUNITY:
We are a welcoming community where you can meet other students, find sobriety-friendly social events, attend support meetings, receive guidance from professional staff and find referrals for other resources on and off campus.

BENEFITS:
- Community lounge, study and social network
- Alcohol and Drug free social events
- Sober housing option
- Support meetings
- Peer mentoring and orientation programs
- Educational seminars and events

Questions?
Waltrina DeFrantz-Dufor, PhD
Director, Collegiate Recovery Community
Waltrina.DeFrantz-Dufor@du.edu
du.edu/crc
recovery@du.edu
303.871.3423

COMMUNITY    SOBRIETY    RECOVERY
CAPE
Center for Advocacy, Prevention, & Empowerment

• Supports survivor healing by providing advocacy and support to survivors of sexual assault, relationship violence, stalking, and sexual harassment
• Free
• Confidential
Health Promotion

**Vision:**
Every member of the DU community will have the opportunity to learn, connect, and thrive in a supportive campus community.

**Mission:**
Health Promotion cultivates a thriving DU community through education, engagement, and sociocultural change.

**Values:**
Health Promotion strives to embody the University’s values of Excellence, Innovation, Engagement, Integrity, and Inclusiveness.

- Focus areas:
  - Alcohol and other drugs
  - Mental health
  - Gender violence prevention
  - Sexual health

- Educational workshops and outreach
- Peer education
- Campus-wide events
- Late-night, substance-free activities
- Well-being information and resources
NEW STUDENT TRAINING CHECKLIST:

- Take online, pre-orientation modules before coming to campus.
- Attend the alcohol and consent session at Orientation
- Complete "Intervene: DU" active bystander training before February 10, 2020

Learn more at: DU.edu/THRIVE
Health & Counseling Center | Ritchie Center & Asbury Location | 303.871.2205 | www.du.edu/hcc
Available on the Parent & Family Engagement website under Publications and Webinars
Early Identification of Common Mental Health Concerns

Mental health concerns are common among college students. Taking steps to address them early can help students achieve academic success and have a more positive college experience.

- 1 in 4 college students have a diagnosable mental health issue
- 80% feel overwhelmed by their responsibilities
- 50% have felt so anxious they struggled in school
- 1 in 5 women, 1 in 17 men, and 1 in 2 transgender students experience sexual assault

Important Contact Information for any Mental Health Concern:

University of Denver Health and Counseling Center:
303-871-2205, du.edu/hcc

University of Denver Center for Advocacy, Prevention, and Empowerment:
303-871-7841, du.edu/CAPE

National Suicide Prevention Lifeline:
800-273-TALK (8255), suicidepreventionlifeline.org

Colorado Crisis Services:
844-493-TALK (8225), coloradocrisisservices.org

The non-sexual assault statistics were taken from a NAMI college student report on mental health (National Alliance on Mental Illness)

The sexual assault statistics were taken from the National Sexual Violence Resource Center

This brochure was developed in part under grant number 1U79MV062509-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Available on the Parent & Family Engagement website under Publications and Webinars
To schedule an appointment please visit: du.edu/hcc
MyHealth is your online link to the DU Health & Counseling Center. Once inside this secure website you can make appointments, email your providers, check lab results, and review your HCC billing statements.

Please login using your PioneerWeb username and password to access your MyHealth account.

Username: [ ]
Password: [ ]

Log in using:
Username: DU ID Number
Password: PioneerWeb Password

Please login using your university-assigned (PioneerWeb) username and password.
After selecting your coverage type you will be prompted to answer additional questions specific to the type of appointment you are trying to schedule.

If you are having any problems please call us at, 303-871-2205

If all this information is correct for your appointment
Please select “Schedule” to receive a confirmation

You must complete a clinical questionnaire prior to your appointment.
This questionnaire provides your healthcare provider with important details pertinent to your health status. Please fill out the form as best as possible at this time.

Please fill out the questionnaire at this time.
Insurance

• You are **required** to have health insurance
• You can purchase your own insurance or buy Student Health Insurance Plan (SHIP) with United Healthcare, please call the HCC for enrollment information, 303-871-2205
• The HCC is the **primary care provider** for the plan
• All **referrals** are required to be issued from a HCC provider, medical or counseling
• Covers students all over the US and for Study Abroad
**STUDENT HEALTH INSURANCE PLAN (SHIP) PLATINUM PLAN THROUGH UHCSR**

<table>
<thead>
<tr>
<th>Plan Premium</th>
<th>$3150</th>
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<tbody>
<tr>
<td>Deductible</td>
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<tr>
<td>Co-insurance</td>
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<tr>
<td>Out-of-Pocket Max</td>
<td>$1500</td>
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www.uhcsr.com/du

**QUARTER (RESIDENT) STUDENTS**

<table>
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<tr>
<th>QUARTER</th>
<th>COVERAGE PERIOD</th>
<th>WAIVER DEADLINE</th>
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<tbody>
<tr>
<td><strong>Fall</strong></td>
<td>09/01/2019 - 03/29/2020</td>
<td>09/27/2019</td>
</tr>
<tr>
<td><strong>Spring</strong></td>
<td>03/30/2020 - 08/31/2020</td>
<td>04/17/2020</td>
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Health & Counseling Fee (HCF)

Auto Assessed each quarter if enrolled in 6 or more credits

- Helps decrease medical care and counseling costs at the HCC
- Required for all undergraduates
- Graduate students may waive the HCF
- $200 per quarter or $300 per semester

COST-EFFECTIVE
Coverage is $200 per quarter ($300 per semester)

CONVENIENT
With the HCF and SHIP, students will have minimal out of pocket costs

SIMPLE
Students can schedule online or over the phone for medical or counseling appointments
2019-2020 DENTAL INSURANCE THROUGH DELTA DENTAL

The annual premium is $405.12/$33.76 monthly

- You can **only** enroll in the Fall term of each year
- The coverage is only available for students

**Benefits:**

- 100% coverage for most preventative and diagnostic services
- 2 cleanings each coverage year
- 50% coverage for most basic services

- The HCC confirms all eligibility and enrollment. Delta Dental will process all payments.

- Enrollment for 2019-20 is **OPEN**.
  - If you would like to enroll in the Delta Dental plan, we must receive the completed enrollment form prior to the Deadline Date.
  - By fax, email, in person, and by mail are all acceptable ways to submit your enrollment form.
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