

Overview:

The Health and Wellness Services is committed to helping Fort Hays State University students, faculty and staff be successful in their personal development by providing:

Counseling:

- Personal Counseling
- Academic Counseling
- Drug and Alcohol Counseling
- Chemical Dependency Evaluations
- Alcohol Information Seminars
- Disability Accommodations
- Learning Disability Testing
- National Testing Services
- Prometric Testing
- Crisis Support
- Outreach Services on a Range of Mental Health Topics

Medical:

- Treatment of minor illness and injuries
- Women's health services, including pap smears, contraceptive counseling and general health consultations
- Medication management for mild to moderate anxiety and depression
- Physical examinations
- Administration of routine vaccines, allergy injections and medications
- Confidential testing and treatment of sexually transmitted infections
- Over the counter medications
- Presentations and outreach clinics at other locations on campus

Points of Pride: (for reporting academic year)

- ❖ In partnership with Food and Hunger Initiatives and Student Engagement, Health and Wellness Services planned and executed an End of Semester Picnic for around 500 students. We provided hamburgers, chips, root beer, and snow cones. Additionally, yard games were available for students to enjoy.
- ❖ Health and Wellness Services partnered with a local mental health outreach initiative, Can We Just Talk?, to bring their program on campus every other week. Can We Just Talk? established new partnerships with campus organizations such as NAMI, Leadership 310, Psychology Club, and Global Affairs. Out of the partnership with Can

We Just Talk?, a Relationships Support Group was established for FHSU students who are interested in learning more about how to have healthy relationships.

- ❖ Two “Smart Recovery” support groups were developed to facilitate treatment and recovery for both students struggling with alcohol and substance misuse, as well as their loved ones. DAWN also established a presence at all the FHSU home football games.
- ❖ Health and Wellness Services has improved our Couple’s Counseling practices and has seen a significant increase in the number of students requesting pre-engagement, pre-marital, and marital counseling services.
- ❖ Health and Wellness Services developed a Seizure Action Plan to assist our campus community in better understanding how to support students who are experiencing a seizure.
- ❖ Health and Wellness Services had multiple tabling events to inform students about services offered and hardship discount available to students in need.
- ❖ Health and Wellness Services saw an 8.5% increase in the number of appointments scheduled.

Focus Areas for 2024-2025: (goals for next academic year)

- ❖ Implement online scheduling of medical appointments
- ❖ Continue to integrate counseling services, accessibility services and health center services to best serve the FHSU community.
- ❖ Focus on Alcohol and Drug preventive services. Increase visibility at campus events and continue to focus on programming.

By the Numbers: (data from current academic year)

Health and Wellness Services Appointments	Totals
Medical Appointments	4,112
Therapy Visits	3,112
Therapy Intakes	526
Crisis Sessions	28
D&A Sessions	147
D&A Intakes	34
Accessibility Services	156
Total Health and Wellness Visit Count	8,115