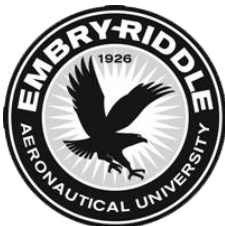


THE WELLNESS CENTER

Information
for Faculty
and Staff

- * WELLNESS CENTER
GENERAL INFORMATION
- * APPOINTMENT AND
EMERGENCY INFORMATION
- * REFERRAL INFORMATION
- * WARNING SIGNS



EMBRY-RIDDLE
Aeronautical University™

PRESCOTT, ARIZONA

EMBRY - RIDDLE AERONAUTICAL
UNIVERSITY WELLNESS CENTER
GENERAL INFORMATION

The Wellness Center's services include assessment, prescriptive and nursing care, referrals, wellness education and counseling, women's health care, immunizations, medical grounding of flight students and assistance with aerospace medical concerns. We are pleased to announce our association with the Athletic Sports Medicine department.

Wellness Center Information and Contacts:

Health and Wellness Center

928-777-6653

Haas Commons - Building 73

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The mission of the Wellness Center is to maintain optimum physical and emotional health of the ERAU student body through the provision of quality, accessible, comprehensive, and cost-effective health care. The Wellness Center also promotes healthy behavior and lifestyle choices through ongoing educational outreach and programming.

Please note: The Wellness Center does not provide notes for missed classes except in situation of hospitalization. Contact must be made with teachers before missed classes.

Specifically, the Wellness Center offers...

-
- routine health care (physical exams, immunizations, screenings, etc.)
-
- Evaluation and treatment for acute illnesses and injuries
-
- Treatment for infections(strep throat, bronchitis, urinary tract infections STD's)
-
- Prescription medications
-
- Wellness and health assessments
-
- Free over the counter medications
-
- Women's health care
-
- Sexual health information and /or counseling(including emergency contraception, pregnancy testing, STD testing)
-
- Referrals to specialists and campus and community resources.
-
- DODMERB physicals, ROTC sports physicals, athletic sports physicals

Eligibility and Cost

All undergraduates and graduate students are eligible for Wellness Center Services. Graduate students must meet the same health requirements as undergraduate students (i.e. completed health form on file in order to receive services. Most care provided by the nurses, physicians and counselors is free. The exceptions would include hospital emergency room care, x-rays, some medications, some immunizations.

Appointments

The Wellness Center hours:
7-4 Monday through Thursday
8-4 Friday

Summer hours:

7-4 Monday through Thursday
closed on Fridays

Appointments are necessary to see the physician.

University Policies Regarding Health Requirements

• Health Insurance

Health Insurance is required for all students. To find information about Health Insurance:

1. Go to ERNIE and click on the Insurance Waivers option under Student Resources
2. Log onto WebAdvisor and select the STUDENT box if you're a current student and APPLICANT if you're a new student.

• Mandatory Immunizations

Non compliance with the University required vaccinations will result in a medical hold, which will stop a student from being able to register for the following semester. All students are notified by letter if they are missing any of the required immunizations in an attempt to prevent them from being placed on medical hold.

Emergencies

Normal business hours: students should visit the Wellness Center or call safety 928-777-3728.

After hours, non life threatening medical situations: YRMC ER 1003 Willow Creek Rd. Prescott Az. 928-445-2700 or Prescott Valley Urgent Care; 051 N. Windsong Prescott Valley, Az 928-772-2591.

Crisis situation: Emergency care is available at the Yavapai Regional Medical Center. AAA taxi 928-708-0800 will provide transportation for non life threatening situations free to students.

Otherwise call 911.

Confidentiality

All services provided by the Wellness Center are confidential. Information will not be released to faculty, staff, administrators, or parents without the student's permission, unless there is a threat to self or others.

GENERAL INFORMATION FOR FACULTY AND STAFF

The following information is presented to assist faculty and staff member in handling certain situations, such as when and how to make a referral to Counseling and the Wellness Center, signs and symptoms indicating a need for counseling and medical intervention, and how to talk to someone who needs help.

When to Make a Referral

A referral is usually indicated in the following situations:

-
- The student's emotional or physical problems are interfering with his or her academic performance.
-
- The student's emotional or physical needs require immediate attention.
-
- You observe signs or symptoms of distress and/or maladjustment in a student, indicating a need for intervention.
-
- A student presents a problem or requests information about a medical or emotional issue that is outside your range of knowledge.
-
- You suspect that a student is misusing alcohol or other drugs.
-
- The student is unsure or lacks confidence about his or her choice of major or future career paths.
-
- You know the student on a non-professional basis (i.e. friend, neighbor, relative, etc.)

How to Make a Referral

The following are suggestions to assist in making a referral. If you are unsure about whether to make a referral, Counseling Services staff is available for assistance at 928-777-6653.

When you have determined that the student might benefit from personal counseling, or medical intervention, it is usually best to speak directly to the student in a straightforward fashion that will show your concern for his or her welfare. It is not advisable to attempt to deceive or trick the student into seeking help. Be specific regarding the behaviors or symptoms that have raised your concerns, and avoid making generalizations about the student.

Here are some guidelines to help faculty and staff members in talking to a student who needs help:

1. Be prepared. Learn the basic facts about the issue you are confronting.
2. Discuss how you feel about the situation with someone you trust before approaching the student.
3. Choose your time and place carefully.
4. Be clear and straightforward when speaking with the student. Give specific examples.
5. Confront behavior, not values.
6. Communicate your concern for the student rather than dislike for the behavior.
7. Become familiar with the support services that are available to refer the student.

EXCEPT IN EMERGENCIES

the option must be left open for the student to accept or refuse help. If the student is reluctant for whatever reason, simply express your acceptance of those feelings so that your own relationship with the student is not jeopardized.

Give the student an opportunity to consider your recommendations by suggesting that he or she might need some time to think it over. If the student emphatically refuses, then respect the decision and leave the situation open for possible reconsideration at a later time.

If the student agrees to the referral, suggest that he or she immediately call to schedule an appointment. You may offer to let the student use your phone to set up the appointment.

Follow up with the student at a later date to show your continued interest, even if the student did not follow through with the referral. *Please note: Due to professional legal and ethical standards, Counseling and Wellness Center staff cannot reveal information regarding a student without written permission from the student (exception: if a student demonstrates he or she is at imminent risk of harm to self or others).

If you believe the student is in danger of self-harm or harm to others, a mandated referral may be in order. Call the Dean of Students (928-777-3770), or Counseling Services (928-777-6653) for assistance. If after hours please call safety (928-777-3739 or 0 on campus).

Signs and Symptoms indicating the Need for Counseling Services or Wellness Center intervention

The following checklist of symptoms can be useful in determining a student's potential need for counseling, alcohol or other drug intervention, or health care. It is important to note that many of the following symptoms can be within the normal range of behavior for traditional college-age students when the duration of symptoms is brief. However, when clusters of signs and/or symptoms are long-lasting or you have reason to believe a student has a problem or is at risk of harm to self or others, a referral to Counseling and Wellness Center is indicated.

- **Self Destructive Behavior**

Examples: suicidal or self-destructive ideation, a conversation or written communication that includes the how, when and where of a suicide plan (this warrants IMMEDIATE referral to Counseling Services), other self-destructive types of behavior over a period of time that interfere with the student's functioning (repeatedly missing assignments, frequent absences, taking excessive risks, alienating others, loss of future/career focus, long-term depression).

- **Anxiety Disorders**

Examples: irrational or excessive fear or worry, panic attacks, phobias, obsessive-compulsive

behaviors.

- **Marked Change in Social Interactions**

Examples: difficulties with getting along in the classroom, withdrawing socially, having continual friction with fellow students, declining interest in extracurricular activities, behaviors indicating confusion and distress.

- **Erratic or Irresponsible Behavior**

Examples: dramatic drop in grades or sudden change in academic performance, repeated absences from class, procrastination, lying, cheating, defiance of authority, fits of anger, fights, rule-breaking.

- **Marked Changes in Appearance**

Examples: dramatic change in weight (loss or gain), poor personal hygiene.

- **Signs of Depression**

Examples: expressions of self-reproach, low energy level, tearfulness, insomnia, poor appetite, fatigue, decreased attention and ability to concentrate, restriction in involvement of pleasurable activities.

- **Difficulties Interfering with Academic Success**

Examples: incapacitating test anxiety, chronic disorganization or procrastination, dissatisfaction with course of study, indecisiveness or conflict about career path, unrealistic career aspirations.

Warning Signs of an Alcohol/and or Drug Problem

- **Changes in Performance**
Examples: declining grades, increase in absenteeism, apparent memory lapses, difficulty concentrating, fits of anger, verbal or physical fights, “acting out” or aggressive behavior, declining interest in extracurricular activities.
- **Changes in Behavioral/ Physical Well-Being**
Examples: apparent hangovers, bloodshot eyes, dilated pupils, hyperactivity, nervousness, frequent tiredness, excessive sniffing and coughing, unfamiliar scents on a person.
- **Emotional and Interpersonal Changes**
Examples: reduced motivation, self-discipline and self-esteem, negativism, defensiveness, secretiveness, erratic behavior and mood swings, withdrawal from others, disorientation, verbal abuse.

Symptoms indicating the Need for Health Care

- **Marked Change in Physical Appearance**
Examples: fatigue, trouble breathing, chest discomfort, weakness/aching in muscles and/or joints, nausea, vomiting, diarrhea, painful urination, headaches, fever, swollen glands (requires IMMEDIATE attention, especially when headache or vomiting is accompanied by a stiff neck and fever).
- **Health Issues Interfering with Academic Performance**
Examples: repeated absences from class and/or missed assignments, persistent tiredness and/or sleeping in class, vision or hearing difficulties.

Events in a Student’s Life in Which a Referral to Health Services Might be Helpful

- Death or illness of a friend or family member
- Relationship breakup
- Divorce in family
- Rape or sexual assault
- Medical problem
- Academic failure

COMMUNITY RESOURCES

The following community resources are available to Embry Riddle Aeronautical University faculty and staff as well as students:

ERAU Safety (press 0 if on campus)	928-777-3728
Yavapai Regional Medical Center	928-445-2700
Alcoholics Anonymous	928-445-8691
Narcotics Anonymous	1-800-698-5148
National Suicide Hotline	1-800-273-8255
Arizona AIDS Hotline	1-800-232-4636
Rape, Abuse and Incest Hotline	1-800-656-HOPE
National Domestic Abuse Hotline	1-800-799-7233

Local Pharmacies:

Fry's	928-778-3181
Walgreens Pharmacy	928-227-9965