

HEALTH, COUNSELING AND PREVENTION SERVICES

STAFF

The Health, Counseling and Prevention Services staff is committed to providing prevention and treatment services that help students achieve and maintain optimal levels of physical and emotional functioning. Our office staff includes licensed masters and doctoral level mental health professionals as well as registered nurses, nurse practitioners, and an administrative secretary.

In appreciation of the diverse community we serve, staff members are committed to recognizing and responding to the unique needs of each student in a compassionate, dignified and respectful manner.

CONFIDENTIALITY

Health, Counseling and Prevention Services staff members make every effort to ensure confidentiality of services. Medical and counseling records are independent of all other university records. Information may be released to others only by prior written consent. Confidentiality is subject to certain legal and ethical limitations.

HEALTH SERVICES

Health Services staff members are committed to providing prevention and treatment services to enhance your health, encourage you to make mature, healthy lifestyle decisions, and help you become better consumers of health services. Services include:

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| Assessment and evaluation of illnesses | Basic first-aid for minor wounds/injuries |
| Over-the-counter medications | Tuberculosis skin testing* |
| Testing for Strep infection | Testing for urinary tract infections |
| Blood sugar testing | Blood pressure and weight monitoring |
| Vision and hearing screening | Suture removal |
| Information on healthcare topics | Workshops on CPR and First-aid |
| Fall flu prevention clinic* (injectable vaccine/FluMist) | Meningitis vaccine* |
| Tetanus/Diphtheria/Pertussis vaccine* | Measles/Mumps/Rubella vaccine* |
| Pregnancy testing | Emergency contraception* |
| Condoms | Referral services |

*Fee charged for services

A nurse practitioner is available by appointment to provide diagnostic and treatment services for a nominal fee. Services include:

- Diagnosis and treatment of illnesses such as respiratory infections or urinary tract infections
- Physical and medical health examinations
- Referral services to area specialists
- Limited pharmaceutical services

Several times each semester, free and anonymous HIV testing is provided in our office by the Northern Kentucky Health District Department. Reproductive services including annual gynecologic exams, STI testing and birth control options are also offered on a limited basis through the health department. Appointments are necessary.

Up-to-date immunizations for measles, tetanus, and meningitis are encouraged for all students. These vaccines can be administered by your family physician, local health department, or the NKU Health Office.

HEALTH INSURANCE

A student health insurance plan, administered through an independent insurance company, is available to NKU students. Policies and claim forms are available in our office. Health, Counseling and Prevention Services staff can provide basic information about benefits and claims procedures.

COUNSELING AND PREVENTION SERVICES

MISSION STATEMENT

Essential to NKU's learner-centered community, the mental health professionals of Counseling Services:

Educate the NKU community that psychological well-being is vital to enhancing student success and healthy lifestyles.

Support the NKU community in applying psychological concepts to foster student success.

Model behaviors to the NKU community that encourage balance and fulfillment, both personally and professionally.

Empower the NKU community to lead satisfying, healthy lives.

The stresses of everyday life as well as traumatic life events can stretch our abilities to cope, leaving us feeling overwhelmed and depressed. Everyone wants to be able to handle personal problems, but there are times in most people's lives when they need an objective person to help them understand their problems and work toward solutions.

Many students have found it helpful to discuss their concerns with a counselor. Counseling helps people put things in perspective and clarify their life choices. It also provides the opportunity for individuals to increase insights and to strengthen their coping skills.

The counseling staff provides a variety of services at no charge to students. Crisis intervention and short-term counseling are available as well as workshops and presentations on a variety of topics. Psychological testing can assist students in determining individual strengths and weaknesses associated with emotional and intellectual functioning. Couples counseling is available when both members of the couple are NKU students. Group therapy is also offered on an ongoing basis. Contact the office for current offerings.

Prevention Services offers assessment and treatment of substance use/abuse. However, some students actively involved in an addiction may require a referral. Likewise, students with other serious problems may best be served by an agency which provides specialized or long-term counseling. We will assess each individual's situation and help to locate the most appropriate services in the community when necessary.

Our counseling staff is experienced in treating a wide variety of concerns. Some common problems that prompt students to seek counseling services include:

- Previously diagnosed psychological disorders requiring ongoing therapy
- Difficulties adjusting to college life
- Stress or anxiety that interferes with school or work performance
- Relationship problems
- Episodes of moodiness or depression
- Issues of grief or loss
- Victimization due to date rape, sexual abuse, and/or physical abuse
- Concerns regarding sexuality
- Traumatic life events
- Family conflicts
- Concerns about close friends and family

EMERGENCY INFORMATION

In the event of an emergency on campus, Northern Kentucky University Police should be contacted by dialing 911. They will assess the situation and dispatch the appropriate personnel as necessary. The closest hospital, St. Luke Hospital East, is located four miles north of campus at Exit 3 on I-471.

MAKING AN APPOINTMENT

Call (859) 572-5650 or stop by University Center, Room 300, to schedule an appointment with a counselor or nurse practitioner. Registered nurses are seen on a walk-in basis. Office hours are 8:15 a.m. to 4:30 p.m. Monday through Friday.