

UNI STUDENT HEALTH & WELL-BEING SERVICES

ANNUAL REPORT
FISCAL YEAR 2021-2022



University of
Northern Iowa

WELCOME!

In support of the University of Northern Iowa and the Division of Student Life, the Student Health and Well-being Services encompasses the Counseling Center, Student Wellness Services, Recreation Services, and the Student Health Clinic. We believe a student's success is directly impacted by their physical and mental health. We strive to meet the varying health and wellness needs that our students face through a holistic approach. We have resources and programs to help you more efficiently manage your time, talking through challenges, set strategic wellness goals, or engage with your friends in one of our intramural sports. We are committed to providing the highest quality services in an inclusive and welcoming environment.

Please let us know how we can better serve you. We welcome all feedback, which is so important to our ability to continue to improve the services we provide to our students.



Shelley M. O'Connell, MAE
Assistant Vice President & Executive Director
Student Health and Well-being Services

OUR MISSION

Student Health and Well-Being Services supports student success by providing an integrated approach to holistic well-being through the Student Health Clinic, Counseling Center, Student Wellness Services, and Recreation Services.

OUR VISION

Our success is based on continuous innovation, promoting the well-being of all students through personal attention, inclusive services, and out of the classroom learning providing lifelong knowledge and skills to grow within all dimensions of wellness.

BE YOU
BE WELL
BE CONNECTED
BE A PANTHER

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STUDENT HEALTH CLINIC

OUR MISSION To promote and support student success by providing individualized holistic health care and health education.

OUR VISION The Student Health Clinic's vision is to educate and empower students to advocate for their health and well-being.

OUR VALUES We value service to others, a safe and secure environment, compassionate care, accessible services, and teamwork.

WHO WE ARE Our staff is comprised of licensed, caring, supportive professionals.

WHAT WE DO We function as a general medical clinic and provide evaluation and treatment for a wide variety of health concerns.



14,333

TOTAL APPOINTMENTS PROVIDED



2,373

TOTAL FLU + COVID-19 VACCINES ADMINISTERED TO STUDENTS & FACULTY/STAFF

LABORATORY

WHO WE ARE The University of Northern Iowa Student Health Clinic Laboratory is located on the first floor of the Student Health Center. It is staffed by two certified laboratory technologists and a certified medical assistant who are available to conduct testing during clinic hours.

The Student Health Clinic Laboratory continually strives to perform accurate and high quality laboratory testing for the students of UNI. Our goal is to give the providers the results needed to quickly diagnose and treat patient, as well as keeping costs low.

OUR STAFF

MEDICAL



Martha Ochoa, MD
Medical Director



Gina Ellingson, PA-C
General Medicine and Women's Health



April Barnett, ARNP
General Medicine and Women's Health



Bruce Forystek
General Medicine and Women's Health

MENTAL HEALTH



Abdur Rahim, MD
Psychiatrist



Jennifer Jass, DNP, ARNP
General Medicine and Psychiatric Nurse Practitioner



Andrew Batovsky, ARNP
Psychiatric Nurse Practitioner



Cathryn Baumgartner
General Medicine and Women's Health

NURSES



Sarah Behrends
Assistant Director of Nursing



Michele Gerdes
Registered Nurse



Nichole Meyer
Registered Nurse



Jan Olsen
Registered Nurse

OUR LABORATORY TECHNICIANS



Amber Houser
Laboratory Technologist



Leah McGrane
Certified Medical Assistant



Sue Meyers
Assistant Director of Laboratory Services

PATIENT DIAGNOSES	SUMMER 2021*	FALL 2021	SPRING 2022
Mental, Behavioral, and Neurodevelopmental Disorders	422	3,782	4,423
Preventative	293	3,809	1,635
Symptoms, Signs and Abnormal Clinical and Laboratory Findings	100	2,130	1,299
Diseases of the Nervous System	61	210	193
Diseases of the Respiratory System	52	1,812	998
Diseases of the Skin and Subcutaneous Tissue	26	175	113
Infectious and Parasitic Diseases	19	180	90
Injury, Poisonings, & certain other Consequences of External Causes	17	381	243
Diseases of Musculoskeletal System	15	159	181
Endocrine, Nutritional, and Metabolic Diseases	11	47	36
Diseases of the Ear and Mastoid Process	8	204	109
Diseases of the Genitourinary System	8	276	202
Congenital Malformations, Deformations, and Chromosomal Abnormalities	1	1	2
Diseases of the Blood	1	16	19
Diseases of the Digestive System	1	64	67
Diseases of the Eye and Adnexa	1	75	32
OVERALL TOTAL	1,036	13,344	9,654

*Summer session is May and June term

SERVICES PROVIDED	SUMMER 2021*	FALL 2021	SPRING 2022
Immunizations/Vaccinations	26	2511	248
Injections	39	387	305
Lab			
Medicial Supplies	0	51	27
Mental Health Visits	56	523	526
Nurse Consultations	42	1172	694
Office Visits	154	3133	2,296
Preventative Exams	8	118	38
Telephone Encounters	433	3,789	1,875
Treatments	6	57	26
Tele-Health	0	66	3
Tele-Psychiatry	30	41	48
Web Encounters	112	1,245	1,028
TOTAL UNIQUE PATIENTS IMPACTED	467	3,992	2,158

*Summer session is May and June term

ACCOMPLISHMENTS & CONTRIBUTIONS

COVID-19 TESTING & VACCINATION

Test Iowa saliva kit pick-up site for the campus & community

Two private COVID-19 testing rooms

COVID-19 nurse line to triage for symptoms & schedule testing

1,206 COVID-19 vaccine doses were given to the campus community including students, faculty, staff, and faculty/staff eligible family members

COVID-19 rapid test and State Hygenic Lab PCR testing for students, faculty, and staff

INFLUENZA TESTING & VACCINATION

Respiratory influenza testing - 4-plex for students

Eight influenza vaccine clinics were scheduled at various locations around campus

1,167 flu vaccines were administered to students and faculty/staff

ACCREDITATION

The Student Health Clinic Lab successfully completed re-accreditation through COLA

FACILITY

The Student Health Clinic successfully completed re-accreditation through AAAHC

The front desk area was remodeled to better accommodate patient confidentiality

GOALS MET

- 1 The Student Health Clinic Leadership team determined the need to continue with the COVID-19 phone line but renamed the line to nurse line.
- 2 In-service training was completed with the Infection Control and Prevention Coordinator to ensure correct use of PPE with appropriate donning and doffing technique.
- 3 Yellow Fever vaccine training was completed by all medical providers.
- 4 Psychiatric providers participated in Eating Disorder Care Training.
- 5 The nurses reviewed the vaccine schedule and updated the VIS (Vaccine Information Sheets), including international forms.
- 6 The front desk clerks worked with the Counseling Center staff to improve the efficiency of scheduling follow-up appointments.
- 7 The lab monitored lab results turnaround time (TAT) to ensure that greater than 90% of in house results were completed.

"GREAT STAFF AND WAS NEVER A BIT UNCOMFORTABLE. GREAT CONVERSATION AND HELP. I DID GET MY BLOOD DRAWN AND THE PHLEBOTOMIST WAS SO NURTURING AND KIND DURING THE MOMENT. VERY HELPFUL AND HAPPY THAT THIS SERVICE IS PROVIDED TO US." - ANONYMOUS STUDENT

COUNSELING CENTER

OUR MISSION The UNI Counseling Center provides clinical mental health services, outreach programming, and a training program to support the mental health, safety, and well-being of the campus community.

OUR VALUES We value and are dedicated to instilling hope, fostering healing, building resiliency, and developing personal and professional growth.

WHO WE ARE A team of dedicated and caring mental health professionals.

WHAT WE DO We provide clinical services, outreach and training, and a training program for interns from the School of Social Work, Psychology, and Mental Health Counseling.

AWARDS

The UNI Counseling Center is accredited by the International Association of Counseling Services (IACS)



OUR WORK & ACCOMPLISHMENTS

4,430 TOTAL NUMBER OF COUNSELING APPOINTMENTS

730 UNIQUE NUMBER OF STUDENTS SERVED

166 CRISIS AFTER HOURS PROVIDED

301 INDIVIDUALS TRAINED IN VAR & QPR SESSIONS

120 'LET'S TALK' SESSIONS HELD

40 MENTAL HEALTH ALLY TRAINING & NETWORK ADDITIONS

9 INTERN/PRACTICUM STUDENTS TRAINED AS MENTAL HEALTH THERAPISTS IN OUR PROGRAM

7 STAFF SIZE (INCLUDING DIRECTOR)

36 OUTREACH PRESENTATIONS PRESENTED AT STUDENT ORIENTATION SESSIONS



COUNSELING CENTER

OUR STAFF



Jennifer Schneiderman, LISW
Director, Mental Health
Therapist



Gretchen Honsell, LMHC
Mental Health Therapist



William Peach, LMHC
Assistant Director for Training,
Mental Health Therapist



Shantila Caston, LISW
Diversity Outreach Specialist,
Mental Health Therapist



Karla Rezniecek, LISW
Mental Health Therapist



Eric Eittreim, LMHC
Mental Health Therapist



Ali Sheahan, LMHC
Mental Health Therapist



Cathryn Baumgartner, LMSW
Mental Health Case Manager



Riley Rodemaker, MA
Grad Assistant in Suicide
Prevention

SERVICES PROVIDED

CLINICAL SERVICES

- Individual Therapy
- Group Therapy
- Couples Therapy
- Mental Health Assessment
- Clinical Recommendations & Referrals to Resources
- Daily Walk-in Sessions
- After Hours Crisis Support

OUTREACH & TRAINING

- VAR & QPR
- Mental Health Ally
- Men & Mental Health
- Supporting Students in Distress Presentations
- New Student Orientation Sessions
- You Matter At UNI Events

TRAINING PROGRAMS FOR INTERNS

- School of Social Work
- Psychology
- Mental Health Counseling Program

LET'S TALK SESSIONS

EMBEDDED PEER MENTAL HEALTH SUPPORT

No charge, walk-in. No appointment needed!

**This is not a crisis service. If in a crisis, call 319-273-2676 or go to the UNI Counseling Center for crisis support.*



RECREATION SERVICES

OUR MISSION The mission of UNI Recreation Services is to foster healthy lifestyles among members of the UNI community through structured and self-directed activities, educational programs and services, skill and leadership building activities, and campus wide initiatives.

OUR VALUES We are committed to being the leaders in fostering healthy lifestyles among members of the UNI campus community.

WHO WE ARE Committed collegiate recreation professionals who implement a variety of programs and services to meet the needs and wants of the UNI Community.

POINT OF INTEREST

233,937

RECREATION SERVICES TOTAL PARTICIPATIONS



316

OUTDOOR
ADVENTURE TRIPS
PARTICIPANTS



404

SPORT CLUB
MEMBERS



8,027

INTRAMURAL
PARTICIPATIONS



18

SPORT
CLUBS



205

UNIQUE
GROUP FITNESS
PARTICIPANTS



728

PERSONAL
TRAINING
SESSIONS



470

SWIM LESSON
PARTICIPANTS



238

SAFETY
CERTIFICATIONS

OUR STAFF



Christopher Denison, Ed.D.
Director



Kristy Leen, Ed.D.
Assistant Director of
Operations



Luke Bartlett
Assistant Director: Facilities
and Competitive Sports



Cindy Klatt
Intramural Sports
Coordinator



Andy Martin, Ed. D.
Outdoor Recreation
Coordinator



+ 196
STUDENT EMPLOYEES

AWARDS



Institutional Member and Recipient of the
Outstanding Sports Facility Award 2000



Recipient of the Facility of Merit Award 1999

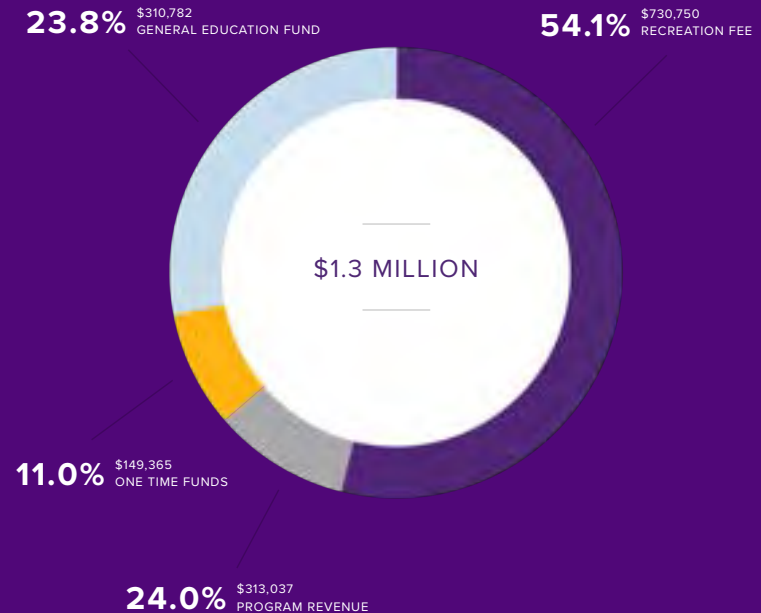


PROGRAM ACCOMPLISHMENTS

- 1** All programs (excluding group fitness and sport clubs) either doubled or tripled in unique participation from 2021-2022.
- 2** Facility hours and drop-in fitness offerings were expanded throughout the Wellness/Recreation Center.
- 3** Dr. Andy Martin and the Climbing Club won the UNI "Creating a Responsible Environment" award and Maycie Stanbro (Outdoor Recreation Graduate Student) won the "Diversity Matters" award at the UNI Student Award Ceremony.
- 4** Completion of the West Field Enhancement project led to multiple home matches for the Men's and Women's Rugby Clubs and Men's and Women's Soccer Clubs.
- 5** Women's Rugby finished the season ranked #2 in the country and participated in the National Collegiate Rugby Association full side National Championship game and the Final Four in 7s.
- 6** Men's Rugby finished the season ranked #4 in the country and participated in the National Collegiate Rugby Association full side and 7s Final Four.

OUR BUDGET

The UNI Recreation Services budget of \$1.3 million reflects four categories including the General Education Fund, Recreation Fee, and Program Revenue.



2020-2021 GOALS MET

STAFF TRAINING Lifeguards reported that their in-service training resulted in maintaining their skills, improving first aid skills compared to the previous year, improved readiness for stressful situations, and increased their understanding of risk management.

USERS AND NON-USERS As a result of a two year study, "Recreation Services Facilities by Student Housing Unit", Recreation Services staff have a better understanding of users and non-users based on housing location.

PROGRAM SATISFACTION Outdoor Adventure Trip Participants reported that they met their goals associated with the trips, were satisfied with the equipment provided for the trips, were likely to recommend the trips programs to others and through the trips were well organized.



PROGRAMS



AQUATICS & CERTIFICATIONS

The purpose of the Aquatics program is to provide opportunities for aquatic-related fitness and life-saving certifications. The Paddling Panthers program offers all levels of the American Red Cross Learn-to-Swim Program. Certification classes include American Red Cross Lifeguarding, Water Safety Instructor, First Aid, CPR/AED, and Bloodborne Pathogens Training.



SPORT CLUBS

The Sport Club program provides opportunities for students based on their sport aspirations. Club organization, grassroots recruitment, development of club bylaws, and governance are all hallmarks of the sport club program. Clubs typically practice twice a week and invite other institutions to compete. Competitions take place at UNI or the teams will travel to compete.



GROUP FITNESS

The Group Fitness classes include cardio, water, strength and conditioning, mind and body, and special events. Instructor-level certifications are also available in the group fitness program, allowing students to match in-classroom learning with out of class certification and practical work as group fitness instructors.



PERSONAL TRAINING

The Personal Training program allows participants to work one-on-one with a Personal Trainer. Personal Trainers focus on education, motivation, and exercise adherence to help clients enjoy the lifelong benefits of regular physical activity. Hallmarks of the program include a pre-training assessment, 10 one-hour sessions, and a post-training assessment. Sessions are geared toward client goals.



YOUTH PROGRAMS

The purpose of the Youth Program is to provide community-wide youth programming. The anchor program is the Spring Break All-Sports Camp. The week-long camp provides swimming and climbing opportunities as well as at least four different sport programs each day. The leisure pool and climbing wall provide programming options that are unique to the WRC.



INTRAMURALS

The Intramural program provides students with a variety of short-term, competitive activities in single, dual, and team formats. Leadership opportunities exist for students who serve as their team's manager, officiate contests, or become an Intramural Supervisor.

A wide range of up to 40 activities including softball, flag football, volleyball, basketball, dodgeball, soccer, swimming, pickleball, racquetball, golf, badminton, and many more are offered.

Although most Intramural participation occurs on campus, statewide, regional, and national tournaments are available for campus champions in flag football and basketball.



OUTDOOR RECREATION

The UNI Outdoor Recreation program provides outdoor and environmental education opportunities for students, faculty, and staff. We are committed to providing enjoyable, challenging, meaningful, and educational experiences that will allow individuals and groups to learn the skills necessary for survival and safety in outdoor activities as well as develop an appreciation for the environment.

The UNI Outdoors program encompasses three main functions, including managing the climbing wall, organizing and guiding adventure trips, and providing equipment rental. UNI Outdoors uses four main facilities, including the WRC climbing wall, the WRC Outdoor Recreation Center, the north pond, and the west campus soft trail.

STUDENT WELLNESS SERVICES

OUR MISSION Student Wellness Services supports the journey toward optimal health and well-being through holistic health promotion and education to enhance student success.

OUR VALUES Inclusive, Respective, Holistic, Collaborative, Welcoming, Supportive

WHO WE ARE Our staff is comprised of caring and supportive professionals.

WHAT WE DO Student Wellness Services provides outcome-based health education programming, services, and resources to meet the health and wellness needs of our unique student population based on the UNI National College Health Assessment.



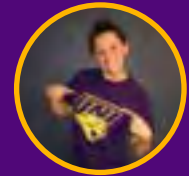
OUR STAFF



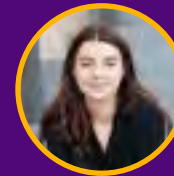
Angela Meeter
Associate Director



Shawna Jesse
Health Promotion Coordinator



Emma Baertlein
Graduate Assistant and
Wellness Coach



Sydney Thelen
Graduate Assistant and
Wellness Coach



Megan Keniston
Wellness Ambassador



Krista Zimmer
Wellness Ambassador

STUDENT WELLNESS SERVICES PROVIDED

Wellness
Bingo

Individual Wellness
Coaching Sessions

De-Stress
Days

Sleep to Be
Your Best Program

Red Watch
Band Training

Facts on
Tap Program

Your Wheel to Wellness Program

Condom
Sense
Program

Coping with
Stress
Program

Health
Promotion
Campaigns

Group Wellness
Coaching
Workshop

STUDENT PROGRAM SATISFACTION

* 100% of requestors of our programs reported being completely satisfied



ACCOMPLISHMENTS & CONTRIBUTIONS

- 1 The De-Stress Days data showed that students wanted more application based techniques that are proactive to stress. Thus, a Mid-Term De-Stress Fest and Exploring Relaxation program was developed and implemented new this year.
- 2 Instagram Reel videos create a fresh, engaging way to reach Generation Z students. Hence, new weekly #WellnessWednesday Instagram Reel videos highlighting on-campus resources related to each dimension of wellness were developed and published.
- 3 SWS led the UNI Healthy Campus Coalition in coordinating a new inaugural Spring into Wellness Carnival to connect students, faculty, and staff to health and wellness resources on and off campus based on data that indicates a lack of awareness of these services available to students.
- 4 Outreach served over half of the UNI student population.

STUDENTS REACHED PER HEALTH TOPIC





Counseling Center

103 Student Health Center, Cedar Falls, Iowa 50614-0385
counseling@uni.edu | wellbeing.uni.edu/counseling-center | 319.273.2676

Student Health Clinic

1227 W 27th Street Building 0221, Cedar Falls, Iowa 50614-0221
healthcenter@uni.edu | wellbeing.uni.edu/student-health | 319.273.2009

Recreation Services

101 Wellness/Recreation Center Cedar Falls, Iowa 50614-0201
recreation@uni.edu | recreation.uni.edu | 319.273.6275

Student Wellness Services

16 Student Health Center, Cedar Falls, Iowa 50614-0385
wellness@uni.edu | wellbeing.uni.edu/student-wellness | 319.273.3423

This publication was designed by Raeleigh Schulte, class of 2024,
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