

UNIVERSITY OF NORTHERN IOWA

# STUDENT HEALTH AND WELL-BEING SERVICES

ANNUAL REPORT

2022  
2023



# 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 O'Connell**  
**Assistant Vice President/Executive**  
**Director Student Health**  
**and Well-being**

## 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.

## 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.

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# STUDENT WELLNESS SERVICES

## WHO WE ARE

We are a team of caring, compassionate individuals who are committed to student holistic wellness.

## WHAT WE DO

Student Wellness Services promotes student health and wellness on campus through collaborative, inclusive, student-centered programs involving stress management, mindfulness/relaxation, sleep, safer sex, alcohol and other drug education and bystander intervention, and wellness coaching. Our services are driven by the UNI National College Health Assessment results.

## MISSION

Student Wellness Services provides holistic development, learning, and social justice through prevention education and health promotion towards optimal well-being for students and the campus community.

## VALUES

Inclusive  
Respectful  
Holistic  
Collaborative  
Welcoming  
Supportive



## OUR STAFF



### Angela Meeter

Associate Director of Student Health and Wellness  
Wellness Coach



### Kaili Benham

Student Health & Well-being Coordinator  
Wellness Coach



### Shawna Jesse

Health Promotions Coordinator



### Baling Tang

Wellness Ambassador



### Kayla Kellogg

Wellness Ambassador



### Katie Currier

Graduate Assistant  
Wellness Coach



### Hallie Starr

Graduate Assistant  
Wellness Coach



### Sydney Thelen

Graduate Assistant  
Wellness Coach

**Individual Wellness Coaching Sessions**

**De-Stress Days**

**Your Wheel to Wellness**

**Wellness Bingo**

**Sleep to be Your Best**

**Exploring Relaxation**

**Student Wellness Services Provided:**

**Health Promotion Campaigns**

**Facts on Tap**

**Gratitude & Self-Compassion**

**Red Watch Band Training**

**Coping with Stress**

**Safer Sex Express**

## PROGRAM PARTICIPATION SATISFACTION

**Coping with Stress**



**97%**

**Exploring Relaxation**



**98%**

**Red Watch Band**



**94%**

**Your Wheel to Wellness**



**95%**

**Wellness Coaching**



**100%**

“Wellness Coaches listen carefully and share tools and ideas that are tailored to my specific needs.”



“Wellness Coaching was super helpful to have someone discuss my goals out loud and hold me accountable.”



“Wellness Coaching made me feel more motivated to actually take the steps to start working toward those goals.”

## Student User Data by Program Topic:

Wellness Coaching **216**

Alcohol & other drug education **381**

Dimensions of Wellness **1,239**

Stress Management/Relaxation **1,632**

Total Number of Students Served:

**3,467**

## ACCOMPLISHMENTS AND CONTRIBUTIONS



Awarded SAMSHA Garrett Lee Smith Suicide Prevention 3-year \$300,000 grant



Implemented multiculturalism and inclusion training/onboarding for enhanced staff development



Developed a new program to educate students on mindfulness and relaxation



Created a new program on self-care and gratitude to support students' stress management

Validate, Appreciate, Refer (VAR)

Question, Persuade, Refer (QPR)

Men & Mental Health

Mental Health Ally Part 1

Mental Health Ally Part 2

The Art of Mindfulness

Test Anxiety

Resilience

Art of Mindfulness

Test Anxiety

Resilience

Time Management

**Suicide Prevention/Mental Health Training Provided:**

Total Number of Students Served:

**392**

**Mental Health Skill Building Programs**

Total Number of Students Served:

**130**

# RECREATION SERVICES

## 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.

## 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.

## AWARDS



Institutional Member and Recipient of the Outstanding Sports Facility Award 2000



Recipient of the Facility of Merit Award 1999



## OUR STAFF



**Chris Denison, Ed.D.**  
Recreation Services Director



**Kristy Leen, Ed.D.**  
Assistant Director of Operations



**Luke Bartlett**  
Assistant Director: Facilities and Competitive Sports



**Wes Privett**  
Competitive Sports Coordinator



**Andy Martin, Ed.D.**  
Aquatics and Outdoor Recreation Coordinator

**+185**  
Student Employees

## POINTS OF INTEREST



**281,009**

**Total Participations**



**8,214**

**Intramural Participations**



**588**

**Personal Training Sessions**



**482**

**Safety Certifications**



**428**

**Swim Lesson Participants**



**380**

**Sport Club Members**



**17**

**Sport Clubs**

## PROGRAM ACCOMPLISHMENTS

- 1 Overall participation in programs increased to 281,009.
- 2 Return of the WRC Panther Camps led to 352 unique participants in four Friday camps, Spring Break and nine summer weeks leading to 72,704 contact hours.
- 3 New program manuals as well as the department risk management manual were completed leading to up to date staff training.
- 4 Completed the Higher Education Child Protection Boot Camp.
- 5 Women's Volleyball Club finished ninth in the country at the National Collegiate Volleyball Federation Championships (Division 1AAA).
- 6 Women's Rugby finished tied for third in the National Collegiate Rugby National Championships and finished tied for fifth in the National Collegiate Rugby National 7's Championships.
- 7 Men's Rugby played in the Round of 16 at the National Collegiate Rugby National Championships and Round of 12 at the National Collegiate Rugby National 7's Championships.

## 2021-2022 GOALS MET

### Identify facility needs and develop a plan for facility maintenance and renovation.

Completed Free Weight Room Swap and Climbing Wall/ Bouldering Renovation studies. Established Boxing and Rowing Studios and an Outdoor Fitness Zone. Renovated the Baseball Club field, Rugby Club fields and WRC roof.

### Collaborate with Student Life and Academic Units in Innovative Program Implementation.

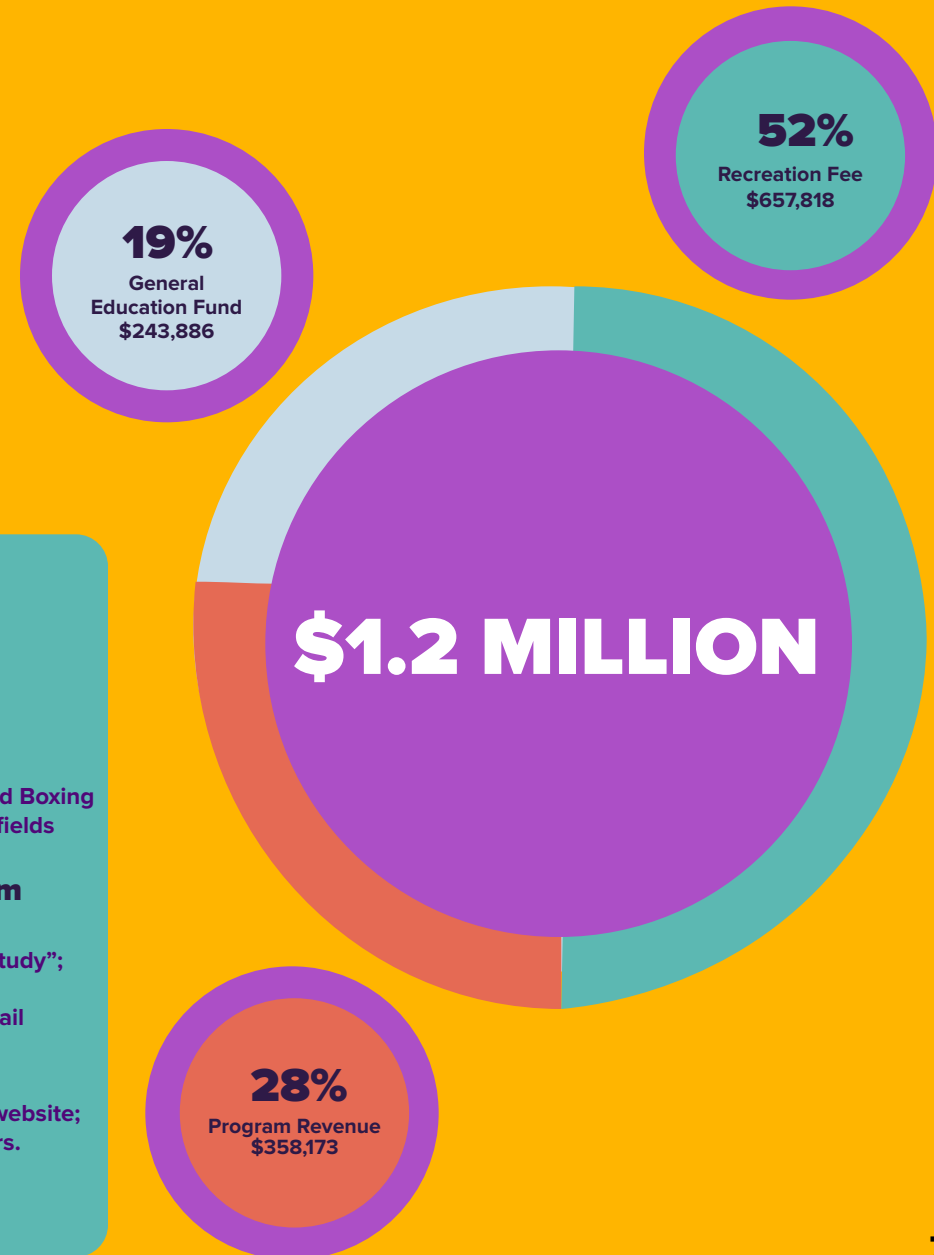
Marketing Analysis Class- "WRC Group Fitness Class Study" and "Intramural Involvement at UNI Study"; Applied Engineering Class- "WRC Lighting Study"; Residence- Noehren Hall- "Nite at the Rec"; Recreation Services Special Events- "Aqua Olympics", "International Student Coffee Hour", and "Trail Week"

### Review current marketing strategy and innovate where necessary.

Completed new department Marketing Manual; completed a review and updated the department website; moved all social media to one department account; and installed hallway scheduling video monitors.

## OUR BUDGET

The UNI Recreation Services budget of \$1.2 million reflects three categories including the General Education Fund, Recreation Fee, and Program Revenue.





# 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.



## 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 PROGRAM

The purpose of the WRC Panther Camps is to provide community-wide youth programming. Camps are offered throughout the year on Fridays, over Spring Break and Summer. Activities include: swimming, climbing, arts and crafts and a wide-range of other sport activities.



## 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.



## 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.



## 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 two main functions, including managing the WRC Climbing Wall and outdoor gear rental program. UNI Outdoors uses four main facilities, including: the WRC climbing wall, the UNI Outdoor Pursuits Center, the north pond, and the west campus soft trail.



# COUNSELING CENTER

## 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.

## MISSION

The UNI Counseling Center provides clinical mental health services, outreach programming, and training to support the mental health, safety, and wellbeing of the campus community.

## VALUES

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

## OUR STAFF



**Gretchen Honsell, LMHC**  
Mental Health Therapist



**Jennifer Schneiderman, LISW**  
Director, Mental Health Therapist



**William Peach, LMHC**  
Mental Health Therapist



**Shantila Caston, LISW**  
Mental Health Therapist



**Cathryn Baumgartner, LMSW**  
Mental Health Case Manager



**Ali Sheahan, LMHC**  
Mental Health Therapist



**Eric Eittreim, LMHC**  
Mental Health Therapist



**Riley Rodemaker, MA**  
G.A. in Suicide Prevention



**Karla Reznicek, LISW**  
Mental Health Therapist

# OUR WORK AND ACCOMPLISHMENTS

**3,913**

Total number of counseling appointments in person and teletherapy)

Unique number of students served

**584**

Let's Talk Training for embedded peer mental health GA's

Co-curricular assessment focus for FY23

Trained students, faculty, staff in supporting students in distress

Trained **276** individuals in VAR & QPR

**147**

Crisis after hours (protocol)

**70**

Trained mental health allies to join mental health ally network

Let's Talk Sessions held

**283**

Intern and practicum students trained as mental health therapists in our training program

**6**

**6**

Staff size (including director)



## Counseling Services Provided:

Initial assessments and clinical recommendations

After Hours/Weekend Mental Health Support by selecting option 2 when calling 273-2676

Training Program for UNI Interns

"Let's talk" Outreach Support Stations on Campus

Referrals to Campus and Community Resources

Individualized treatment planning, including connection to non-Western interventions

Group Therapy

Individual Therapy

Couples Therapy

Walk In Crisis and Consultation Appointments

Outreach Presentations, Events, and Trainings (Such as: VAR, QPR, Mental Health Ally, Men and Mental Health, Supporting Students in Distress, Mindfulness, Racial Healing Circles, Resilience, Diversity & Mental Health, You Matter at UNI events, new student orientation)

# STUDENT HEALTH CLINIC

## WHO WE ARE

Our staff is comprised of caring, supportive professionals who are licensed.

## WHAT WE DO

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

## MISSION

To promote and support student success by providing individualized holistic healthcare and health education.

## VALUES

Service to others  
Safe and secure environment  
Compassionate care  
Accessible services  
Teamwork

## VISION

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

## 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



**Amy Thurm, ARNP**  
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**  
Mental Health Case Manager

### NURSES



**Sarah Behrends**  
Director Student Health Clinic



**Michele Gerdes**  
Assistant Director of Nursing



**Nicole Meyer**  
Registered Nurse



**Jan Olsen**  
Registered Nurse



**Alana Berger**  
Registered Nurse

### LABORATORY TECHNICIANS



**Sue Meyers**  
Assistant Director of Laboratory Services



**Amber Houser**  
Laboratory Technologist



**Leah McGrane**  
Certified Medical Assistant



## KEY PERFORMANCE INDICATORS BY SEMESTER

| Service Categories         | Summer 2022* | Fall 2022 | Spring 2023 |
|----------------------------|--------------|-----------|-------------|
| Immunizations/Vaccinations | 12           | 1,028     | 132         |
| Injections                 | 39           | 350       | 226         |
| Lab                        | 182          | 3,069     | 2,278       |
| Medical Supplies           | 1            | 61        | 28          |
| Mental Health Visits       | 184          | 522       | 534         |
| Nurse Consultations        | 63           | 404       | 531         |
| Office Visits              | 20           | 1,866     | 1,632       |
| Preventative Exams         | 14           | 61        | 46          |
| Telephone Encounters       | 253          | 1,451     | 1,075       |
| Treatments                 | 7            | 43        | 34          |
| Tele-Health                | 0            | 0         | 1           |
| Tele-Psychiatry            | 61           | 60        | 18          |
| Web Encounters             | 168          | 1,016     | 805         |

Total Unique Students Impacted

Summer 2022\*  
**223**

Fall 2022  
**2,454**

Spring 2023  
**1,330**

## PATIENT DIGANOSIS

|                                                                      |        |
|----------------------------------------------------------------------|--------|
| Mental, Behavioral and Neurodevelopmental Disorders                  | 8,341  |
| Preventative                                                         | 3,800  |
| Diseases of the Respiratory System                                   | 2,426  |
| Symptoms, Signs and Abnormal Clinical and Laboratory Findings        | 1,750  |
| Diseases of the Genitourinary System                                 | 553    |
| Diseases of the Nervous System                                       | 462    |
| Injury, Poisonings and certain other Consequences of External Causes | 424    |
| Infectious and Parasitic Diseases                                    | 353    |
| Disease of the Skin and Subcutaneous Tissue                          | 314    |
| Diseases of the Ear and Mastoid Process                              | 296    |
| Diseases of the Musculoskeletal System                               | 210    |
| Diseases of the Digestive System                                     | 170    |
| Diseases of the Eye and Adnexa                                       | 118    |
| Endocrine, Nutritional and Metabolic Diseases                        | 83     |
| Disease of the Blood                                                 | 38     |
| Diseases of the Circulatory System                                   | 16     |
| Neoplasms                                                            | 7      |
| Congenital Malformations, Deformations and Chromosomal Abnormalities | 5      |
| Overall - Total                                                      | 19,366 |

Dr. Ochoa always has the best care for the students. She is confident and straightforward in her delivery and is always very kind. The staff and other nurses are also very kind and helpful. Smiles all around always with the UNI clinic!



Everyone was friendly and communicated very well with any concerns they had. This was my first experience, and I will recommend for anyone in the future!

I thought the Health Clinic was just like the doctor's office I go to at home. I was concerned I may not get the same treatment but it was extraordinary and I will come back whenever I need to see a doctor.



The Student Health Clinic helps students in many ways. For me, I needed help because I was ill. For other students, they may need help mentally. The Student Health Clinic is a great resource on campus."

I love visiting the Health Clinic and believe it is a very inclusive environment.



# ACCOMPLISHMENTS AND CONTRIBUTIONS

- 1 Implemented Healow Check-In through eClinicalWorks. This allows students to check in for their appointment and fill out questionnaires through their mobile device.
- 2 eCW version 12 upgrade was implemented on 6/5/23. This provided many enhancements to the electronic medical record system.
- 3 Participated in various volunteer opportunities throughout the year to include: the Out of the Darkness Walk for Suicide Prevention; Pack the Dome event for the Northeast Iowa Foodbank; De-stress Days for students sponsored by Student Wellness Services; and provided tours for high school students through the Cedar Valley Career Connection.
- 4 Partnered with the Panther Pantry in December 2022 to hold the Panther Health Drive to gather supplies donated by students, faculty/staff and community members.
- 5 Partnered with Black Hawk County Health Department to provide free STI testing to students on campus and to provide tuberculosis medication treatment for students who test positive.
- 6 Continued to be a Test Iowa COVID-19 saliva test kit location for pick up and drop off specimens.
- 7 Continued to provide COVID-19 vaccine clinics for students and education regarding isolation and quarantine.
- 8 Partnered with Iowa Health & Human Services to implement a vaccine campaign on campus to increase vaccination rates among the student population.

## GOALS MET

The Student Health Clinic will implement a student learning outcome by 9/30/2022

The Student Health Center Clerks will actively participate in the monthly "Fun Committee" planning to increase employee morale through the 2022-2023 academic year

The Student Health Clinic providers and nurses will complete a continuing education course related to the Monkeypox Virus.

To provide Intrauterine Device placement services at the Student Health Clinic

Eating Disorder Care Coordination: Revive an active eating disorder team on campus for care coordination.





University of  
Northern Iowa

## Student Wellness Services

16 Student Health Center, Cedar Falls, Iowa 50614-0385  
wellness@uni.edu  
wellbeing.uni.edu/student-wellness  
319-273-3423

101 Wellness/Recreation Center Cedar Falls, Iowa 50614-0221  
recreation@uni.edu  
recreation.uni.edu  
319-273-6275

## Recreation Services

## Counseling Center

103 Student Health Center, Cedar Falls, Iowa 50614-0385  
counseling@uni.edu  
wellbeing.uni.edu/counseling-center  
319-273-2676

1227 W 27th Street Building 0221, Cedar Falls, Iowa 50614-0221  
healthcenter@uni.edu  
wellbeing.uni.edu/student-health  
319-273-2009

## Student Health Clinic



The Student Health Clinic has also achieved COLA accreditation through a biennial survey since 1993. Our patients can be assured that we meet federal and state regulatory requirements.



The Student Health Clinic is an AAAHC accredited facility. We go through a voluntary site survey to measure the quality of our services and performance against nationally recognized standards of the Accreditation Association for Ambulatory Health Care (AAAHC).

This publication was designed by Eliza Carlson, class of 2025,  
majoring in Graphic Design and minoring in Marketing and French.