



**New Student and  
Family Programs**

# Well-Being at UCF

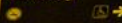
## Student Union

Student Govt.  
Association

Legal Services

Student  
Involvement

Social Justice &  
Advocacy

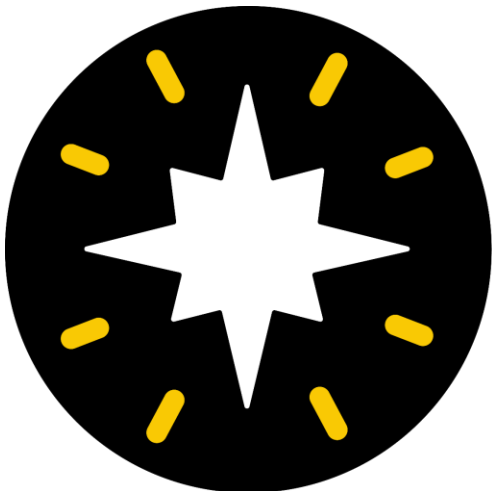


# UCF Well-Being Partners

- Counseling and Psychological Services (CAPS)
- Recreation and Wellness Center (RWC)
- Student Health Services (SHS)
- Wellness and Health Promotion Services (WHPS)



# Well-Being and *Thriving* at UCF



**B ♦ E ♦ A ♦ M**

HELPING *Students* THRIVE



BELONGING



ENGAGING



ACHIEVING



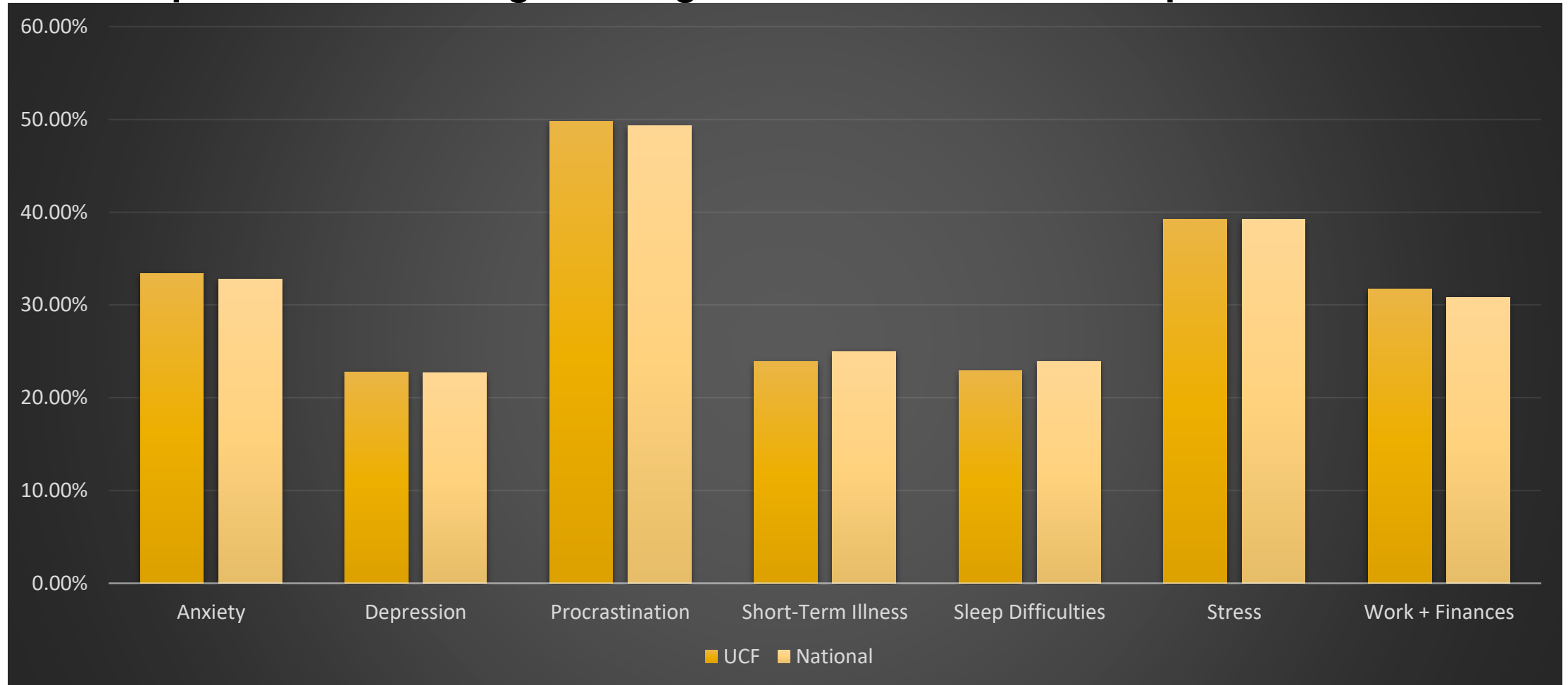
MEANING



New Student and Family Programs

# National College Health Assessment (NCHA) Data

Students reported the following affecting their individual academic performance:



American College Health Association. American College Health Association-National College Health Assessment III: Undergraduate Student Reference Group Executive Summary Spring 2024. Silver Spring, MD: American College Health Association; 2024.



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# **UCF Health & Wellness Services**

**Enhancing Student Well-Being through  
Prevention, Education, & Treatment**

# Counseling and Psychological Services (CAPS)

Locations on Main, Rosen, and Downtown Campuses



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# CAPS Services

- Brief Individual Counseling
- Brief Relationship Counseling
- Single Session
- Group Counseling
- Crisis Intervention
- Prevention and Educational Programming
- Online  
Resources: Therapist Assisted Online (TAO); Togetherall



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- Brief Relationship Counseling
- Single Session
- Group Counseling
- **Crisis Intervention**
- Prevention and Educational Programming
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Resources: Therapist Assisted Online (TAO); Togetherall



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# YOU MATTER!

**WE ARE HERE TO HELP.  
24/7 CRISIS SUPPORT**

IF YOU NEED HELP, PLEASE CALL:

**407-823-2811 + press 5**

CAPS CRISIS LINE

**911**

UCF POLICE DEPARTMENT

**988**

NATIONAL SUICIDE PREVENTION LIFELINE

**Text HOME to 741741**

TO REACH A CRISIS COUNSELOR

# CAPS Services

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- Group Counseling
- Crisis Intervention
- **Prevention and Educational Programming**
- Online  
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- **Online**

**Resources: *Therapist Assisted Online (TAO); Togetherall***



# Normal Developmental Concerns

Academic demands

Adjustment

Becoming independent

Family matters

Finances

Future uncertainty

Grief/loss

Identity

Interests/purpose

Interpersonal conflict

Major/career decisions

Managing emotions

Motivation

Perfectionism

Pressure to succeed

Responsibilities

Relationships

Roommate issues

Self-esteem

Socio-political issues

Stress management

Time management

Transitions

Values clarification



# Mental Health Concerns

- Anxiety
- Bipolar Disorders
- Depression
- Eating Disorders
- Obsessive-Compulsive Disorder
- Self-Injury
- Substance Use (*Alcohol and Other Drugs*)
- Suicidal Thoughts
- Traumatic Experiences



# Important Features of CAPS

- CAPS services are available free of charge to all UCF enrolled students
- Students may schedule an initial assessment in advance online or drop in for a same day session for more urgent situations
- Diverse and multidisciplinary staff including Master's and Doctoral level professionals
- Confidentiality



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ACCREDITED BY



INTERNATIONAL ACCREDITATION  
OF COUNSELING SERVICES

Inspiring excellence in student mental health care

[www.iacsinc.org](http://www.iacsinc.org)

# CAPS Contact Information

**LOCATION: (Main)** Counseling Building - Building #27 (Near Health Center)

Rosen Campus and Downtown Campus - see online for information

**PHONE:** 407-823-2811

**WEBSITE:** [caps.sswb.ucf.edu](https://caps.sswb.ucf.edu)

**HOURS:** Monday-Thursday 8:00am - 5:00pm

*Drop-in hours from 8:00am - 4:00pm*



**CAPS Website**



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Counseling and  
Psychological Services



UCFCAPS



UCF Counseling Center

# Recreation and Wellness Center (RWC)

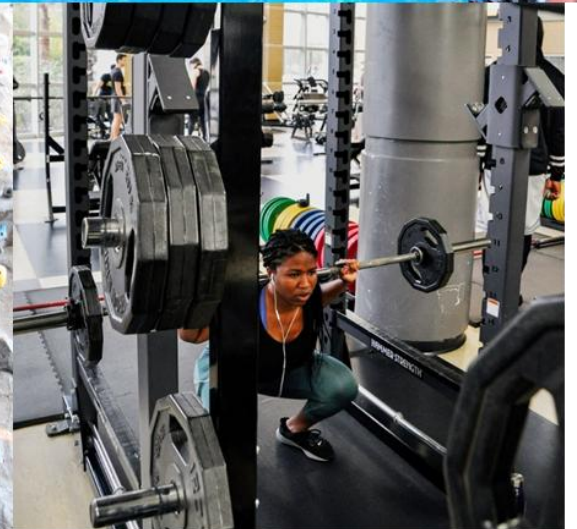
Locations on Main (East) and Downtown Campuses



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# RWC Facility Highlights

- Indoor 1/8 Mile Track
- 6 Indoor Multi-Activity Courts
- 4 Group Exercise Studios
- 40 ft. Rock Climbing Tower
- Leisure Pool & Lap Pool
- Lake Claire Recreation Area
- 8 Tennis Courts
- 4 Pickleball Courts
- 6 Sand Volleyball Courts
- 3 Outdoor Basketball Courts
- Outdoor Fitness Station
- Baseball/Softball Field
- Challenge Course
- Athletic Training Clinic



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# RWC Programs

- **Group Exercise Classes**
  - 80+ weekly including KnightFit, Cycling, Yoga, etc.
- **Training Programs**
  - Half Marathon, Triathlon, Weightlifting, Personal Training
- **Outdoor Adventure Trips**
  - Backpacking, Hiking, Surfing, Camping
  - Challenge Course Team Development Program
- **Lake Claire – Free Equipment Rentals**
  - Kayak, Canoes, and Paddleboards
- **Intramural Sport Leagues**
  - Flag Football, Basketball, Tennis, Dodgeball, etc.
- **44+ Sport Clubs**
  - Adaptive Rec, E-Sports, Rowing, Golf, Soccer, etc.
- **Lifeguard Certificate & Swim Lessons**



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# Stay Connected With RWC



## Download the UCF RWC Mobile App

- Sign Liability and Assumption of Risk Waiver
- Utilize Touchless Entry Barcode to enter the facility
- Opt-In to notifications from your favorite programs and events



WEBSITE

**WEBSITE:** [rwc.sswb.ucf.edu](http://rwc.sswb.ucf.edu)  
**TELEPHONE:** 407-823-2408



**DOWNLOAD THE RWC APP**  
**UCF RWC**

- SIGN UP FOR GROUP EXERCISE CLASSES.
- SIGN UP FOR IM LEAGUES AND EVENTS.
- ACCESS THE LATEST RWC+ CONTENT.
- OPT IN TO PUSH NOTIFICATIONS FOR PROGRAM UPDATES.

**DOWNLOAD TODAY!**

GET IT ON Google Play | Download on the App Store

**SIGN OUR LIABILITY AND ASSUMPTION OF RISK WAIVER**  
Tap ad | Tap Login | Enter NID

# Student Health Services (SHS)

Locations on Main (East), Downtown, College of Medicine, and Rosen Campuses



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# Are you “Real” Doctors?!

## YES, WE ARE!

- Licensed and Board-Certified Medical Providers (MD, PA, APRN)
- Licensed Nursing staff
- Pharmacists & Technicians
- Dentists & Hygienists



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*Accredited by*



ACCREDITATION ASSOCIATION  
*for* AMBULATORY HEALTH CARE, INC.

# The Health Fee (and What it Covers)



The health fee (included in tuition) helps to offset your medical costs which means you can see a health care provider with no out-of-pocket charge for the general (primary care) office visit. It is NOT a form of medical coverage.



Patients are financially responsible for items not covered by the health fee.

These include, but are not limited to:

Clinical procedures, x-rays, laboratory services, medical equipment, prescriptions, non-prescription medications, vaccinations, dental services, and physical therapy.



When charges occur, students can elect to use their health insurance coverage, or pay out-of-pocket. Payment for all services and out-of-pocket costs are due at the time of service.



# Medical Insurance Participation

Patients are financially responsible for all charges incurred at each visit, whether covered by health insurance or not. All out-of-pocket expenses as determined by your health insurer are due at the time of service. **Though not required to access our services, the university and Student Health Services strongly encourage all students to carry some form of health insurance coverage.**

UCF Health Services is in network with the following insurance providers:



\*Please note that we do not accept most HMO plans. Call our insurance office for coverage verification at 407.823.1649

All other insurance providers are considered out of network.



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Register Your  
Health Insurance  
**TODAY!**  
UPLOAD YOUR INSURANCE CARD IMAGE WITH EASE

A large black and white QR code is centered in the bottom half of the registration box.

# Primary Care

- General Health Care
- Radiology
- Lab
- Gynecological Care
- Immunizations



# Specialty Care

- Sports Medicine
- Behavioral Health
  - *Psychiatry*
  - *Substance Use Disorder Services*
  - *Dietitian*
- Allergy Injections
- Physical Therapy
- International Health
  - *Travel Clinic*



# Dental Clinic

- Preventive
- Restorative
- Cosmetic
- Charges are less than in the local community
- In-Network with Cigna Dental DPPO and United Healthcare Dental PPO
  - *For other plans, contact our office to discuss coverage*
- Dental Membership Plan is available for those without insurance



# Pharmacy + Convenience Store

- Fill all your prescriptions on campus at your convenience
- Patient education/consultations
- Over-the-Counter medications available
- Convenience store items like groceries, snacks, hygiene products, school supplies, first aid, etc.
- Over 100 prescription insurance plans accepted!



# Health-Focused Student Organizations



## SoberKnights

Student who likes to be social without the influence of drugs or alcohol? **Check out SoberKnights on KnightConnect and get involved!**



## Type 1 Students @ UCF

Student who is a Type 1 Diabetic struggling to find a way to enjoy all these wonderful college experiences without jeopardizing their health? **Encouraged to join Type1Knights!**



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# SHS Contact Information

**LOCATION (Main):** Health Center & Pharmacy - Building #127

*(See website for offices on other campuses)*

**PHONE:** 407.823.2701

**WEBSITE:** [www.StudentHealth.ucf.edu](http://www.StudentHealth.ucf.edu)

**HOURS: FALL & SPRING**

Monday-Friday 8:30am - 6:00pm

Saturday 10:00am - 2:00pm

**SUMMER & BREAKS**

Monday-Friday 8:30am - 5:00pm



**@ucf.shs**



**@ucfstudenthealth**



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# Wellness & Health Promotion Services (WHPS)

Locations on Main (East) and Downtown Campuses inside the RWC Spaces



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# WHPS Services

- Biofeedback, Mindfulness and Stress Management
- Cooking Classes and Demonstrations
- HIV Testing and Risk Reduction Counseling
- Alcohol and Other Drug Education
- Couponing
- Wellness and Supplemental Nutrition Assistant Program Coaching



# Mindfulness



- Biofeedback
- Mindful Minute
- MIEA Mindfulness Course



# Cooking Classes & Freshu Market

- Master kitchen skills and healthful eating with FreshU cooking demonstrations and classes on campus
- WHPS offers cooking demos to student groups upon request
- Cooking classes: Students will be able to cook along with us and learn a new skill
- **It's FREE!**



# HIV Testing



WHPS Offers  
free HIV testing  
5 days a week  
by appointment!



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# Alcohol and Other Drug Prevention

- AOD promotes healthy lifestyles, as well as personal responsibility, by providing programs, training, and ideas for alternative activities for students
- Educate students about the negative consequences of high-risk use of alcohol and drugs



# Coaching & Couponing 101

- A coach works with you to realize your health goals and help you make lifestyle changes to optimize your well-being.
- Supplemental Nutrition Assistance Program (SNAP) coaching
- Learn the basics of couponing and save money on grocery items during our Couponing 101 Workshop.



# WHPS Contact Information

**LOCATION:** Office at RWC Building 88 –  
Suite 111

*(See website for offices on other campuses)*

**PHONE:** 407-823-5841

**WEBSITE:** [whps.sswb.ucf.edu](http://whps.sswb.ucf.edu)

**HOURS:** Monday-Friday 8:00am - 5:00pm



*@healthyknight*



*@healthyknight*



*@healthyknight*



*Healthy Knight*



*@ucfhealthyknight*



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# Student Care Services

Assists students who are experiencing issues that may include, but are not limited to:



Health and wellness



Emotional distress



Disruptive and addictive behaviors



Financial concerns



Academic struggles



Connect with us! Families can work with us too, to help their student succeed.

*From  
Caring to  
Courage.*

**Visit [ucfcares.com](https://ucfcares.com)  
Refer a friend or get  
support for yourself.**



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# Be Well!

***Counseling & Psychological Services (CAPS) | 407-823-2811***

[caps.sswb.ucf.edu](http://caps.sswb.ucf.edu)

***Student Health Services (SHS) | 407-823-2701***

[studenthealth.ucf.edu](http://studenthealth.ucf.edu)

***Recreation and Wellness Center (RWC) | 407-823-2408***

[rec.ucf.edu](http://rec.ucf.edu)

***Wellness & Health Promotion Services (WHPS) | 407-823-5841***

[whps.sswb.ucf.edu](http://whps.sswb.ucf.edu)

***Student Care Services | 407-823-5607***

[scs.sswb.ucf.edu](http://scs.sswb.ucf.edu)



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