



**New Student and
Family Programs**

Well-Being at UCF

Student Union

Student Govt.
Association

Legal Services
Social Justice &
Advocacy

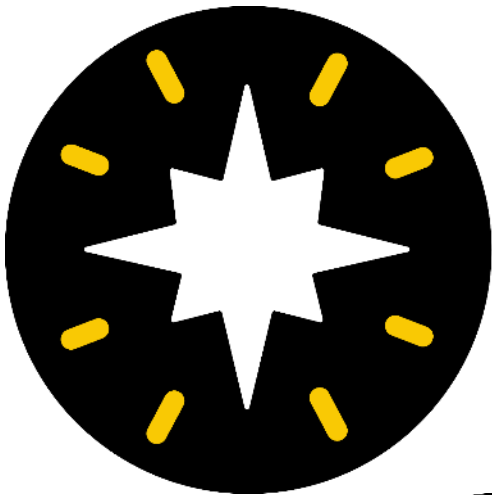
Student
Involvement

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



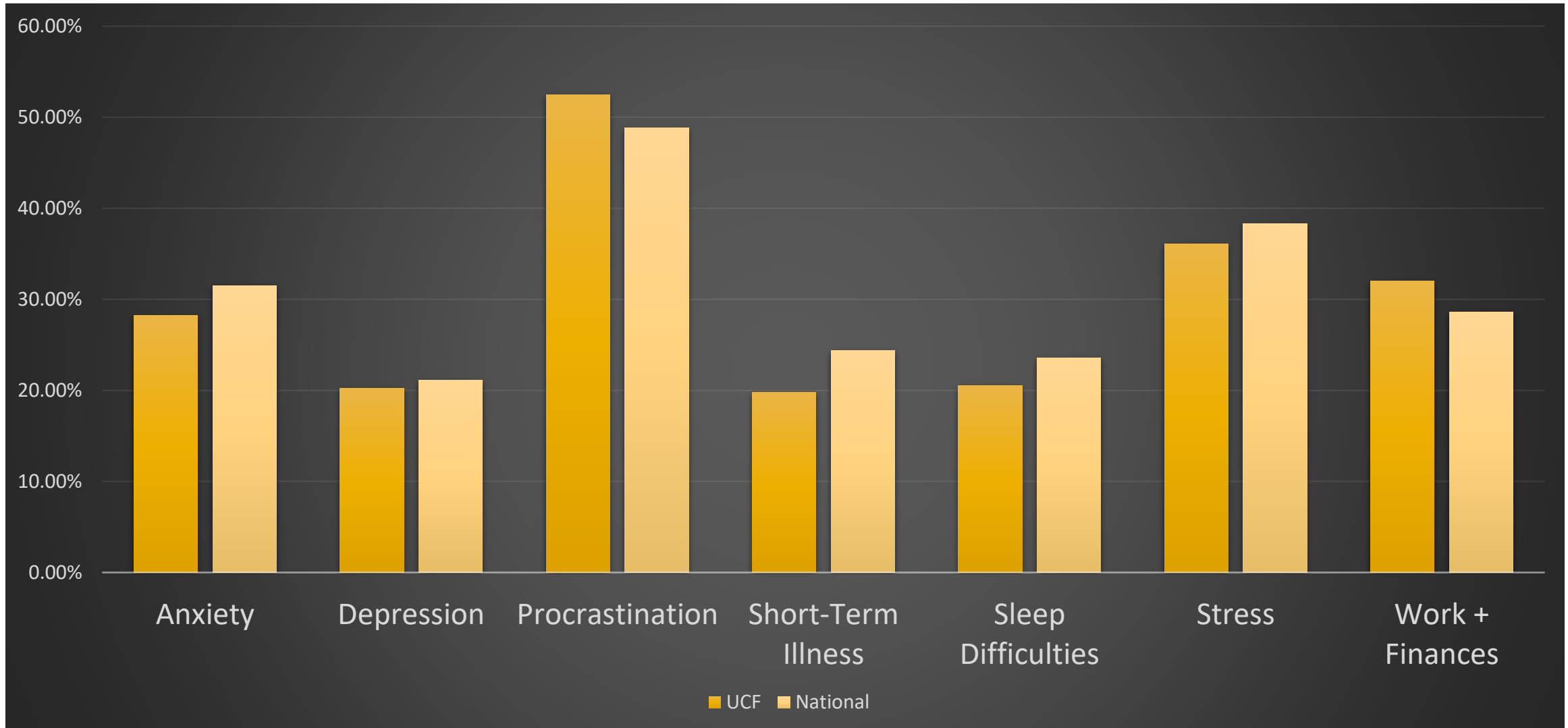
MEANING



**New Student and
Family Programs**

National College Health Assessment (NCHA) Data

Students reported the following affecting their individual academic performance:





**New Student and
Family Programs**

UCF Health & Wellness Services

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

Counseling and Psychological Services (CAPS)

Locations on Main and Downtown Campuses



New Student and
Family Programs

CAPS Services

- Brief Individual Counseling
- Brief Relationship Counseling
- Single Session
- Group Counseling
- Crisis Intervention
- Prevention and Educational Programming
- Online Self-Help Resources



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- **Group Counseling**
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CAPS Services

- Brief Individual Counseling
- Brief Relationship Counseling
- Single Session
- Group Counseling
- **Crisis Intervention**
- Prevention and Educational Programming
- Online Self-Help Resources



New Student and
Family Programs

**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

- Brief Individual Counseling
- Brief Relationship Counseling
- Single Session
- Group Counseling
- Crisis Intervention
- **Prevention and Educational Programming**
- Online Self-Help Resources



CAPS Services

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- Brief Relationship Counseling
- Single Session
- Group Counseling
- Crisis Intervention
- Prevention and Educational Programming
- **Online Self-Help Resources**



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



New Student and
Family Programs



ACCREDITED BY



INTERNATIONAL ACCREDITATION
OF COUNSELING SERVICES

Inspiring excellence in student mental health care

www.iacsinc.org

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

Procrastination

Responsibilities

Relationships

Roommate issues

Self-esteem

Sleep

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



CAPS Contact Information

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

(Downtown) Union West, Rm 245

PHONE: 407-823-2811

WEBSITE: caps.sswb.ucf.edu

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

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



CAPS Website



Counseling and
Psychological Services



UCFCAPS



UCF Counseling Center



**New Student and
Family Programs**



Recreation and Wellness Center



Recreation and
Wellness Center

rec.ucf.edu
ucfrwc

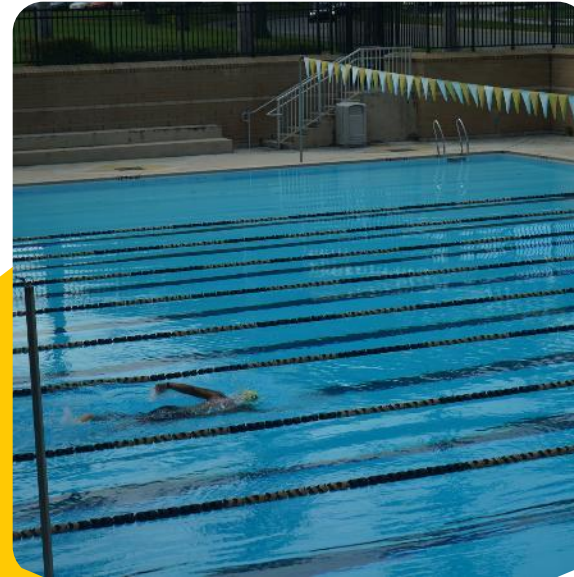
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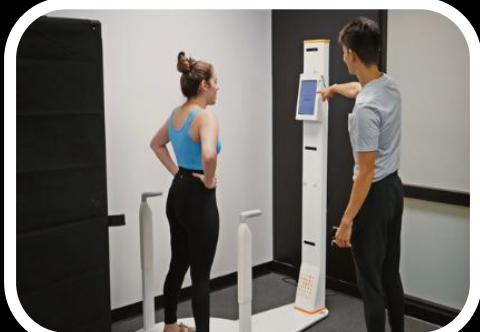
B • E • A • M
EMPOWERING STUDENTS TO THRIVE

RWC Facilities

- Indoor 1/8 Mile Track
- 6 Indoor Multi-Activity Courts
- 3 Group Exercise Studios
- 41 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
- RWC Park Playing Fields
- Challenge Course
- Athletic Training Clinic
- RWC @ Downtown



New Student and
Family Programs



RWC Programs

Fitness

- Group Exercise Classes (Cycle, Pilates, Cardio Dance, KnightFit, etc.)
- Personal Training, Fitness Assessments, Student Assisted Workout (SAW)
- Special Events (MidKnight 5K, Yoga Under the Stars)

Outdoor Adventure

- Adventure Trips (Backpacking, Hiking, Surfing, Caving, Camping, etc.)
- Challenge Course (High and Low Elements)
- Lake Claire (Kayaking, Canoeing, Paddleboarding Rentals)

Intramural Sports

- Campus Sports Leagues (Flag Football, Basketball, Soccer, Tennis, etc.)
- Tournaments & Special Events (Rec Fest, Kickball, Cornhole, Trivia, etc.)
- Sports Officials Training

Sport Clubs

- 45 RSOs that compete against other universities as a team
- Ultimate, Rugby, Lacrosse, Pickleball, Ice Hockey, and many more!



New Student and Family Programs

Student Health Services (SHS)

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



**New Student and
Family Programs**

Accredited by



ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

Are you “Real” Doctors?!

YES! And we specialize in college health!

Licensed and Board-Certified Medical Providers (MD, DO, PA, APRN) and Mental Health Providers (PMH, PMHNP, LCSW, LMHC)



SCAN TO



MEET OUR PROVIDERS!



New Student and
Family Programs

The Health Fee Explained

What It Is Mandatory fee assessed as part of tuition per credit hour
Used to fund various well-being departments and initiatives

What It Is Not Insurance
Medical coverage

How It Applies to SHS **Actively enrolled students can see a health care provider with **no out-of-pocket charge** for the general (primary care) office visit

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



UCF

New Student and
Family Programs

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.



**New Student and
Family Programs**

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

A large QR code that, when scanned, likely leads to the registration process for health insurance.

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

- Able to dispense all classes of medication with proper prescription
- Accepts Rx's from both internal and external providers
- 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 Groups



Student Health Advisory Committee (SHAC)

Represent the student body in relaying student health concerns to SHS & help promote SHS services and initiatives by participating in SHS-sponsored events.



Type 1 Students @ UCF

A fun, educational and interactive group developed just for students with T1D! Monthly meetings provide members with the tools they need to successfully enjoy their college experience while managing their diabetes in a healthy way.



**New Student and
Family Programs**

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
- **AFTERHOURS:** In the event that you need care when UCF Health Student Health Services is closed, a list of resources in close proximity to our facilities is available on our website for your convenience.



@ucf.shs



@ucfstudenthealth



@ucfhealthcenter



New Student and
Family Programs

HOURS

FALL & SPRING

Monday – Friday

08:30 AM – 06:00 PM

Saturday

10:00 AM – 02:00 PM

SUMMER & BREAKS

Monday – Friday

08:30 AM – 05:00 PM

*HOURS MAY VARY FOR UNIVERSITY
OBSERVED HOLIDAYS

Wellness and Health Promotion Services



New Student and Family Programs





WHPS Services

- 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



**New Student and
Family Programs**

Florida Blue FreshU Kitchen and 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!



**New Student and
Family Programs**



HIV Testing and Risk Reduction Counseling

- WHPS Offers free HIV testing 5 days a week by appointment!
- All our testers are trained and certified by the Florida Department of Health of Orange County





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



New Student and
Family Programs

Coaching, Couponing and Lifestyle Skills

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



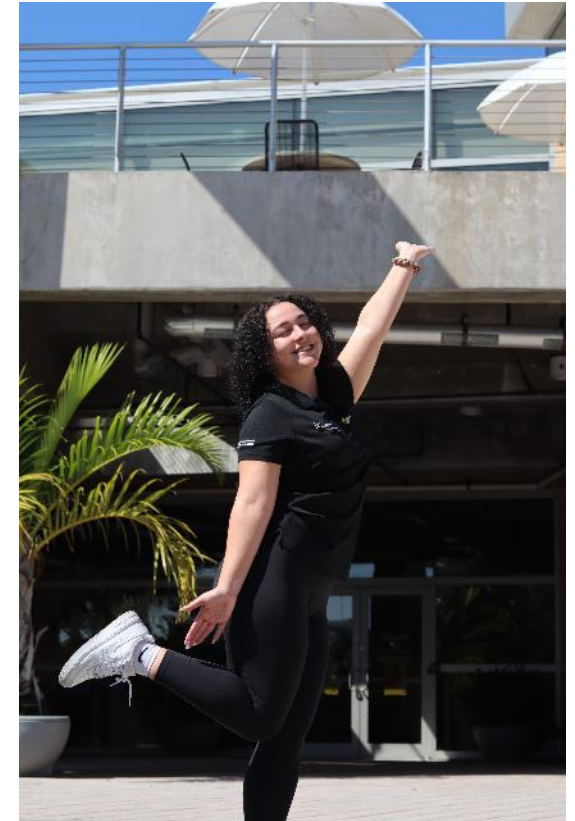
WHPS Contact Information

LOCATION: Office at RWC Building 88 –
Suite 111

PHONE: 407-823-5841

WEBSITE: whps.sswb.ucf.edu

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



 *@healthyknight*

 *@healthyknight*

 *@healthyknight*

 *Healthy Knight*

Student Care Services

Student Care Services (SCS) serves as the heart of our campus. When students are in distress or facing a crisis, SCS responds by providing non-clinical individualized, coordinated care for the student.

- **Mental Health Support:** Non-clinical resources, support, and mental care to students who feel overwhelmed, stressed, depressed, or burned out.
- **Educational Related Support:** Support for students facing academic difficulties, excessive absences from class, or personal challenges such as death or loss.
- **Basic Needs Support & Emergency Funding:** Support to students who disclose homelessness, housing insecurity, food insecurity, and financial insecurity



Visit ucfcares.com

Refer a friend or get support for yourself.



New Student and
Family Programs

Be Well!

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

caps.sswb.ucf.edu

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

rec.ucf.edu

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

studenthealth.ucf.edu

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

whps.sswb.ucf.edu

Student Care Services | 407-823-5607

scs.sswb.ucf.edu



**New Student and
Family Programs**

Breakout Sessions

Rotation #2



**New Student and
Family Programs**

Financial Aid & Fee Payment

Pegasus Ballroom *(on the first floor)*

Remember: this is offered again during Rotation #2!



**New Student and
Family Programs**

Knight to Knight Social

Key West Ballroom (*Second Floor, Room 218*)



**New Student and
Family Programs**

Launching Futures:

Dixon Career Development Center

Cape Florida Ballroom *(Third Floor, Room 316)*



**New Student and
Family Programs**

Charging Into Leadership:

How to Become an Orientation Leader

Egmont Key Meeting Room

(Second Floor, Room 224)



**New Student and
Family Programs**

Study Abroad

Garden Key Meeting Room

(here!)



**New Student and
Family Programs**

After, head to your respective programs:

Students

By 12:00pm

**Pegasus
Ballroom
(First Floor)**

*Sit with your assigned
Orientation team and
Orientation Leader*

Families & Guests

By 12:00pm

**Cape Florida
Ballroom
(Third Floor,
Room 316)**



Don't know where to go?

Exit the room and find an Orientation staff member!



**New Student and
Family Programs**