

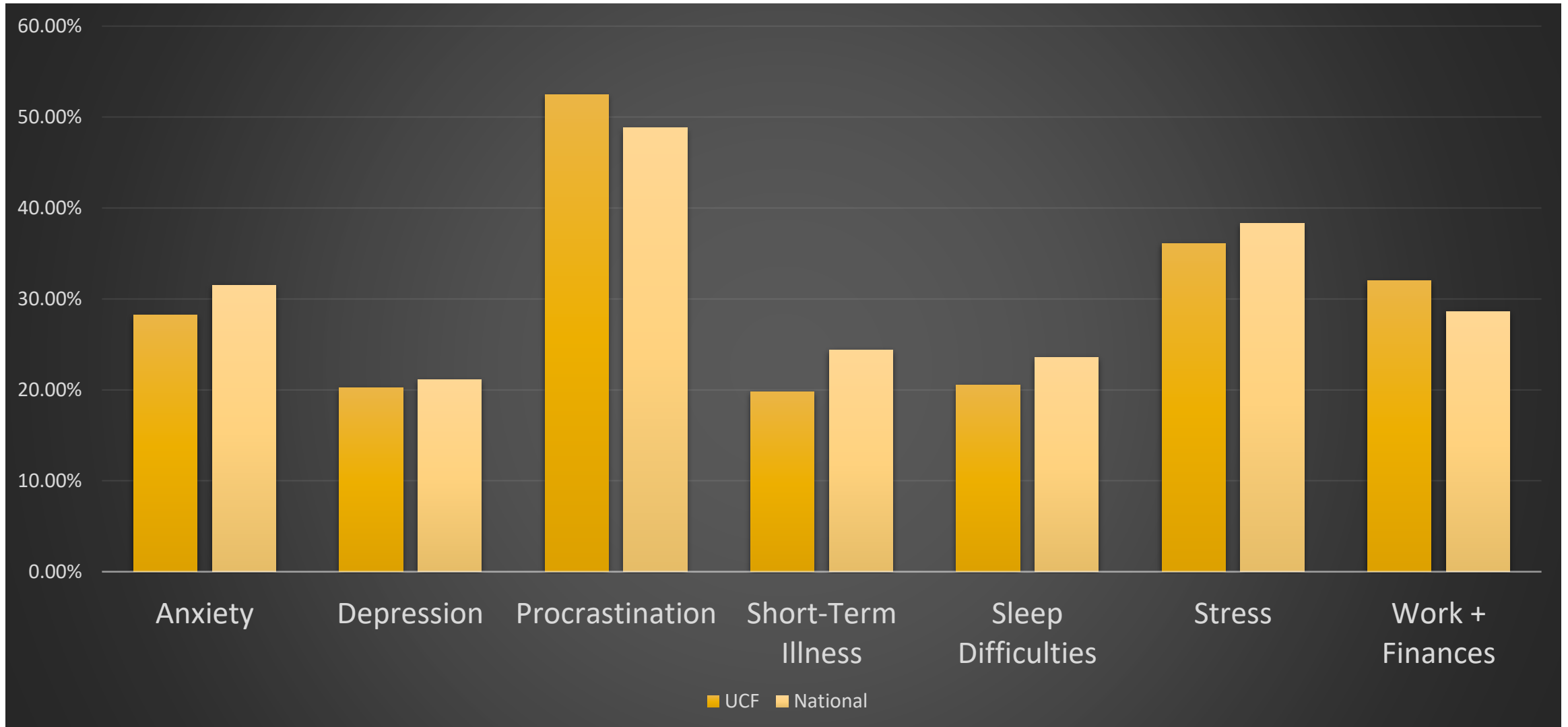


**New Student and  
Family Programs**

# **Well-Being at UCF**

# 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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- 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

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# 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](http://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](https://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



# Recreation and Wellness Center



Recreation and  
Wellness Center

rec.ucf.edu  
ucfrwc

ucfrwc  
ucfrwc



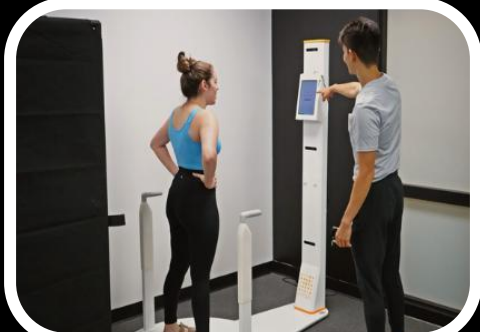
**B • E • A • M**  
EMPOWERING STUDENTS TO THRIVE

# 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!**

# 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](http://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



# 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  
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# 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](http://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](https://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](http://caps.sswb.ucf.edu)

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

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

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

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



**New Student and  
Family Programs**



**New Student and  
Family Programs**

**GO**

**KNIGHTS!**