Health and Well-being at DU:

Health & Counseling Center
Overview & Resources

Family Weekend 2024
Agenda

- Overview of the Health & Counseling Center (HCC)
  - *Hours, Locations, How to Make an Appointment*
- Departments & Services
- Wellbeing: Dimensions and Resources
- Tips to Support Your Student’s Wellbeing
- HCC Contact Information
Our Mission

• Provide exceptional, inclusive, integrated health care
• Promote student success and wellness through education, advocacy and outreach to the University of Denver community
• Strive to provide culturally competent clinical services, medical treatment, outreach programming, advocacy and training opportunities
Departments of the (HCC)

- Prevention
  - Health Promotion (Thrive)
- Early Intervention
  - Counseling Services
- Treatment
  - Medical Services
  - Center for Advocacy, Prevention & Empowerment (CAPE)
- Recovery
  - Collegiate Recovery Program (CRP)

Administrative Support Team
THE HCC IS OPEN DURING THE FOLLOWING DAYS AND TIMES:

- **Monday** 8am – 5pm
- **Tuesday** 9am – 5pm
- **Wednesday** 8am – 7pm
- **Thursday** 8am – 7pm
- **Friday** 8am – 5pm
- **Closed Saturday & Sunday**
When the HCC is Closed

Call the HCC to speak with an on-call medical provider or on-call counselor:
303-871-2205

Additional Options:
Urgent care or Emergency room

Care Now Urgent Care
1405 E Evans Ave Denver, CO 80210
720-449-8050
To schedule an appointment visit: www.du.edu/hcc

Click on “My Health” to make an appointment

Log in to MyHealth
Appointments • Secure Messages • Contact Providers
Medical Services

- Comprehensive integrated primary care for acute and chronic medical conditions
- Same-day access/nurse triage
- Specialists: Psychiatry on-site, referrals to community providers
- Diagnostic tests/Laboratory
- Travel Health/Sexual Health/Eating Disorder Care
- Gender-Affirming Care
- Immunizations - FREE
  - COVID-19
  - Flu
Counseling Services

- Individual and Couples Counseling
- Psychiatric evaluation and medications
- Stress, Depression, Anxiety
- Drug or alcohol abuse
- Crisis intervention
- Group therapy & workshops:
  - Understanding self & others
  - Students of color support & empowerment group
  - Fear-less: Anxiety Management Group
  - Koru Mindfulness/Meditation
  - Athlete Injury Recovery Excellence
  - and more
Center for Advocacy, Prevention, & Empowerment (CAPE)

• Free and confidential

• Advocacy supports for survivors of sexual assault, relationship violence, stalking, and harassment

• Email cape@du.edu for more information or to schedule an appointment
Collegiate Recovery Program

THE COLLEGIATE RECOVERY COMMUNITY:
We are a welcoming community where you can meet other students, find sobriety-friendly social events, attend support meetings, receive guidance from professional staff and find referrals for other resources on and off campus.

BENEFITS:
- Community lounge, study and social network
- Alcohol and Drug free social events
- Sober housing option
- Support meetings
- Peer mentoring and orientation programs
- Educational seminars and events

COMMUNITY  SOBRIETY  RECOVERY
Health Promotion

Health Promotion is “the process of enabling people to increase control over, and to improve their health” through prevention education, skill building, and sociocultural change (World Health Organization).

DU Health Promotion Focus areas:
- Alcohol and other drugs education
- Mental health and suicide prevention
- Interpersonal violence prevention
- Sexual health
- Masculinities Engagement
- Peer Education
Health Promotion

We regularly offer and provide:

• Trainings, workshops, and events
• Bystander Intervention training
• Education through engagement & skill-building
• Harm reduction resources (safer sex supplies, Narcan)
• Awareness months/campaigns (mental health, sexual assault, college alcohol awareness, etc.)

New Additions in 2023-2024:
Mental Health First Aid training certifications
DU Masculinities Project: 6-week workshop series
Mobile cart to reach students out on campus
Pre-departure study abroad health & well-being workshops
Nutrition & Well-being Workshops
Collaborations with Athletics & Fraternity/Sorority Chapters
Dimensions of Well-being

- Emotional
- Spiritual
- Intellectual
- Physical
- Environmental
- Financial
- Career
- Social
## Tips to Support Your Student’s Wellbeing

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<thead>
<tr>
<th>Connection</th>
<th>Stay in touch – keep lines of communication open</th>
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<tbody>
<tr>
<td>Validate</td>
<td>Validate your student's experience</td>
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<tr>
<td>Show support</td>
<td>Let your student know you support them – even if they &quot;fail&quot;</td>
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<td>Listen</td>
<td>Remember your role isn't always to fix the problem, but to sometimes simply empathize and listen</td>
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<td>Encourage</td>
<td>Encourage healthy habits</td>
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<td></td>
<td>• Avoid lecturing, but use curiosity to inquire about how they feel when they xyz (connect self-care with emotional stability)</td>
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<td>Remind</td>
<td>Remind them of DU programs and services available to them</td>
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Contact Us

Health and Counseling Center (HCC)
Insurance@hcc.du.edu
Info@hcc.du.edu

Health Promotion (HP/Thrive)
hcc.thrive@du.edu and Instagram: @ThriveAtDU

Collegiate Recovery Program (CRP)
recovery@du.edu

Center for Advocacy, Prevention, and Empowerment (C.A.P.E.)
cape@du.edu