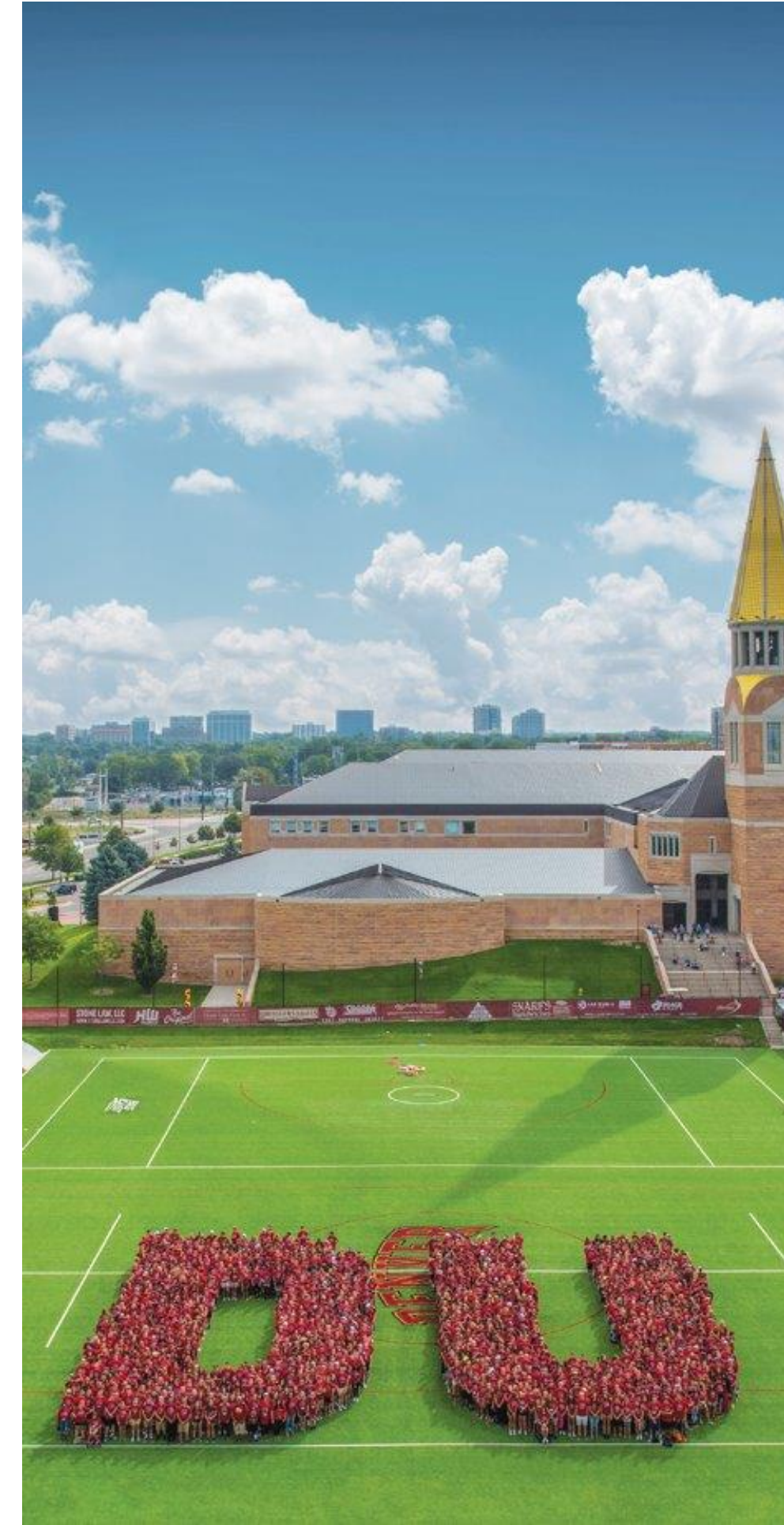


The background of the slide is a photograph of a large crowd of people at a sporting event, likely a football game. The crowd is seen from a high angle, filling the stadium. The image is overlaid with a semi-transparent red filter. At the bottom of the slide, there is a decorative wavy shape in a lighter shade of red. The text is centered and written in a bold, white, sans-serif font.

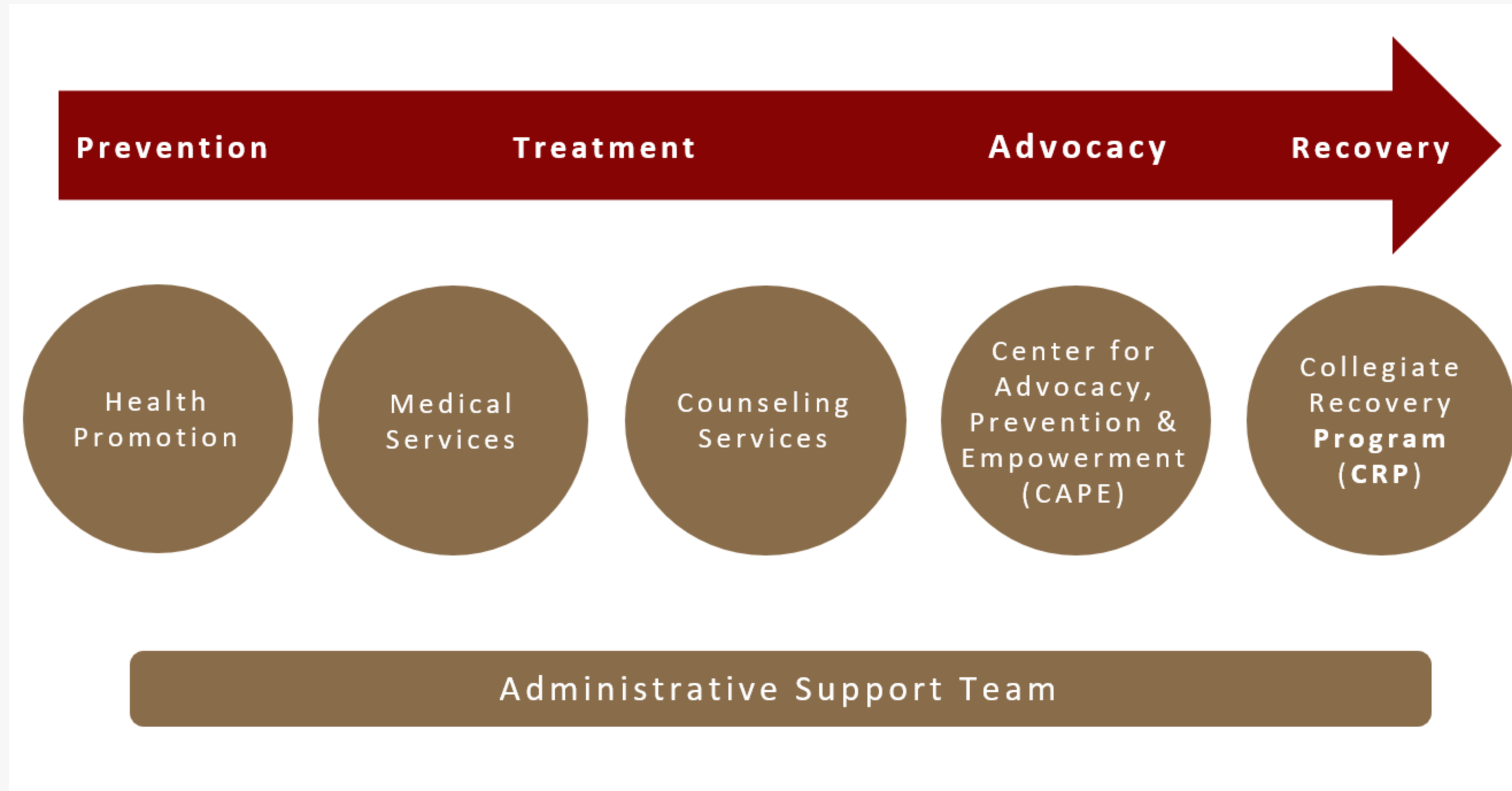
**The University of Denver Health
and Counseling Center:
Mental Health in College
Stressors and Supports**

Presented by:

Jacaranda Palmateer, PsyD
Director of Counseling Services
Jacaranda.Palmateer@du.edu
303-871-4298



Our Structure



Common Barriers to Student Success

STRESS	FAMILY CONCERNS
ANXIETY	SCREEN OVER-USE
SLEEP PROBLEMS	DEPRESSION
WORK	RELATIONSHIP PROBLEMS
COLD/FLU/COVID	FINANCIAL CONCERNS

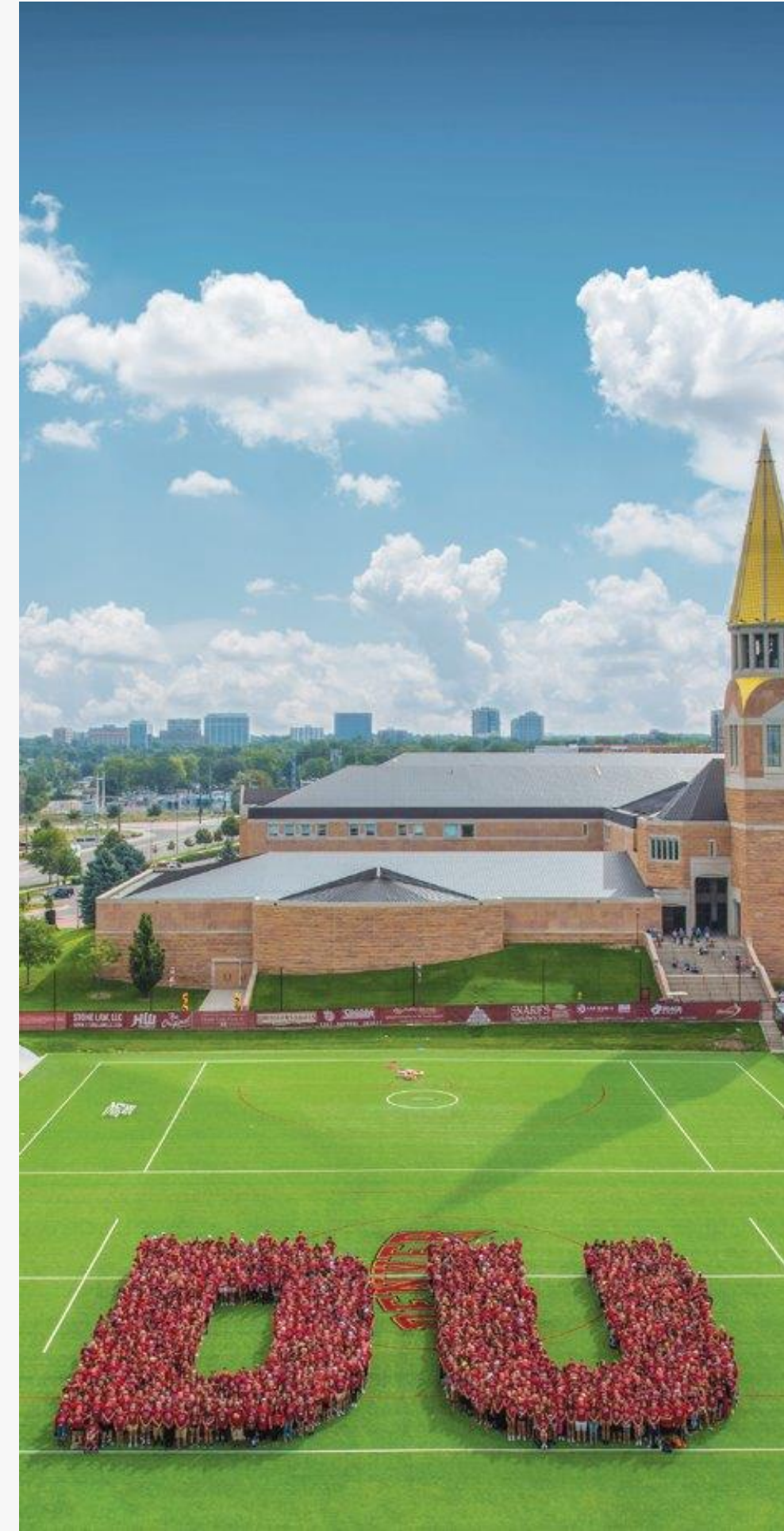
Normal Adjustment/Transitions for Families and Students

- This is a normal transition/adjustment
- Be your own problem-solver. Families – help cultivate this!
- Keep communication and dialogue open
- Encourage involvement/get involved in campus life
- Talk to each other about risks and challenges that are coming up: e.g. alcohol, drugs, fake ID's, sexuality, sleep, stress
- Connect to campus resources

Overview of Counseling Services

- Modalities of Care:
 - Individual & Couples therapy
 - Groups & Workshops
- Outreach & Consultation
- In-person services with telehealth options
- All our services are confidential — no information is released to anyone without the student's written consent, except in the case of a life-threatening emergency or when it is otherwise required by law.
- Same-day access services (without a scheduled appointment) on weekdays between 1pm-3pm at the HCC main location
- After-Hours providers available via phone at 303-871-2205

"Our dedicated professional staff includes licensed psychologists, licensed clinical social workers, and licensed professional counselors, as well as supervised graduate students from all of these disciplines who gain valuable experience through our training and professional development programs. Each staff member is committed to supporting student development and growth from the period of transition to DU, throughout the college journey, all the way to graduation and beyond."



Areas of Specialty in Counseling Services at the HCC:

- Depression and Anxiety
- ACT/DBT
- Sports Psychology & Performance
- Trauma
- Autism Spectrum Disorder
- Alcohol and Other Drug Recovery
- Eating Disorders
- Couples Treatment
- Multicultural Services
- Spanish Speaking

Mental Health Treatment at the HCC:

- Clinical decision model- no session limits
- Cost is based on coverage (SHIP/HCF); all undergrad students have at least 10 individual sessions at a \$20 copay/free
- Groups, SDA, BHC, crisis is always at no cost regardless of coverage
- Generally meet with students every other week, weekly treatment available via free groups

Accessing MH care at the HCC

There are a few different ways to access a counselor through HCC:

- 1. Schedule an appointment with the Health and Counseling Center through MyHealth.
- 2. Call the Health and Counseling Center at 303-871-2205.
- 3. Come to the Health and Counseling Center Monday-Friday 1-3pm for a same day appointment with a counselor, no appointment necessary.

** Students can continue to work with providers from home who are licensed to practice virtually across state lines. We encourage students to establish care at the HCC if they prefer, and they should check with current providers to ensure that they are legally allowed to practice across state lines.*

To schedule an appointment please visit: www.du.edu/hcc

The screenshot shows the top navigation bar of the University of Denver Health & Counseling Center website. The navigation menu includes: Health & Counseling Center, Medical Services, Counseling Services, Insurance & Fees, Health Promotion, Survivor Advocacy, Collegiate Recovery, and About Us (highlighted in yellow). Below the navigation bar, the main heading reads "MyHealth Support". A dark red banner states: "MyHealth is your online link to the University of Denver Health & Coun". Below this, a paragraph explains: "Once inside this secure website you can make appointments, email your providers, check lab results, update your immunization compliance, and review your HCC billing statements." A large dark red button with yellow text says "Log in to MyHealth" and lists "Appointments • Secure Messages • Contact Providers" below it. On the left side of the page, there is a vertical menu with the following items: Overview, Our Staff (with a right-pointing arrow), Workshops & Event Support, and Hours, Locations, & Parking.

[About Us](#) → [MyHealth Support](#) → [Log in to MyHealth](#)



Understanding self and others group

This type of group is often the treatment of choice for people who experience troubled relationships (including romantic, family, and friend-related), loneliness, depression, social anxiety, difficulty expressing emotions, self-criticism, difficulty with vulnerability/intimacy and low self-esteem. They offer a protected environment to identify and explore feelings; to learn how to give and receive empathy, support and feedback; to practice new, healthier ways of relating to others; and to foster connections to feel less lonely or isolated.

Wednesday (ongoing weekly group for the year with enrollment until full): 10-11:30am (Anand Desai, PsyD & Sydney Kelly, MA) - @ Asbury

Family Matters

Family dynamics are complicated! It can be hard trying to figure out your own sense of self while also having to manage your role in the family or feeling pulled back into family drama. This group will help you explore your role within your family and its impact on your ability to express emotions, set boundaries, making space for self-healing and form healthy relationships with others.

Tuesday (weekly): 1:30-3pm (Chaney Cook, PsyD & Anna Mokry, PsyD, plus Rylie - a therapy dog) - @ Asbury

Removing the mask: a Group for neurodivergent students

This group is for students whose ways of thinking create different and unique social and professional paths. It focuses on a variety of "neuro styles" including autism spectrum disorder, attentional issues, synesthesia, or neuro difference that has influenced you to "wear a mask".

Wednesday (weekly): 3-4:30pm (Larry Welkowitz, PhD) @ Asbury

Student of color support & empowerment group

Students of color are often navigating a complex and difficult college environment. This group creates a space for students of color to connect/support one another over experiences of discrimination, oppression and racism; and gain wisdom and energy from each other.

Thursday (weekly group with open enrollment until full): 2:30-3:45pm (Anna Mokry, PsyD) - telehealth via ZOOM

Stronger Together: a Healing group for trauma survivors

This group is for women who have experienced chronic trauma in their lives. This includes sexual, emotional and physical abuse, neglect and/or trauma experience within their family of origin. This group is intended to provide a space for students to cope with depressive symptoms, anger, shame, guilt, and painful emotions associated with trauma.

Thursday (weekly for the quarter): 1:30-3pm (Ellie Mata, MA, LPC, ACC & Anne-Stuart Bell, MEd) - @ Asbury

Mindfulness institute for emerging adults

This four week workshop, is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management. Participants will ideally report being less-stressed, sleep better, and live with greater mindfulness and self-compassion.

Wednesday (weeks 5-8):4-5:15pm (Alice Franks, PsyD) - @ Ritchie

**Health
and**

Counseling Center



2024 Fall Quarter Group Counseling and Workshop Schedule

THE MAJORITY OF GROUPS ARE BEING OFFERED IN-PERSON THOUGH SOME MAY BE OFFERED VIA TELEHEALTH (ZOOM). PLEASE SEE DESCRIPTIONS FOR GROUP DAYS, TIMES AND LOCATIONS.

ALL GROUPS/WORKSHOPS BESIDES ACT AND MINDFULNESS REQUIRE A 30 MINUTE MEETING WITH FACILITATOR(S) PRIOR TO JOINING. SOME GROUPS MAY HAVE THE OPTION OF, BUT NOT REQUIREMENT TO CONTINUE INTO FUTURE QUARTERS.

PLEASE EMAIL ANAND DESAI (anand.desai@du.edu) FOR ANY GROUP RELATED QUESTIONS OR CALL 303-871-2205 FOR GENERAL HCC QUESTIONS

ACT workshop: Getting unstuck from depression and anxiety

This six-part workshop addresses anxiety and depression by helping students let go of strategies of avoidance and control, increasing the ability to relate more effectively to thoughts, emotions and sensations. It aims to bring more meaning, purpose and vitality to everyday life.

Tuesday (weeks 4-9): 1-2pm (Tommy Fritze, PsyD & Drew Moller, MA) - @ Ritchie

Queery: Exploring your queer identity

This is a support group for students who identify as bisexual, gay, lesbian, queer, questioning, transgender, or other personally meaningful term who are navigating sexual and/or gender identity development and acceptance. Focus is on building a supportive community as you integrate your sexual and gender identities in authentic and self-affirming ways.

Friday (weekly): 2-3:30pm (Angela Michener, LCSW & Sadie Fulton, MS) @ Ritchie

Wednesday (weekly): 12:30-2:pm (Kayla Rodriguez, LCSW & Jack Stimson, MA @ Asbury)

Bold and vulnerable men

this group for men/masculine identifying students to come together and talk about the different issues that might be impacting their life. It will encourage members to engage in vulnerability while discussing a wide range of topics including: masculinity, mental health, gender roles, navigating emotions, and the challenges that men are experiencing today.

Tuesday (weekly): 3:15-4:45pm (Anand Desai, PsyD) - @ Asbury



Managing graduate school: Both within and outside the classroom

Academic demands, career questions, and self-doubt frequently impact the health and functioning of graduate students. Additionally, relationships are often impacted outside the classroom, exacerbating experiences of stress, depressive symptoms, and anxiety. This group provides a place to receive support from other graduate students and explore relationship issues that are common during this phase of life.

Wednesday (weekly group for the year with open enrollment until full): 9:15-10:45am (Jacaranda Palmateer, PsyD & Lauren Caldas, MA) - @ Ritchie

DBT/Emotional wellness group: Interpersonal Effectiveness

This group focuses on developing skills for interpersonal effectiveness. Dialectical Behavior Therapy (DBT) participants will learn how to identify and cope with difficult emotions; and incorporate mindfulness and other regulation skills to promote wellness and intentional boundary setting. Normalizing the complexity of the human experience and empowering participants to develop their own self-care plan is a priority

Friday (weekly): 10:30-12pm (James O'Geary, LPC & Danielle Cevis, MA) - @ Ritchie

Grief and loss support group

This group helps participants express and explore emotions related to their experiences of loss. It is open to people who have lost a loved one and combines sharing, discussion, support, and activities.

Thursday (weekly): 2:30-4pm (Anand Desai, PsyD & Tara Del Rosario, MA) - @ Asbury

Fear-less: an Anxiety management group

This group helps members learn new ways of relating to their anxiety in order to be more present and engaged in their lives. You will have the opportunity to connect with others who experience distress, frustration, and shame around their continued struggles and develop skills that allow you to better manage your anxiety.

Tuesday (weekly): 3-4pm (Anne Edwards, PsyD & Bella Blankstahl, BS) - @ Ritchie

Athlete injury recovery excellence

This group is for varsity student-athletes at varying stages of the injury recovery process. It is to learn about the mental, emotional, and social aspects of injuries, to practice effective coping skills, and develop routines to optimize the recovery process.

Fridays (weekly): 12-1pm (Tommy Fritze, PsyD) - @ Ritchie



Medication at the HCC

- Access: PCPs or Psychiatric providers
- Dispensary only on site
- Pharmacy options (Safeway, Walgreens walking distance)
- Students with an established, documented diagnosis of ADHD can seek stimulant medications at the HCC.
- Appointments with psychiatrists are scheduled by referral only. Please contact the HCC at 303-871-2205 or use [MyHealth](#) to schedule a referral appointment, an initial appointment with a counselor or behavior health consultant.



Erin Barma, APRN, PMHNP-BC

Psychiatric Nurse Practitioner
Pronouns: She/Her/Hers



Kevin Cowperthwaite, MD

Psychiatrist
Pronouns: He/Him/His

ADHD Treatment at the HCC

Students with symptoms of depression, anxiety, ADHD and other mental health issues often seek treatment at the Health and Counseling Center (HCC).

Prescribing antidepressants, anxiolytic, and sleep medications is within the scope of practice, training, and experience of the treating primary care medical providers at the HCC.

The HCC practices an integrated medical/mental health care model involving psychologists, social workers and licensed professional counselors (fully licensed and in-training) including a Behavioral Health Consultant, advanced practicum students, a psychiatric nurse practitioner and psychiatrists.

Psychotropic medications may include but not be limited to antidepressants, anxiolytics, medications used for sleep, antipsychotic medications, mood stabilizing medications, and other agents available by prescription in the United States.

We do not do formal psychological assessment for students who have never been diagnosed with ADHD*



Symptoms and Drug Use

The HCC recognizes that ADHD has a high prevalence among college students and that treatment with stimulants comes with a high potential for abuse on a college campus. As such, the HCC requires careful assessment and treatment of ADHD, and follows procedures to ensure high quality collaborative care to students with this diagnosis.

In addition, the effects of regular cannabis and other drug use can mimic symptoms of ADHD including: impaired attention, memory and motivation. These can persist for many hours, days or even weeks beyond most recent intoxication as cannabinoids are stored in body tissue then slowly release into the bloodstream. Therefore, accurate dosing of stimulant medication for ADHD requires an extended period of abstinence. This allows the clinician to determine the minimum dose required to control symptoms. Maintaining a patient on the lowest effective dose reduces side-effects and protects against potential harm associated with long-term use.

Thus, students approved for stimulant medication at the HCC will complete a urine analysis (UA) during the medication intake appointment, one month, and six month follow-up meetings along with additional appointments subject to their provider's discretion. They will also review and sign the HCC'S Agreement for Stimulant Medications at intake. A positive UA at intake will NOT preclude an initial prescription for stimulant medication.



to speak with the
HCC's Assessment
Coordinator, please
contact the HCC at:

 **303-871-2205**

 **info@hcc.du.edu**

 **www.du.edu/hcc**

 **303-871-4242**
(fax number)

for

ADHD Treatment

at the
Health and Counseling
Center (HCC)



UNIVERSITY of
DENVER

CAMPUS LIFE & INCLUSIVE EXCELLENCE
Health & Counseling Center



Contact Us

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

- » **Collegiate Recovery Program (CRP)**
- » recovery@du.edu

- » **Health Promotion (HP/Thrive)**
- » hcc.thrive@du.edu

- » **Medical & Counseling Services**
- » Insurance@hcc.du.edu
- » Info@hcc.du.edu

Hours

- *8:00 am – 5:00 pm Mondays & Fridays*
- *9:00 am – 5:00pm Tuesdays*
- *8:00 am – 7:00 pm Wednesdays & Thursdays (Except During Summer Quarter)*
- *Closed Saturdays & Sundays*



What if 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 OF EMERGENCY ROOM

Care Now Urgent Care
1405 E Evans Ave Denver,
CO 80210
720-449-8050

**CO Crisis Services: 1-844-
493-8255 (TALK)**
or text TALK to 38255

Porter Adventist Hospital
2555 S Downing St Ste 140
Denver, CO 80210
303-765-6380



Additional resources:

Other resources:

<https://studentaffairs.du.edu/new-student-family/content/du-family-webinar-series>

Health Insurance & Immunization Info webinar: June 27th, 2024:

[Watch the Recording](#)

[Webinar Recap Post in DU Family Experience \(Slides, Links, and More!\)](#)

Canvas Module: July 1: Wellbeing and Safety (CAPE)

Contact information:

Jacaranda.Palmateer@du.edu

303-871-4298



Take Our Survey!

Questions?

- Type your question into the chat.
- Questions that are broad enough to be relevant to a wider audience will be answered now.
- Questions that are specific to your situation will be recorded and we will follow up with a personal response.
- Prompt end at 6pm.

You will receive a follow up email containing:

- PDF copy of this presentation
- Webinar recording
- Upcoming important information

You'll be
hearing
from us!

