

## Overview:

The Health and Wellness Services is committed to helping Fort Hays State University students, faculty, and staff be successful in their personal development by providing:

### Counseling:

- Personal Counseling
- Academic Counseling
- Drug and Alcohol Counseling
- Chemical Dependency Evaluations
- Alcohol Information Seminars
- Disability Accommodations
- Learning Disability Testing
- National Testing Services
- Prometric Testing
- Crisis Support
- Outreach Services on a Range of Mental Health Topics

### Medical:

- Treatment of minor illnesses and injuries
- Women's health services, including pap smears, contraceptive counseling, and general health consultations
- Medication management for mild to moderate anxiety and depression
- Physical examinations
- Administration of routine vaccines, allergy injections, and medications
- Confidential testing and treatment of sexually transmitted infections
- Over-the-counter medications
- Presentations and outreach clinics at other locations on campus

## Points of Pride: (for reporting academic year)

- ❖ In partnership with Food and Hunger Initiatives, Health and Wellness Services planned and executed an End of Semester Picnic. We provided hamburgers, hot dogs, chips, desserts, and popsicles. Additionally, yard games were available for students to enjoy.
- ❖ Health and Wellness Services has been presenting to groups on campus including the President's Office, FHSU Bands, Panhellenic, and Global Affairs about services available to students.

- ❖ Health and Wellness Accessibility Services presented to Spring Professional Development Day along with departments about accessibility, accommodations, and how to help students be more successful.
- ❖ Health and Wellness Services sponsored tables and activities for both Eating Disorder Awareness Week and Accessibility Awareness Week.
- ❖ Health and Wellness Services had multiple tabling events to inform students about the hardship discount available, services offered, and to inform students about and offer free naloxone.
- ❖ Health and Wellness services gave multiple presentations informing students about and providing free naloxone. These groups included SGA, Fraternity and Sorority Life, and Residential Life Staff, among others.
- ❖ Provided flu shot clinics at the Human Resources Benefits Fair, in Health and Wellness, and in McMindes Hall.
- ❖ Implemented online scheduling of medical appointments.

**Focus Areas for 2025-2026:** (goals for next academic year)

- ❖ Implement online bill pay for medical appointments through the Health & Wellness student portal.
- ❖ Implement online scheduling of counseling intake appointments.
- ❖ Focus on Alcohol and Drug preventive services. Increase visibility at campus events and continue to focus on programming. We have a practicum student joining us for the year who will be assisting with programming, outreach, and appointments.
- ❖ Implement Life Skills groups that will be held regularly for students who are struggling.

**By the Numbers:** (data from current academic year)

<b>Health and Wellness Services Appointments</b>	<b>Totals</b>
Medical Appointments	4,834
Therapy Visits	3,717
Therapy Intakes	632
Crisis Sessions	36
D&A Sessions	232
D&A Intakes	49
Accessibility Services	389
<b>Total Health and Wellness Visit Count</b>	<b>9,889</b>