

# WEST CHESTER UNIVERSITY

## HEALTH & WELLNESS

### GUIDE



# WELCOME

## **Dear West Chester University Students and Families,**

Welcome to the Ram Fam! The Health and Wellness team is pleased to present an overview of the wide array of services we offer. Recognizing the significance of health and wellness in higher education, we are dedicated to supporting you throughout your educational journey.

Our goal is to empower students to make healthy, safe, and responsible choices at WCU. This guide will introduce you to the Health and Wellness services available, detailing the various resources, their locations, contact information, and more.

We encourage you to review this document carefully and appreciate your commitment to health and wellness at West Chester University. Should you require any assistance, please do not hesitate to reach out. The Health and Wellness team is here to support you.

Sincerely,

**B.K. Taylor, Ed.D.**

*Assistant Vice President for Health and Wellness*

# CARE & STUDENT ASSISTANCE

**MISSION:** The mission of the Campus Assessment Response and Education (CARE) Team is to promote a safe and supportive environment while balancing the needs of the individual with the safety of the community. We are dedicated to proactively addressing concerning or potentially harmful behaviors both on and off campus, and empowering students to succeed both personally and professionally. Our commitment extends to proactively addressing risk from early intervention to assessing the risk of violence. We empower members of our community through education and outreach to feel confident supporting students' health, wellness, and well-being. By upholding the highest standards of professionalism, integrity, and privacy, we strive to foster a culture of care and make a positive impact in the lives of those we serve.

Student Assistance in the Office of the Assistant Vice President for Health and Wellness (AVPHW) is a service provided to students to assist them when they need to miss three or more class days due to illness, personal, or family emergencies. A formal absence letter is circulated to professors verifying the absence. Students are highly encouraged to contact their professors for academic guidance regarding missed work due to their absence.



**LOCATION:** Ruby Jones Ground Floor, 001

**CARE CONTACT INFORMATION:**  
(610) 436-3089 & [care@wcupa.edu](mailto:care@wcupa.edu)

**CARE WEBSITE:**  
<https://www.wcupa.edu/services/STU/health-and-wellness/CARE.aspx>

**CARE REPORTING FORM:** [https://cm.maxient.com/reportingform.php?WestChesterUniv&layout\\_id=3](https://cm.maxient.com/reportingform.php?WestChesterUniv&layout_id=3)

**STUDENT ASSISTANCE CONTACT INFORMATION:**  
(610) 436-2294 & [studentassistance@wcupa.edu](mailto:studentassistance@wcupa.edu)

**STUDENT ASSISTANCE WEBSITE:**  
<https://www.wcupa.edu/services/STU/health-and-wellness/student-assistance.aspx>

**ABSENCE NOTIFICATION REQUEST FORM:**  
[https://cm.maxient.com/reportingform.php?WestChesterUniv&layout\\_id=4](https://cm.maxient.com/reportingform.php?WestChesterUniv&layout_id=4)

# WELLNESS PROMOTION

**WELCOME & INTRODUCTION:** Wellness Promotion engages students in opportunities to cultivate sustainable skills in wellness and well-being through a variety of educational programs and events to equip students with knowledge, skills, and resources to help them make informed decisions as a WCU student. Many of our efforts are provided by students through peer education; keep an eye out for our Wellness Promotion BeWell Hut that is on campus most weeks providing engaging activities, education, and giveaways on a variety of topics. In addition to peer education initiatives, our department offers events such as a health expo, alcohol education trivia on golf carts, and a mental health awareness fair. Students can sign up for individual support to participate in wellness coaching with a member of our staff to help them explore areas of their well-being including stress, social connection, substance use and sleep or participate in our BASICS and CASICS programs to gain a better understanding of their relationship with alcohol or cannabis. Students can also request a RamBox from our office, connecting them to educational materials and resources including contraception and barrier methods and menstrual products. Wellness Promotion provides a variety of employment opportunities and internships for students.

**MISSION:** We engage students in opportunities to cultivate sustainable skills in wellness and well-being.

**VISION:** We create and develop a university community where every student can thrive in their wellness and well-being journey.



## LOCATION:

Commonwealth Hall, Ground Floor at the Student Health Services entrance

**CONTACT INFORMATION:** 610-436-0730

## SERVICES & RESOURCES PROVIDED:

Individual intervention services including wellness coaching, Brief Alcohol Screening & Intervention and Brief Cannabis Screening & Intervention for College Student programs, wellness workshops, BeWell mobile education huts, education campaigns and marketing efforts including the Stall Seat restroom journal and What's Happening in Wellness newsletter, RamBox subscription service, campus awareness events, connection events, and peer education.

**WEBSITE:** <https://www.wcupa.edu/services/wellness/>

**SOCIAL MEDIA:** @wcuwellnesspromotion

**FIND US ON RAMCONNECT:** Wellness Promotion

# RECREATION CENTER

**WELCOME & INTRODUCTION:** At West Chester University, Campus Recreation is the primary destination for the Golden Ram campus community to engage in recreation, social, and wellness-orientated programs and services. Blending components of fitness and wellbeing with the co-curricular educational experience. It is our mission to assist each person in exceeding academic goals while establishing healthy lifetime behaviors. Mix in our nationally award-winning sport club teams, our creative and cutting-edge intramural program, and our outstanding outdoor adventure program, and you have a recipe for a healthier, happier you. While at WCU, we encourage you to treat yourself and allow your mind, body, and soul to engage in some daily PLAY time; you've earned it!

**MISSION/VISION:** Campus Recreation engages the West Chester University community through co-curricular experiences by providing diverse programs to inspire lifelong health and wellness.



## LOCATION:

275 North Campus Drive, West Chester, PA 19083

## CONTACT INFORMATION:

610-436-1732 & [campusrecreation@wcupa.edu](mailto:campusrecreation@wcupa.edu)

## SERVICES & RESOURCES PROVIDED:

The 69k sq. ft. Recreation Center opened in August of 2012 and continues to be a highlighted facility for student recruitment, retention, and co-curricular educational experiences. Campus Recreation provides the following programs: fitness classes, intramurals, sport clubs, outdoor adventure, teambuilding, and nutrition.

## WEBSITE:

<https://www.wcupa.edu/services/CampusRec/>

**INSTAGRAM:** @wcupacampusrec

**FACEBOOK:** @wcupacampusrecreation

# STUDENT HEALTH SERVICES

**WELCOME & INTRODUCTION:** Student Health Services (SHS) provides clinical health care to WCU students. Appointments can be scheduled by calling SHS at 610-436-2509. We offer daytime and evening appointments Monday through Friday. SHS has a staff of registered nurses, nurse practitioners, and a medical doctor.

**MISSION/VISION:** West Chester University Student Health Services provides personalized and accessible high-quality healthcare services and educational resources to support student success.



## **LOCATION:**

715 S. New Street, Ground Floor Commonwealth Hall  
(Facing Lawrence Hall), West Chester, PA 19383

## **CONTACT INFORMATION:**

610-436-2509; Student Health Services – WCU of PA  
([wcupa.edu](http://wcupa.edu))

**SERVICES & RESOURCES PROVIDED:** Well and Sick visits for physicals, colds, injuries, etc., along with Sexual & Reproductive Care ranging from testing/treatment for sexually transmitted infections, pregnancy tests, oral and emergency contraceptives. Onsite lab with availability of dispensing of medications ordered during your appointment. Suturing, allergen immunotherapy (allergy shots), and IV therapy services are also administered. SHS does not process appointments through insurance. Charges are not due at the time of services; charges are added to student account and can be paid through the bursar. Charges do not disclose diagnosis or services received due to confidentiality.

**SOCIAL MEDIA:** @wcustudenthealthservices



# COUNSELING & PSYCHOLOGICAL SERVICES

**WELCOME & INTRODUCTION:** The Counseling Center provides free and confidential services to all undergraduate and graduate students who are currently enrolled at West Chester University. Services provided include individual short-term counseling, group counseling, referral and case management, crisis intervention, psychiatric services\*\*, consultation, outreach and workshops.

*\*\*Students can only access psychiatric services if they are currently in individual or group counseling in the Counseling Center. We encourage students currently under the care of a medical provider for psychiatric services to maintain this relationship when coming to WCU or to create a plan for medication management before coming to campus.*

**Mission/Vision:** The mission of the Department of Counseling and Psychological Services (The Counseling Center) is to promote the optimal health of all currently enrolled WCU students through the provision of quality and culturally competent mental health services and education for the campus community.



**LOCATION:** Suite 241 Lawrence Center

**CONTACT INFORMATION:**

610-436-2301; [www.wcupa.edu/CounselingCenter](http://www.wcupa.edu/CounselingCenter)

**SERVICES & RESOURCES PROVIDED:**

Individual & Group counseling, Crisis Intervention, Psychiatric services, Referral coordination services, Consultation, Outreach, and Workshops.

**SOCIAL MEDIA:**

@wcuCounselingCenter @wcuDogTherapy