



Supporting Students in a Time of Insecurity

MSU Town Hall

Focus on Wellness and Safety

April 14, 2020

MICHIGAN STATE UNIVERSITY
SPARTANS WILL.

Student Health & Wellness 2020

studenthealth.msu.edu/coronavirus.html

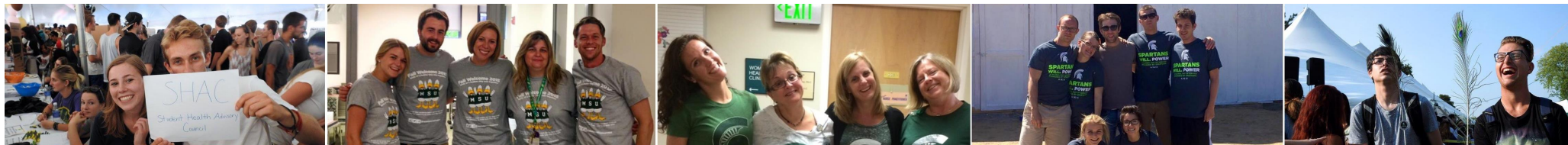
Health Services – olin.msu.edu

MSU Safe Place – safeplace.msu.edu

Health Promotion - healthpromotion.msu.edu

Center for Survivors- centerforsurvivors.msu.edu

Counseling & Psychiatric Services - caps.msu.edu



Health Services at Olin Health Center

Medical Services are available at Olin Health Center for ill students. Lab is also open.

- **All students** wanting a medical appointment need to **CALL FIRST 517-353-4660** and depending on symptoms, may schedule an appointment, receive care by phone, or be provided information for self-care. Learn more at olin.msu.edu
 - The Scheduling Office is open Monday through Friday 8:30 to 11:45 am and 12:45 to 4:50 pm
 - Established patients can request an appointment through the MyMSU Health patient portal mysuhealth.hc.msu.edu
- **All visitors to Olin Health Center need an appointment prior to arriving and will be asked screening questions at the entrance.**
- The **Pharmacy at Olin is temporarily closed**. Services are available at the MSU Pharmacy at the Clinical Center. Visit healthteam.msu.edu/pharmacy/ to learn more.
- Testing for COVID-19 is based on specific criteria.
- Neighborhood Clinics and Relaxation Services (massage) are closed until fall semester.



Counseling & Psychiatric
Services (CAPS)
MICHIGAN STATE UNIVERSITY

COVID-19 Precautionary Measures & Current Services

- All on-campus offices closed since March 17th
- Tele-mental health services are being provided by CAPS staff working from home
 - Via phone & HIPAA-compliant Zoom
 - Established Clients/Patients will be contacted to set up tele-mental health appointment
 - Psychiatric patients can also access their MSU Health Portal to leave a message for their CAPS provider and/or to request prescription refills
 - Students not previously established at CAPS can complete a brief survey to share current needs and will be contacted to set up an initial phone consultation with a counselor
 - Survey link available on homepage: www.caps.msu.edu
- CAPS Phone Line (517-355-8270) is available 24/7 and goes to voicemail with 3 options:
 - Press 1: Speak with a crisis counselor 24/7
 - Press 2: Leave message with Nurse to be checked next business day
 - Press 3: Leave general message to be checked next business day

Health Promotion Department

Alcohol & Other Drugs Program

- ❑ 1-on-1 Appointments with an Alcohol & Other Drug Specialist
 - Please contact the AOD Specialist Cara Ludlow at ludlowc@msu.edu
- ❑ <https://healthpromotion.msu.edu/alcohol-drugs>

Collegiate Recovery Community (CRC)

- ❑ All Recovery Meetings using ZOOM: Thursday nights at 8 pm
 - For information on how to access the weekly CRC Meetings please contact the CRC Coordinator, Dawn Kepler, at dkepler@msu.edu
- ❑ 1-on-1 Appointments with CRC staff
 - To schedule meetings over Zoom, please email Dawn Kepler at dkepler@msu.edu
- ❑ <https://healthpromotion.msu.edu/recovery/>

Sexual Wellness Program

- ❑ General Sexual Wellness information can be found at <https://healthpromotion.msu.edu/sexual-wellness>

Nourish Nutrition Program

- ❑ 1-on-1 Appointments with a registered dietitian nutritionist
 - Existing clients: can contact their provider to schedule appointments
 - New clients: Please contact the Nutrition Program Coordinator Anne Buffington at buffing9@msu.edu
- ❑ <https://healthpromotion.msu.edu/nutrition/>

SPARTANfit Fitness & Wellness Program

- ❑ 1-on-1 Wellness Coaching by appointment only
 - Please contact the SPARTANfit Program Coordinator Kristin Traskie at traskiek@msu.edu
- ❑ ACTIVE Spartans Virtual Exercise Prescription by appointment only
 - Please contact Brittany Richard at rich1087@msu.edu
- ❑ <https://healthpromotion.msu.edu/fitness>

Health Promotion professionals' contact information is available at <https://healthpromotion.msu.edu/directory>



Student Food Bank Updates

- ▶ Are we still open?
 - ▶ Yes, we remain open daily by appointment only
 - ▶ Students place orders over the phone
 - ▶ SFB staff fill orders and place it on a table outside for clients to grab and go
 - ▶ No contact is made
 - ▶ In emergency situations, SFB staff has delivered food directly to student's homes/apartments
- ▶ We average ~25 appointments each day and demand is growing
- ▶ We continue to provide a variety of items including
 - ▶ Fresh Produce
 - ▶ Dairy products
 - ▶ Non-perishable staples and more

Contact us at: foodbank@msu.edu

WE STAND *with* SURVIVORS

Center for Survivors staff are now working remotely.

You can still reach us from 8-5 at (517) 355-3551.

Therapists are providing free Telemental Health Services (counseling via HIPAA-compliant Zoom)

Advocates and Crisis Counselors are helping clients access resources, navigate systems-level barriers, and are providing crisis intervention services via Zoom and phone appointments.

Our crisis resources remain available as always:

24-Hour Sexual Assault Crisis Hotline (517) 372-6666

Crisis Chat (10am-10pm) - accessed via our website at centerforsurvivors@msu.edu

CENTER FOR
Survivors

MSU Safe Place

Relationship Violence & Stalking Program

Services are being provided during COVID-19:

- Available to any current student, staff, faculty or their partners
- For anyone coping with current or past abuse:
 - **Relationship Violence:** can include physical violence, intimidation, threats, isolation, economic control, sexual violence, and emotional abuse
 - **Stalking:** unwanted contact intended to control, threaten, harass or frighten
- Services include: Temporary emergency shelter, counseling, advocacy services and safety planning
- How to access services:

(517) 355-1100

noabuse@msu.edu

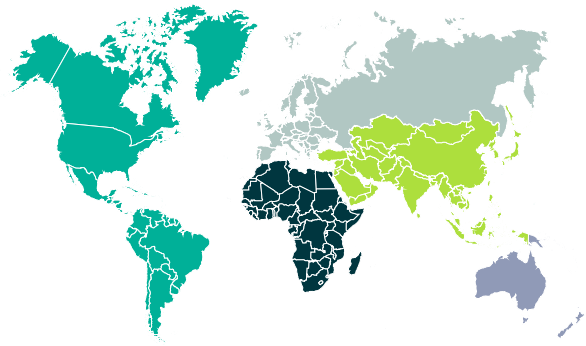


Housing & Dining Updates:

- Current Residents are allowed to stay through the end of their contract (May 1 for residence halls). Those with meal plans continue to be eligible to receive take-out meals from select dining centers.
- Spring move-out
 - Remote checkout & 3rd party moveout/storage available.
 - Preserving physical distance, sanitizing elevators, green carts, etc.
- April 9: summer housing sign-up begins
 - Summer course enrollment requirement may be waived for students impacted by COVID-19, including International students or domestic students with travel restrictions.
- May 4: Summer housing: up to 1500 students in East Neighborhood suite-style halls.
 - Looking at spacing appropriately or in singles to attend to health and safety
- May Date TBD: Fall 20 incoming Student Housing Sign up begins
- MSU Union building remains open for access to wifi and study spaces
- Housing or RHS questions, please contact Housing Assignments Office directly.

OISS Updates

- Virtual advising and LiveChat hours 1 to 3 PM – visit OISS website schedule or join
- COVID-19 resources, including financial assistance, for international students and scholars on website
- Temporary flexibility with immigration regulations to allow students to maintain status; example: counting on-line courses towards full-time enrollment
- Encourage students with questions to contact an advisor in OISS
 - Graduating students
 - OPT/CPT
 - Travel questions
- (<https://oiss.isp.msu.edu/>)



EMPLOYEE ASSISTANCE PROGRAM

A confidential counseling service provided at no cost to all MSU faculty, staff, retirees, graduate student employees, and their families.

While it's important to make sure that we understand what services are available to our students during this difficult time, it's equally as important to take care of you, the faculty and staff, who may also be struggling with stress, anxiety, or feeling overwhelmed.

If you feel like you might want to talk about how you are doing, please know that you are able to set up a confidential counseling appointment through the Employee Assistance Program (EAP). Your MSU EAP benefit includes **1 to 6 confidential counseling sessions** per event. This service includes assessment, short term counseling, and referral for issues that require ongoing care.

Appointments with the EAP are currently being offered exclusively via Zoom (using the HIPAA compliant platform), or via phone call.

To schedule an appointment with the EAP, please contact our office at eap@msu.edu or 517-355-4506. If you call and someone doesn't answer, please leave a voicemail so that we can get back to you as soon as possible.

Phones and emails are monitored Monday-Friday between 8:00 a.m. and 4:30 p.m. Appointments are also available during this time frame.

Thank you for attending.

- OISS rep, Ishmail Adawe, adawe@msu.edu
- REHS rep, Becky Brewer, brewerre@msu.edu
- Center for Survivors rep, Tana Fedewa, adamstan@msu.edu
- Heath Promotion & MSU Food Bank, Dennis Martell, martell1@msu.edu
- Health Services/Olin, Keith Nelson, nelsonke@msu.edu
- Employee Assistance Program, Jonathon Novello, novelloj@msu.edu
- Counseling & Psychiatric Services (CAPS)
 - Mark Patishnock, patishn1@msu.edu
 - Tenille Gaines, gaineste@msu.edu
 - Talitha Easterly, easterl5@msu.edu
 - Leigh White, whitelei@msu.edu
- MSU Safe Place, Holly Rosen, rosen2@msu.edu

Recommendations for future activities or access to resources:
Jim Lucas, lucasjam@msu.edu or Sheila Marquardt, marqua36@msu.edu.

Acknowledgement



WKAR



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WZZM 13



The State News