Student Health and Wellness

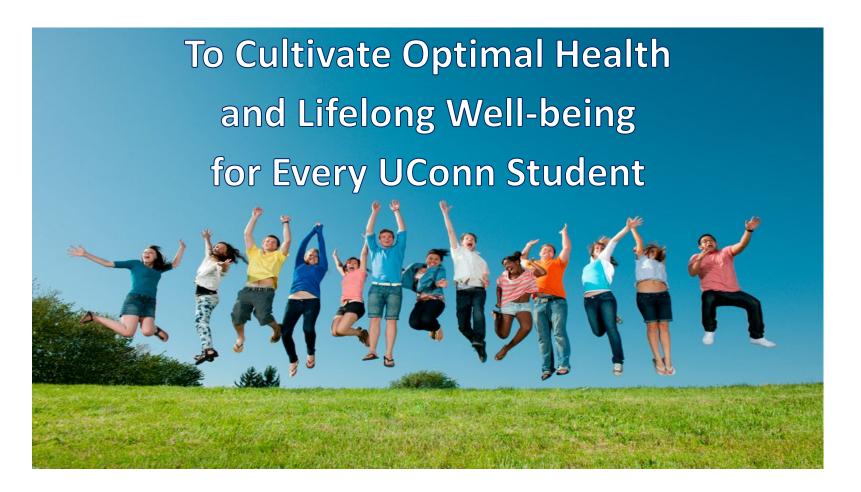
President's Task Force for Sexual Violence and Supporting our Students



Kristina Stevens, Director of Mental Health



SHaW Vision Statement





Overview

- A comprehensive approach
- Trauma-informed care
- Support services



SHaW Service Lines:



Medical Care



Pharmacy



Mental Health



Health Promotion

Hilda May Williams Building 234 Glenbrook Road 860-486-4700 Arjona Building 4th Floor 337 Mansfield Road 860-486-4705 Wilson Building South Campus 860-486-9431



Be well. Feel well. Do well.

Overview of SHaW Services

Medical Care and Pharmacy:

- Primary Care
- Women's Health
- Orthopedics and Sports
 Medicine
- Nutrition Services
- Sexual Assault Services (SAFE)
- Transgender Care
- 24 Hour Advice Nurse Line
- Allergy and Travel Medicine
- Pharmacy
- Radiology
- Overnight Infirmary

Mental Health:

- Emergency Screening & Crisis
 Support
- Assessment
- Individual and Group Therapy
- Medication Management Services
- Clinical Case Management
- Eating Disorders Services

Health Promotion:

- Wellness Coalition
- Collective Impact Approach
- Wellness Framework
- UConn Recovery House



Understanding Trauma

- Inability to regulate emotions (anger and aggression)
- Emotional numbing
- Feeling isolated or unable to form connections
- Unhealthy coping skills
- "Survival mode" and automated brain response
 - Fight / Flight/ Freeze / Fawn
 - Lack of language to attach to the experience
 - Memory gaps and/or non-linear progression

Trauma-Informed Care



Circle of Care



Student Health and Wellness



Questions?

