

HUMBOLDT STATE UNIVERSITY

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Division of Student Affairs (/)

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A MESSAGE FROM YOUR VP

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(Follow the link above for past messages.)

Dear HSU Students:

In an effort to continue communicating with you all on a regular basis, I encourage you to become familiar with all the Student Health and Wellbeing Services available to you on campus. This is a lengthy list, however it is very much worth your time and attention. The Division of Student Affairs wants you to know Wellbeing welcomes YOU.

If you see me around campus, make sure to introduce yourself. I am looking forward to meeting you!

W. Wayne Brumfield, Ph.D.

2018-2019 Student Health and Wellbeing Services Update

Medical and Counseling services are available to students on campus in the Student Health & Counseling (SHC) building open weekdays while school is in session along with a range of campus health education programs. Hours, services, phone/fax contact info, and other detailed information is available online at <http://wellbeing.humboldt.edu> (<http://wellbeing.humboldt.edu/>). Most basic services are provided at no-cost to fully matriculated students and we're excited about a number of new and improved services:

- The Division of Student Affairs wants you to know Wellbeing Welcomes You! Visit <http://wellbeing.humboldt.edu/welcomesyou> (<http://wellbeing.humboldt.edu/welcomesyou>) for health insurance information summaries tailored for DACA and Undocumented students and their families, Transgender and Gender Non-Conforming Patient Rights, correct names and pronouns guidance for students, staff and faculty along with resources for legal name changes, single stall restrooms on campus, and our Transgender resource zine. We're also pleased to have Cedric Aaron joining our CAPS team in the newly created role of Multicultural specialist and Staff Psychotherapist.
- Confidential Case Management Support: If you're having trouble finding off-campus mental health resources or want to make sure that records from your home psychiatrist or therapist have transferred to/from your team here at HSU, Kelsi Gerrero is now available as a confidential case manager in the Student Health and Counseling building to provide extra guidance and support.
- Psychiatry: With approximately 2000 HSU Students receiving prescriptions for medication, we've added psychiatrist Dr. Irv Tessler to our full-time staff to support our team of medical providers and increase our capacity for supporting students in need of non-controlled psychotropic medications (e.g. for anxiety, depression, etc.). Referrals are required and many medications can be prescribed and tracked by general medical providers directly with consultation support from our psychiatrist. Speak with your on-campus therapist, nurse, nurse practitioner, or physician to discuss options.

- 24/7 On-Campus over-the-counter medication: Student Health & Wellbeing Services has now installed and maintains a vending machine in the first floor of Nelson Hall East. You now have access to a range of over-the-counter medications and medical supplies whenever campus is open, such as emergency contraception aka “the morning after pill” for \$11, as well as cough syrup, cough drops, condoms, tampons, eye drops, bandaids and much more!
- The J-Point Redistribution program is a way for students, staff, and faculty with meal plans to help students who are in need. J-points (the campus' food currency) don't roll over at the end of the year. People with leftover j-Points can donate those points to Oh SNAP and then students who demonstrate a need can receive those points. Students requesting J-Points do not need to have a meal plan. If you would like to inquire about donating J-points or if you are in need of j-points visit <https://wellbeing.humboldt.edu/support> (<https://wellbeing.humboldt.edu/support>)
- More Student Jobs - The Student Health Center is pleased to be one of the campuses largest employers for students and we'll have more than 50 student job opportunities this year. If you have questions about employment of any of our services, or are interested in getting involved in the Student Health Advisory Committee or any of our periodic staff searchers to ensure your voice is heard on how we can continue to improve please contact health@humboldt.edu (<mailto:health@humboldt.edu>) or visit wellbeing.humboldt.edu
- Oh SNAP! Student Food Programs: Follow @hsuohsnap on Instagram to stay updated. We still offer free non-perishable food and Calfresh application support, and we're growing our food pantry resources for you. The pantry hours are from 9am to 5pm, closed noon to 1pm Monday through Thursday and closed noon to 2pm on Fridays. The farm stand is Wednesdays at 1:30pm and our cooking classes are Wednesdays at 5:30pm. All Oh Snap services are located in the Recreation and Wellness Building. If you have questions or are interested in getting involved please contact ravin@humboldt.edu (<mailto:ravin@humboldt.edu>).
- New Pop-Up Thrift Store AND Campus Flu Shots Clinics: Designed to help students access affordable items and to reduce waste, our new pop-up thrift store is taking donations on Fridays from 2pm-5pm at the Oh SNAP! Pantry, Rec and Wellness 122. Our last event had hundreds of visits, and, your next opportunity to shop AND for students, faculty, and staff, to get their updated flu shot at the same time is Nov 14th 2pm-6pm Recreation & Wellness Center Lounge. For future dates and information on reducing the spread of the flu visit <https://wellbeing.humboldt.edu/flu-vaccine-clinics> (<https://wellbeing.humboldt.edu/flu-vaccine-clinics>)
- Oh SURE! Student Insurance Support Services: We now offer a collection of services that helps HSU students sign up for INSURANCE and answer questions about medical services and FamilyPACT. Stop by the Oh Snap Pantry during our open hours and we can help you get signed up for Medi-Cal or Family PACT, and help out with Covered California questions
- 24/7 Online Consultations for Birth Control and PrEP: Birth Control and PrEP Home Testing, Prescribed & Delivered, with your first pack of birth control for \$5 or free with insurance. For more information or helping signing up stop by the Oh SURE! Student Insurance Support

Services team anytime the Oh SNAP! Food Pantry is open, or visit <https://www.nurx.com/> (<https://www.nurx.com/>).

- Increased Appointment and Consultation: Clinical Peer Educators have been hired to offer peer-to-peer consultation, helping students get no hassle access to STD testing for students with no symptoms, birth control, emergency contraception, and pregnancy testing. Make an appointment in your health portal or call 707-826-3146
- Reducing physical and mental health wait times: On campus services continue to be highly utilized by students (and we're glad, that's what we're here for!) with more than 20,000 visits a year now. We all know this results in higher wait times for mental health services at certain points in the semester and for walk in medical services especially around lunch time) and we're doing everything we can to address this. In addition to a range of new online services, which will soon include the ability to self-schedule for appointments, the plan developed by the students, staff, and faculty on the campus-wide Student Fee Advisory Committee increases capacity over the next five years with the most urgent focus on adding three additional therapists and a 15% increase in medical clinic triage staff to help reduce wait times for students the next two years.
- Counseling & Psychological Services (CAPS) and Crisis Resources: Appointments for Counseling can still be made by contacting at 707-826-3236. After-hours nursing advice is also accessible 24/7 by calling 877-256-3534. For emergencies call 911 or campus police at 707-826-5555, or visit the nearest emergency room. The Dean of Students Office can also be reached at 707.826.3504. Staff or faculty seeking additional support may utilize the Employee Assistance Program at 707.443.7358. And, all students, staff, faculty and community members are also encouraged to please share the National Hotline 1-800-273-TALK (8255), a 24/7 free and confidential resource.
- 24/7 Text Crisis Support: You can also text 741741 from anywhere in the USA to text with a trained Crisis Counselor.
- You can make and view appointments online 24/7 view your personalized health portal. No waiting, no calling. And the ability to make appointments when you're ready. <https://health.humboldt.edu/> (<https://health.humboldt.edu/>).
- CAPS Therapy and Drop-In Support Groups: Looking for an opportunity for long-term therapy or a group of peers dealing with similar concerns? Group therapy is one of the most effective modalities available today, and CAPS now offer groups related to anxiety and depression, grief and loss, healthy relationships, survivors of sexual abuse, trauma, alcohol and other drug choices, forming relationships with others, self care, men of color support group, womyn of color support group, mindfulness, stress management, trans support, and more -- visit <https://counseling.humboldt.edu/groups2018> (<https://counseling.humboldt.edu/groups2018>) for a full list with dates/times and information on joining. If you are interested in a particular group or wellness/support activity that you do not see listed, please send us an email with your suggestion/s. If we get enough interest in a particular topic, we will add that group to our roster and will be in contact to let you know: hsucaps@humboldt.edu (blank).

- Interactive Wellbeing Map: Feeling overwhelmed by everything we offer, and not sure where to start? The Interactive Wellbeing Map is a tool to help students in making connections, finding community, and building a healthier life at Humboldt State University. The Map is broken into different topic areas, such as
 - Health & Identity
 - Physical Health
 - Sexual Health & Consent
 - Adulting Skills and Developing Resilience
 - Alcohol & Other Drugs
 - Mental Health
 - Health & Wellbeing Services 101
 - Relationships & Belonging
 - Food, Nutrition, & Housing

Visit our page at <http://wellbeing.humboldt.edu> (<http://wellbeing.humboldt.edu/>) and click “Wellbeing Map” to get started.

- Calendar of Student Health and Wellbeing Events: Check out Student Health & Wellbeing opportunities including CAPS groups for anxiety, grief and loss, meditation, alcohol and other drug support, survivors of sexualized violence, among others. Peer Health CIY's, HSU's Oh Snap Student Food Programs hours including food pantry, CalFresh and Covered CA application assistance, farm stand and much more as well as a list of current no-cost holistic health workshops for all students in areas such as yoga, mindfulness, meditation, and cooking anytime on our website at: <http://wellbeing.humboldt.edu/shws-calendar-events> (<http://wellbeing.humboldt.edu/shws-calendar-events>)
- How else can I help? Just telling others about the available resources is really helpful. We know Humboldt State University is remote, and there are fewer resources in the community than at many other universities. You can learn more about the challenge of providing services in our area and the extensive 2017-2018 consultation process at <https://wellbeing.humboldt.edu/healthier-together> (<https://wellbeing.humboldt.edu/healthier-together>). We're doing everything we can to provide the most services possible on campus for students, and each year resources from other sources including state dollars, grants, and financial support from donors help us provide more to students and make every penny count. If you or someone you know is interested in donating J-Points to help students in need or making a financial contribution, including an automatic payroll

deduction for faculty/staff, please encourage them to visit
<http://wellbeing.humboldt.edu/support> (<http://wellbeing.humboldt.edu/support>)



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* ENRICH

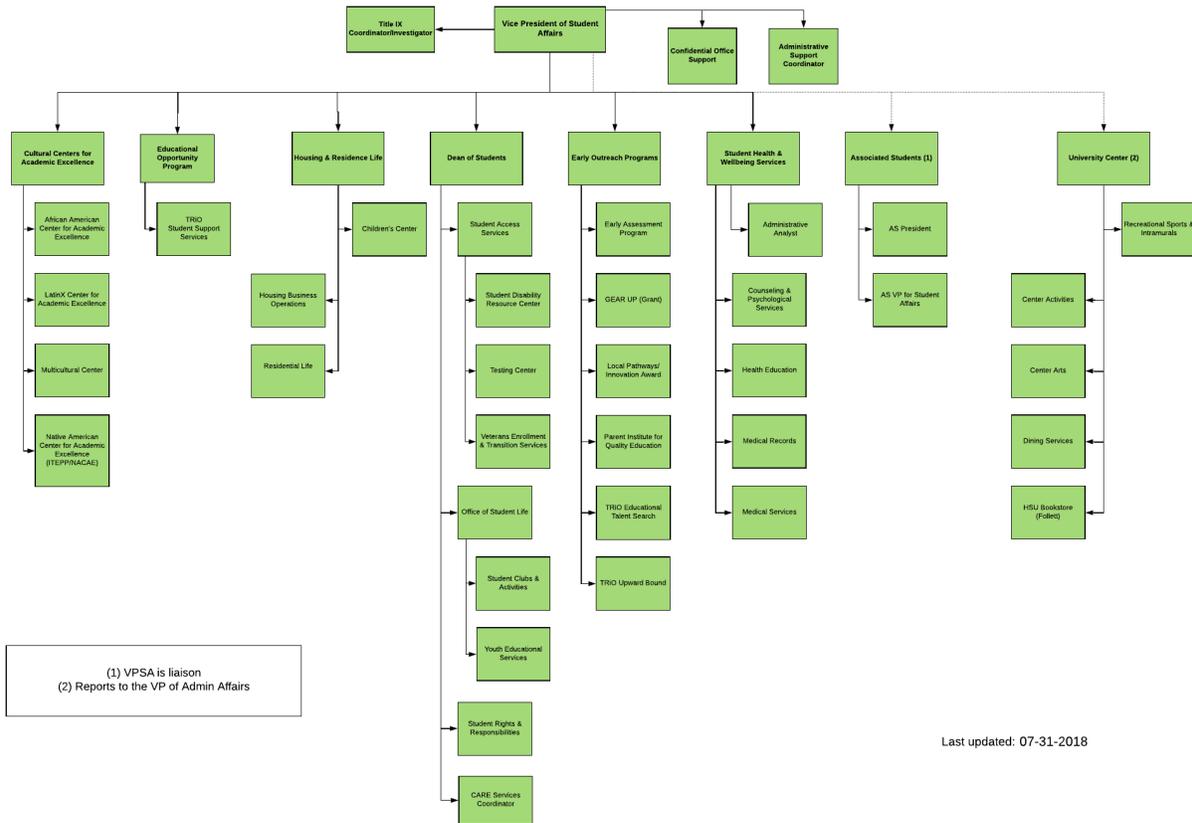
Staff/Contact Us

Student Affairs Lead Team

(<https://studentaffairs.humboldt.edu/division-student-affairs-lead-team>)



Organizational Chart
(<https://studentaffairs.humboldt.edu/orgchart>)



SPOTLIGHT: TITLE IX (<http://www2.humboldt.edu/titleix/>)



(/files/downloadpng-2) If you have a complaint against an HSU student or employee for sexual harassment, sex discrimination, or sexual assault, you should contact the Title IX Coordinator.

Marcus Winder

marcus.winder@humboldt.edu (<mailto:marcus.winder@humboldt.edu>)

SH 215C

Staff Resources

[Policies & Forms](http://studentaffairs.humboldt.edu/policies-and-forms) (<http://studentaffairs.humboldt.edu/policies-and-forms>)

[Assessment](http://studentaffairs.humboldt.edu/assessment) (<http://studentaffairs.humboldt.edu/assessment>)

[Campus Reports](http://studentaffairs.humboldt.edu/campus-reports) (<http://studentaffairs.humboldt.edu/campus-reports>)



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