Staying Healthy at Eastman

University Health Service
The mission of University Health Service is to improve the health and well-being of University of Rochester students and staff.

The staff of the University Health Service value caring for the health and well-being of our patients, respect for the diverse individuals we serve and with whom we work, and excellence in all that we do.
TO SCHEDULE AN APPOINTMENT:
585-275-2662

24/7 ACCESS TO CARE
UHS Primary Care

Patient Centered Medical Home * Primary Care Providers * Electronic Health Records * Continuity of Care * Confidentiality * Access 24/7 with On Call Physicians
Primary care visits with MD, DO, PA, NP, RN.

Full range of **primary care services** provided by the University Health Service (i.e. evaluation and management of acute injury or illness, on-going medical conditions, and women’s health care, allergy injections, immunization administration, and the care and advice for any health concern.)

Visits with UHS psychiatry staff for assessment and medication management (with a referral from a UHS primary care provider or a UCC therapist).
A comprehensive initial assessment, an individualized treatment plan, and support to put such a plan into action provided by the University Counseling Center (UCC).

Health education, public health, disease prevention & health promotion services provided by the UHS Health Promotion Office.
Every full-time student is **required** to have health insurance in addition to the mandatory health fee.

Health insurance provides additional coverage for services not covered by the mandatory health fee such as:
- Prescriptions and imaging
- Specialist appointments
- Hospitalizations
  - Urgent care
  - ED
- Surgery
- Diagnostic laboratory testing
All international first year students will be automatically enrolled in the UR Student Health Insurance Plan (UR SHIP) from July 1st 2021 through July 31st, 2022 and charged accordingly.

The Online Insurance Process must be completed each year and international students will have the option to waive the UR SHIP after July 31st, 2022.

Questions? Email insurance@uhs.rochester.edu
What does URSHIP Cover?

The University of Rochester offers a health insurance plan for students called the UR Student Health Insurance Plan (URSHIP).

This plan is designed to meet the health insurance needs of students.

Benefits of the UR Plan
- Global network
- Preventive health care services
- No deductibles
- Low copays
- Comprehensive coverage
- Insurance Advisors on UHS staff to help with questions

Services Covered
- Physical therapy
- Laboratory tests
- X-rays
- Surgeries
- Visits to specialists
- Hospitalizations
- Prescription medications
- Immunizations
- Mental health treatment/services beyond the scope of UCC

Some services may require prior authorizations, referrals, and member cost sharing.
Every new student must submit the Health History Form and Allergy & Medication Form.

**How to Submit**

Forms will be completed electronically via UHSConnect. Please watch your UR email for further information regarding registration for UHSConnect and form completion.

**Immunizations**

There are specific immunizations that are required by New York State & the University of Rochester for **Full Time Students** and **Part Time Students**.

All immunizations must be submitted with official documentation to provide proof of vaccination.

**Students can receive any missing immunizations at UHS if they are not able to receive them before starting classes.**

Questions? Email hhf@uhs.rochester.edu
Other Services at UHS

- Nutrition therapy
- Physical Therapy
- Psychiatry Care
- Laboratory Testing
- Allergy Injections
- Sexual Health
- Travel Care & Immunizations
- Medications
- ... and more!
Supporting Student Physical Health

Physical Therapy
Physical therapy services are offered on **Tuesday and Thursday** at ESM Student Living Center, **Room B-06**.

**What to Expect?**
1. Assessment of the **nature of the injury**
2. **Postural** assessment
3. **Dynamic postural** assessment
4. **Ergonomic** assessment
5. Recommendations for **self-care and performance enhancement** strategies
Students can call our phone to get priority service to specialists if they are injured, often being seen within 48 hours.

Web: epam.urmc.edu

Phone: 844-452-8762 (concierge call line for expedited appts with specialists – so not for the common cold, only for performance impairing injury or illness)
"Keys to Healthy Music" Class

- Offered through the Arts Leadership Program
- Focuses on understanding performance-related injuries, including
  - How to treat them
  - How to prevent them
  - How to use the experience to develop your personal performance enhancement strategies
University Health Service at the Eastman School of Music

PHYSICAL THERAPY

ERGONOMIC DEVICE LENDING LIBRARY

To sign out an item, visit the Physical Therapy office on the basement of the Student Living Center.

To make a suggestion for an item not currently carried email Sue Callan-Harris, UHS Physical Therapist:
scallanharris@uhs.rochester.edu (585) 274-1253
or visit our office.

LIVE. GROW. THRIVE.
Eastman Physical Therapy
Office Hours:
Tuesdays 1:30 pm – 6:30 pm
Thursdays 8 am – 12 pm
Located on the basement level of the Student Living Center.
Ergonomic Device Lending Library

University Health Service at the Eastman School of Music Physical Therapy Office owns a variety of ergonomic devices and physical therapy tools that can be borrowed by members of the Eastman community.

Devices are designed to make instruments more comfortable to play without affecting the musician's ability or changing the sound of the instrument.

Items may be borrowed at no cost for a trial by Eastman students.

Eastman Physical Therapy
Office Hours:

Tuesdays 1:30 pm – 6:30 pm
Thursdays 8 am – 12 pm

Located on the basement level of the Student Living Center.
Upcoming Events

Hearing Health Clinics
- September 3rd

Wellness at Eastman Workshop Series
- Inaugural speaker: Dr. Brendan Fitzgerald on Hearing Health - **Wednesday September 8th** from 6-6:30 PM
- Sue Callan-Harris on Benefits of Warming Up and Cooling Down - **October 13th** from 6-6:30 PM

All located in Howard Hanson Hall and also available live via Zoom
WEDNESDAY, SEPTEMBER 8, 2021

Hearing Health
Dr. Brendan Fitzgerald, audiologist

HOWARD HANSON HALL • LIVE ON ZOOM
6 - 6:30PM

• What impacts musician hearing?
• What can we do to preserve what we have?

SCAN AND REGISTER TODAY!

A SEMINAR SERIES FROM Eastman Performing Arts Medicine
UNIVERSITY OF ROCHESTER

Supporting Student Mental Health

University Counseling Center
Counseling Center
UHS Building - Third Floor
738 Library Road
PO Box 270617
Rochester, NY 14627

Eastman
Eastman School of Music
Student Living Center - First Floor
Room 107

Med Center
UR Medical Center
601 Elmwood Avenue
Room 1-5091A

Tele-health
We will continue to offer tele-health when appropriate.

A UCC professional is on call 24/7 for crisis services.

TO SCHEDULE AN APPOINTMENT:
585-275-3113

Instagram @ur_ucc
Every full-time student has access to the University Counseling Center (UCC) and gets an initial assessment to develop an individualized treatment plan consisting of specific services to meet their needs.

**Step 1:** Call to schedule an appointment at any of our three locations: (585)-275-3113

**Step 2:** Sign up for UHS Connect. This portal is the only secure way to allow communication between your UCC therapist and you.

**Step 3:** The first appointment will be an initial assessment. During this time you will work with a UCC therapist to develop an individualized treatment plan consisting of specific services to meet your needs.

Your visits and information shared with your counselor are confidential.
University Counseling Center
Scope of Services

Initial Assessment

- Self-Help Resources
- Therapist Assisted Online
- Short Term Group
- Group Therapy
- Intensive Brief Therapy
- Substance Use Assessment
- Psychiatric Consultation
- Referral to Community Providers
- Referral to On-Campus Resources
- Case Management
One-on-One Counseling

Short-Term Individual Counseling
- Offered at UCC
- 45-50 minute sessions
- Usually weekly or biweekly
- Up to two months worth of therapy

Long-Term Individual Counseling
- We provide referral services, including case management, for our students who need long-term therapy.
- Connections with providers in the community.
- Partnership with Thriving Campus, an online directory, to make it easier for college students to find community mental health providers off campus and in many other states.
- Psychology Today and Suicide Stop
Group Counseling

**Therapy Groups**
- Consist of 8-10 students
- Meet weekly
- No limit to attendance
- Variety offered – open groups, identity-based groups, theme-based groups

**Skills Group**
- Consist of 8-10 students
- Meet weekly
- No limit to attendance
- Focused on development and practice of skills and strategies

**Drop-in Group**
- No initial assessment or commitment needed
- Recurrence varies – one-time, weekly, monthly
- Theme and identity-based

Learn more about our groups ...
Crisis Services

After-Hours Crisis Line
- UCC staff rotate on-call coverage and always have a staff member available 24/7.
- If you are ever concerned about the health and safety of yourself or another student, please call 585-275-3113.
- Counselors in Residence, specially trained graduate students, may respond in person based on the nature of the situation.

Same-Day Appointments
- For emergency situations.
- When a student cannot wait for an initial assessment.
Support Services

Over the past year, the UCC has been working to support students experiencing systemic racism and other forms of oppression by offering ongoing identity-based therapy groups including:

- Mosaic (students of color)
- Women of Color
- Men of Color
- Women’s Group
- Men’s Group
- LGBTQIAP+ Group

We also offered numerous drop-in groups for students in response to racially motivated violence and world crises. Some included:

- Our Healing Breath (students of color)
- AAPI Students & Allies
- COVID-19 Escalation for Indian Students

Based on student voices and current events, we review and adjust our services regularly in efforts to connect with students who may be in need of support. Additionally, the UCC has maintained its liaison work with a wide range of different student groups.
If you’re concerned about the health and safety of others, or if you just have a general question, we’re here!

**Consultations**

Trainings, guest lectures, hall programs, tabling & mental health screenings.
Health Promotion Programs

**Health Fair**
- Sex & Chocolate: an interactive sexual health fair with free safe sex supplies.

**Cooking**
- EAT Healthy in the Kitchen teaches students how to eat healthy on the go.

**Retreats**
- Relax & Renew silent meditation retreats are available once each semester.

**Stress Relief**
- Paws for Stress Relief brings therapy dogs to campus for some cuddles and love.
Online Programs

Zzzs to As Sleep Challenge

EAT Mindfully

Available anytime, 21-day educational wellness programs sent via email.
UR Connected is a network of peer coaches that connects students to the resources they need, when they need it most.

This program takes a prevention approach to support the mental well-being of our student community.

Our goal is to recognize struggles early on and take the necessary steps towards a solution which will help our students become ever better.

Sign up to work with a coach!

We’re here to help.
Tap into our network of peer coaches.

urconnected
rochester.edu/urconnected
MINDFUL UNIVERSITY PROJECT

- Introductory and advanced learn-to-meditate classes
- Drop-in meditation sittings and yoga classes
- Half-day silent retreats
- Educational workshops and faculty and staff training

rochester.edu/mindful
@URMindfulUniversityProject
Koru Mindfulness

An evidence-based mindfulness training program for college students and other emerging adults that focuses on mind-body practices.

Our Classes

Four weeks of classes, 75-minutes each. Students receive free access to the recommended texts and the Koru Mindfulness app.

Benefits

- Decreased perceived stress
- Improved sleep quality
- Increase in mindfulness
- Decreased self-judgment, isolation, & over-identification
- Enhanced self-compassion and common humanity

Fun Fact: Koru is the New Zealand maori word for the unfurling fern frond, which symbolizes balanced growth.

Greeson, Juberg, Maytan & Rogers (2014)
Health Promotion

Student Wellness Committee

This group of faculty, staff, students, and health professionals meets several times a year to advise on supportive health programming, attain vital information to our Eastman community, and help create a culture of wellness on campus.

If you are interested, contact Gaelen McCormick gmccormick@esm.rochester.edu.
URSHAC

Student Health Advisory Committee

URSHAC offers students the opportunity to have an impact on the health care services offered for them.

The committee meets with the Director of University Health Service and representatives from the Health Promotion Office and the University Counseling Center to share ideas, offer suggestions, and discuss topics of concern.
Health Promotion

Graduate Student Wellness Committee

The Graduate Student Wellness Committee is a group that was just formed consisting of graduate students, faculty, and staff, to help support the wellness of all U of R graduate students. Students have the opportunity to share their ideas, input, and passions with the group to help inform programming endeavors.
UHS Primary Care
Eastman School of Music  
Student Living Center, Room 106  
UHS Building, 1st Floor  
585-275-2662  
rochester.edu/uhs

UHS Health Promotion Office
UHS Building, 4th Floor  
585-273-5775  
rochester.edu/uhs/healthpromotion

University Counseling Center
Student Living Center, Room 107  
585-275-3113  
hesm.rochester.edu/studentaffairs/live-grow-thrive/

To access these slides:
rochester.edu/uhs/orientation