

Making the Transition: Student Services

Colleen Wood

Assistant Vice President for Student Affairs

Associate Dean of Students



CHAPMAN
UNIVERSITY

Dean of Students Office

- We are here to help!
- Services provided are based on assessment and data
- Consider signing up for [tuition protection program](#)
- Student Outreach and Support Team
(www.chapman.edu/sos)
 - Referral form available on our website
 - Check in with students and connect them to appropriate on and off campus resources

PEER and Health Education

- Prevention Focused Programs and Education
- Skill Development Awareness
- Engagement Opportunities
 - American Red Cross Blood Drives
 - Student CARES Group
 - Programming Partnerships
- Helping students connect with resources and support
- Reducing college students' high-risk behaviors in relation to:
 - Alcohol and Other Drug Use
 - Relationship Violence
 - Affirmative Consent

PEER and Health Education Programs

- Conflict Management Skill Building
- What Does a Healthy Relationship Look Like?
- Anxiety Management / Proven Skills that Work
- Alcohol / Responsible Consumption
- Anger Management Tips and Skills
- Stress Reduction / Skill Building Tips
- Managing MY Emotions
- Communicating Effectively

Healthy Panther Initiative

- A **required** program for all new undergraduate students
- Designed to empower students helping with healthy decision-making
- Topics include alcohol/drugs, personal health and relationship development
- Reporting options and resources about sexual misconduct and skills about how to be an active bystander / where to get help
- Skill development and education helping students to stay on track to achieve their academic goals

Alcohol and Other Drugs

- Vaping
 - Prevention Education / Support
- Marijuana Use / Education / Resources
- Young People's Recovery Meeting on Campus

Student Health Center

402 N. Glassell Street

(On the corner of Glassell and Sycamore)

Phone: (714) 997-6851

Fax: (714) 744-7077

Email: StudentHealth@chapman.edu



Brief Overview of Services Provided

- **Acute illness:** First Aid, fever, sore throat, flu, bronchitis, sinusitis, GI and COVID-19
- **Health screening:** GYN & sexual health testing
- **Some “over-the-counter” medications available**
- **COVID-19 testing**
- **Vaccination Clinics** - Flu shot and covid booster clinic scheduled on campus October 1st and 2nd.



Student Medical Portal

- Students can view their information, upload health records and more!
- Get started by checking out the portal here
<http://mystudenthealth.chapman.edu>



Student Psychological Counseling Services

410 N. Glassell St.
(in between Health Center and Public Safety)

Phone: (714) 997-6778

Email: spcs@chapman.edu



Student Psychological Counseling Services

Brief, goal-directed models of therapy are provided to assist students in achieving their academic goals and support their overall well-being.

In-person and Telemedicine appointments are available with SPCS

Appointment times can be held **7 days/week** from **8 am to 9 pm**
(front desk follows business hours)

There is NO additional cost for services

Student Psychological Counseling Services

What CAN we offer?

- **Digital Drop-in hours** Monday through Friday! This is NOT therapy but you or your student can ask questions, get tips, get ideas, get referrals, get directed to resources
- **Walk-in!** We may not be immediately available (as all of our therapists are actively in session throughout the day) but our office staff will greet you and help you get connected when a therapist is available
- **Individual and Group Therapy** – No limit to sessions, but students must have a goal in mind
- **Limited Psychiatric Services** - We utilize evidence-based treatments to help students before recommending a psychiatric evaluation. Psychiatric evaluations are available for new prescriptions, with short term management and referral to the community for long term care

What CAN'T we offer?

- **Confidential Information** - If anyone calls other than the student themselves, we cannot provide if we have seen them, if they have come to our offices, if they are "better" or where they are on our contact list
- **One-on-ones** - Our offices do NOT provide one-on-one community engagement/escorts. In other words, we cannot go to a student's room or escort students around campus
- **Mandated Therapy** – Legally required therapy
- We cannot treat a student across state lines, nor can we treat a student that already has a therapist
- **Long Term Therapy/Non-Goal Directed Work** – Certain presentations require a higher level of care that are better treated in the community rather than at the University
- **Limited Psychiatric Services** - We do not provide prescriptions for Stimulants, Benzodiazepines or other medications that are better suited for intensive monitoring. We also do **NOT** refill existing prescriptions from other providers

Signs of Concern

- Significant weight loss
- Frequent physical illness
- Missing classes regularly
- Major decrease in hygiene
- Talk of hopelessness
- Major talk around loneliness
- When the tearful calls home outnumber the other ones



Signs of Being in College

- Weight loss and/or focus on body
- Weight gain and increase in video game and Cheeto intake
- Pushing themselves to do better and NOT sleeping enough
- Missing classes on occasion
- Decrease in hygiene on occasion
- Increase in hygiene on occasion
- Feeling like they need to fit in
- Feeling like they have it all figured out
- Not knowing what to DO in life
- Not regularly wanting to speak to family as much as WE want to speak to them
- Trying new things. LOTS of new things :-/

Signs of Growth

- Stress related to trying to figure things out (encourage it- don't cheat them by calling and doing things for them!)
- Talking about new ideas about the world and people
- New vocabulary and range of emotions
- Feeling a bit lost but open
- Feeling a bit lonely but trying to connect
- Wanting to do things on their own

Student Psychological Counseling Services

Staffed with licensed and supervised clinicians from a variety of modalities and experiences.



Disability Services

- Jason McAlexander, M.A., M.S. Director
jmcalex@chapman.edu
- Quetzalli Lopez, Administrative Assistant
qulopez@chapman.edu
Email: ds@chapman.edu



Disability Services

- **Our Goal/Purpose:**

Under the Americans with Disabilities Act (ADA) – Accommodate students with disabilities in order to compensate for limiting abilities due to a disability to achieve equal access to the educational experience

- **Accommodations:**

Designed to level the playing field for students with disabilities, while maintaining the integrity and standards of Chapman's academic programs

ADA Accommodations

- Extended testing time
- Distraction-reduced testing setting
- Audio recording of lectures
- Tests in alternate formats
- Interpreting services

Other assistance may include coaching/counseling, studying tips, problem-solving with faculty, utilizing other support services, and organizational and time management strategies.



Public Safety



418 North Glassell Street
Orange, California 92866

24-hour Dispatch (714) 997-6763

Public Safety

- **Operation Safe Ride**

Provides evening transportation around the university. Request a ride through the Passio Go! App.

- **Crime Prevention – “If you see something, say something!”**

Seminars that provide tips to prevent crime on campus and encourages the prompt reporting of suspicious activity.

- **Safety Seminars**

What to do in the event of an active shooter. “Run, Hide or Fight”.

- **Self-Defense Classes**

Teaches women realistic self-defense tactics and techniques.

- **Lost and Found**

- **Bicycle Licensing and Registration**

All bicycles on campus are required to be licensed

- **Emergency Phones**

Blue phones connect directly to Public Safety Dispatch



Emergency Management



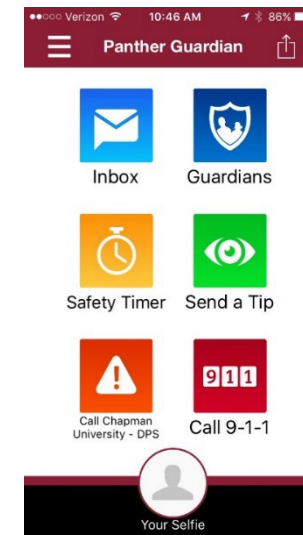
Panther Alert Emergency Notification:

Students are automatically enrolled with their Chapman E-mail but must provide cell numbers to receive mobile notifications.

www.chapman.edu/panther-alert

Panther Rave Guardian Safety App:

Download the **FREE** Rave Guardian safety app to check in with family, friends and Public Safety. The Panther Guardian app is an effective way for students, staff, and faculty to communicate via text with Public Safety using a smart phone. Available at itunes.apple.com and play.google.com by searching Rave Guardian.



Fire & Life Safety

- **Building/Fire Protection Inspections**
- **Residence Hall Evacuation Drills**

Conducted each semester

- **Campus Events First Aid Team** to join the student First Aid Team, e-mail Fire Marshall Victor Arteaga at: arteaga@chapman.edu

- **Training and education**

- Fire Safety
- Fire Extinguisher training
- CPR/First Aid/AED training
- Basic Life Support for Rinker Health Science Students

- **Permits**
Special events
Filming



Parking & Transportation Services

Mandatory Parking Permit Policy

- Permits are **Complimentary** but **REQUIRED** 24 hours per day, 365 days per year for visitors and university faculty, staff, and students.
- All faculty, staff and student vehicles parked on campus must be registered to a valid permit at <https://vpermit.com/Chapman>.
- Parking in the surrounding neighborhood or public parking areas is prohibited.
- Areas are restricted depending on permit type. Regulations are posted at the entrance to every parking area and can be reviewed on the Parking Services website.

Where to register for a permit

- <https://vpermit.com/Chapman> once a permit is registered for, parking privileges begin. The license plate will be scanned to validate parking privileges. Please encourage your student to review the Parking Plan at www.chapman.edu/parking, to know all their parking options.



Parking & Transportation Services

Shuttle Services:

- Chapman Court/Chapman Grand/Panther Village
 - **Monday – Friday, 7:30 AM – 12:00 AM**
 - **Weekends, 9:00 AM – 8:00 PM**
- Get the App! Passio Go! App provides real-time shuttle tracking, arrival estimates, and route information.



Contact Information

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