

Sacramento State
Student Health Counseling & Wellness Services

Impact Statement 2022-2023

At Student Health, Counseling, and Wellness Services (SHCWS), we break down barriers to care to serve all students and empower everyone to make informed decisions about their health and wellness to achieve lifetime wellness through collaboration, education, and innovation.

Wellness Strategic Plan:

At Sacramento State, we know that wellness is imperative to the success of both students and staff. We are actively working to advance the mission of our 5-year campus strategic plan. At SHCWS, we are working to create a culture of wellness and safety through the adoption of antiracist and inclusive policies and procedures and working with students to ensure their basic needs and physical and psychological safety needs are met.

Diversity, Equity, & Inclusion:

At SHCWS, we believe in total well-being for everyone. Our approach to healthcare goes beyond treating illnesses; we're here to support your physical, mental, and emotional health, while addressing basic needs. We acknowledge the connection between mental, emotional, physical, and spiritual well-being, recognizing that mental health cannot be isolated from overall health. Our multidisciplinary team of healthcare professionals create an environment where everyone feels respected, valued, and provided with equitable access to quality care. It goes beyond simply having a diverse staff or patient population; it's about fostering an inclusive culture that addresses disparities and ensures that everyone receives the care they need regardless of their background.

Accreditation Association for Ambulatory Health Care, Inc. (AAAHC):

SHCWS is accredited through the Accreditation Association for Ambulatory Care (AAAHC). We have passed accreditation ten 3-year terms in a row.

Contact Student Health, Counseling, & Wellness Services:

916-278-6461

csus.edu/shcws

Follow us on Instagram @shcwssacstate

Student Health, Counseling, & Wellness Services

Our Approach to Healthcare:

At SHCWS, we understand that health is not a one-size fits all, so we utilize an integrated care model. SHCWS employs compassionate and licensed health professionals from various disciplines that work collaboratively to create personalized care plans to meet the unique physical, mental, emotional, and social needs of every patient. We recognize the intersection between all aspects of wellness and recognize that a person's mental health cannot be isolated from their overall health.

Services Provided:

- Acute Illness & Injury Care
- After Hours Nurse Advice Line
- Athletic Training
- Crisis Assistance & Resource Education Support (CARES) and Basic Needs Support
- Gender Affirming Care
- Immunizations & Vaccines
- Lab Testing
- Low-Cost Pharmacy
- Medication Abortion
- Mental Health Counseling
- Nutrition Counseling
- Peer Counseling
- Reproductive Healthcare
- Sexual Violence Support
- Sports Medicine
- Wellness Education
- X-Ray

Our Team of Professionals:

- 20 Medical Staff
- 7 Administrative & Support Staff
- 16 Mental Health Clinicians
- 2 Pharmacists
- 2 Health Promotion Specialists
- 13 Athletic Trainers
- 2 Registered Dietitians
- 3 Case Managers
- 16 Student Staff & Interns

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Patient Visits & Satisfaction 2022-2023

Patient Visits:

- 14913 Primary Care appointments were completed.
- 1983 students were seen in Urgent Care. Of those, 407 saw an Urgent Care Counselor.
- 8213 Mental Health Counseling & Psychiatry appointments were completed and 312 students attended Group Therapy.
- 2655 Telehealth appointments for medical and 2771 for mental health care were done.
- 1234 Athletic Training and 15371 Sports Medicine appointments were completed.
- 311 Nutrition Counseling appointments were conducted. 1172 CalFresh Prescreens were done, and 1083 applications were completed.
- 6979 prescriptions were filled at our Pharmacy and SHCWS administered 4842 vaccines.
- 52 students received Emergency Housing Support. 53 were housed through Rapid Rehousing, and 83 received rent subsidies.

Patient Satisfaction:

The Majority of Students are Satisfied with SHCWS.

96.7% of students were extremely satisfied or satisfied with the service(s) they received at SHCWS.

96% of students felt their needs were addressed in a culturally appropriate manner that respected their identities.

96.4% of students felt a sense of safety and belonging while receiving services at SHCWS.

Student Quotes and Testimonials:

"Thank you for making such a difficult step for me, more comforting and easy. I felt welcomed, cared for and peaceful moving forward in my mental health journey."

"The staff is always really friendly and helpful. They always explain every procedure they do and what it's for which I truly find helpful and informative."

"[My Therapist] was culturally sensitive and made me feel very comfortable. I never felt judged and she helped me accept aspects of myself that I thought were broken."

"Thank you for taking care of us! Sac State is not only a safe place to be. Yet it's also where your acknowledged and cared!"

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Wellness Education & Peer Support Programs

Student Staff & Interns:

- 15 Peer Health Educators
- 12 Peer Counselors

Wellness Education & Peer Support Programs:

- 450 Peer Counseling appointments
- 27 sessions of the peer led Women Empowering Women group
- 4-week long peer led Body Project Series
- Over 10,000 students attended a wellness workshop or event
- 1700+ students saw a health & wellness presentation
- 35 cooking demos and nutrition workshops hosted
- 59 peer-led CalFresh Application Assistance appointments
- 29 completed Nutrition Peer Visits
- 424 students, staff, & faculty received Narcan Training on how to administer Narcan to reverse an opioid overdose.
- Over 10,000 FREE condoms and safer sex supplies distributed

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