



Impact Statement 2017-2018

Our mission is to promote lifetime wellness through collaboration, education, and innovation.

Services Provided

Acute Illness & Injury Care
 After Hours Nurse Advice
 Athletic Training
 Cooking Demonstrations
 Group Counseling
 HornetMD
 Immunizations
 Individual Counseling
 Urgent Care Counseling
 Pharmacy
 Reproductive Healthcare
 Vision Care Center
 Well Woman Exams
 Wellness Workshops
 X-Ray & Lab Services

30, 264 total Patient Visits

16, 815 Primary Care
 2,007 Urgent Care
 2,122 Same Day
 755 Urgent Counseling
 5,488 Immunization
 1,126 Athletic Training
 1,332 X-Rays
 11, 472 Rx
 7, 112 Counseling Visits
 1, 785 Optometry
 1,208 Nutrition and Diet Analysis

Top 10 reasons for Visits

1. Depression/Anxiety
2. Contraception
3. Injuries
4. Eye Exam
5. Upper Respiratory
6. STI Testing
7. Urinary Tract Symptoms
8. Cough/ Sore Throat
9. Viral Infection
10. Dietary Analysis/Counseling

Patient Satisfaction Survey

- 94% Were satisfied with the overall service they received.
- 100% Would recommend Student Health & Counseling Services to another student.
- 99% Our staff was friendly and courteous during their visit.
- 94% Students agreed they received information during their visit that they will use to improve their health.

Our Facility

27, 000 Square Feet
 Located in The WELL.

16 Exam rooms, 2 procedure Rooms, 1 Observation Room, 13 Counseling Offices, 3 Satellite Counseling. X-Ray, Pharmacy, Optometry and Athletic Training on site.

Recognized as a Healthy Campus by Active Minds.
 Passed Accreditation, Nine 3 YR Terms in a row!

Fall Student Enrollment: 30, 661
 Number of Students that used our services: 17, 431

Our Team

Embraces a holistic and collaborative approach to healthcare by offering urgent care, primary care, preventive services, wellness education, violence support services, and mental health services to the Sacramento State campus community.

6 Physicians / Nurse Practitioners
10 RNs and Medical Assistants
11 Counselors
2 Pharmacists
1 Pharmacy Technician
1 X-Ray Technician
3 Health Educators
1 Registered Dietitian
13 Administrative ? Support Staff
1 It Consultant
1 Optometrist
1 Athletic Trainer
8 Student Staff

212 Wellness Workshops and Health Presentations

" I gained experience with diverse community, nutrition knowledge, & presentation/public speaking skills." - Sac State Student

" I gained the knowledge of different resources on campus, I also got experience with program planning, & lastly gained some friends." - Sac State Student

" I gained communication skills, proper planning, confidence, & being part of something." - Sac State Student

91% Students will apply positive changes to their lifestyle after our presentations.

39 Student Peer Health Educators
28, 916 Condoms Distributed
6 Large Scale Events
11, 057 Incoming first year and transfer students who completed online safety tutorials for sexual assault and alcohol.

Peer Health Educators promote healthier lifestyle choices related to nutrition, mental health, healthy relationships, alcohol, tobacco, and other drugs.

We're Social: 1, 417 Facebook Likes
1,870 Instagram Followers
550 Tweeter Followers

Group Counseling Topics

Anger Management / Slow Your Roll
Anxiety Management
Coping with Loss
Managing Difficult Emotions
Dynamic Self
Intuitive Painting
Lavender Connection
Men's Talk
SAFE
Self Care for Emerging Helping Professionals
Surviving Your Family
Women's Empowerment

4.37 The Median number of counseling sessions per student.