

IMPACT STATEMENT 2017 - 2018

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



Services Provided

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



Passed Accreditation
Nine 3 Yr Terms in a row!



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

Recognized as a Healthy Campus by Active Minds

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.

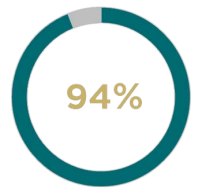


Fall Student Enrollment:
30,661

Number of Students that used our services:
17,431



Patient Satisfaction Survey



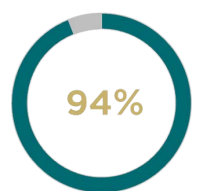
Were satisfied with the overall service they received.



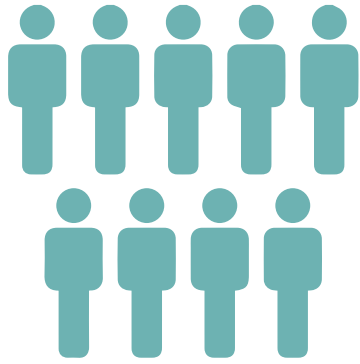
Would Recommend Student Health & Counseling Services to another student.



Our staff was friendly and courteous during their visit.



Students agreed they received information during their visit that they will use to improve their health.



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 Pharmacist
- 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



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 w/program planning & lastly gained some friends."
- Sac State Student

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

39 Student Peer Health Educators
28,916 Condoms Distributed

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

6 Large Scale Events

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



Incoming first year and transfer students who completed online safety tutorials for sexual assault and alcohol.



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

The median number of counseling sessions per student.
4.37



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