

University of St. Thomas:

Ann Hubbard, Study Abroad

Madonna McDermott, Student Health Services

Jeri Rockett, Personal Counseling

# Collaboration Across Campus: Student Physical & Mental Health

# "It Takes a Village-Campus"

- Study Abroad Office
- Student Health Services
- Personal Counseling
- Dean of Students
- Business Office
- Financial Aid
- Registrar
- Others

# Study Abroad Office: organizationally, where?

- Study Abroad's responsibilities 'straddle' many areas of both Academic Affairs and Student Affairs
- Goal of all offices – of the university community -- is to help students
  - Succeed academically
  - Stay safe
  - Remain healthy

# Health Services . . .

- Certified Travel Clinic at St. Thomas
- Challenges include:
  - The high number of students who go abroad each year
  - Getting students to think ahead about their health abroad
  - Requiring groups outside of 'study abroad' to proactively address student health abroad

# Personal Counseling. . .

- Mental Health issues can affect the entire group
- Faculty are often challenged when needing to address mental illness issues
- Issues of carrying controlled substances across borders

## Discussion Question

- How do *your* campuses collaborate on student health & safety?

# Ways to Collaborate...

- Health Services staff
  - Help write/review health info in Pre-Departure Handbooks
  - Present on Health Basics to both students & parents at semester/year orientation
  - Hold a special breakout session for students headed to the Developing World
  - Take individual appointments at Travel Clinic
  - Schedules occasional meetings; calls when there are issues to address such as H1N1

# Ways to Collaborate

- Personal Counseling
  - Receive a list of those going abroad from International Education each term so that they might speak with any students who are receiving counseling at the time
  - Serve as resource for International Education staff and faculty directors
    - Help conduct faculty training
    - Take phone calls from faculty abroad facing challenges

# Study Abroad

- Promotes Travel Clinic
- Features info and links in pre-departure info on range of health resources
- St. Thomas issues an ISIC to all students going abroad
- Emergency Contact Info for all groups is placed in Public Safety Office each term; designated study abroad staff have 24/7 access