UNDERSTANDING HEALTHCARE AND WELLNESS RESOURCES AT THE UNIVERSITY OF NEW HAVEN
Establishing Holistic Care
Counseling & Psychological Services

Mission: To support the mental health of the campus community and encourage holistic well-being

Our services are:

- Confidential
- Included in tuition

Our team is comprised of highly trained, professional, compassionate staff

We provide:
- Individual counseling
- Group therapy
- Peer-led support groups
- Referrals for medication management
- Community referrals
- Education & Training Consultation

24/7 Crisis Support & Intervention
How Can Students Schedule Appointments?

We are open M-F 8:30-4:30

Call us at 203-932-7333

Schedule online

Walk in:
Charger Plaza, Suite 111

Crisis support is available 24/7 at our phone number:
203-932-7333
Counseling & Psychological Services

Clinical Groups:
- DBT (Dialectical Behavioral Therapy)
- Unmasked (supporting neurodivergent students)
- Mindfulness for LGBTQIA
- Support for International Students
- General Support

Outreach:
- Mindfulness activities
- Stress Reduction
- Psychoeducation
- Therapy Dogs
- Mental Health Trainings
HEALTH SERVICES
Health Services

Location: Sheffield Hall

Hours: during Fall and Spring semesters, Health Services is open Monday through Friday and select Saturdays:

- Mon, Fri 8:30am-4:30pm
- Tues, Wed, Thurs 8:30 am-6:00 pm
- Sat 10:00 am-2:00 pm

Telephone: 203-932-7079
What is Health Services?

• Health Services is a primary care office with primary care providers specifically for University of New Haven students.
• Health Services is a part of Yale New Haven Health Northeast Medical Group.
• Health Services is conveniently located on the University of New Haven campus.
• Appointments are needed to see a healthcare provider at Health Services.
• Same-day appointments are available.
• Health Services participates in campus events and wellness activities.
How can Health Services help me?

*Health Services can...*

- evaluate you when you are sick or have a new health concern.
  - COVID-19 symptoms, upper respiratory infections, urinary tract infections, minor injuries, testing for sexually transmitted infections, reproductive health concerns, etc.
- perform testing for certain health conditions in the office (COVID-19, flu, RSV, mono, Strep, UTI, etc.).
- help you manage existing health problems.
- make sure you are up to date on your routine and preventative healthcare.
- prescribe medications, order tests like blood work and x-rays, and make referrals to specialists.
- see you for follow-up care if you had to go to the hospital.
- collaborate with University of New Haven Counseling and Psychological Services about your mental health.
- educate you about your health and well-being.

If you are not sure if Health Services can help, give us a call!
Remember, your care at Health Services is confidential!
Health Insurance

• Health insurance coverage does not make healthcare “free” or cover all costs.
• Health insurance pays for some of the cost of healthcare.
• If you have insurance through a family member who is out of state, make sure healthcare in the state of Connecticut is covered.
• If you have out-of-state coverage, be aware of your out-of-network/out-of-state deductible. You may decide it is cost-effective to opt into the University health insurance plan.
• If you have questions about your coverage, please review your policy, sign up for an online account with your insurance provider, or call the telephone number on your insurance card.
What to Bring to Your Appointment

• Government-issued photo identification
  • This can include a state-issued ID/driver’s license, a US passport, or a passport from your home country. *University ID will not be accepted.*
• Health insurance card
• List of any past health problems or surgeries
• List of all your medications (including the dose and how often you take it)
• Any significant medical records, if pertinent to your visit
  • Please note, if you have a MyChart account through your home provider, we will be able to access your health records through our electronic medical record system.
• List of any significant family history (such as heart attack, stroke, high blood pressure, diabetes, cancer, etc.)
• Please be punctual, or we may need to reschedule your appointment
Health Requirements for New Students

✓ Consent form to receive treatment at Health Services
✓ HIPAA form
✓ Demographic information, emergency contact, and health history
✓ Physical exam within 12 months of starting classes (or within 6 months if student-athlete)
✓ Immunizations
✓ TB screening questionnaire and test results if indicated

All the required health forms listed above are available on your University of New Haven MyCharger account.

This information helps Health Services take better care of you and ensure a healthy community.
Immunization Requirements

REQUIRED by Connecticut Law

- 2 doses of MMR (measles, mumps, rubella) vaccine or documentation of immunity
  - The 1st dose is invalid if received before 12 months of age
- 2 doses of varicella (chickenpox) or documentation of immunity
- 1 dose of meningitis (MCV4) within 5 years of starting classes
- Required only for residential students and student-athletes

RECOMMENDED

- COVID-19 series, including booster doses
- Meningitis (MCV4) and Meningitis B vaccines
- Tdap (tetanus, diphtheria, and pertussis) vaccine
- Hepatitis A and Hepatitis B vaccine series
- HPV vaccine series
Health Form Submission

• Log in to Medicat (https://ynhh.medicatconnect.com) with your University username and follow the instructions.

• Health records will only be reviewed through the Medicat portal, and cannot be submitted in alternative formats (email, etc.).

• Upon submission, students can track the status of their health records through Medicat. Items in red indicate that the documentation has not been submitted or the item was denied for insufficient/invalid documentation; items in yellow are under review, whereas a green check mark means the records are compliant and complete.

• If anything that was submitted is invalid, students will be contacted directly through the portal.

• Please expect 5 business days for review of records.
Upload Documents

- Chest X-Ray: Negative
- Chest X-Ray: Positive
- Government ID
- Immunization Record
- Insurance Card
- Measles Titer

Required

- Government ID
- Insurance Card
- Meningitis ACWY
- MMR
- Physical Exam
- Tuberculosis Screening
- Varicella

Step 1: Scan and save your documents individually to your computer or take a picture with your smartphone. This is completed outside of the Patient Portal using your scanner software or smartphone. If you are uploading multiple documents, you will need to scan/save a picture and save each document as a separate file. Make sure your name and Student ID are on all documents.

- Images must be .gif, .jpg, .pdf, .png. Documents must be less than 5 MB. Scan in black and white, or at a setting of 150 DPI to achieve a smaller file.
- Be sure that your file names do not include any special characters.

Step 2: In the section below you will see a list of documents that can be uploaded. Choose the document you are uploading in the "Choose document you are uploading" dropdown menu.

Step 3: Click "Select File" and locate the file on your computer or smartphone.

Step 4: Click the "Upload" button. The document will be listed below as a confirmation that the document was successfully uploaded.

*REMEMBER* - Before uploading your immunization record, please enter the dates of your required immunizations via the immunization page of your Patient Portal. All documentation is required for verification purposes and to be considered compliant.
Providing Student Support

*Reporting an Illness* - Student Resources-
*MyCharger*- Health Services- Report an Illness

*Health and Wellness Programs* - Encourages students to encompass health and wellness through various programs.

*Support Resources* - Help students find support through on and off campus resources.
PRESENTER INFORMATION

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THANK YOU