



# Student Health and Counseling Center

Western Oregon University

**Counselor's Corner**

**“My own experiences have shown that this time in life is important in determining life direction and you must make healthy decisions in order to reach your goals.”**

**-Counselor:  
Jaime Silva**

**INSIDE THIS ISSUE:**

- SHCC Services 2**
- Sex Signals 2**
- Health Insurance 3**
- PDA Evaluations 3**
- New Counselor 3**
- Welcome from the Director 4**
- SHCC Staff 4**

## ANNOUNCING: STUDENT HEALTH RESOURCE CENTER

September 29<sup>th</sup> saw the debut of WOU's Student Health & Counseling Center's newest addition, the SHCC Student Resource Center. Sponsored by SHCC's Health Education department, the Resource Center was created to provide students with easier access to health and wellness information/materials, while also providing contact with wellness resources from Western and the local community. An important tool for any student wanting to learn more about a particular area of wellness, improve their wellness/health habits or who just wants to know his/her local options, the Resource Center seeks to be inclusive of all WOU students and their individual needs.

The Resource Center now offers a variety of materials to students, including a brochure, magazine and print media library, student study/work areas, computer access, video/DVD checkouts and multiple other media resources. Topics for these resources can cover anything from nutrition and physical wellness to topics like test anxiety, depression, sexual health, spirituality and more. Stu-

dents can also receive assistance from staff to help with ideas for their health, psychology, or PE projects.



Students can also receive information on SHCC's Campus Wellness Challenge program, which offers monthly programs focusing on 6 different areas of wellness, as well as personal online wellness tracking programs, which students can use to monitor their nutrition and physical activity. More information on the CWC program is located at [www.wou.edu/wouportal](http://www.wou.edu/wouportal), and by

clicking on the Campus Wellness Challenge link.

Located at the west-end of the Student Health & Counseling Center, the SHCC Resource center has a separate entrance and schedule from the rest of the building. The Resource center is open the following hours:

**Monday/Wednesdays:**  
11:00am-1:00pm and  
4:00pm-6:00pm

**Tuesday/Thursdays:**  
3:00pm-6:00pm

**Fridays:**  
11:00am-1:00pm

On Friday afternoons, the Resource center also hosts Sarah Weber, the SHCC's Registered Dietician from 12:00-1:00pm. Sarah is available to answer questions related to nutrition and eating habits, and can also see clients at the SHCC by appointment. Students can also be seen by appointment at the center by calling the Assistant Program Coordinator, Carli Rohner, at (503) 838-8791.

## FIGHTING THE FLU CONTINUED PG 2

Don't wait until you get sick to think that it may have been a good idea to prepare for flu season. Flu season stretches from November to May and is caused by the influenza virus that can be spread through coughing, sneezing, or nasal secretions. Living and working in crowded areas such as dormitories and classrooms puts you at an even greater risk so take the following steps to protect yourself:

- (1) Vaccine**  
Luckily this will be easy for anyone at WOU to fulfill as the Student Health and Counseling Center is hosting a walk-in flu clinic:
- 11/2 3 pm-6 pm**
  - 11/12 9 am-12 pm**
  - 12/2 3 pm-6 pm**

The flu shot is inactivated (killed) virus vaccine injected in to the muscle, providing up to a year of

protection. This injection stimulates the immune system to respond with antibodies to the inactive influenza virus so that when the real virus enters a person who has been vaccinated, the antibodies attack and kill the virus and prevent infection.

The flu virus is always changing so it is important to get vaccinated yearly with updated vaccines to combat the altered virus.



## FIGHTING THE FLU

CONTINUED FROM PG 1

### (2) Stop Germs

There are everyday preventative actions you can take to protect yourself from the flu. It is as simple as washing your hands with soap and water often, and especially after sneezing or coughing. Also, avoid touching your eyes, nose, and mouth and avoid close contact with sick people.

### (3) Antiviral Drugs

If you do acquire the flu it is important you take measures to get better quickly for yourself and to protect others around you. Antiviral drugs can make your illness milder and make you feel better faster. They are prescription medicines, recommended by your doctor, that fight against the flu by keeping flu viruses from reproducing in

your body.

The flu is an annual occurrence for many individuals, sending up to 226,000 people to the hospital and taking 36,000 lives each year, but there is a way you can protect yourself so take the first step and visit the SHCC at their flu clinic to receive your shot.

## STUDENT HEALTH AND COUNSELING CENTER SERVICES

Students who are registered for nine credits or more during the academic year and/or six or more credits during summer session, pay a student health fee and are entitled to use the Student Health and Counseling Center's Services. The SHCC has a lot to offer WOU students with a medical clinic, counseling center, and health education center each providing an array of services.

The Medical Clinic employs physicians, mid-level practitioners, and medical support staff that can offer allergy injections, immunizations, limited medication dispensing, treatment of acute injury and illness, limited laboratory testing, sports and work

physicals, assistance with managing chronic illness, and STD and HIV testing. They also perform women's health care services: contraceptive counseling, pap smears, breast exams, and pregnancy testing and counseling.

The Counseling Center consists of licensed counselors that can carry out individual counseling, couple counseling, group counseling, and crisis counseling. Each student may receive 5 free counseling visits per year.

The Health Education Center is a great resource center with exercise and nutrition education, health promotion programs, the Campus Wellness Challenge, and

on campus events such as: blood drives, periodic screenings of general health such as vision, hearing, and blood pressure as well as stress assessments. Overseen by the Health Education Coordinator, Peer Mentors are a voluntary leadership student organization on campus that provides support and educational programs to the WOU community. The mentors work within the freshmen communities helping students transition to college, while also educating students through programming about various health and wellness topics. Applications for becoming a Peer Mentor will be available winter term.

### Student Health and Counseling Center

Monday-Friday  
8am-5pm

Fax: 503-838-8801

Medical Services:  
503-838-8313

Counseling Services:  
503-838-8396

Health Education Center:  
503-838-8772

### On Sex Signals:

"I learned a lot and (Sex Signals) even changed the way I thought about certain situations because of explanations shown during the presentation."

- WOU Student

"I was so enlightened...it was great to know and to pass on to my girlfriend...thanks for the lesson!"

- WOU Student

## BLOOD DRIVE

Tues November 11th: 12-5 pm  
Wed November 12th: 11 am-4 pm

Make your appointment online at:

[Wou.edu/student/health/blooddrive](http://Wou.edu/student/health/blooddrive)

## NEW STUDENT WEEK ACTIVITY: SEX SIGNALS

New student week was an exciting time for the SHCC as it was the first time they had such a large program during one of the most influential weeks at WOU. Sex Signals provided a funny, partially scripted and occasionally improvisational skit requiring audience interaction in discussing dating, sex, and the issue of consent.

The two showings of the

program were geared towards the new freshman class and although they had the same message to present, the audience interaction and improvisation of the actors provided two interesting and surprisingly different performances.

In exploring how social pressures, gender role stereotypes, and unrealistic fantasies can make social interaction a challenge, Sex Signals

succeeded in clearly communicating some serious messages in a way that disbands continuing rape myths and encourages thoughtful, accountable, intimate behavior. The program reached out to students who mislabel coercion as consent, with the hope that they realize the brutal impact of rape, and that they will change their behavior.

## WHAT CAN YOUR SCHOOL HEALTH INSURANCE DO FOR YOU?

Upwards of 18,000 people die each year because they do not have adequate health care. With health care insurance being of primary importance to a majority of Oregon's University students, it is alarming that 10.6% of students have had to consider at one time or another dropping out due to the lack of health care coverage. There is no doubt that a significant number of students rely on their university to provide them with the health insurance they need, and luckily here at WOU we are given just that. If you are a full time student (+9 credit hours) you are automatically enrolled in our Health Care Plan from Aetna. This is the

first time Western and regional schools are working under a Preferred Provider Organization or PPO. A preferred provider means that you can choose who you want to be treated by, either by someone in the network which is a provider that is covered by Aetna or even anyone who is outside of the network. This allows freedom to our students in choosing where and from whom they wish to receive services, but there are a few regulations. If you choose a provider in the network you will receive full coverage to the highest extent, but a provider of your choosing outside the network may be covered but at a much lower rate. A PPO is a great plan for

students because 100% of doctor and mental health visits are covered with a \$20 co pay, as well as coverage of labs, x-rays, and women's health care. Also, any services you receive from the Student Health and Counseling Center at Western will be completely covered without a co pay. It should be advised though that this is only a basic plan with a \$5000 cap per illness or incident. With much of our country's focus on the health care system, the road to presidential elections should be a time to inform yourself on how your health care insurance protects you, how to use it, and the future of county's health care insurance.

## NEW ARRIVAL: PDA EVALUATIONS

In the past students have had the opportunity to evaluate the Student Health and Counseling Center services and staff at the end of each year, but this year students will have the option to provide feedback on services the SHCC provides all throughout the year. Soon each time a student uses any form of medical services they will have the opportunity to assess that service on PDAs located in the waiting area. Students

using Mental Health Services will be able to evaluate their experience at the conclusion of their counseling treatment. SHCC will use the information you provided to improve and better meet the medical and mental health needs of Western students.



## WELCOME OUR NEW COUNSELOR: JAIME SILVA



The father of two beautiful daughters and grandpa to 16, at first glance Jaime Silva may seem just like everyone else but his journey to becoming a counselor here at WOU may surprise you. Being a counselor

wasn't something Jaime always knew he wanted to be, and it wasn't until later in life that he discovered his passion with psychology and working with youth.

After high school Jaime spent a 1 ½ years in college before leaving to become a construction worker. Being a heavy equipment operator wasn't something he wanted to spend the rest of his life doing, so he began to take night classes. After 15 years as a construction worker, Jaime left to attend what is now know as Corbin College for their Bachelors Completion Program in Psychology.

Shortly after college, Jamie was hired by Marion County to work in mental health as well as a program named Early Assessment and Support Team (E.A.S.T.) that focused on high school and college age youth that were experiencing mental health issues. Jaime spent the next 15 years working for Marion County and attending classes at Chemeketa C.C. for which he received certification as an alcohol and drug counselor (CADC) making it possible for him to teach alcohol and drug as well as diversion courses. Jaime then attended Western Oregon University for the masters program, graduating in 2005 with rehabilitation counseling.

Following school Jaime was hired by the State of Oregon for their vocational rehabilitation services, where for the next three years he again worked with youth as well as adults who were facing mental health troubles. Working with youth became of utmost importance in Jaime's career as a counselor, because he knew how influential he could be in their life

and wanted to help youth grow and attain their life goals.

Just recently Jaime applied for an open counseling position in the Student Health and Counseling Center here at WOU and is delighted that he was hired and has returned to Western. The Student SHCC has a great team of professionals and combine that with WOU's fun energy and Jaime couldn't ask for more.

His long journey to becoming a counselor here at WOU has helped him realize the importance of making the right decisions and this has inspired him to help the students here at Western make the difficult choices. Students are at a time in their life where they must begin to make decisions about who they want to be and where they want to go in life, these can sometimes be hard and confusing, but Jaime is a true example of dedication and commitment to his dreams and wants to be there to help us realize and reach our own dreams.

## WELCOME FROM THE DIRECTOR OF HEALTH AND COUNSELING: LUIS ROSA

**Student Health and  
Counseling Center**  
345 N. Monmouth Ave.  
Monmouth, OR 97361  
Phone: 503-838-8313  
Fax: 503-838-8801  
E-mail: [studenthealth@wou.edu](mailto:studenthealth@wou.edu)

**We're on the Web!**

<http://www.wou.edu/student/health/>

### Mission Statement:

The mission of Western Oregon University Student Health and Counseling Services is to facilitate the health and well-being of Western Oregon University students by providing quality and affordable out-patient medical and mental health care, prevention and health education. Student Health and Counseling Services will pursue its mission while providing care in an affirming, respectful, and compassionate environment.

Before the fall term begins, I spend some time thinking about our mission statement. I ask myself, what new ways can us as a center better meet the following mission: "to facilitate the health and well-being of Western Oregon University students by providing quality and affordable out-patient medical and mental health care, prevention and health education." Student Health and Counseling Services will pursue its mission while providing care in an affirming, respectful, and compassionate environment. I am confident in stating that in 2008/2009, we as a center are well positioned to meet our mission with well established services and new exciting programs. I am most excited by the opening of the Resource Center (article Pg. 1) and extending the hours of our dietician to a full day.

As we welcome these new changes and work to fulfill our mission, I hope you find time to evaluate our services with our new PDA's (article Pg. 3). You will have the chance to complete a questionnaire after receiving services from us, creating a quick way for you to give us the feedback we need to improve our services for you

Be well,

Luis Rosa

### INTRODUCING: STUDENT HEALTH AND COUNSELING CENTER STAFF

#### Directors:

**Luis Rosa: Director of  
Health and Counseling**

**Dr. Van Ert: Medical Director**

#### Front Staff:

**Diane McBurnett: Medical  
Receptionist**

**Tami Laux: Medical Receptionist**

**Colleen Shell: Counseling  
Receptionist**

#### Medical Staff:

**Crystal Beahm: Women's  
Health Care Provider**

**Susan Rosen: Physician's  
Assistant**

**Norma Sieg: Medical Assistant**

**Veronica Leos: Medical Assistant**

**Julie Saurer: Medical Assistant**

**Richard Tobin: Orthopedic  
Doctor**

**Sarah Webber: Dietitian**

#### Counseling Staff:

**Scott Perfect: Counseling  
Coordinator/ LPC Counselor**

**Tom Breyer: Mental Health  
Nurse Practitioner**

**Joy Robins: Counselor**

**Jaime Silva: Counselor**

**Casey Roach: Counseling  
Intern**

**Kara Pileggi: Counseling  
Intern**

#### Health Education:

**Craig Wimmer: Health Education  
Coordinator**

**Carli Rohner: Assistant Program  
Coordinator**

**Jaclyn Fitzgerald: Health  
Education Student Assistant**

**Rebecca Kelly: Health Education  
Intern**

#### Administration:

**Trisha Guy: Director Assistant**