Health and Wellbeing at Texas Tech

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Upcoming webinars (all times Noon Central):
• Campus Safety at Texas Tech - July 10
• Academic Success at Texas Tech - July 17
• Preparing for on-campus living - July 24
Texas Tech Physicians

STUDENT HEALTH

we care for the Red Raider student body
proudly providing compassionate, high quality healthcare

We are the primary care clinic for Texas Tech students, conveniently located on campus in the Student Wellness Center. The clinic is staffed with board certified and licensed physicians, nurse practitioners, physician assistants, clinical psychologists and licensed professional counselors serving a variety of healthcare needs.
Our Services

- Face to face visits
- Telehealth visits
- Primary Care
- Same Day Urgent Care
- Preventative care for Women and Men
- Sports Medicine
- Travel Medicine
- Nurse Clinic

- Behavioral Health
  - Therapy
  - Psychiatry
  - Assessment, referral and education for high-risk substances

- Lab Services (COVID)
- Basic Radiology
- Pharmacy
## Cost for Services

### With Insurance
- SHS accepts most major insurances
- Co-pays and deductibles covered by the Health and Wellness fees paid each semester
- If a service is not covered or if your insurance is out of network, your care will be considered self-funded
- For AHP, 100% of services received at SHS are covered

### Without Insurance
- Self-funded students receive a 60-70% discount
- Charges are applied to a student’s Student Business Services account
- A typical urgent care type visit will cost between $30-50
- Students will be provided with a good faith estimate of anticipated costs prior to the visit

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*Student Health provides a highly affordable option for non-emergent, primary care*
First-time patients are set up on our patient portal:

- Request and View Appointments
- Message their Healthcare Team
- Request Prescription Refills
- View Clinic Notes and Lab Results
Quick Tips

- Add us to your contacts now 806.743.2848
- Understand insurance coverage and have information available
- As much as possible, plan ahead and call early
- Fulfill your commitments. Cancel or reschedule your appointment at least 1 hour prior to appointment time to avoid fees
- When you become a patient, register for the patient portal and download the MY TEAM CARE app
- Provide feedback about your experience after your visit
Basic Info

– We are open M-F 8:00am-5:00 pm
– All services are available to enrolled TTU students
– All services are voluntary
– Services are covered by Student Service/Health & Wellness Fees
  – We do not accept insurance
  – There is no co-pay involved
  – $25 no-show fee
– Therapist will determine what treatment will be most effective
Walk-In Clinic

– All students wanting our services must come to a triage appointment.
  – M-F 12:30pm-3:30pm
  – Student fills out paperwork
  – Briefly meets with a therapist to discuss treatment options or referrals
  – Students can expect an hour and a half to complete the entire process.
– If a student is in crisis, they do not need to wait until 12:30 to meet with a therapist.
Services

- Manage Your Mood
- MindSpa (Biofeedback Training)
- Therapy Assistance Online
- Bibliotherapy
- Group therapy
- Individual therapy
  - Personal concerns
- Relationship therapy
- Consultation with faculty, staff, parents, and students about mental health issues.
- Outreach to campus community
Confidentiality of Services

- All SCC contacts with students are confidential in accordance with Texas state law
- SCC employees cannot disclose if a student is receiving SCC services unless the student signs a specific release of information authorizing us to do so
- If you are wondering about a student’s follow-through with referral, contact the student directly
- You are welcome to share information regarding a student with SCC staff – however, SCC staff must abide by the above guidelines and will not be able to respond without the student’s consent
Manage Your Mood

- A 4-week course/group to help manage stress
  - Develop mindfulness
  - Learn Interpersonal Skills
  - Emotion Regulation
  - Distress Tolerance
- Wednesdays at 2pm
  - Email greg.johnston@ttu.edu for more information or to attend.
Manage Your Mood Online

- Video segment of Manage Your Mood
  - Developed to reduce barriers related to group counseling
  - Able to assess from any computer at any time with your eRaider and Password
- Visit the Student Counseling Center Website Manage Your Mood website to access online videos. Click on the following link and Manage Your Mood icon to access content. [http://www.depts.ttu.edu/scc/FBF.php](http://www.depts.ttu.edu/scc/FBF.php)
MindSpa

- A peaceful refuge to nurture your mind, body, and spirit.
- Available to all students, faculty, and staff
  - Do NOT need a triage/walk-in appointment
- Biofeedback
- Massage Chair
- VR headset with relaxation-based games
- Yoga mats/instructional videos/relaxing music

https://www.depts.ttu.edu/scc/Mind_Body/
Therapy Online

- Therapy Assistance Online (TAO)
  - Interactive, web-based program providing researched, effective strategies to help overcome anxiety, depression, and other common concerns.

- TELUS
  - An online, student support app that allows a student 24/7 access to professional counseling by phone or chat in multiple languages.

- Together All
  - Safe, anonymous, online peer support community to support your mental health.

https://www.depts.ttu.edu/scc/
Bibliotherapy

– Workbooks that we suggest
  – Anxiety
  – Depression
  – Body Image/Eating Disorders
  – Coping Skills
  – Self-Compassion/Self-Love
Individual Therapy

- One-on-one therapy to address individual concerns
- Virtual and in-person services this semester
  - Must be in state of TX
  - Must have secure internet access
  - Must have privacy
- Common areas of focus:
  - Mental health concerns (i.e. anxiety, depression)
  - Relationship concerns
  - Academic stress
  - Problematic substance use
Group Therapy

- Variety of group therapy options
  - Mindfulness & Meditation
  - LGBTQIA Support
  - Understanding Self and Others process group
  - Social Anxiety Group
  - Depression and Bipolar disorder Group

https://www.depts.ttu.edu/scc/treatment-services/available-groups/index.php
Relationship Therapy

- Available as long as all members of relationship are TTU enrolled students
- Definition of relationships are all encompassing
  - Romantic partnerships (dyads, triads, etc)
  - Roommates
  - Friends
  - Organization members
- Typically focuses on improving communication.
Student Counseling Center
Contact Information:

Where: 201 Student Wellness Center
(on corner of Flint and Main)
Phone: (806) 742-3674
Website: http://counseling.ttu.edu
Questions?

Use the Zoom Q&A feature
How did we do?  
Take our quick survey

Student Health Services  
806-743-2848  
studenthealthservices@ttuhsc.edu

Parent & Family Relations  
806-742-3630  
parent@ttu.edu

Student Counseling Center  
806-742-3674  
studentcounselingcenter@ttu.edu