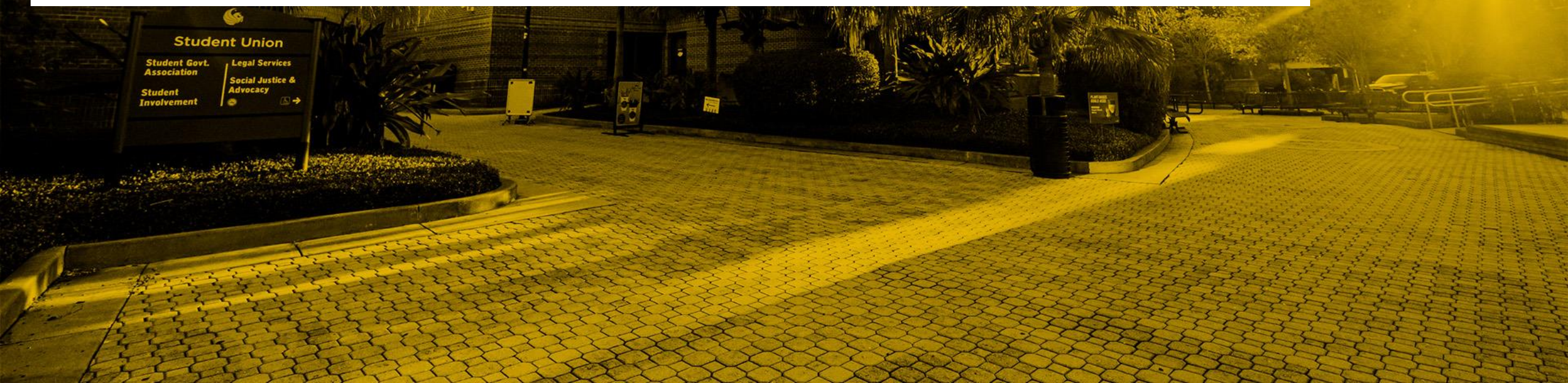




**First Year
Experience**

Well-Being at UCF

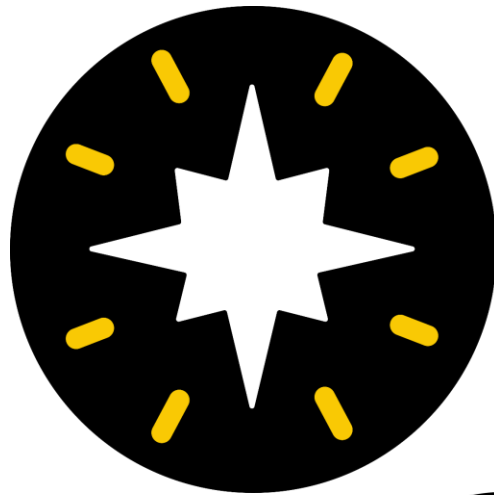


UCF Well-Being Partners

- Counseling and Psychological Services (CAPS)
- Recreation and Wellness Center (RWC)
- Student Health Services (SHS)
- Wellness and Health Promotion Services (WHPS)



Well-Being and *Thriving* at UCF



B ♦ E ♦ A ♦ M

HELPING *Students* THRIVE



BELONGING



ENGAGING



ACHIEVING



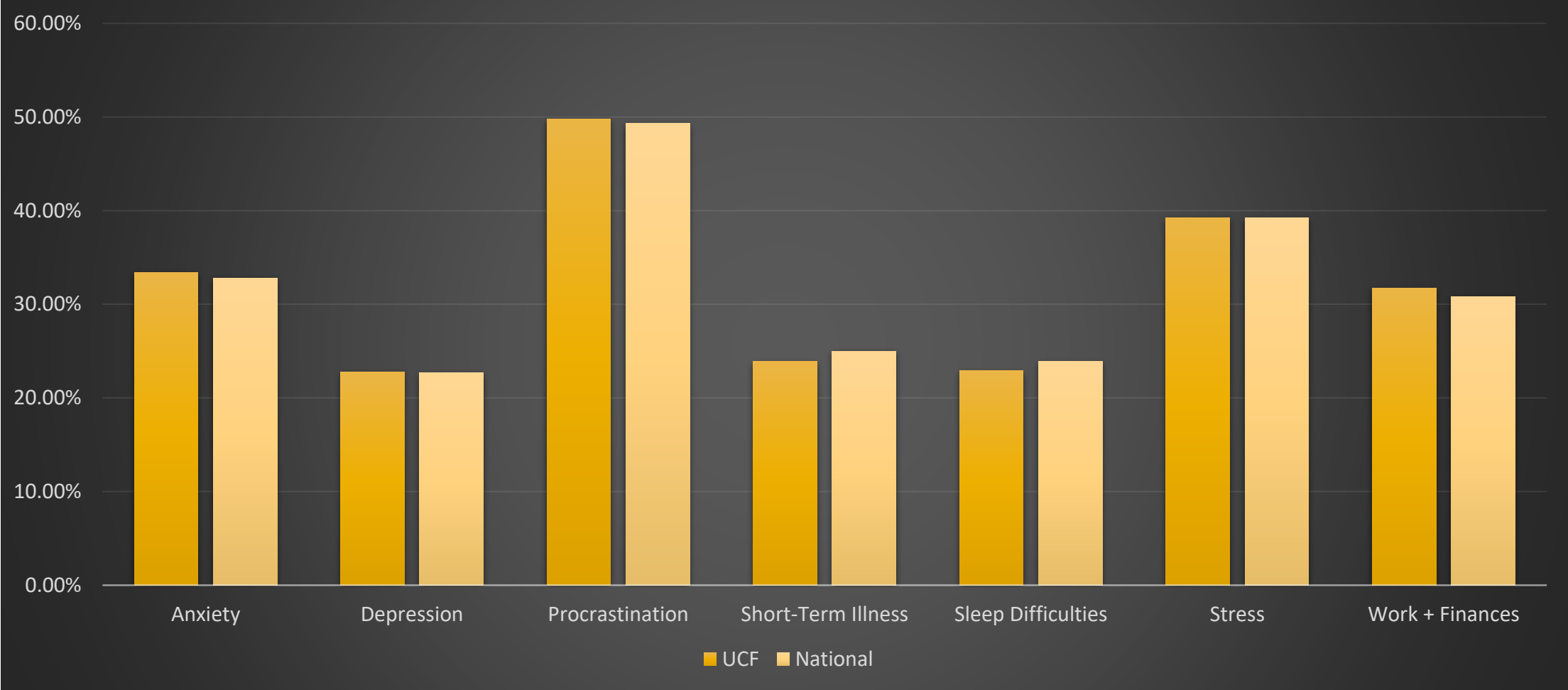
MEANING



**First Year
Experience**

National College Health Assessment (NCHA) Data

Students reported the following affecting their individual academic performance:



American College Health Association. American College Health Association-National College Health Assessment III: Undergraduate Student Reference Group Executive Summary Spring 2024. Silver Spring, MD: American College Health Association; 2024.



**First Year
Experience**

UCF Health & Wellness Services

**Enhancing Student Well-Being through
Prevention, Education, & Treatment**

Counseling and Psychological Services (CAPS)

Locations on Main, Rosen, and Downtown Campuses



**First Year
Experience**

CAPS Services

- Brief Individual Counseling
- Brief Relationship Counseling
- Single Session
- Group Counseling
- Crisis Intervention
- Prevention and Educational Programming
- Online
Resources: Therapist Assisted Online (TAO); Togetherall



CAPS Services

- Brief Individual Counseling
- Brief Relationship Counseling
- Single Session
- Group Counseling
- Crisis Intervention
- Prevention and Educational Programming
- Online Resources: Therapist Assisted Online (TAO); Togetherall



CAPS Services

- Brief Individual Counseling
- Brief Relationship Counseling
- Single Session
- **Group Counseling**
- Crisis Intervention
- Prevention and Educational Programming
- Online
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CAPS Services

- Brief Individual Counseling
- Brief Relationship Counseling
- Single Session
- Group Counseling
- Crisis Intervention
- Prevention and Educational Programming
- Online Resources: Therapist Assisted Online (TAO); Togetherall

YOU MATTER!

**WE ARE HERE TO HELP.
24/7 CRISIS SUPPORT**

IF YOU NEED HELP, PLEASE CALL:

407-823-2811 + press 5

CAPS CRISIS LINE

911

UCF POLICE DEPARTMENT

988

NATIONAL SUICIDE PREVENTION LIFELINE

Text HOME to 741741

TO REACH A CRISIS COUNSELOR

CAPS Services

- Brief Individual Counseling
- Brief Relationship Counseling
- Single Session
- Group Counseling
- Crisis Intervention
- Prevention and Educational Programming
- Online Resources: Therapist Assisted Online (TAO); Togetherall



CAPS Services

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- Single Session
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- Online

Resources: Therapist Assisted Online (TAO); Togetherall



Normal Developmental Concerns

Academic demands
Adjustment
Becoming independent
Family matters
Finances
Future uncertainty
Grief/loss
Identity
Interests/purpose
Interpersonal conflict
Major/career decisions
Managing emotions

Motivation
Perfectionism
Pressure to succeed
Responsibilities
Relationships
Roommate issues
Self-esteem
Socio-political issues
Stress management
Time management
Transitions
Values clarification



Mental Health Concerns

- Anxiety
- Bipolar Disorders
- Depression
- Eating Disorders
- Obsessive-Compulsive Disorder
- Self-Injury
- Substance Use (*Alcohol and Other Drugs*)
- Suicidal Thoughts
- Traumatic Experiences



Important Features of CAPS

- CAPS services are available free of charge to all UCF enrolled students
- Students may schedule an initial assessment in advance online or drop in for a same day session for more urgent situations
- Diverse and multidisciplinary staff including Master's and Doctoral level professionals
- Confidentiality



ACCREDITED BY



INTERNATIONAL ACCREDITATION
OF COUNSELING SERVICES

Inspiring excellence in student mental health care

www.iacsinc.org

CAPS Contact Information

LOCATION: (Main) Counseling Building - Building #27 (Near Health Center)

Rosen Campus and Downtown Campus - see online for information

PHONE: 407-823-2811

WEBSITE: caps.sswb.ucf.edu

HOURS: Monday-Thursday 8:00am - 5:00pm

Drop-in hours from 8:00am - 4:00pm



CAPS Website



**First Year
Experience**



Counseling and
Psychological Services



UCFCAPS



UCF Counseling Center

Recreation and Wellness Center (RWC)

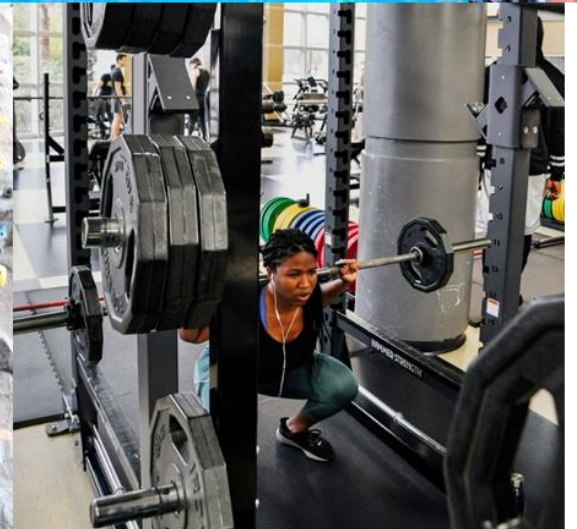
Locations on Main (East) and Downtown Campuses



**First Year
Experience**

RWC Facility Highlights

- Indoor 1/8 Mile Track
- 6 Indoor Multi-Activity Courts
- 4 Group Exercise Studios
- 40 ft. Rock Climbing Tower
- Leisure Pool & Lap Pool
- Lake Claire Recreation Area
- 8 Tennis Courts
- 4 Pickleball Courts
- 6 Sand Volleyball Courts
- 3 Outdoor Basketball Courts
- Outdoor Fitness Station
- Baseball/Softball Field
- Challenge Course
- Athletic Training Clinic



**First Year
Experience**

RWC Programs

- **Group Exercise Classes**
 - 80+ weekly including KnightFit, Cycling, Yoga, etc.
- **Training Programs**
 - Half Marathon, Triathlon, Weightlifting, Personal Training
- **Outdoor Adventure Trips**
 - Backpacking, Hiking, Surfing, Camping
 - Challenge Course Team Development Program
- **Lake Claire – Free Equipment Rentals**
 - Kayak, Canoes, and Paddleboards
- **Intramural Sport Leagues**
 - Flag Football, Basketball, Tennis, Dodgeball, etc.
- **44+ Sport Clubs**
 - Adaptive Rec, E-Sports, Rowing, Golf, Soccer, etc.
- **Lifeguard Certificate & Swim Lessons**



**First Year
Experience**



Stay Connected With RWC

Download the UCF RWC Mobile App

- Sign Liability and Assumption of Risk Waiver
- Utilize Touchless Entry Barcode to enter the facility
- Opt-In to notifications from your favorite programs and events

WEBSITE: ruc.sswb.ucf.edu
TELEPHONE: 407-823-2408



WEBSITE



Student Health Services (SHS)

Locations on Main (East), Downtown, College of Medicine, and Rosen Campuses



**First Year
Experience**

Are you “Real” Doctors?!

YES, WE ARE!

- Licensed and Board-Certified Medical Providers (MD, PA, APRN)
- Licensed Nursing staff
- Pharmacists & Technicians
- Dentists & Hygienists



Accredited by



ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

The Health Fee (and What it Covers)



The health fee (included in tuition) helps to offset your medical costs which means you can see a health care provider with no out-of-pocket charge for the general (primary care) office visit. It is NOT a form of medical coverage.



Patients are financially responsible for items not covered by the health fee.

These include, but are not limited to:

Clinical procedures, x-rays, laboratory services, medical equipment, prescriptions, non-prescription medications, vaccinations, dental services, and physical therapy.



When charges occur, students can elect to use their health insurance coverage, or pay out-of-pocket. Payment for all services and out-of-pocket costs are due at the time of service.

Medical Insurance Participation

Patients are financially responsible for all charges incurred at each visit, whether covered by health insurance or not. All out-of-pocket expenses as determined by your health insurer are due at the time of service. **Though not required to access our services, the university and Student Health Services strongly encourage all students to carry some form of health insurance coverage.**

UCF Health Services is in network with the following insurance providers:



*Please note that we do not accept most HMO plans. Call our insurance office for coverage verification at 407.823.1649

All other insurance providers are considered out of network.



**First Year
Experience**



Primary Care

- General Health Care
- Radiology
- Lab
- Gynecological Care
- Immunizations



First Year
Experience

Specialty Care

- Sports Medicine
- Behavioral Health
 - *Psychiatry*
 - *Substance Use Disorder Services*
 - *Dietitian*
- Allergy Injections
- Physical Therapy
- International Health
 - *Travel Clinic*



Dental Clinic

- Preventive
- Restorative
- Cosmetic
- Charges are less than in the local community
- In-Network with Cigna Dental DPPO and United Healthcare Dental PPO
 - *For other plans, contact our office to discuss coverage*
- Dental Membership Plan is available for those without insurance



Pharmacy + Convenience Store

- Fill all your prescriptions on campus at your convenience
- Patient education/consultations
- Over-the-Counter medications available
- Convenience store items like groceries, snacks, hygiene products, school supplies, first aid, etc.
- Over 100 prescription insurance plans accepted!



Health-Focused Student Organizations



SoberKnights

Student who likes to be social without the influence of drugs or alcohol? **Check out SoberKnights on KnightConnect and get involved!**



Type 1 Students @ UCF

Student who is a Type 1 Diabetic struggling to find a way to enjoy all these wonderful college experiences without jeopardizing their health? **Encouraged to join Type1Knights!**



**First Year
Experience**

SHS Contact Information

LOCATION (Main): Health Center & Pharmacy - Building #127
(See website for offices on other campuses)

PHONE: 407.823.2701

WEBSITE: www.StudentHealth.ucf.edu

HOURS:

FALL & SPRING	
Monday-Friday	8:30am - 6:00pm
Saturday	10:00am - 2:00pm

SUMMER & BREAKS

Monday-Friday	8:30am - 5:00pm
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@ucf.shs



@ucfstudenthealth

Wellness & Health Promotion Services (WHPS)

Locations on Main (East) and Downtown Campuses inside the RWC Spaces



**First Year
Experience**

WHPS Services

- Biofeedback, Mindfulness and Stress Management
- Cooking Classes and Demonstrations
- HIV Testing and Risk Reduction Counseling
- Alcohol and Other Drug Education
- Couponing
- Wellness and Supplemental Nutrition Assistant Program Coaching



Mindfulness



- Biofeedback
- Mindful Minute
- MIEA Mindfulness Course

Cooking Classes & Freshu Market

- Master kitchen skills and healthful eating with FreshU cooking demonstrations and classes on campus
- WHPS offers cooking demos to student groups upon request
- Cooking classes: Students will be able to cook along with us and learn a new skill
- **It's FREE!**



HIV Testing



WHPS Offers
free HIV testing
5 days a week
by appointment!



**First Year
Experience**

Alcohol and Other Drug Prevention

- AOD promotes healthy lifestyles, as well as personal responsibility, by providing programs, training, and ideas for alternative activities for students
- Educate students about the negative consequences of high-risk use of alcohol and drugs



Coaching & Couponing 101

- A coach works with you to realize your health goals and help you make lifestyle changes to optimize your well-being.
- Supplemental Nutrition Assistance Program (SNAP) coaching
- Learn the basics of couponing and save money on grocery items during our Couponing 101 Workshop.



WHPS Contact Information

LOCATION: Office at RWC Building 88 –
Suite 111

(See website for offices on other campuses)

PHONE: 407-823-5841

WEBSITE: whps.sswb.ucf.edu

HOURS: Monday-Friday 8:00am - 5:00pm



@healthyknight



@healthyknight



@healthyknight



Healthy Knight



@ucfhealthyknight



**First Year
Experience**

Student Care Services

Assists students who are experiencing issues that may include, but are not limited to:



Health and wellness



Emotional distress



Disruptive and addictive behaviors



Financial concerns



Academic struggles



Connect with us! Families can work with us too, to help their student succeed.



**First Year
Experience**

*From
Caring to
Courage.*

**Visit ucfcares.com
Refer a friend or get
support for yourself.**

Be Well!

Counseling & Psychological Services (CAPS) | 407-823-2811

caps.sswb.ucf.edu

Student Health Services (SHS) | 407-823-2701

studenthealth.ucf.edu

Recreation and Wellness Center (RWC) | 407-823-2408

rec.ucf.edu

Wellness & Health Promotion Services (WHPS) | 407-823-5841

whps.sswb.ucf.edu

Student Care Services | 407-823-5607

scs.sswb.ucf.edu



**First Year
Experience**