



orientation

MONTANA
STATE UNIVERSITY

— BOZEMAN · MONTANA —

Student Health & Well-Being



Agenda



HEALTH & WELLBEING AT
COLLEGE



MSU SERVICES FOR
HEALTH AND WELLBEING



HOW YOU CAN HELP YOUR
STUDENT STAY HEALTHY

Health & Wellbeing in College

Common concerns

- Transition & change
- Mental health challenges
- Access to substances
- Relationship challenges
- General illness & chronic condition management

Opportunities

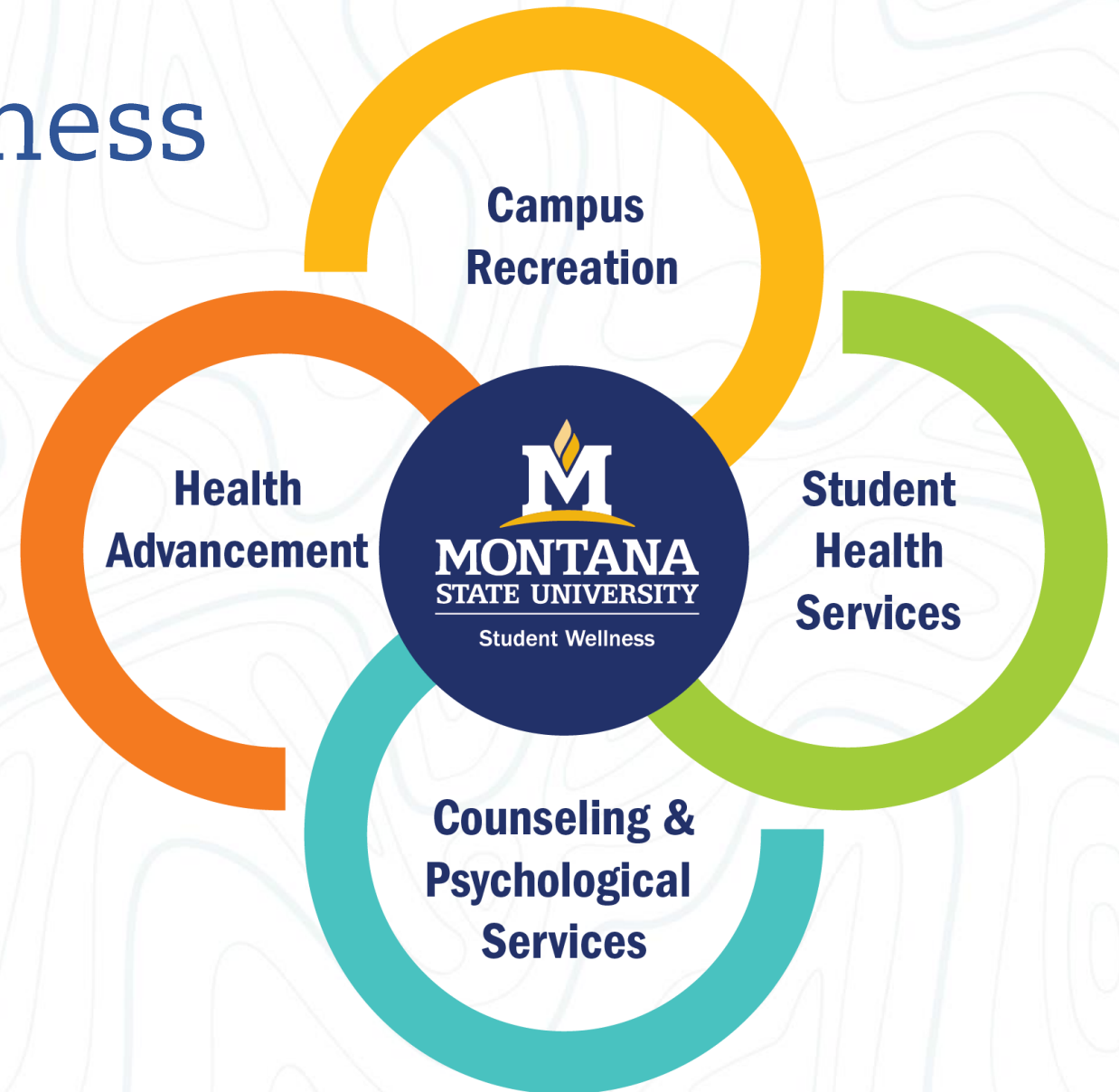
- Build long term healthy habits
- Enhance coping skills
- Explore personal preferences
- Develop social skills & connections
- Personal & professional development

Student Health & Wellbeing



MSU Student Wellness

*** One team providing services and support for student and community health and well-being.**





Student Wellness

A new vision for health & wellbeing.

Mountains & Minds



Illness -----Wellness Continuum

Poor Lifestyle Habits	Developing Poor Lifestyle Habits	False Wellness	Developing Good Lifestyle Habits	Optimal Lifestyle Habits
<ul style="list-style-type: none"> • Body has limited function • Most likely feeling symptoms • Most likely taking medications or OTC products 	<ul style="list-style-type: none"> • May be feeling symptoms • Losing normal function • Possibly using medications 	<ul style="list-style-type: none"> • No symptoms • Health not a priority • Health tipping point 	<ul style="list-style-type: none"> • Seeking health education • Increasing normal function • Making better health decisions 	<ul style="list-style-type: none"> • Overall good feeling function • Continues to strive for better health • Feeling vibrant, thriving in life



**Student
Wellbeing
=
Student
Success**



Student Wellness Center:

- Campus Recreation
- Counseling & Psychological Services
- Health Advancement
- Student Health Services

One stop shop for health & wellness



Student Wellness Center Access: 7+ credit hours

No cost services

Medical and counseling visits

Wellness coaching | Dietitians

Food Pantry & Basic Needs

Campus Recreation Center Access

Pool, climbing, group fitness

Low-cost services

- Lab, x-ray, dental, pharmacy
- Immunizations
- Outdoor trips & equipment rentals
- Individual program/service:
Personal Training, Intramurals,
Sport Clubs



- Facilities

- SWC
- Lambert Field
- North Dome
- Shroyer Gym
- Outdoor Recreation Center

- Programs & Services

- Student Employment



Campus Recreation – Find your play.

- Fitness
- Climbing
- Ski/bike shop
- Intramurals
- Aquatics

- Club Sports –
<https://www.montana.edu/clubsports/directory.html>

Access with Cat Card!



Campus Recreation: Outdoor Rec

- MSU Expeditions: first year students
- Outdoor trips & skill workshops
- Gear rental
- Trip planning





Student Employment

Supportive Community

Leadership & skill development

Flexible, part time

Student centered - academics first



[HireABobcat.com](https://www.HireABobcat.com)





MONTANA
STATE UNIVERSITY

Student
Health Services

A place to for
affordable, accessible &
quality medical care.

- Medical
- Dental
- Pharmacy
- Psychiatry

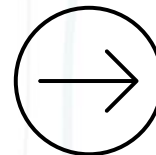


Student Health Services

Health Care For MSU Students

- Acute care (same day appointments)
- Primary Care
- Psychiatric specialists
- Dietitians

- Lab testing (\$)
- Pharmacy (\$)
- Dental services (\$)
- Comprehensive health insurance (\$)



<https://www.montana.edu/health/medical>

Community referrals



After Hours Urgent Care

Community urgent care centers



Overnight/hospitalization

Bozeman Health hospital ER & in-patient



Specialists

Major specialties available in the community



Complex Diagnostic Testing (US, CT, MRI, etc.)



Student Health FYI

- Mon-Fri: 8 am – 5 pm
- Student Health Fee provides access
- Not in network to accept/bill outside insurance
- Access via patient portal:



- montana.medicatconnect.com
- 406-994-2311

NO cost:

Medical visits

Nutrition counseling

LOW cost:

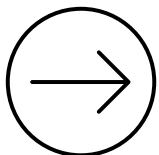
- Laboratory testing
- X-ray
- Dental
- Pharmacy
- Immunizations



Student Health Insurance

MSU requires students taking 6+ credits to have major medical insurance.

- BCBSMT Student Health Insurance Plan – Gold level ACA coverage
 - Fully insured health benefit plan offered by BCBS of MT
 - covers 100% of the cost of lab tests, X-rays, orthopedic devices, immunizations, minor surgeries and procedures at MSU Student Health Services
- Students are prompted to **accept or decline** insurance at registration for Fall and Spring
- Out of state insurance?
 - Ensure coverage in Bozeman! Check co-pays, local urgent cares, hospitals, pharmacies
 - Be sure student has copy of insurance ID card



[Montana.edu/health](https://montana.edu/health)

Student Health Services provides care regardless of insurance source

Student Health Insurance

MSU requires students taking 6+ credits to have major medical insurance.

Periods/Premiums	Dates	Premium*	Note
Fall 2024	Aug 1, 2024 - Jan 31, 2025	\$2,202	
Spring 2025	Feb 1 - Jul 31, 2025	\$2,202	For students continuing from Fall
Spring 2025	Jan 1 - Jul 31, 2025	\$2,567	For new plan enrollee; not enrolled in Fall

*Prices include a \$10 administration fee

Fast Facts:

- Specialized and negotiated specifically for students of the Montana University System.
- Coverage available to enrolled students only; no option for spouse/dependent coverage.
- Enrollment is during registration. Students must accept or decline **each semester**.
- The plan is purchased for the entire duration of the coverage period; there is no pro-ration.
- All transactions (accept, decline, or change) **must be completed by the 15th class day** of class each semester.

On-site Pharmacy

- Accept and fill prescriptions all states and prescribers
- Bill most private insurance; self-submit available for out of network
- Easy transfer of Rx

Low-cost, full-service pharmacy

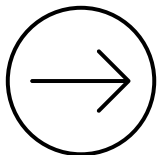
Contraceptives, stimulants, maintenance meds, acne products, medications for diabetic, mental health, sexual health and transitional care

Coming soon: Expanded retail space for over-the-counter and supplements

Monday – Friday: 8am – 5pm
(406) 994-5498

Dental Services

- Prevention & hygiene
 - Exams, cleaning, sealants, fluoride
 - Retainers, guards
- Urgent dental care
 - Repair, emergency treatment
- Restorative care
 - Fillings, crowns



<https://www.montana.edu/dental/>



MSU Immunization requirements

Required

- 2 MMR's
- Tuberculosis Screen

Submit via immune@montana.edu or patient portal:



Select Montana State University

Recommended

- COVID-19
- Tetanus/Diphtheria/
Pertussis Booster
- Hepatitis B Series
- Meningitis
- Chicken Pox
- Flu
- HPV

Empowering self-care: HIPAA and SHS

- HIPAA release available for students to complete
 - Gives permission for SHS to share medical information
 - SHS will NOT call to inform
 - Student may update or revoke at any time
 - Valid for 6 months
- Power of Attorney
 - Not filed by university
 - Student always has the final decision if able





A place for learning & growth.

- Wellness Coaching
- Alcohol & Drug Education
- Recovery Center
- Health Education & Literacy



Health Advancement

Prevention, risk reduction & support

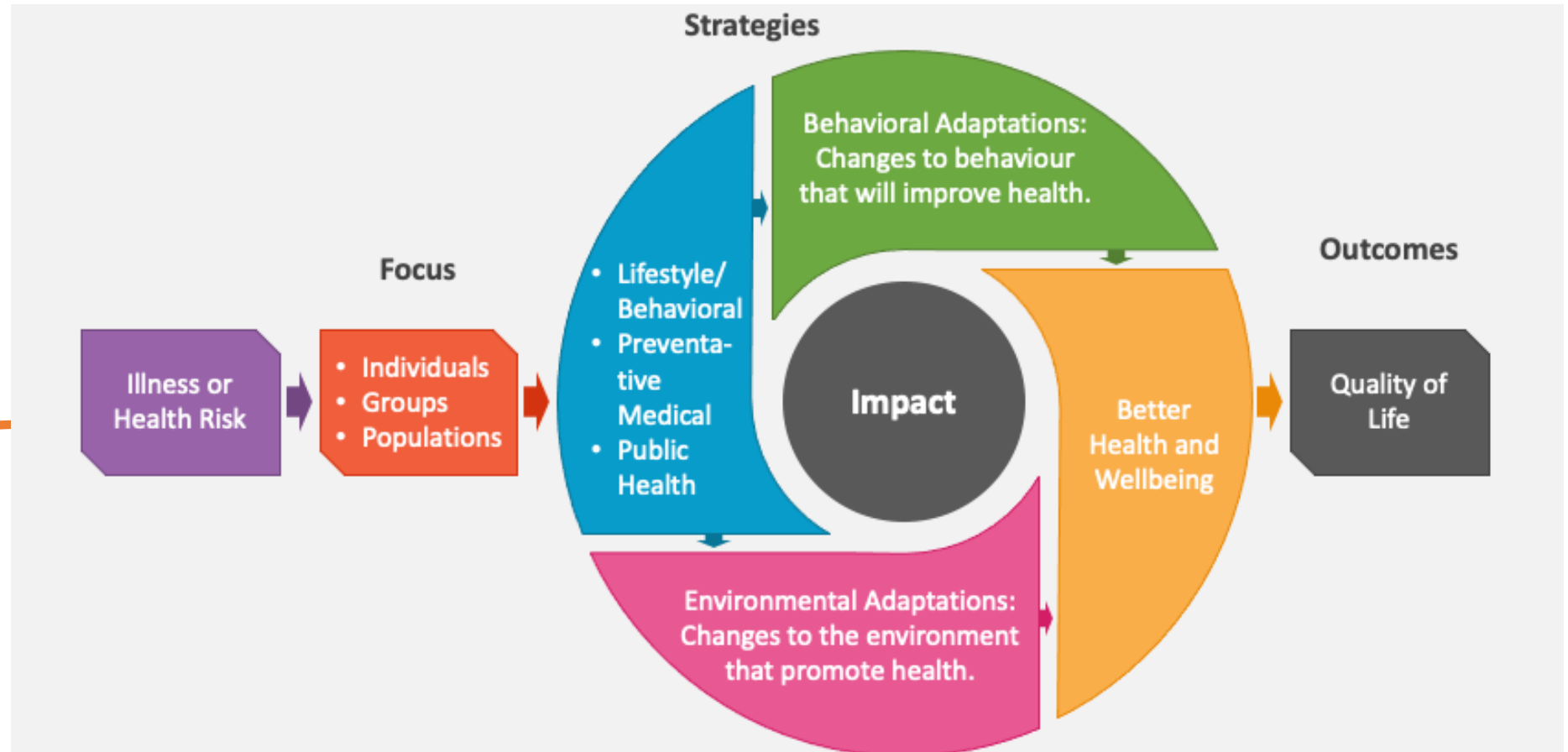
- INSIGHT Drug & Alcohol Assistance Center
- Center for Students in Recovery
- Basic Needs
- Education & outreach

Lifestyle & behavior

- Wellness coaching
- Mindfulness training
- Travel Health
- Prevention & education on all facets of wellness for overall well-being



Health Advancement Model





A place for support & self exploration.

- Counseling
- Group Therapy
- Prevention education



Counseling & Psychological Services



Let's
talk
about
it.





Friends

Presentations

Imposter
Syndrome

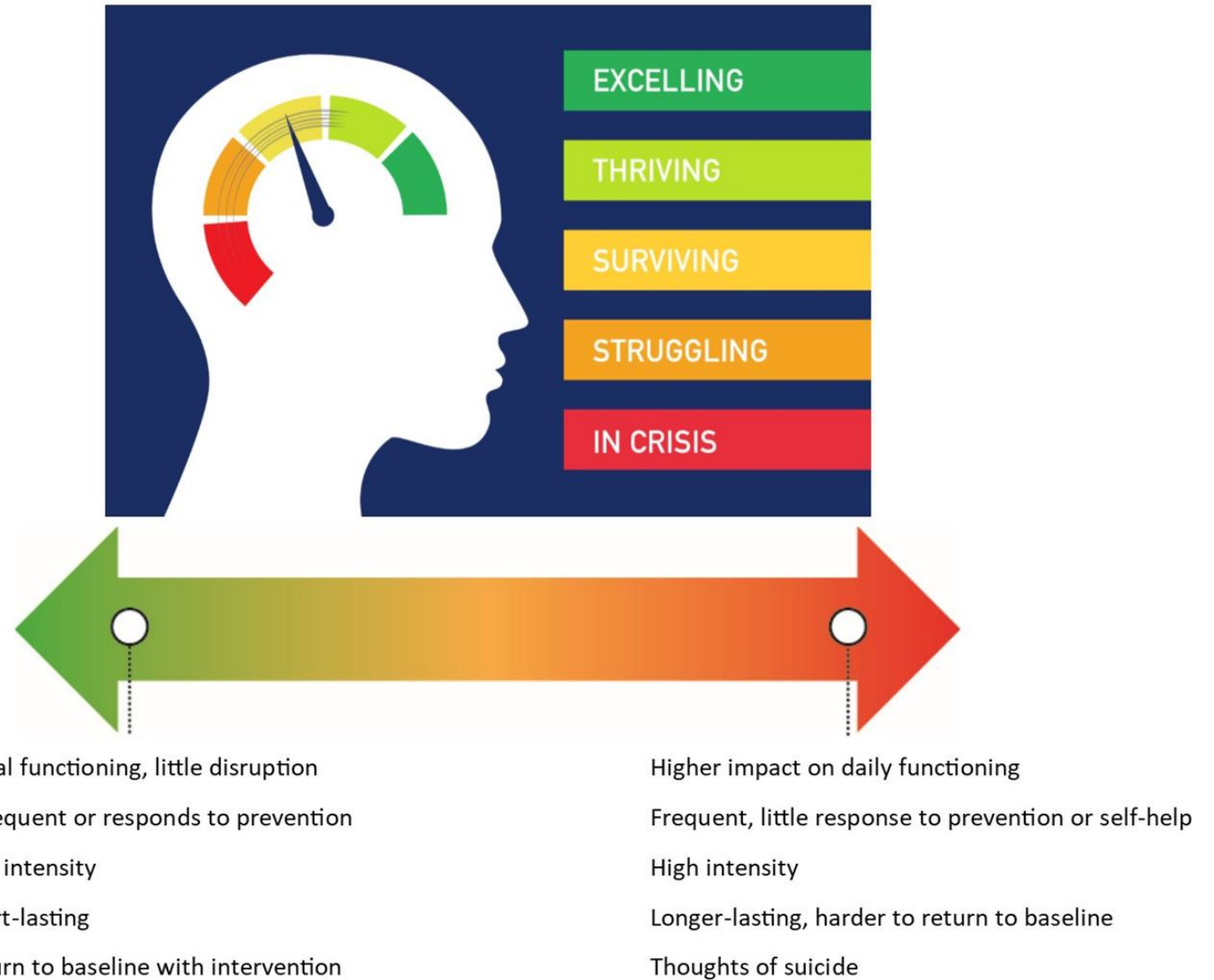
Talking to faculty

Living with a
roommate

Homesick



Mental Health on a continuum



MSU Healthy Minds Data (2023)

- 89% Knew someone in counseling
- 84% Mental health issues hindered academic performance
- 69% Needed help for mental health issues in last year
 - 24% would talk to a family member
 - 32% would talk to a friend or roommate
 - 18% would talk to a Mental Health Professional
- 40% Risk for depression
- 35% Risk for anxiety
- 14% Seriously considered suicide in last year



Counseling and Psychological Services

- 20 Licensed mental health clinicians
- 8-10 advanced degree residents/interns
- Integrated care with Medical Services
- Saw 1700 students last year
- Top concerns:
 - Anxiety
 - Stress
 - Depression
 - Family/Relationships
 - Unhappiness

www.montana.edu/counseling

www.montana.edu/suicide-prevention



**Let's
talk
about
it.**



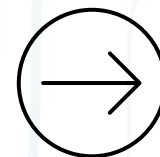
Counseling and Psychological Services

Free confidential counseling / telehealth

Group counseling

Crisis intervention

Drop in - “Let’s Talk”



www.montana.edu/counseling
www.montana.edu/suicide-prevention



How to make an appointment

- First appointment:
 - Call (406 – 994-4531) or online scheduling(www.montana.edu/counseling)
 - Scheduled 10 days out, call if no times are available or convenient
- Fall appointments available starting August 5, 2024
- Start at CPS with an intake – we can help from there!
 - Individualized assessment of current needs
 - Ability to seek past records and coordinate care with past counselors
 - Care management services for referrals off-campus

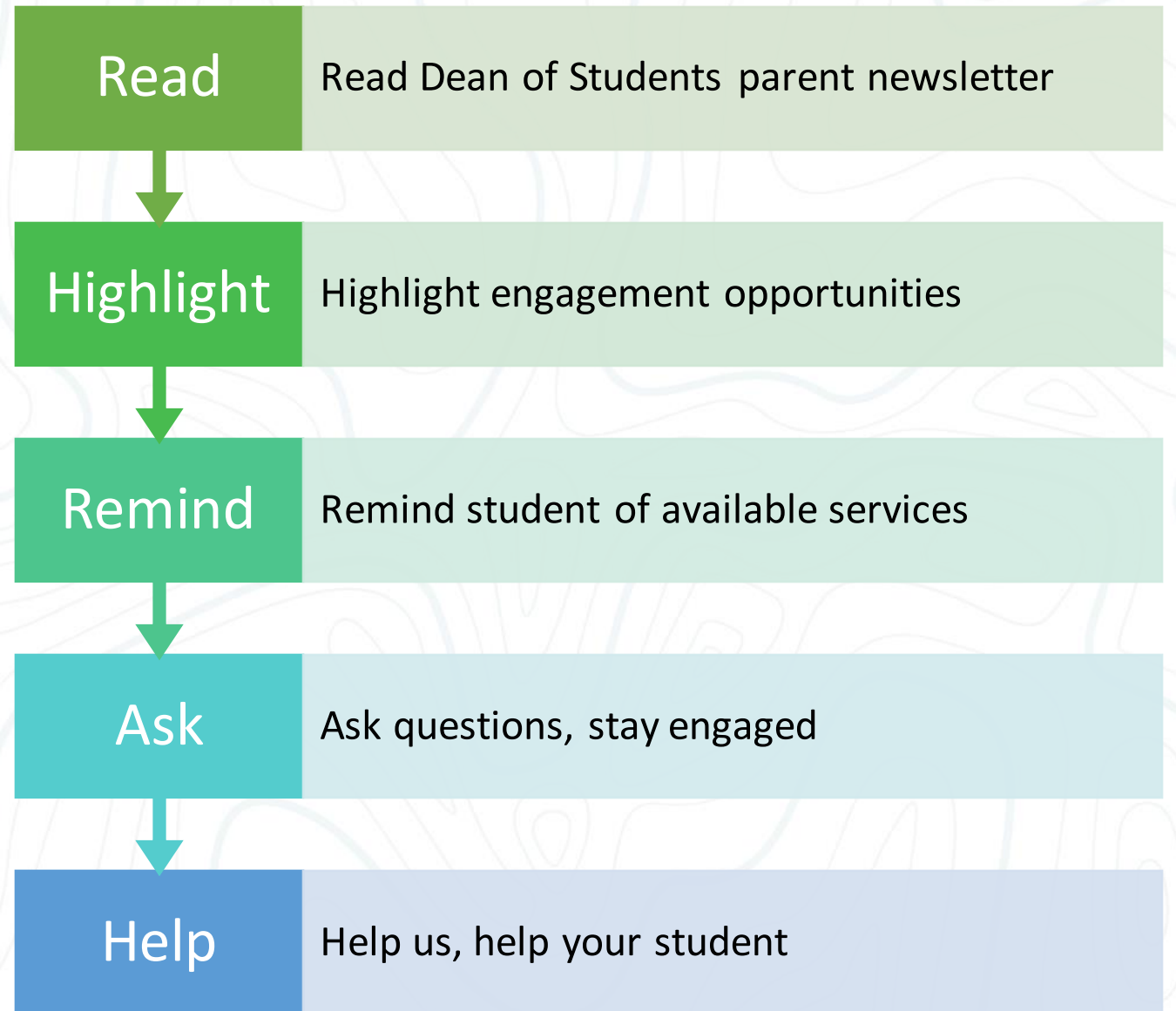


Questions to ask your student

- How have you been sleeping?
- How are you managing stress?
- What's going well? What do you wish were going better?
- How are you adjusting? (ask for examples of "fine")
- What do you do to relax? What helps you de-stress?
- What's caused the most worry/difficulty so far?
- What's been different than high school?
- Have you reached out for any resources on campus? For yourself or a friend?
- Have you felt depressed or anxious?



Engage with your student.





Student Wellness Center

Grand Opening:

A New Vision for Student Wellness

Aug 19 | 3-5 pm





orientation

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Be Well!

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