

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 AT UCF



CULTURALLY CONSCIOUS

Purpose

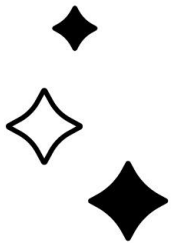
Resilience

Engagement

Harm Reduction

Financial Literacy

WELL-BEING PILLARS



IN-DEPTH LOOK AT WELLNESS



Intellectual Wellness

The ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.



Financial Wellness

The ability to identify your relationship with money and skills in managing resources. An intricate balance of the mental, spiritual, and physical aspects of money.



Emotional Wellness

The ability to understand ourselves and cope with the challenges life can bring.



Spiritual Wellness

The ability to establish peace and harmony in our lives.



Occupational Wellness

The ability to get personal fulfillment from our jobs or chosen career fields while still maintaining balance in our lives.



Physical Wellness

The ability to maintain a healthy quality of life without undue fatigue or physical stress.



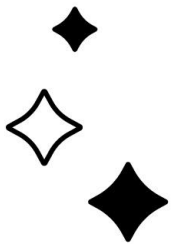
Environmental Wellness

The ability to recognize our own responsibility for the quality of the environment that surrounds us.



Social Wellness

The ability to relate to and connect with other people in our world.

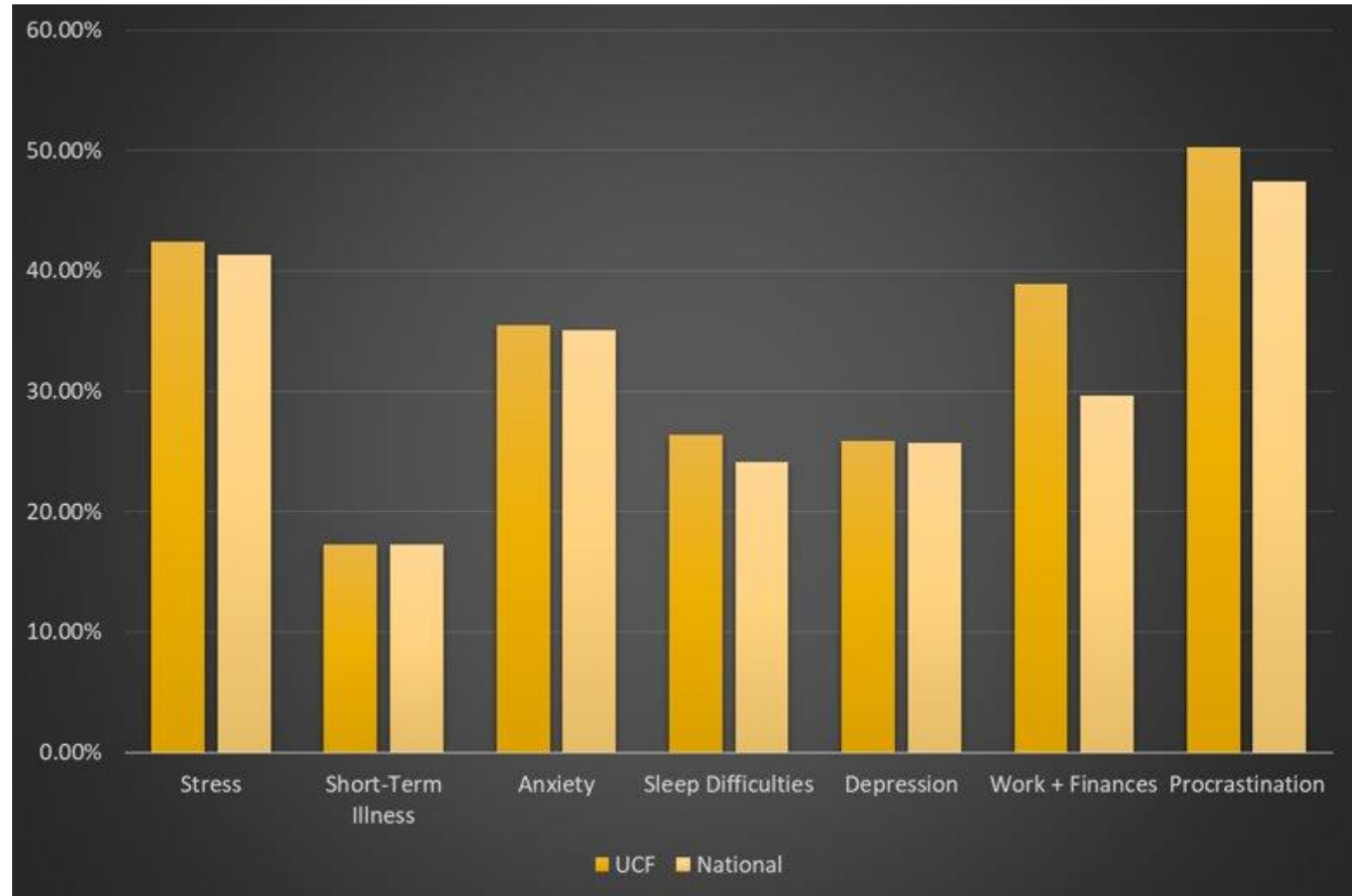


ACHA-NCHA DATA (SPRING 2022)



UCF

Students reported the following affecting their individual academic performance:



UCF HEALTH & WELLNESS SERVICES

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



UCF

UNIVERSITY OF
CENTRAL FLORIDA

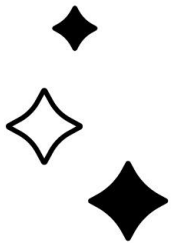
COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)



Locations on Main, Rosen, and Downtown Campuses

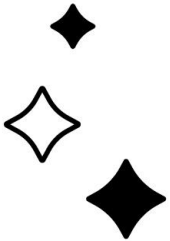
CAPS SERVICES

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



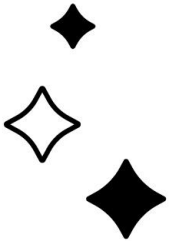
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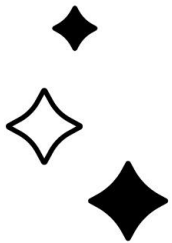
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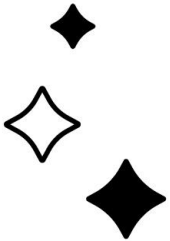
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CAPS SERVICES

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- **Crisis Intervention**
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**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

800-273-TALK (8255)

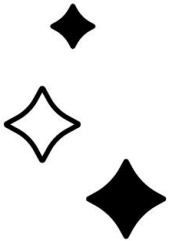
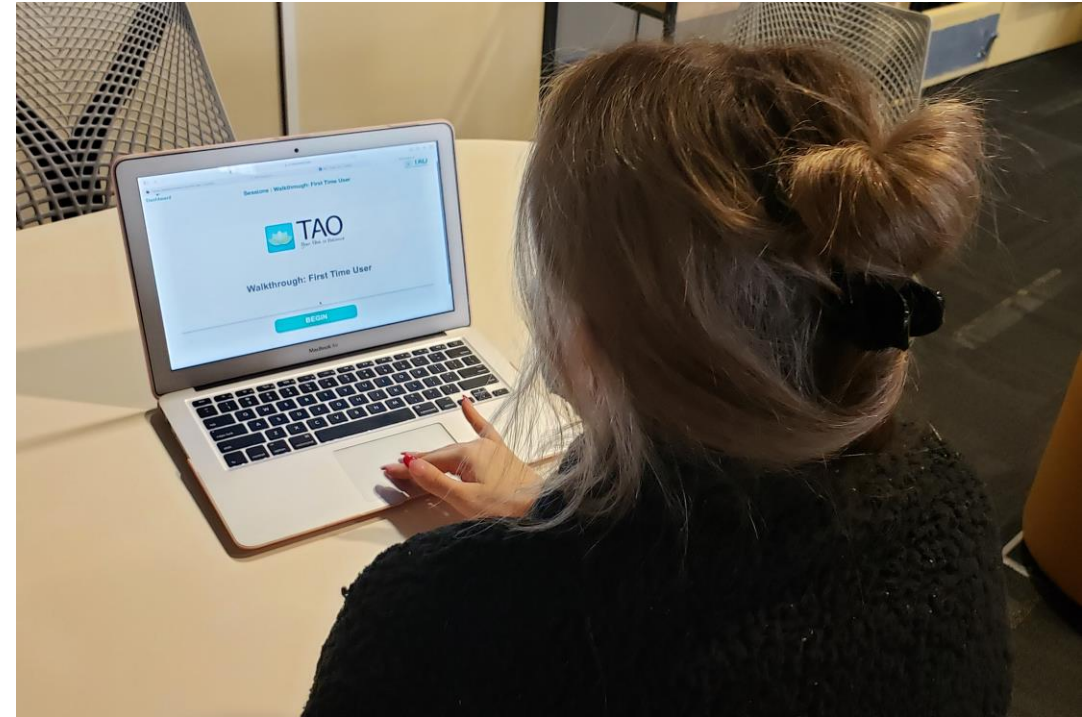
NATIONAL SUICIDE PREVENTION LIFELINE

Text HOME to 741741

TO REACH A CRISIS COUNSELOR

CAPS SERVICES

- Brief Individual Counseling
- Brief Couples Counseling
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- Crisis Intervention
- Prevention and Educational Programming
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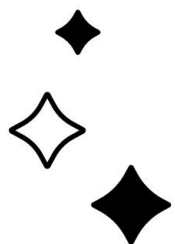


NORMAL DEVELOPMENTAL CONCERNS

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



Managing emotions
Perfectionism
Pressure to succeed
Responsibilities
Relationships
Roommate issues
Self-esteem
Sexual orientation
Socio-political issues
Stress management
Time management
Transitions
Values clarification



MENTAL HEALTH CONCERNS



Anxiety

Bipolar Disorder

Depression

Eating Disorders

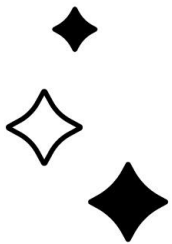
Obsessive-Compulsive Disorder

Self-Injury

Substance Use (Alcohol & Other Drugs)

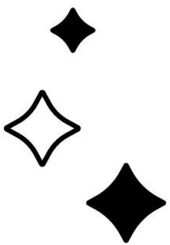
Suicidal Thoughts

Traumatic Experiences



CAPS SERVICES

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



UCF
COUNSELING AND PSYCHOLOGICAL SERVICES

*You Are Safe
and Welcome Here*

NO MATTER YOUR RACE
NO MATTER YOUR SEXUAL ORIENTATION
NO MATTER YOUR ABILITIES AND DISABILITIES
NO MATTER YOUR RELIGION
NO MATTER YOUR GENDER IDENTITY
NO MATTER WHERE YOU CAME FROM,
OR WHAT IDENTITY YOU HOLD
YOU ARE VALUED HERE

ACCREDITED BY

iacs
INTERNATIONAL ACCREDITATION
OF COUNSELING SERVICES
Inspiring excellence in student mental health care
www.iacsinc.org



CAPS CONTACT INFORMATION

LOCATION: Counseling Building - Bldg #27 (Near Health Center)
Offices at Rosen Campus and Downtown Campus

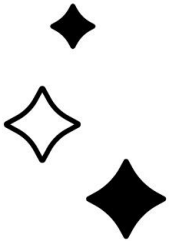
TELEPHONE: 407-823-2811

WEBSITE: caps.sdes.ucf.edu

HOURS: Monday-Thursday 8:00am - 6:00pm*
Walk-in hours from 8:00am - 5:00pm
(*5:00pm - 6:00pm services are by appointment only)

Friday 8:00am - 5:00pm*
Walk-in hours from 8:00am - 4:00pm
(*4:00pm - 5:00pm services are by appointment only)

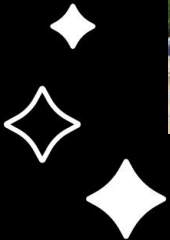
CAPS Website:



RECREATION AND WELLNESS CENTER (RWC)



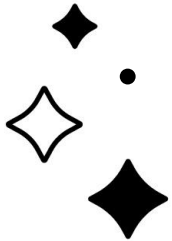
Main Campus: RWC & RWC @ Knights Plaza
Downtown Campus: RWC @ Downtown



INDOOR FACILITIES

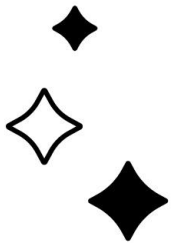


- Strength and Cardio Equipment
- 1/8 Mile Track
- 6 Multi-Activity Courts
- 4 Group Exercise Studios
- 40 ft. Rock Climbing Tower
- Functional Training Turf
- Raquetball Courts
- Facilities @ Downtown



OUTDOOR FACILITIES

- 2 Pools
- 9 Tennis Courts
- 6 Sand Volleyball Courts
- 4 Outdoor Basketball Courts
- Lake Claire Recreation Area
- Challenge Course
- RWC Park
 - *Outdoor Fitness Station*
 - *6 Artificial Turf Fields*
 - *18 Hole Disc Golf Course*
 - *Baseball/Softball Field*



OUTDOOR ADVENTURE

- **Adventure Trips**

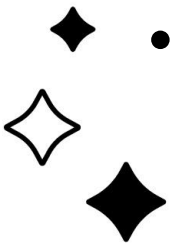
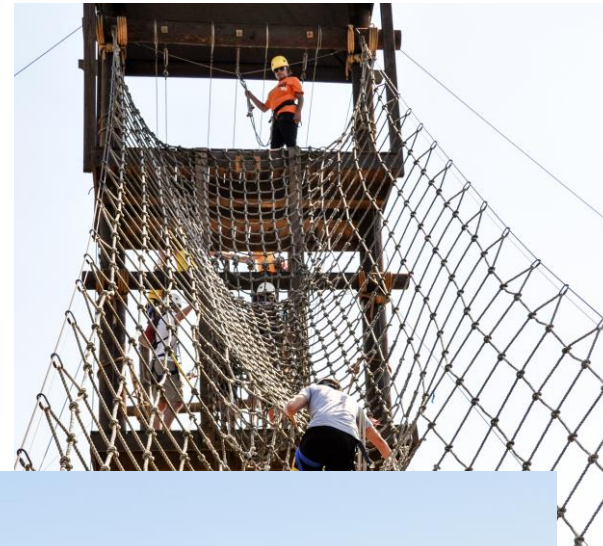
- *Surfing, hiking, backpacking, camping, and more!*
- *Trip lengths includes single day, weekend, and week-long trips (thanksgiving, winter break and spring break)*

- **Lake Claire Recreation Area**

- *Free rentals include kayaks, canoes, paddleboards, and sports equipment!*

- **Challenge Course**

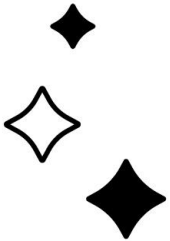
- *Free team building experiences for students.*



AQUATICS



- **Lap Pool**
 - *8 Lane, 25 Meter, Heated*
- **Leisure Pool**
 - *Open February - October*
- **Lifeguarding, CPR, & First Aid Certification Courses**
- **Free Swim Lessons**
 - *Beginner to advanced levels, individual and small groups*



SPORTS

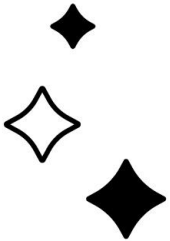
- **Intramural Leagues and Tournaments**

- Flag football, Basketball, Ultimate Frisbee,

- **44 Sport Clubs**

- Compete against clubs across the nation

- **Free Athletic Training Rehabilitation Services**



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



@ucfrwc



@ucfrwc



@ucfrwc

DOWNLOAD THE RWC APP
UCF RWC

SIGN UP FOR GROUP EXERCISE CLASSES.

SIGN UP FOR IM LEAGUES AND EVENTS.

ACCESS THE LATEST RWC+ CONTENT.

OPT IN TO PUSH NOTIFICATIONS FOR PROGRAM UPDATES.

DOWNLOAD TODAY!

GET IT ON **Google Play** | Download on the **App Store**

SIGN OUR LIABILITY AND ASSUMPTION OF RISK WAIVER
1 Tap ad 2 Tap Login 3 Enter NID

STUDENT HEALTH SERVICES (SHS)



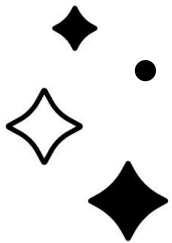
Locations on Main, Downtown, College of Medicine,
and Rosen campuses

“ARE YOU *REAL* DOCTORS?”



YES! WE ARE!

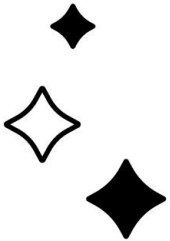
- **Licensed and Board-Certified Medical Providers (MD, PA, APRN)**
- **Pharmacists & Technicians**
- **Dentists & Hygienists**



THE HEALTH FEE - EXPLAINED



The **health fee** (included in tuition) helps to offset students' medical costs which means they can see a health care provider with no out-of-pocket charge for the general (primary care) office visit. 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.



MEDICAL INSURANCE PARTICIPATION



Patients are financially responsible for all charges incurred at each visit, whether covered by health insurance or not. Though not required to access our services, the university and SHS 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.

Register Your
Health Insurance
TODAY!

UPLOAD YOUR INSURANCE CARD IMAGE WITH EASE



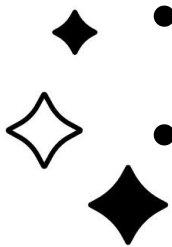
PRIMARY CARE

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



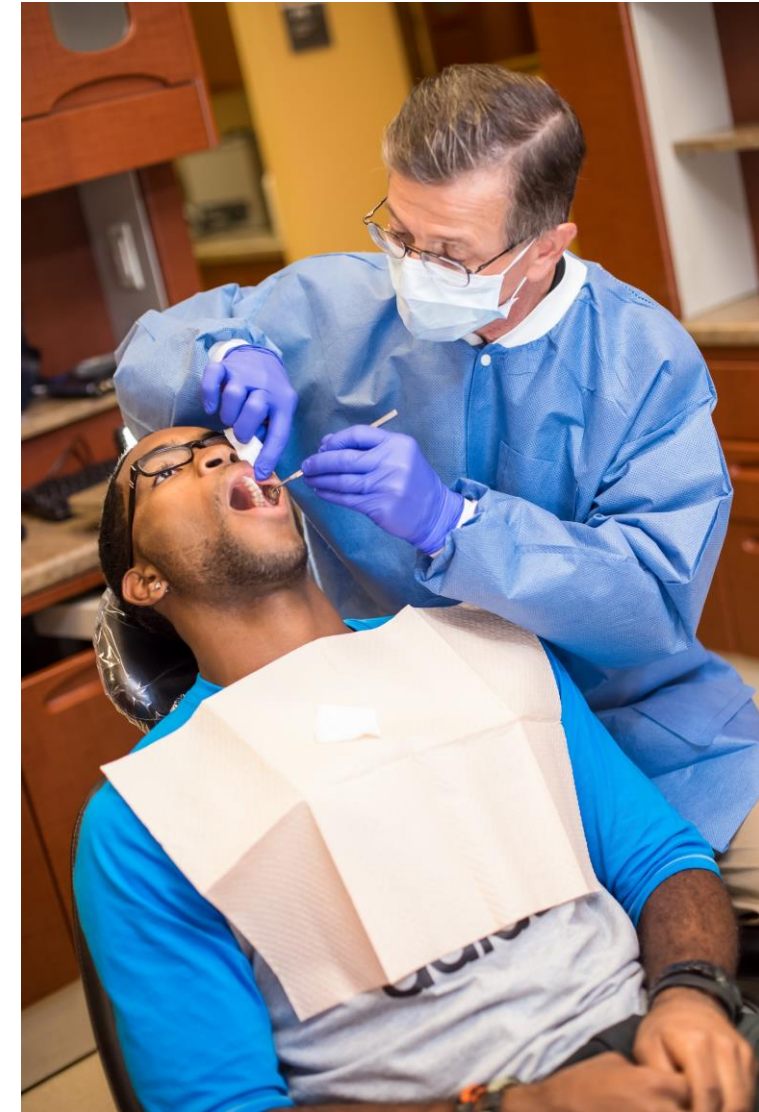
SPECIALTY CARE

- Sports Medicine
- Behavioral Health
 - *Psychiatry*
 - *Substance Use Disorder Services*
 - *Neurofeedback*
 - *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**



UCF

HEALTHY STUDENT ORGANIZATIONS



SOBER KNIGHTS

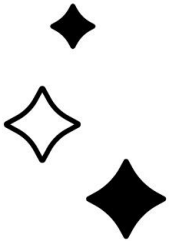
Does your student like to be social without the influence of drugs or alcohol? They should check out SoberKnights on KnightConnect!



Is your student a Type 1 Diabetic struggling to find a way to enjoy all these wonderful college experiences without jeopardizing their health?

They should join Type1Knights!

TYPE 1 KNIGHTS





SHS CONTACT INFORMATION

Register Your Health Insurance **TODAY!**
UPLOAD YOUR INSURANCE CARD IMAGE WITH EASE



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

TELEPHONE: 407-823-2701

WEBSITE: www.StudentHealth.ucf.edu

HOURS: FALL/SPRING

Monday-Friday 8:30am - 6:00pm
 Saturday (Walk-in, Acute care) 10:00am - 2:00pm
**Pharmacy M-F 8:00am - 6:30pm;
 Sa 10:00am – 2:00pm*

SUMMER

Monday-Friday 8:30am - 5:00pm
**Pharmacy M-F 8:00am – 5:00pm*



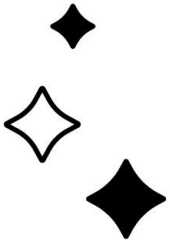
@ucf.shs



@ucfhealthcenter



@ucfstudenthealth



WELLNESS & HEALTH PROMOTION SERVICES (WHPS)



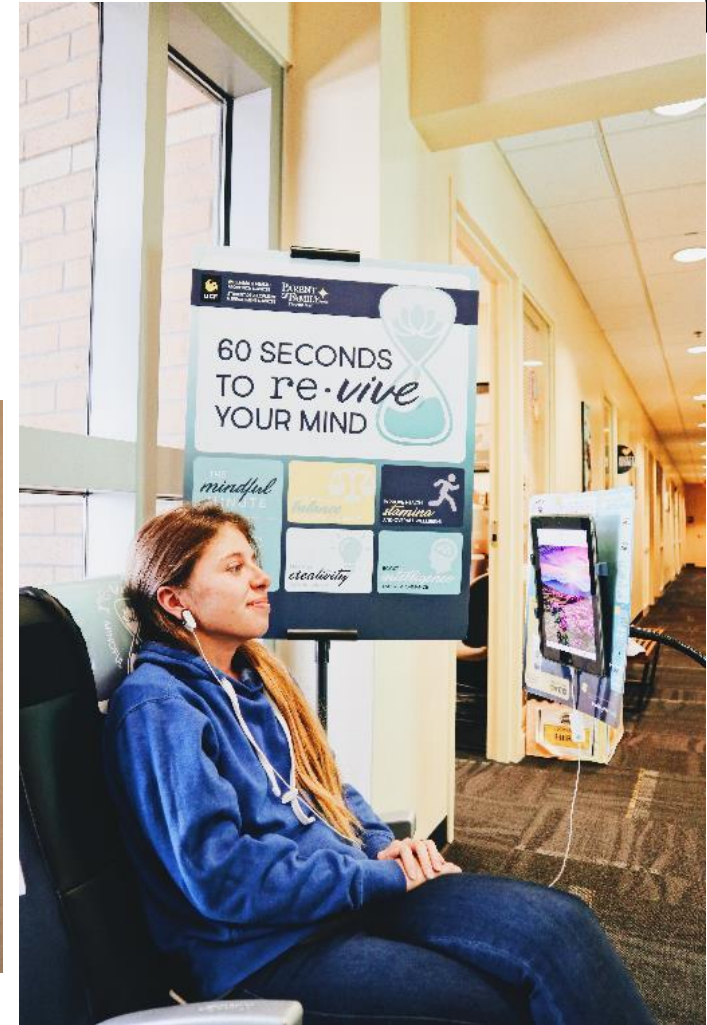
Locations on Main and Downtown campuses inside the Recreation and Wellness Center spaces

COOKING CLASSES & DEMOS



MINDFULNESS

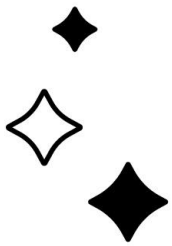
- Biofeedback
- Mindful Minute
- Koru



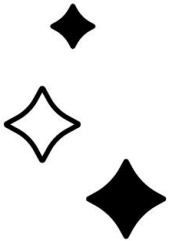
UCF

HIV TESTING

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



COACHING & COUPONING



ALCOHOL & OTHER DRUG PREVENTION



DO THE KNIGHT THING

Alcohol Awareness and Safety!

SCREEN **U**

For a healthier campus life.

We are partnering with ScreenU Alcohol to provide feedback to UCF students about their own alcohol use and risk for experiencing negative consequences.

This program also links students to the resources and support needed to help them be successful academically and beyond.

All answers provided in the screening are anonymous. <https://bit.ly/ucfscreenu>



WHPS CONTACT INFORMATION

LOCATION: Office at RWC Building – Suite 111
(See website for offices on other campuses)

TELEPHONE: 407-823-5841

WEBSITE: whps.sdes.ucf.edu

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



@heathyknight



@heathyknight



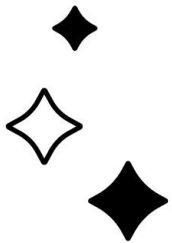
@heathyknight



Heathy Knight



@ucfheathyknight





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.

*From
Caring to
Courage.*

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

THANK YOU & BE WELL

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

caps.sdes.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.sdes.ucf.edu

Student Care Services | (407) 823-5607

scs.sdes.ucf.edu



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CENTRAL FLORIDA