



Pat Walker Health Center

Health.uark.edu

We support our campus community on the way to wellness...

- ▶ Convenient access to quality & affordable health care.
- ▶ Offer a diverse range of programs, services & resources focus on keeping students safe, healthy & on the road to graduation.
- ▶ Accreditation Association for Ambulatory Health Care & International Association of Counseling Services.
- ▶ Member institution of American College Health Association.

Our primary services...

MEDICAL SERVICES

COUNSELING & PSYCHOLOGICAL
SERVICES

WELLNESS & HEALTH PROMOTION

Health center hours...

- ▶ All services available **8 AM to 5 PM**, Monday - Friday
- ▶ Extended Hours in Primary Care Clinic
 - ▶ 5 PM to 7 PM, Tuesday - Thursday
 - ▶ 9 AM to 3 PM, Saturday's during Fall/Spring (except academic breaks/summer/home football games/holidays)
- ▶ CAPS 24-hour emergency mental health crisis phone line
 - ▶ 479-575-5276

Medical services...

Primary Medical Clinic:

- ▶ Services provided by board-certified physicians and advanced practice nurses.
- ▶ Illness/injury treatment, laboratory/x-ray services, men's health, minor surgeries, orthopedic, nutrition.
- ▶ Nurse Triage Line.
- ▶ Testing/treatment of sexually transmitted infections.

Allergy, Immunization, and Travel Clinic:

- ▶ Provides allergy shots, immunizations, international travel consultations, and tuberculosis screenings.
- ▶ Flu shots available yearly, and strongly recommended.
- ▶ MMR vaccine required to enroll in classes (unless exempt).

Women's Clinic:

- ▶ Comprehensive gynecological services; Well Woman Exams.
- ▶ Contraception (short/long-term); STI screening/treatment; pregnancy testing; vaccinations.
- ▶ Community referrals for various services including mammograms.

Get Yourself Tested...

1 in 2 sexually active young people will get an STD by 25; most won't even know it.

- ▶ PWHC offers walk-in STD testing for students with no symptoms.
- ▶ Simple urine test with results available in 2-3 business days.

Available all hours health center is open

The cost for the GYT Clinic is \$40 for self-pay only.

- ▶ Can also be billed to insurance, however out-of-pocket expense can vary based on health insurance plan – be sure to confirm what your insurance covers.

Appointments...

BY PHONE

- 479-575-4451 (PCC)
- 479-575-7723 (AIT)
- 479-575-4478 (WC)

PATIENT PORTAL

myhealth.uark.edu

Login with UARK account & password.

WALK-IN

- Access to care is a top priority. Same-day appointments available.
- Recommend calling Nurse Triage Line first.

All CAPS services require an appointment, which can be made by phone at 479-575-5276.

**Emergency mental health services are available
24-hours a day via phone or walk-in.**

Patient Web Portal...

- ▶ Update your profile (address, phone number, etc.).
- ▶ Schedule appointments with medical clinics.
- ▶ Receive test results and communicate with health center staff.
- ▶ Check health center financial account summary.
- ▶ Log in with your UARK account and password.

Counseling & Psychological Services...

CAPS offers mental health care for students suffering from common issues including: [stress, depression, anxiety, suicide ideation](#), etc.

Services are provided by licensed clinicians and [designed to help clients better understand themselves](#) so they can grow personally and navigate the pressures of college-life and beyond.

Students are eligible for [two FREE clinical consultations with a mental health clinician per semester](#), where they will receive information, resources and follow-up care recommendations.

CAPS offers...

INDIVIDUAL
CONSULTATIONS

SHORT-TERM
COUNSELING &
PSYCHOTHERAPY

GROUP THERAPY

PSYCHIATRIC
EVALUATIONS

EMERGENCY
SERVICES*

COMMUNITY
REFERRALS &
EDUCATION

PROFESSIONAL
TRAINING

*Emergency mental health care is provided [FREE-OF-CHARGE, and without an appointment.](#)

IMPORTANT: Some CAPS services do have a charge associated, however [no student will be denied mental health care because of financial constraints.](#)

CAPS outreach programs...



Let's Talk offers brief, informal & confidential consultations.

Consultations are **FREE**
& no appointment is needed.

**Let's Talk is hosted twice per week
at various campus locations**

**For Let's Talk hours, go to
health.uark.edu**



Kognito At-Risk offers an interactive training on useful skills to help create a safer campus community and recognize when stress turns to distress.

The Kognito At-Risk will help you:

- Identify students who are at risk for suicide.
- Motivate distressed students to seek help.
- Put students in touch with support services

Know the signs!

www.kognitocampus.com

Enrollment Key: uarkf

Wellness & Health Promotion...

- ▶ Inspires, motivates & supports student wellness and well-being through a **variety of programs and services grounded in the principles of resilience and thriving.**
- ▶ Wellness Academic Series: One-credit courses on various topics
 - ▶ Yoga; Assertiveness; Environmental Health; Mindfulness; Human Sexuality; Women's Health; Bystander Intervention.
- ▶ **FREE Wellness Coaching** with a certified wellness coach.
- ▶ Sexual assault and relationship violence support; substance abuse prevention & recovery community.

Student involvement...

▶ Peer Education Programs:

- ▶ RESPECT – Rape Education Services by Peers Encouraging Conscious Thought

▶ Student Health Advisory Committee (SHAC):

- ▶ Committee acts as a liaison between health center and students.
- ▶ Assists in promoting health center services, healthy lifestyles and health promotion activities.
- ▶ Members also review current policies/programs and make recommendations to improve health center.

Signature programs & services...

Designed to help keep students in class and maximize personal and academic potential and success.

24-HOUR
EMERGENCY
MENTAL HEALTH
SUPPORT

WELLNESS
COACHING

TRAVEL
CONSULTATIONS

PUBLIC HEALTH
SURVEILLANCE

LAB & DIAGNOSTIC
TESTING

NURSE TRIAGE

WALK-IN STD
TESTING

WELLNESS
ACADEMIC SERIES

Other housekeeping items...

- ▶ The health center **DOES NOT** provide class excuses!!!
 - ▶ Students can use Patient Portal to print out appointment dates/times to provide to instructor.
- ▶ Pharmacy available at Walmart on Campus
 - ▶ On-campus students can have prescriptions delivered.
- ▶ For latest news/updates, follow us on social media at [@UofAHealth](#).

Our expansion...

- ▶ Expansion and renovations expected to be completed by Fall 2018.
- ▶ The overall goals of the expansion and renovation are:
 - ▶ Increase space for CAPS services (100% increase in space).
 - ▶ Increase space for wellness activities and academic credit classes (300% increase in space).
 - ▶ Increase efficiencies for medical services and clinics.
- ▶ Extends the reach of the health center to offer more services/programs that help students stay healthy and achieve their full potential.
- ▶ Minimal impact to all services because access is important.



PAT WALKER HEALTH CENTER

The background features abstract blue geometric shapes, including triangles and polygons, in various shades of blue, creating a modern and professional look.

Questions?



Pat Walker Health Center

479-575-4451 | health.uark.edu | [@uofahealth](https://twitter.com/uofahealth)