

PAT WALKER HEALTH CENTER



PAT WALKER HEALTH CENTER

Who Are We?

Your On-Campus Partner for Health & Wellness

Medical Services

Counseling & Psychological Services

Substance Education, Assessment & Recovery Services

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General Information

- All services available M-F, 8 AM to 5 PM (9 AM on Fridays); Evening & Saturday Hours available for Primary Care Clinic during Fall/Spring semesters.
- Telehealth services are available for all medical clinics and mental health services.
- Health Insurance — PWHC can file with your medical insurance provider. Always bring proof of insurance to each visit.
 - Know what your plan will cover. Check with your insurance provider to see if our providers are in-network. A University-sponsored student health insurance is also available through Academic Health Plans.
- Medical charges not covered by insurance (or paid at time of service) are billed to student account. Self-Pay discount offered (sliding scale).
- Emergency mental health care is provided FREE-OF-CHARGE, and without an appointment.

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Medical Services



- ▶ Clinics: Primary Care; GYN (Women's) Clinic; Allergy, Immunizations & Travel Clinic; Lab Testing; Nutrition; Orthopedic & X-Ray services available.
- ▶ Services — care for injury, illness, physical exams, STD testing, travel immunization, flu vaccines, allergy shots, TB testing, nutrition counseling, pap smears, and birth control.
- ▶ Appointments — by phone or online at myhealth.uark.edu.
- ▶ Medical services performed by board-certified & licensed providers.
- ▶ Charges billed to insurance or student account.
- ▶ Evening & Saturday Hours available for Primary Care Clinic.
- ▶ Not sure if you need to be seen? Speak to a nurse via phone or send a message through the patient portal.

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Patient Web Portal

- ▶ Designed to help you interact more conveniently and efficiently with our medical clinics.
- ▶ Schedule appointments online!
- ▶ Receive lab results and message securely with staff.
- ▶ Check health center financial account summary.
- ▶ Request prescription refills.
- ▶ Log in with UARK account and password.



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Counseling & Psychological Services

- ▶ Commonly referred to as CAPS; services are provided by licensed clinicians and designed to help students navigate the pressures of college-life and beyond.
- ▶ Services include: Initial Assessments & Consultations; Short-term Counseling & Psychotherapy; Group Therapy; Psychiatric Services; Emergency Services; Community Referrals; Outreach & Prevention
- ▶ Individual services require an appointment; however emergency mental health services do not. Appointments can be scheduled by calling CAPS at 479-575-5276.
- ▶ Most services are covered by the student health and wellness fee; however there are charges for psychiatric services.
- ▶ 24-hour mental health emergency phoneline: 479-575-5276.



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Counseling & Psychological Services

- ▶ The first appointment with a CAPS Clinician is called an initial consultation. Students will receive information, resources and follow-up care recommendations.
- ▶ Emergency mental health care is provided to all students, free-of-charge.
- ▶ CAPS also hosts various outreach and education events throughout the academic year.
- ▶ For more mental health programs and resources: health.uark.edu/mental-health.



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Lane Marrs Relaxation Room



- ▶ Provides a safe and relaxing space for students to quiet their mind, reduce stress and restore themselves.
- ▶ Students do not have to be a current client of CAPS to access and enjoy the room.
- ▶ Located in on the second floor of the health center in CAPS and is available all hours CAPS is open.
- ▶ Offers several features and tools to help calm the mind, body and spirit.
- ▶ Comfortable seating, massage chairs, soft lighting, relaxing music, yoga mats, meditation cushions, audio guided relaxation and iPad meditation activities.

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Substance Education, Assessment & Recovery



RAZORBACK RECOVERY
EST. 2014



- ▶ Making substance abuse prevention, treatment and recovery accessible for all members of the university community!
- ▶ Alcohol/drug assessments performed by an Arkansas licensed professional mental health practitioner.
- ▶ Substance education and prevention
- ▶ Confidential brief individual and group interventions
- ▶ Access to the Razorback Recovery Community and weekly recovery meetings
- ▶ Scholarship opportunities for those in recovery
- ▶ Sober events

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Contact Information

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