



Student Affairs

STUDENT HEALTH SERVICES

Presented By:

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Purpose

The Purpose of Student Health Services is to promote good physical and emotional health. Emphasis is placed on the prevention of illness through education. All regularly enrolled students are offered basic health services paid through student fees. There is no charge to see a physician or other medical provider. Additional fees may be charged for some immunizations, outside lab services, and x-rays, if needed.

Services available at the Student Health Center, and at some community clinics, include the following:

- Diagnosis and Treatment of Acute Illness and Injuries
- Physical Examinations
- Family Planning, including the state-sponsored Family PACT program
- Pap Smears
- Immunizations
- TB Testing
- HIV Testing
- STD Screening and Treatment
- Pregnancy Testing
- Smoking Cessation
- Mental Health (in conjunction with Personal Counseling Services)
- Health Education Program
- Student Health Advisory Board



Community Medical Clinics

When the Student Health Center is closed or a student is unable to get to campus, basic health care services are available at no cost at any of the seven Ventura County Medical Clinics listed below. Students must present their student identification card to be seen.

(Preferred sites are noted with an *)

*Magnolia Family Medical Center
2240 E. Gonzales Road
Oxnard (805) 981-5151
Urgent Care (805) 981-5181

*Las Islas Family Medical Group
325 W. Channel Islands Blvd.
Oxnard (805) 385-8662
Urgent Care: (805) 483-0198

*West Ventura Medical Clinic
133 West Santa Clara Street
Ventura (805) 641-5600
Urgent Care: (805) 641-5620

*Moorpark Family Care Center
35 West Los Angeles Ave.
Moorpark (805) 529-4624

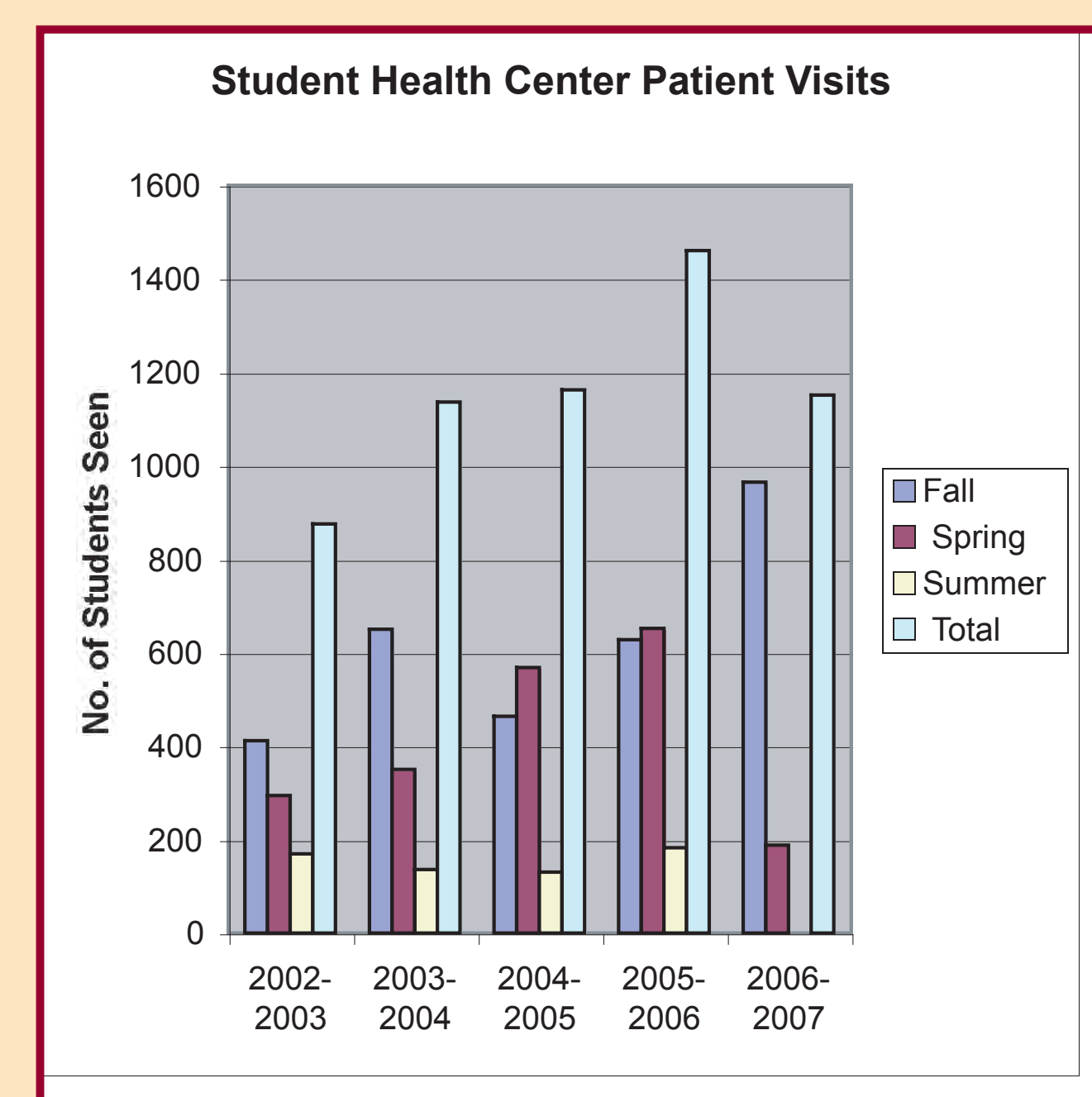
Conejo Valley Family Care Center
223 E. Thousand Oaks Blvd., #102
Thousand Oaks (805) 371-8355

Santa Paula Medical Clinic
1334 East Main Street
Santa Paula (805) 933-1122

Sierra Vista Family Care Center
4531 Alamo Street
Simi Valley (805) 584-4885

Student Health and Personal Counseling Services (PCS)

Student Health Services has evolved greatly since the opening of Channel Islands in 2002. During the past four years we have seen an increase in staffing as a result of an increase in student use. We continue to partner with the County of Ventura to provide medical services to the student body and this year we were able to dramatically increase both the number of medical providers and hours of service. A full-time psychologist is now available to address the psychological needs of our students. Currently, we are meshing our medical and mental health services to create Counseling and Student Health Services. The Student Health and Counseling Center is undergoing renovation which will bring a different feel to the services and educational programs offered.



Personal Counseling Services provides high quality, confidential, short-term counseling free of charge to students. The counseling staff is committed to helping students develop their maximum potential while pursuing their educational and personal goals. Services include individual, couples and group counseling. Students come with a wide range of

concerns, including crisis intervention. When brief counseling is not sufficient, referral assistance to community mental health services and providers is available.

Common issues include:

- Depression/extreme sadness
- Anxiety/panic
- Potential harm to self or others
- Alcohol /drug concerns
- Self image/self esteem
- Body image/eating disorders
- Getting along with roommates/ interpersonal relationships
- Academic/career decisions
- Recovering from trauma, abuse or assault
- Sexuality/sexual orientation
- Grief/loss
- Anger management

In addition, Personal Counseling Services provides a variety of psychoeducational presentations, workshops and coaching groups to help students successfully address the challenges of college life.

Topics include:

- Test Anxiety Management
- Time Management
- Surviving and Thriving with ADHD
- Stress Management
- Adjusting to College Life