

# Student Health and Wellness

President's Task Force for Sexual Violence and  
Supporting our Students



Kristina Stevens, Director of Mental Health

# SHaW Vision Statement

To Cultivate Optimal Health  
and Lifelong Well-being  
for Every UConn Student



# Overview

- A comprehensive approach
- Trauma-informed care
- Support services

# UConn

STUDENT HEALTH  
AND WELLNESS

## SHaW Service Lines:



Medical Care

Hilda May Williams Building  
234 Glenbrook Road  
860-486-4700



Pharmacy



Mental Health

Arjona Building  
4<sup>th</sup> Floor  
337 Mansfield Road  
860-486-4705



Health Promotion

Wilson Building  
South Campus  
860-486-9431

# Overview of SHaW Services

## Medical Care and Pharmacy:

- *Primary Care*
- *Women's Health*
- *Orthopedics and Sports Medicine*
- *Nutrition Services*
- *Sexual Assault Services (SAFE)*
- *Transgender Care*
- *24 Hour Advice Nurse Line*
- *Allergy and Travel Medicine*
- *Pharmacy*
- *Radiology*
- *Overnight Infirmery*

## Mental Health:

- *Emergency Screening & Crisis Support*
- *Assessment*
- *Individual and Group Therapy*
- *Medication Management Services*
- *Clinical Case Management*
- *Eating Disorders Services*

## Health Promotion:

- *Wellness Coalition*
- *Collective Impact Approach*
- *Wellness Framework*
- *UConn Recovery House*

# Understanding Trauma

- Inability to regulate emotions (*anger and aggression*)
- Emotional numbing
- Feeling isolated or unable to form connections
- Unhealthy coping skills
- “Survival mode” and automated brain response –
  - Fight / Flight/ Freeze / Fawn
  - Lack of language to attach to the experience
  - Memory gaps and/or non-linear progression

# Trauma-Informed Care

**Trauma-informed care** shifts the focus from:

What is  
**WRONG**  
with you?

to

“  
What  
**HAPPENED**  
to you?  
”

# Circle of Care





# Student Health and Wellness



## Questions?