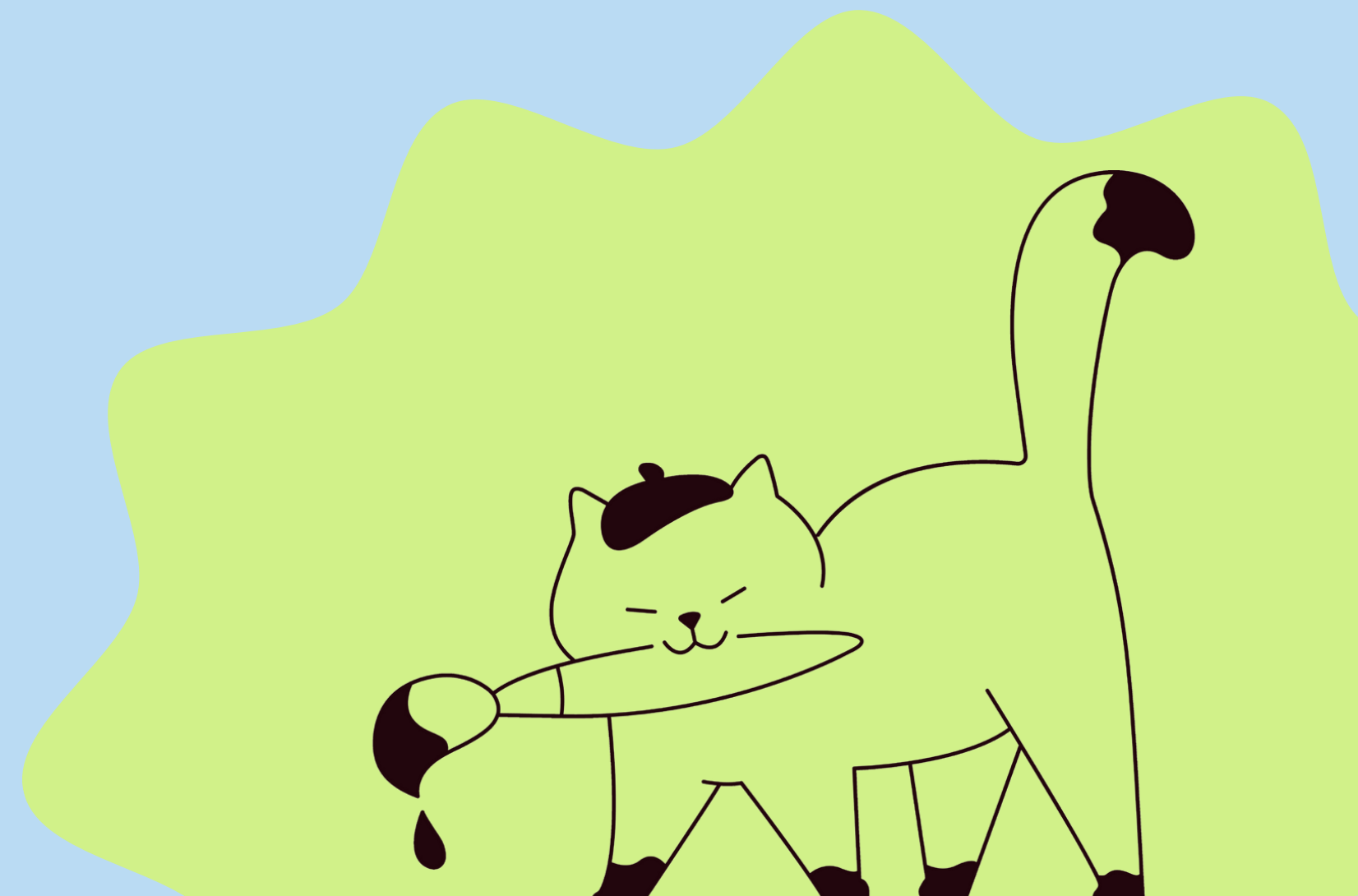


Your Health and Wellness at PAFA

We want to ensure all students are supported and have access to physical health, mental health, and accomodation services.

PAFA



What we'll be discussing

- 1 Student Support Coordinator
- 2 Physical Health
- 3 Mental Health
- 4 Student Health Insurance
- 5 Academic Accommodations
- 6 Wellness Resources



Student Support Coordinator



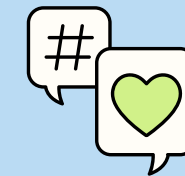
Seek support.

The **Student Support Coordinator** connects students to services that fulfill their health and wellness needs.



Stop by.

Located in the Samuel H. Hamilton building, **3rd floor**, office **Room 338**. Or visit [PAFA's Health and Wellness](#) website.

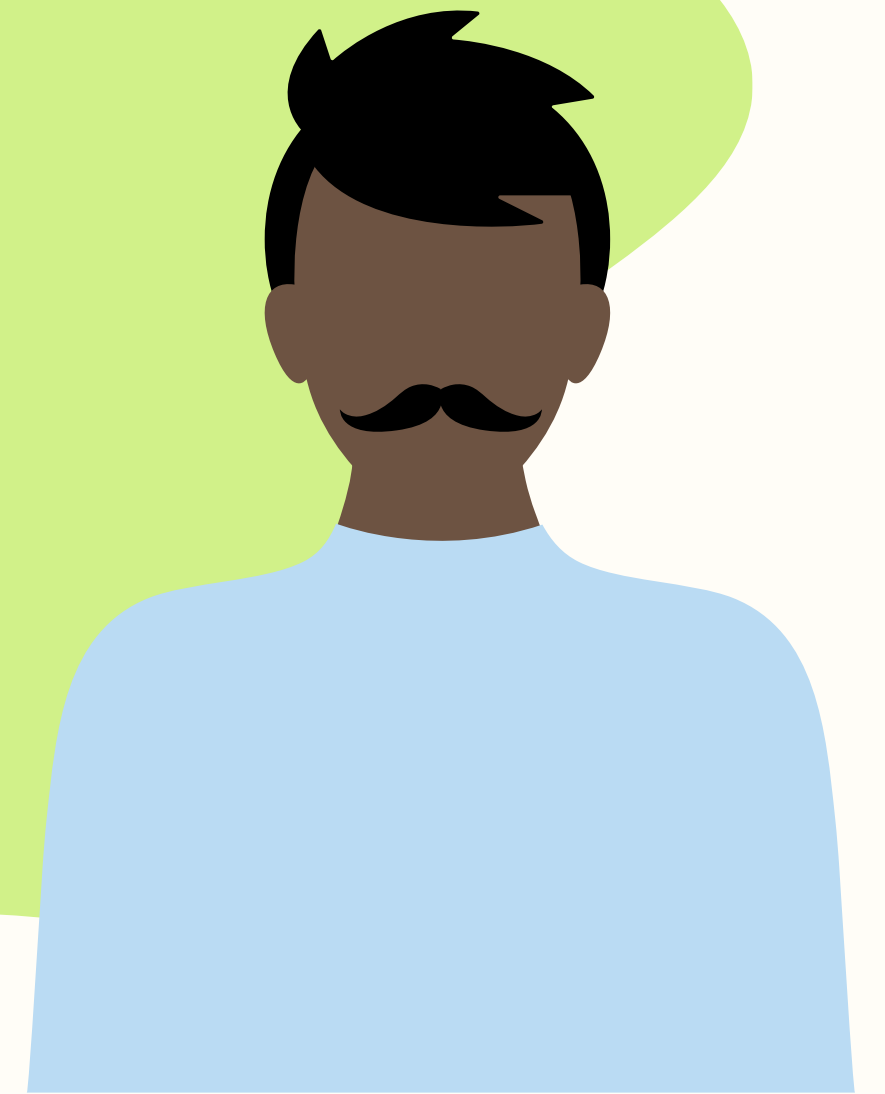


Be in touch.

Reach out and connect when you need access and accommodations via email. healthandwellness@pafa.edu

Physical Health Service

Accessible to ALL PAFA Students





Address: 33 South 9th street suite
301 Philadelphia PA, 19107

Phone: 215-955-5559 or 215-955-7971

Online: [MyJeffersonHealth](https://myjeffersonhealth.org)

Walk-in hours: Mon-Thursday 8:00
am-7:20 pm, Friday 8:00 am-5:00
pm, Saturday (appt only): 8:00 am-
12:00 pm

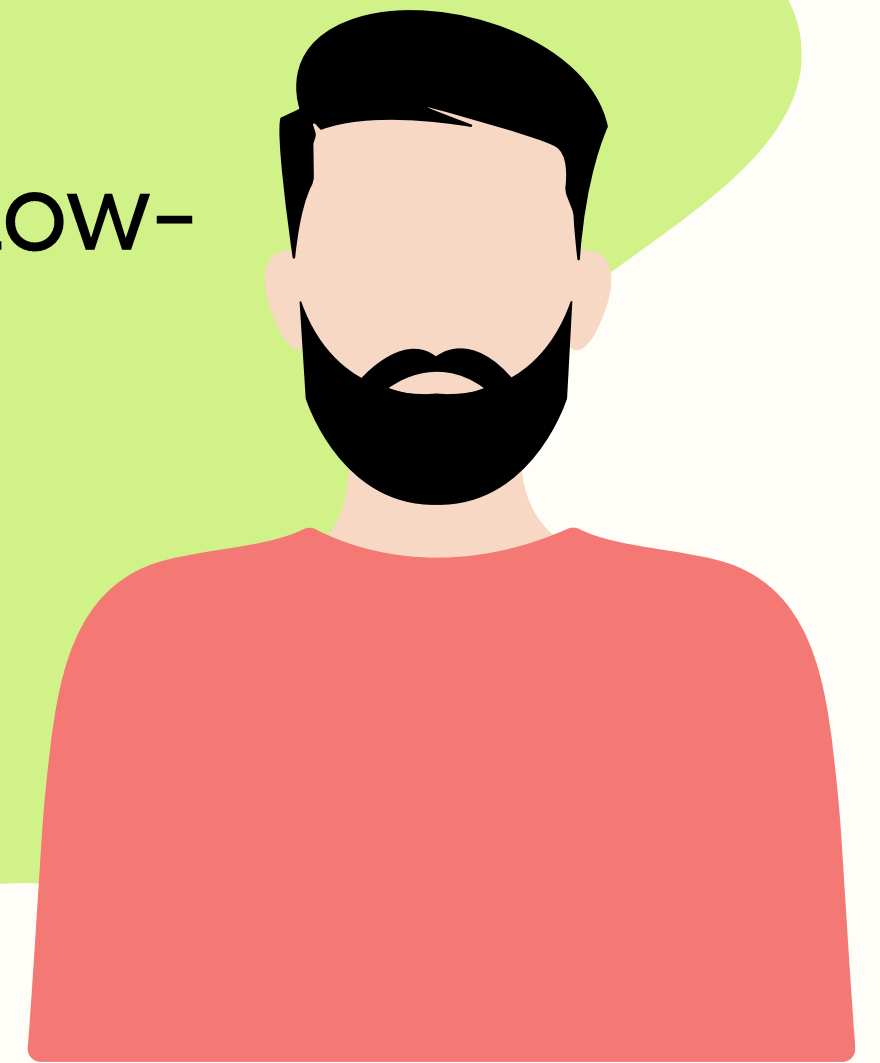
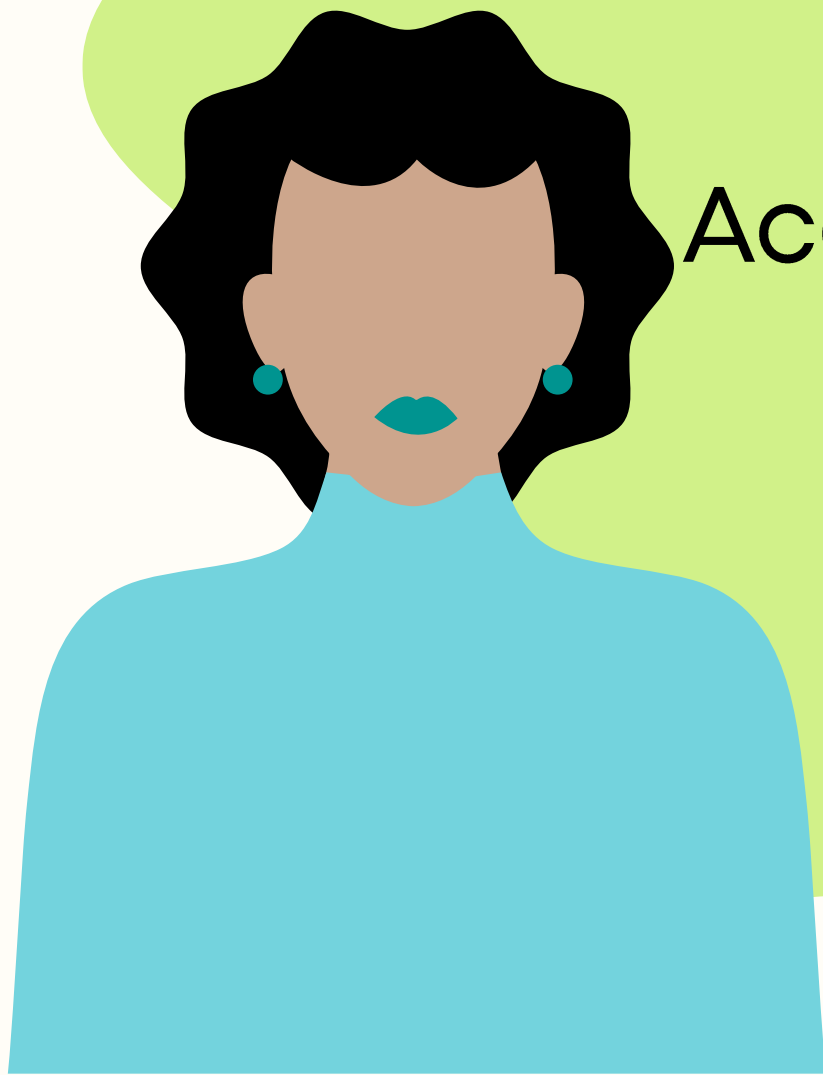
Jefferson Family Medicine Association

What services do they offer?

- In-person and online
- **General primary care** for acute/chronic medical problems
- **Temporary medication** refills until connected to psychiatry
- **Sexually transmitted disease (STD)** counseling, family planning, and contraceptive counseling, including pelvic exam
- **Allergy shots** (students must provide allergy serum)
- Request a doctor who speaks Mandarin, Spanish, or other language

Mental Health Service

Accessible to **ALL** students except Low-
Residency MFA students



Penn Medicine EAP

What services do they offer?

- In-person and online
- **Penn Behavioral Health counseling model is short-term**(10 visits) and therefore clinical issues should be able to be appropriately and safely managed under a short-term, outpatient treatment model.
- Once you complete the phone screen & are eligible, PBH will email you a list of clinicians for you to call to set up your first appointment
- Max of 10 therapy visits per clinical incident
- You can request a provider who is LGBTQ+ competent or identifies as an LGBTQ+ clinician



Online intake:

<https://pennmedicine.eapintake.com/>

*Call for eligibility screening

Phone: 1-888-321-4433, press 1 and say you're a PAFA Student seeking counseling services

Hours: Monday- Friday, 8:30 am-5:00 pm



National Alliance on Mental Illness:
<https://namiphilly.org/crisis-info/>

Philly Crisis Phone Line: 215-685-6440

When Calling 911 for a Mental Health Emergency



Remember to

- ✓ Remain calm
- ✓ Explain that your loved one is having a mental health crisis and is not a criminal
- ✓ Ask for a Crisis Intervention Team "CIT officer"

They will ask

- ✓ Your name
- ✓ The person's name, age, description
- ✓ Whether the person has access to a weapon
- ✓ The person's current location

Phila. Crisis Line: 215-685-6440



TIPS: Waiting for Help to Arrive

If you don't feel safe at any time, leave the location immediately. If you feel safe staying with your loved one until help arrives:

- ✓ Announce all of your actions in advance
- ✓ Use short sentences
- ✓ Be comfortable with silence
- ✓ Allow your loved one to pace/move freely
- ✓ Offer options for example
"do you want the lights off?"
- ✓ Reduce stimulation from TV, lights, loud noises
- ✗ Don't disagree with the person's experience

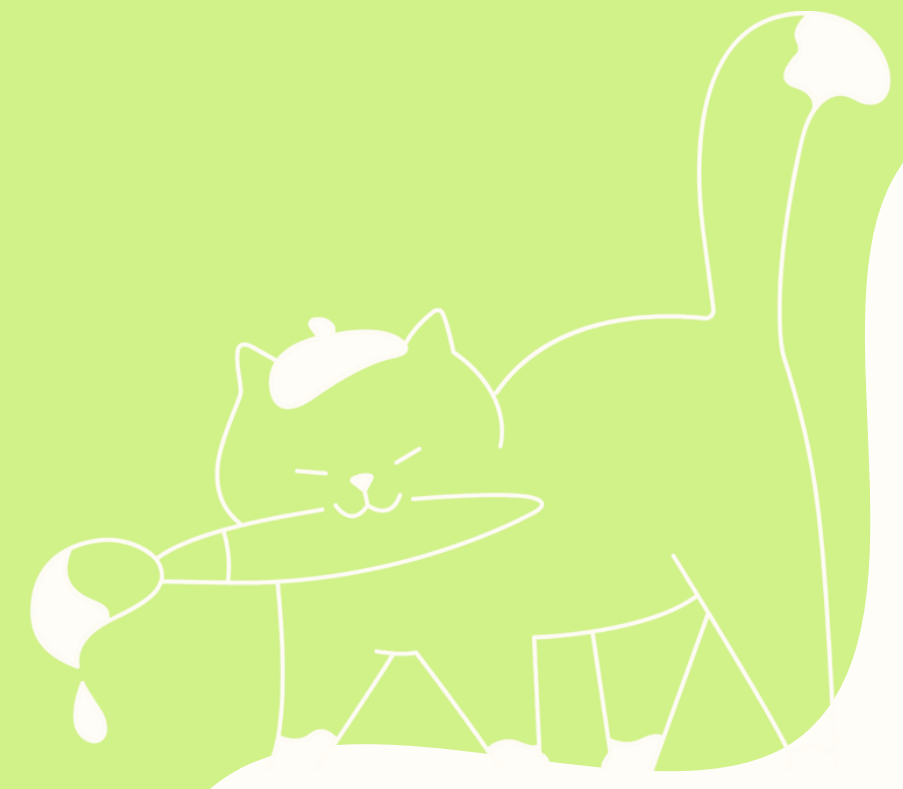


Phila. Crisis Line: 215-685-6440



Physical & Mental Health Service

How about both?





Register Online:

go.healthiestyou.com/student/

Phone: 1-855-870-5858

* Have your PAFA ID on hand

Physical Health

What services do they offer?

- Online and phone
- 24/7, unlimited, on-demand non-emergency Telehealth medical services online or phone

Mental Health

What services do they offer?

- Online and phone
- Non-urgent, routine online counseling or psychiatry
- Access therapist/psychiatrist profiles & filter by specialty, language, gender & etc.
- Allow 72 hours for a response when establishing your first appointment
- Unlimited sessions while enrolled at PAFA

Student Health Insurance

All students are automatically enrolled





Students have the option to **waive** PAFA's student health insurance each academic year and continue with external insurance options.



United Healthcare

How to access:

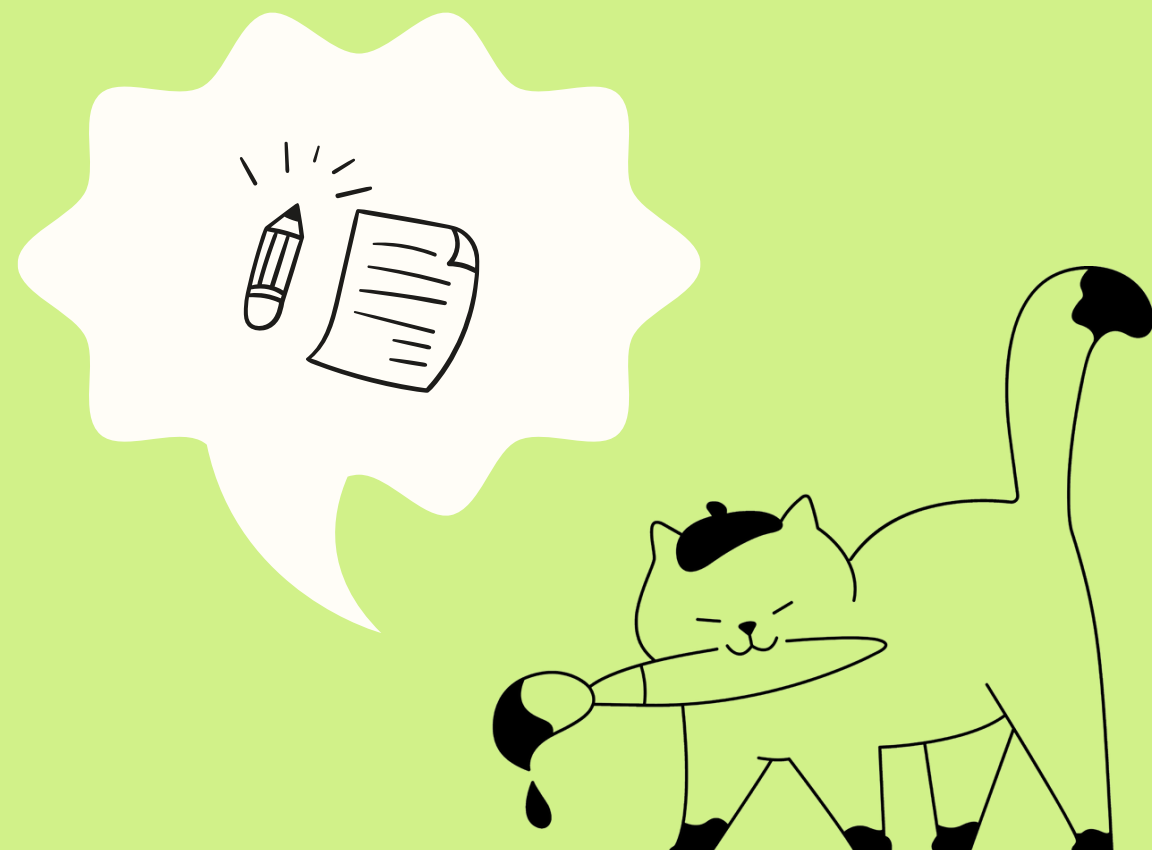
- Download the UHC Student Resource app (Apple OR Google Play)
- Or log in to UHC Student Resources on your web browser: uhcsr.com

What services are offered?

- Find local in-network medical or behavioral health providers
- Access your health insurance card
- Access your medical claim info
- Access 24/7 Medical or Tele-behavioral counseling
- Access to Gay and Lesbian Medical Association's (GLMA)- LGBTQ+ Provider's Directory
- Coverage is active per academic year

Academic Accommodations

For students with a physical, medical, learning, neurological, psychological, or other permanent or acute disability, we will ensure equal access to all college programs, activities, and services.



What qualifies as an academic accommodation:

- Eliminating physical barriers
- Extended time on tests or projects
- Utilizing note-takers, audio recording lectures, video captioning, use of a calculator or computer, e-books, screen-reader accessibility, and other adaptive tools
- An accommodation is not considered reasonable if it fundamentally alters the essential elements of an academic program.
- A student's disability, diagnosis, or condition is never disclosed by PAFA Student Life Staff and is protected by HIPAA law.

Food Pantry

- Located in the Samuel H. Hamilton Building, on the **6th floor, Room 652**
- Access during building open hours
 - Monday- Sunday hours depending
- Available to all enrolled PAFA students



What you'll find here:

- Shelf-stable food items
 - rice, beans, soup, pasta, peanut butter, etc.
- Toiletry items
 - toilet paper, toothbrush, toothpaste, soap, tampons, etc.
- The Student Life team will ensure the pantry is stocked. However, donations are accepted and welcome!

Philly Food Access Resource:

Check out the [TooGoodToGo](#) app that connects customers to restaurants and stores that have unsold food surplus in your local area.

Wellness Programming

Take advantage of the Fall 2023 Health and Wellness event programming. Attending events is a great way to take care of yourself and connect with other PAFA students!



PAFA'S CONTEMPLATIVE PRACTICES SPACE

FALL 2023 SCHEDULE
HAMILTON ROOM 314



**Mon + Fri
-ALL DAY-**



Student drop-in Meditation/Yoga
SEPT 1-29 + OCT 2-30 + NOV 3-20 9am-5pm
Walk into a quiet space and practice not doing anything

- Meditation cushions + yoga mats/props available for in house use
- To-go snacks



**Tues
EVENING**



Sitting, Making + Being workshop series
with David Dempewolf (he/him) + Joy Lai (she/her)

SEPT 19, 26 + OCT 3rd 4:30pm-6pm
Engage in mindful drawing exercises and collaborative video experimentation

- Must register to reserve your spot
- Includes art kit + pizza dinner each workshop
- Includes option to participate in PAFA art exhibition



must register for series

Register NOW-space limited!

**Thurs
EVENING**



Yoga for anyone + everyone
with Erick Dupree (he/they) from Three Queens Yoga

OCT 5, 12, 19 + 26 5pm-6pm
Unwind in an intentional space to move gently, destress and alleviate everyday aches and pains

- Yoga mats/props available for in-house use
- Receive PAFA Student Pass for free classes at Three Queens for those who take this series
- To-go snacks



walk-ins welcome!

Register NOW-space limited!

Questions?

Let us know if you have any questions or concerns. Give us your feedback and suggestions!

Connect
with your health
and wellness
support.

healthandwellness@pafa.edu

