College Student Wellness
Campus Recreation
Counseling and Human Development
Health Services
College Student Wellness

- Introductions
- Format of this session:
  - Brief overview of each department
  - Opportunity for questions and answers
Programming Areas

- Club Sports
- Intramurals
- Ropes Course
- SMC Rec Center
- Special Events
  - Cornhole with the Cops
  - Puns of Thankfulness
  - Rec the Quad
Intramurals

Sport Leagues and Tournaments

• Opportunity to play in multiple sports throughout the semester
• Both Competitive and Recreation divisions are offered
• Register on a team or as a ”Free Agent”
• Excellent opportunity to meet new people, get involved on campus, stay active, and have fun
• More information on IMLeagues.com or download the free Ville Rec app
Ropes Course

Several high & low ropes elements
Hidden gem, located behind Pucillo fields
Host programs for internal & external groups
Open Climb Hours will be posted throughout the semester
Rec Center

- Available daily for all current students

- Features: several multi-activity courts, fitness equipment, racquetball court, functional training room, indoor track, dance studio, table tennis, Teqball, and locker rooms

- Located in the Student Memorial Center

Functional Training Room, lower level
Student Employment

**APPLY NOW, start in the Fall**

- Flexible hours, no experience necessary, leadership development
- Currently accepting applications for the upcoming semester
- Student will need their social security card on campus to fill out payroll forms
- Employment opportunities:
  - Club Sport Supervisor
  - Intramural Sport Officials & Supervisors
  - Ropes Course Facilitators
  - SMC Rec Center
  - Special Events & Marketing

Division of Student Affairs
More information on Campus Rec
Counseling and Human Development
Counseling Center Services

❖ Free & Confidential
❖ Individual, Group, and Couples Therapy
❖ Walk-In Hours – Daily 1-3 p.m.
❖ Alcohol and Other Drug Evaluation and Treatment
❖ Psychiatric Services
❖ Outreach
❖ Crisis Intervention
❖ Consultation
Find Us On-Line

- Website – [www.millersville.edu/counsel](http://www.millersville.edu/counsel)
- Crisis & Therapy Resources
- Resources for Parents
- Virtual Calming Room
- Faculty/Staff Bios

- Instagram - [@thevillecounselingcenter](https://www.instagram.com/thevillecounselingcenter)
- Pet therapy updates
- Mindful Minutes
- Mental Health Information
Contact Information

❖ Lyle Hall, Third Floor
❖ Office Phone (717) 871-7821
❖ Hours M-F: 8-4:30 (Wed. 8-6)
Pet Therapy

Pet Therapy this Fall

Weekly during semester
Once a month in Library 7 – 8 pm
Follow on Instagram

Exam week - SMC:
Mon – Wed: Check Instagram for times

My therapy is quite simple: I wag my tail and lick your face until you feel good about yourself again.”
Health Services

Health Center Staff

- Lauren Blevins, CRNP
  - Nurse Practitioner
  - Interim Director of Health Services

- Dr. Timothy Weaver
  - Contracted Physician
  - Acting Medical Director

- Ana C. Hess, BSN, RN
  - Nursing Supervisor

- Dr. Christine Janouschek
  - Contracted Physician

- Ashley Zook, BSN, RN

- Kelsi Rodriguez, RN
Hours

Academic Semester
Mon – Thurs 9 AM – 5 PM
Friday 8 AM – 4 PM

Summer and Break Hours
Mon – Friday 8 AM – 4 PM

Call to schedule an appointment
717-871-5250
Health Services

**Services Provided**

- Evaluation & Treatment of Acute Illnesses & Injuries

- Mental Health Management

- Collaborative care with primary care providers/specialists for management of chronic health conditions

- Medication Dispensary
Health Services

Services Provided

In-House testing:
- Rapid COVID
- Rapid Strep
- Rapid Mono
- Rapid Flu
- Urinalysis
- Pregnancy
- Blood sugar
- TB (PPD) testing for field placement
- Wet Prep (Yeast, BV, Trichomoniasis)

Outside Labs:
- LabCorp
- Quest
- CDD
- MDL

FREE FLU SHOTS!
Services Provided

**Procedures:**
- EKG
- Nebulizer Treatments
- Laceration Repair (Sutures)
- Wart Destruction
- Wound Care
- I&D of abscess
- Ear Lavages

**Women’s Health:**
- Pre-Employment Physicals
- Driver’s Physicals
- PAP
- Birth Control Management
- Emergency Contraception
Self Care Cart

- Located in our waiting room
- FREE for students
- Cold Care Packs
- Wound Care
- GI Upset
- Allergies
- Pain
- Feminine Hygiene
- Condoms
How Parents Can Help

- Entrance Physical
- Review allergies, medications, and past medical history
- Insurance Card
- Over-the-counter medications
- First Aid kit, thermometer
Questions?

CAMPUSS RECREATION
Campus Recreation Office
Millersville University
Student Memorial Center - SMC 38
Millersville, PA 17551

P 717-871-5665
E Campus.Recreation@millersville.edu

COUNSELING CENTER
3rd Floor Lyle hall

Phone: 717-871-7821
Fax: 717-871-7960

Hours of Operation
- Mon., Tues., Thur., Fri. from 8 a.m. to 4 p.m.
- Wed. from 8 a.m. to 6 p.m.
- Any changes to regularly scheduled hours will be posted in the Counseling Center.
- Emergency: 911

HEALTH SERVICES
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