Healthy at Hofstra

Medical Care and Wellness
Student Health and Counseling Center

Mental Health, Programs and Support
Student Health and Counseling Center

Physical Fitness and Healthy Habits
Fitness Center

Prevention Education and Support
Title IX
Alcohol and Drug Abuse Prevention

Student Advocacy and Prevention Awareness

Claudia M. Andrade, MSW

Assistant Dean of Students and Director

studentadvocacy@hofstra.edu

Mack Student Center / Peer Advocacy Wing Room 260

Student Advocacy and Prevention Awareness

Early intervention:

Required online modules

Due: pre-fall semester

Think About It

- Drugs & alcohol
- Sexual misconduct
- Bystander intervention

Student Advocacy and Prevention Awareness

Early intervention:

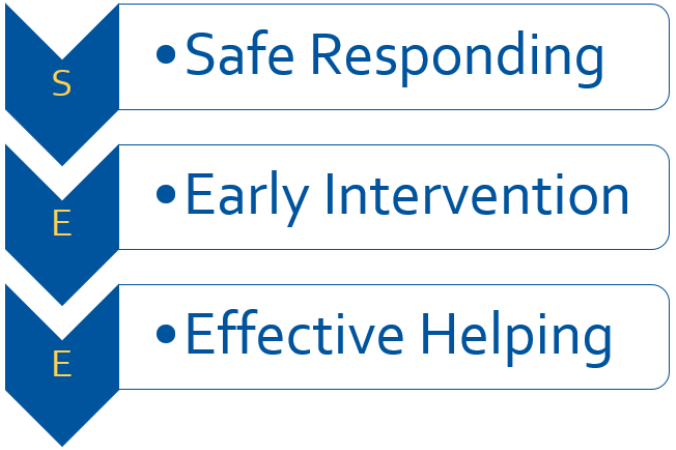
Bystander Intervention

All students will be trained during orientation

SEE model & Personalized intervention styles

Scenarios discussed:

- Alcohol Emergency
- Intimate Partner Violence
- Sexual Harassment
- Emotional Distress
- Hazing
- Sexual Assault
- Racial Bias



Student Advocacy and Prevention Awareness

Early intervention:

Required online modules

Due: pre-fall semester

Think About It

- Drugs & alcohol
- Sexual misconduct
- Bystander intervention

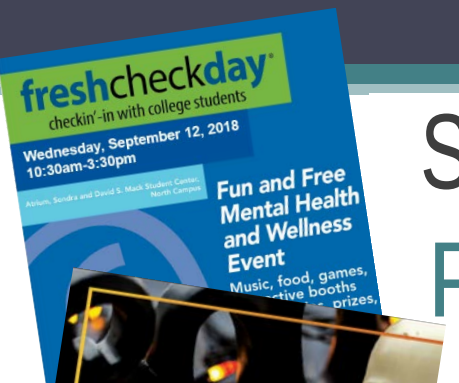
Student Advocacy and Prevention Awareness

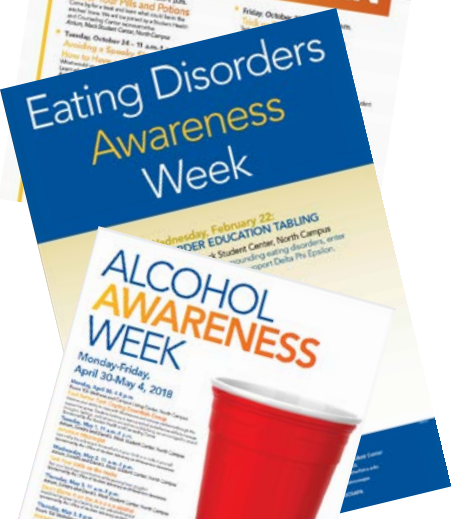
Prevention education

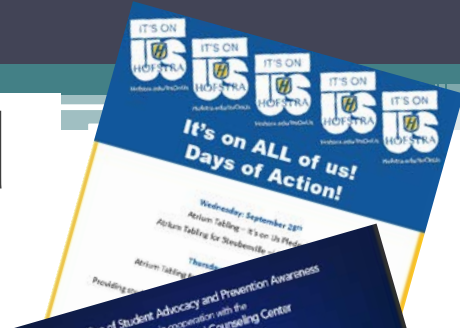
- Alcohol & Drugs
- Prescription misuse
- Eating disorder awareness
- Sexual health and responsibility
- Safe Spring Break

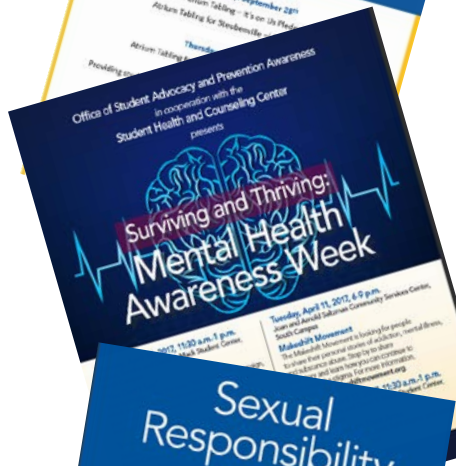
Sexual misconduct & Title IX awareness and prevention

- *It's On Us, Hofstra!*
- National Week of Action (SP & FA)
- Domestic violence awareness
- Sexual assault prevention awareness









Student Advocacy and Prevention Awareness

Environmental strategies:

- Public education on social norms
- Medical amnesty policy
- Open constant communication with local alcohol License holders
- Work closely with New York State Liquor Authority
- Nassau County Police
- Town of Hempstead Police
- Local Civic groups

Student Advocacy and Prevention Awareness

Peer Education & Mentorship:

- It's On Us Meetings / Leadership Committee
- Student Advisory Board

HOFSTRA UNIVERSITY®
PEER ALLIANCE

Fellow students support the transition to college.
We offer mentors in the following tracks:

- Access
- Commuter
- Diversity
- Global
- Prism (LGBTQ+)
- Transfer

Student Advocacy and Prevention Awareness

Student advocacy:

- Alcohol/substance
- Domestic violence
- Sexual misconduct
- Academic
- Social
- Financial
- Medical
- Complex life situations…

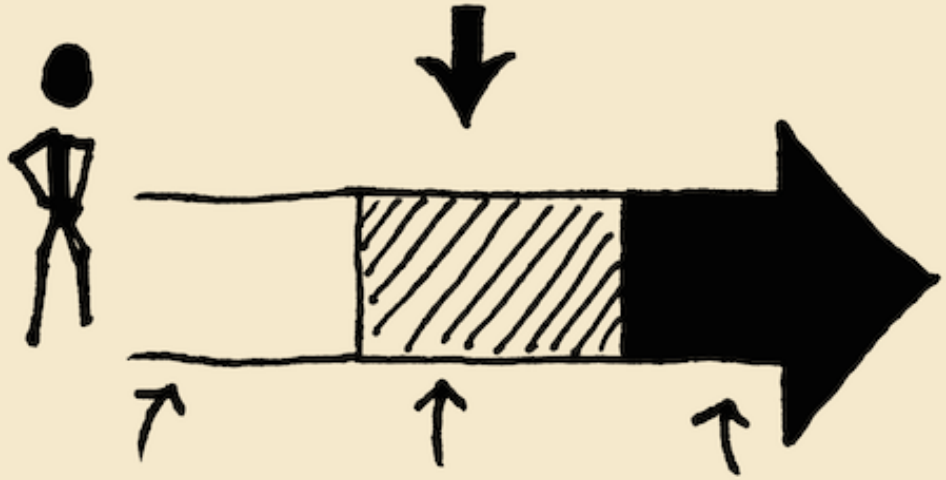
Student Health and Counseling Center

Division of Student Affairs

Student Health Services

Student Counseling Services

VISUALIZING THE ZONE OF PROXIMAL DEVELOPMENT



THINGS YOU CAN DO ALL ON YOUR OWN

THINGS YOU CAN DO WITH A BIT OF HELP

THINGS YOU CAN'T YET DO, NO MATTER HOW MUCH SUPPORT YOU GET

VERBALTOVISUAL.COM

Counseling Services

- Individual and group therapy – free of charge
- Psycho-educational workshops
- Bystander intervention
- Crisis intervention
- Clinical assessment
- Consultation & referral

Staff

- Full-time licensed psychologists
- Psychology interns and externs currently enrolled in psychology doctoral programs
- On-Call Counselors during off hours
- Confidentiality is our ethical duty
- Guided by Health Insurance Portability and Accountability Act (HIPAA) in addition to Family Education Rights and Privacy Act (FERPA)

Plan Early

- Identify the need for ongoing health services and support
- Plan for medications
- Identify primary service providers
- We welcome parent involvement: Students benefit significantly from collaborative support
- Look into the Tuition Refund Plan

Medical Services

- Holisticaly oriented, accessible, quality care
- Collaborative
- Goal to enhance students health and wellbeing
- Prevention & Education
- No or low cost services – Never a co-pay!
- Respectful and inclusive

Medical Staff

- Nurse Practitioners – Nationally certified
- Registered Professional Nurses
- Guided by HIPAA and FERPA

Appointments

- Daily appointments (exception: Women's Health Clinic)
- Students: same day appointments - call in the morning or make appointment online
- Walk-ins will be triaged
- Emergency: students contact Public Safety

Medications

- Our formulary offers some full-prescription medications at a nominal fee as well as OTC medications at no charge
- Prescriptions can be written for outside pharmacy

Insurance Card

- Students will need their insurance cards for lab tests, outside specialists or ER/hospital visits
- Should know the name of the lab their insurance company covers

Vaccination Requirements

- 2 measles,1 mumps and 1 rubella
  - Received after student's first birthday

- Student's response: meningitis

- NYS Public Health Law:

*30 day window to provide or will be disenrolled

Medical Records

Form available at
hofstra.edu/SHACC

Submit the completed form by the first day of class

Medical Record

HOFSTRA UNIVERSITY.

275 Hofstra University
Hempstead, NY 11549-2750

Phone: (516) 463-6745
Fax: (516) 463-5161

TO THE STUDENT: THIS INFORMATION WILL BECOME PART OF YOUR CONFIDENTIAL HEALTH RECORD.

1. Print Name _____ (Last / First / Middle) ☐ M ☐ F
2. Address _____ (Street/Apt. # / City / State / Zip Code)
3. Date of Birth _____ Country of Birth _____ Hofstra ID # _____
4. Person to notify in case of emergency _____ ☐ Parent ☐ Guardian ☐ Spouse
   Address _____ Phone ( ) _____ (Street/Apt. # / City / State / Zip Code)
5. Home Phone ( ) _____ Cell Phone ( ) _____
6. Name of Health Insurance Carrier _____ I.D. No. _____
   Address of Insurance Company _____ Group No. _____
   Subscriber/Cardholder Name _____ ☐ Parent ☐ Guardian ☐ Self ☐ Spouse
7. Indicate Student Status: ☐ Undergraduate ☐ Graduate ☐ Law ☐ Full time ☐ Part time
8. Are you a member of an athletic team? If yes, indicate sport. _____
9. Consent for Treatment:

   REQUIRED OF ALL STUDENTS OR PARENT/GUARDIAN FOR STUDENTS UNDER THE AGE OF 18:

   I, _____, hereby consent to the following:

   Hofstra's Health and Wellness Center may hospitalize me (my child) or may perform any medical or surgical procedures or tests deemed necessary in my (my child's) care and treatment. Hofstra's Health and Wellness Center may present information concerning my (my child's) medical condition to other responsible University officials when deemed necessary. Hofstra's Health and Wellness Center may forward any and all of my (my child's) medical records to physicians and/or hospitals when deemed necessary for my (my child's) proper care and treatment.

   _____ _____
   Signature of Student or Parent/Guardian Date

10. **REQUIRED BY NEW YORK STATE LAW:**
    TO BE COMPLETED AND SIGNED BY STUDENT OR PARENT/GUARDIAN FOR STUDENT UNDER THE AGE OF 18.
    CHECK ONE ONLY:

    _____ I (my child) had the meningococcal meningitis immunization within the past 10 years. Month _____/ Year _____

    _____ I have read, or have had explained to me, the information regarding meningococcal meningitis disease. I (my child) will obtain immunization against meningitis within 30 days of the beginning of the semester.

    _____ I have read, or have had explained to me, the information regarding meningococcal meningitis disease. I (my child) understand the risks of not receiving the vaccine. I have decided that I (my child) will **not** obtain immunization against meningococcal disease.

    _____ _____
    Signature of Student or Parent/Guardian Date

11. SIGNATURE OF HEALTH CARE PROVIDER IS REQUIRED ON PAGES 3 AND 4.
12. **Mail completed form in envelope provided to: HOFSTRA UNIVERSITY HEALTH AND WELLNESS CENTER, 275 HOFSTRA UNIVERSITY, HEMPSTEAD, NY 11549-2750.**

FOR OFFICE USE ONLY ☐☐☐☐☐

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Your medical questions answered:

hofstra.edu/familymedicalFAQ

Location and Contact Information

HOFSTRA UNIVERSITY

Campus Recreation

Student Health and Counseling Center

Wellness and Campus Living Center
250 Hofstra University
Hempstead, NY 11549
(516) 463-6745
hofstra.edu/SHACC

Division of Student Affairs

Northeast Side of Campus
(Behind the Baseball Stadium)

Phone: (516) 463-4037
www.Hofstra.edu/Recreation

HOFSTRA
FITNESS CENTER
Hours of Operation
Mon.-Thurs: 6am-Midnight
Friday: 6am-8pm
Saturday: 10am-8pm
Sunday: 10am-10pm

The beautifully designed, state-of-the-art David S. Mack Fitness Center includes:

HOFSTRA
FITNESS CENTER

Fully equipped weight room with strength machines and power area.

63 state-of-the-art cardio pieces:

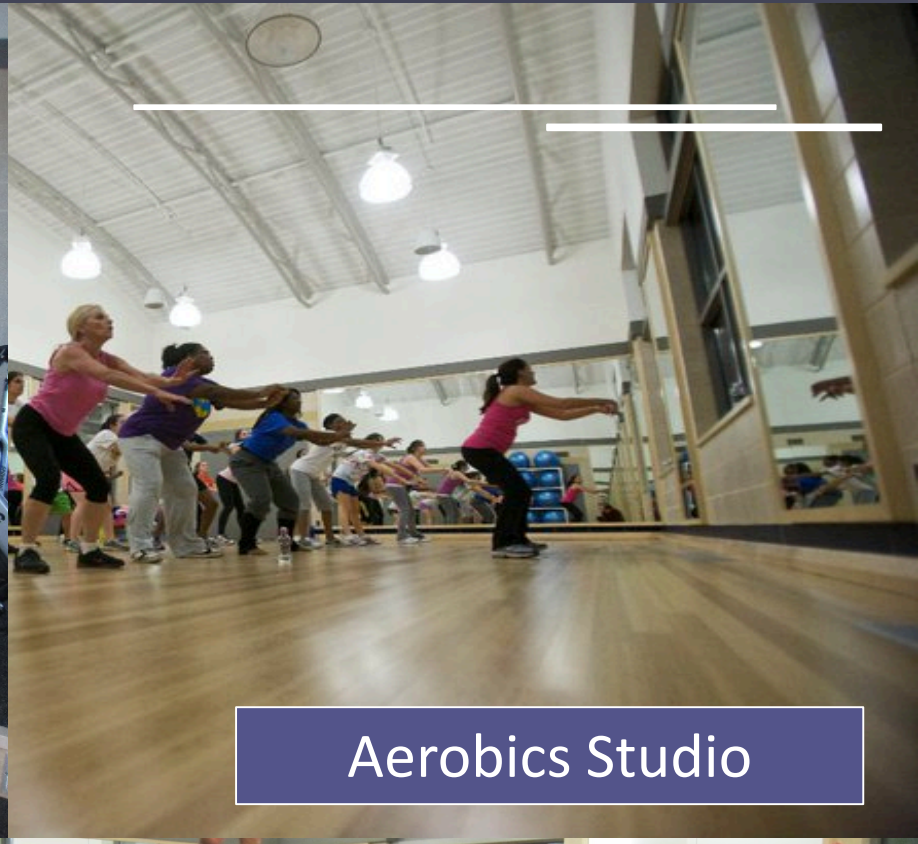
- Treadmills
- Ellipticals
- Ergs
- Arc Trainers
- Expresso Bikes
- The VIPER
- Stationary Bikes
- And More!

HOFSTRA
FITNESS CENTER

HOFSTRA
FITNESS CENTER

Multi-purpose Gymnasium with 6 basketball hoops.

Cycle Studio



Aerobics Studio

HOFSTRA
FITNESS CENTER

Yoga/Pilates Studio

Lounge Area

HOFSTRA
FITNESS CENTER

Indoor Track

Intramurals:

- Basketball
  - 5 on 5
  - 3 on 3
- Flag Football
- Volleyball
- Softball
- Soccer
  - Indoor
  - Stadium

HOFSTRA UNIVERSITY®

Campus Recreation

Club Sports:

Badminton, Baseball, Billiards, Bowling, Climbing, Crew, Equestrian, Ice Hockey, Men's and Women's Lacrosse, Men's and Women's Rugby, Men's and Women's Soccer, Men's and Women's Ultimate Frisbee, Powerlifting, Quidditch, Roller Hockey, Running, Ski and Snowboard, Softball, Table Tennis, Tennis, Volleyball, and Yoga

Group Exercise Classes:

- Yoga
- Cycle
- Zumba
- Hardcore Abs
- HIIT Bootcamp

HOFSTRA UNIVERSITY
Campus Recreation

Spirit Support:

- Cheerleading
- Dance Team
- Pep Band
- Mascots

HOFSTRA UNIVERSITY®

Campus Recreation

Special Events:

- HU Strongest Bench Press Competition
- Basketball Shootouts
- Dodgeball Tournaments
- Wheelchair Basketball Tournament
- Girls on the Run

HOFSTRA UNIVERSITY | Campus Recreation

HOFSTRA UNIVERSITY | Campus Recreation

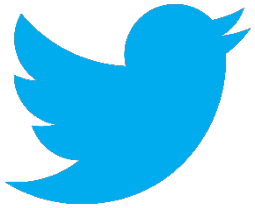
Think Fit. Get Fit.

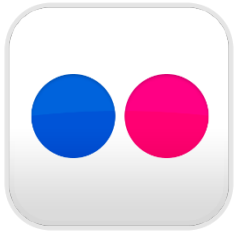
(516) 463-4037

www.Hofstra.edu/Recreation

Follow us online!

@HofstraRec





Hofstra.edu/sapa | 516-463-6555

hofstra.edu/wellness | 516-463-6745

hofstra.edu/studentcounseling | 516-463-6791

hofstra.edu/title-IX | 516-463-6933

hofstra.edu/recreation | 516-463-6958

Family Handbook

HOFSTRA UNIVERSITY