

## **Health Services for Students (Health & Wellness)**

The college health service is provided for all students. Individuals may be seen in the office on a walk-in basis or by appointment. All records, treatment or counseling of individuals is kept strictly confidential. The nurse provides a variety of essential health, safety, and wellness services. College health nursing is directed toward enhancing the educational process by modifying or removing health-related barriers to learning, promoting optimal wellness enabling individuals to make informed decisions about health-related concerns, and empowering students to be self directed and well-informed consumers of health care services.

The WITC Wellness Program includes an extensive ATODA (Alcohol, Tobacco, or other Drug Abuse) prevention component that has been established to encourage students to seek counseling, assistance, or treatment for themselves/family/friends. Health Services provides information, education, referrals, and a resource center for ATODA prevention. The college nurses are also certified ATODA Prevention Facilitators who are dedicated to chemical abuse prevention and a safe, drug-free environment. Emphasis is to promote the psychosocial, physical, and spiritual well-being of individuals.

### Services Provided:

- Over-the-counter medications
- Sick room
- Treatment of minor injuries and illnesses
- Health fair
- Blood pressure monitoring
- Diet/Weight counseling
- Blood sugar testing
- Ergonomics resources
- Universal Precautions program
- Wellness activities
- Hazardous materials resources
- Flu immunizations
- Physical and mental health resources
- Counseling related to physical and emotional health