



Handbook

For Volunteers, Interns, Practicum Students and
Graduate Administrative Associates



I. Introduction

The Student Wellness Center (SWC) strives to promote the wellness of Ohio State students and their communities. We believe that wellness is an active, ongoing process that involves becoming aware of, and taking steps towards, a healthy, happy and successful life.

The SWC serves as a resource for information on various health and wellness issues, provides programs and services to individuals and groups, and contributes to the development of a more healthy and caring campus community. The SWC complements and supports the academic mission of the University by assisting students in obtaining optimal levels of health, growth, and well being.

“Wellness must be a prerequisite to all else. Students cannot be intellectually proficient if they are physically and psychologically unwell.”

--- Ernest Boyer

Contact Information

B130 Recreation and Physical Activity Center (RPAC)
337 W. 17th Avenue
Columbus, OH 43210

Phone: (614) 292-4527

Email: wellness@osu.edu

Hours: Mondays, Wednesdays and Fridays 9am – 5pm
Tuesdays and Thursdays 9am – 7pm

Break hours may vary. Please call the SWC or check the website for more information.

II. History

Demonstration of The Ohio State University's commitment to address various wellness concerns can be seen in the long history of the AIDS education and outreach component of our current wellness program, which has received support since 1982. The Student Wellness Center was developed out of the convergence of a variety of programs, including AIDS education and outreach, nutrition services, and alcohol and other drug prevention.

The substance abuse piece of the program started in 1992 and was made possible by federal grant dollars. The grant, which has since expired, provided for a part-time program coordinator and limited resources for a peer program and brochures. Originally, the program was located in a small office on the third floor of the Student Health Center.

In early 1993, the substance abuse program merged with the AIDS Education and Outreach Program, as well as the nutrition services offered in Student Health Services, creating the Department of Health Promotion.

The Department of Health Promotion staffed one full-time alcohol and other drug prevention coordinator, one full-time dietician, two part-time graduate assistants (which served as coordinators of the HIV/AIDS Education and Outreach Program), and several student clerical assistants. In late 1995, the Department of Health Promotion relocated to the first floor of the Student Health Center and became known as the Student Wellness Center.

In summer, 2005, the SWC moved from the Wilce Student Health Center to the then-brand new Recreation and Physical Activity Center (RPAC), where state-of-the-art facilities were available in the newly named Mary A. Daniels Student Wellness Center. The move from the Wilce Student Health Center into the RPAC was prompted by a need to better align the SWC with wellness initiatives on campus. The new SWC consists of a resource room, two counseling rooms, two reading rooms, staff offices, and an HIV testing room. Programs also take place in other spaces throughout the RPAC, including the demonstration kitchen on the second floor.

III. Nine Dimensions of Wellness

The Student Wellness Center (SWC) promotes nine dimensions of wellness: Aesthetic, Career, Emotional, Environmental, Financial, Intellectual, Physical, Social and Spiritual.

Aesthetic Wellness

The aesthetically well person is able to evaluate works of art, theory, and matters of tastes with visual, moral, ethical, and social standards. Also central to aesthetic wellness is the ability to use such criteria to reflect on the overall meaning and themes of those works.

Resources:

BalletMet Columbus

<http://www.balletmet.org/index.php>

College of the Arts

<http://arts.osu.edu/>

Columbus College of Art & Design

<http://www.ccad.edu/>

Columbus Museum of Art

<http://www.columbusmuseum.org/>

Columbus Symphony Orchestra

<http://www.columbussymphony.com/>

Contemporary American Theatre Company (CATCO)

<http://www.catco.org/index.htm>

Greater Columbus Arts Council

<http://www.gcac.org/>

National Association of Schools of Art and Design

<http://nasad.arts-accredit.org/index.jsp>

National Association of Schools of Music

<http://nasm.arts-accredit.org/>

National Endowment for the Arts

<http://www.nea.gov/>

Ohio Arts Council

<http://www.oac.state.oh.us/>

Ohio Humanities Council
<http://www.ohiohumanities.org/>

Opera Columbus
<http://www.operacolumbus.org/>

Promusica
<http://www.promusicacolumbus.org/>

Short North
<http://www.shortnorth.org/>

The Kings Art Complex
<http://www.kingartscomplex.com/home.htm>

Thurber House
<http://www.thurberhouse.org/>

Wexner Center for the Arts
<http://wexarts.org/>

Career Wellness

The well person is able to navigate career-related issues and decision making in a well-balanced manner that is both personally and professionally rewarding. S/he chooses a role or several roles that are based on individual and environmental factors. These factors include identity and life context, culture, beliefs, goals, lifestyle, personality, values, and social economic environment. S/he is able to develop an attitude of commitment and shape the framework of a successful career. Through career choices, the well person is empowered to express identity. By implementing academic and career choices, s/he has the opportunity to integrate and achieve personal, emotional, social, spiritual and financial well-being.

Resources:

American Language Program
<http://esl.osu.edu/ALP/Index.html>

Arts and Sciences Career Services
<http://career.asc.ohio-state.edu/>

Campus Career Connection
<http://careerconnection.osu.edu>

Career Education
<http://www.career-education.us/>

Career Education Corporation
<http://www.careered.com/>

Career Exploration Office
http://www.continuinged.ohio-state.edu/ceo_main.html

Career Services Resources
<http://careers.osu.edu/>

College of Education and Human Ecology Career Placement Office
<http://www.coe.ohio-state.edu/placement/>

College of Food, Agriculture & Environmental Sciences Career Services
<http://cfaes.osu.edu/current/undergrad/career.html>

Community Connection
<http://communityconnection.osu.edu/homepage.html>

Employment at The Ohio State University and The OSU Medical Center
<http://jobs.osu.edu/>

Engineering Career Services
<http://career.eng.ohio-state.edu/>

Exploration Program
<http://exploration.osu.edu/>

Federal Work Study
<http://sfa.osu.edu/jobs/index.asp?tab=b#pagecontent>

Fisher College of Business Career Services
<http://fisher.osu.edu/services/career-services>

List of OSU Career Exploration/Development Courses
<http://www.careers.ohio-state.edu/page.asp?page=37§ion=1>

Office of Continuing Education
http://www.continuinged.ohio-state.edu/CED_creditpro.html

Professional Pathways
<http://professionalpathways.osu.edu/>

School of Environment and Natural Resources
<http://snr.osu.edu/current/career.html>

Student Affairs
<http://studentaffairs.osu.edu/>

Student Jobs
<http://www.sfa.osu.edu/jobs/>

The Women's Place
<http://womensplace.osu.edu/>

University Housing
<http://housing.osu.edu/>

Emotional Wellness

The emotionally well person is able to appropriately express and manage a range of feelings, including anger, fear, happiness, and sadness. S/he possesses high self-esteem, a sense of humor, and a positive body image. S/he develops independence from parents/guardians and accepts responsibility for themselves and their actions. This person also seeks support from a mental health professional when needed, and gathers information in order to make informed decisions.

Resources:

Al-Anon/Alateen

<http://www.al-anon.alateen.org/>

Alcoholics Anonymous

<http://www.alcoholics-anonymous.org/?Media=PlayFlash>

American Association of Suicidology

www.suicidology.org

American Foundation for Suicide Prevention

www.afsp.org

Anxiety & Stress Disorders Clinic

<http://anxiety.psy.ohio-state.edu/>

Body Image & Health Task Force

<http://www.hec.ohio-state.edu/bitf/>

The Center for Eating Disorders and Psychotherapy

www.centerforeatingdisorders.org

Central Ohio Suicide Prevention Hotline

<http://www.geocities.com/suicidehotlinecolumbus/>

Columbus AIDS Task Force

<http://www.catf.net/tempindex.htm>

Columbus Area Community Mental Health Services

www.cacmhc.com

Counseling & Consultation Services

<http://ccs-server.ccs.ohio-state.edu/index.htm>

Couples and Family Clinic

<http://hec.osu.edu/hdfs/outreach/cft.php>

Holistic Healing Webpage
www.holisticmed.com/stressfree.html
It's Abuse
<http://www.itsabuse.com/>

Maryhaven, Inc.
<http://www.maryhaven.com/>

Mental Health Association of Franklin County
www.mhafc.org

Multicultural Center
<http://multiculturalcenter.osu.edu>

Narcotics Anonymous
<http://www.naohio.org/>

National Suicide Prevention Hotline (HopeLine)
www.hopeline.com

National Suicide Prevention Lifeline
<http://www.suicidepreventionlifeline.org/>

NetCare Access
www.netcareaccess.org

Ohio AIDS/HIV/STD Hotline
<http://www.catf.net/HOTLINE.html>

Prevention Counsel of Central Ohio
www.prevcouncil.org

Rape Abuse and Incest National Network (RAINN)
www.rainn.org

Student Advocacy Center
http://studentaffairs.osu.edu/wellness_advocacy.asp

Student Affairs
<http://studentaffairs.osu.edu/>

Student Wellness Center
<http://swc.osu.edu>

Suicide Prevention Program
www.suicideprevention.osu.edu

The Women's Place
<http://womensplace.osu.edu/>

University Housing
<http://housing.osu.edu/>



Environmental Wellness

Environmental wellness involves finding and maintaining balance with one's physical, social, intellectual, and political environment. It recognizes the interdependent nature of the relationship between the individual and his/her environment, specifically the impact of the environment on the health of the individual and one's ability to effectively manage the health of one's environment. This relationship can be shaped by social norms and expectations, policies and procedures, enforcement of regulations and laws, the availability of opportunities to influence one's environment and an individual's perceived control over the environment.

Resources:

Clintonville Community Resource Center
<http://www.clintonvillecrc.org/>

Energy Services and Sustainability
<http://fod.osu.edu/>

GreenPeace
<http://www.greenpeace.org/usa/>

Off-Campus Student Services
<http://offcampus.osu.edu/default.asp>

Office of Environmental Health and Safety
<http://www.ehs.ohio-state.edu/>

Ohio State Shredding & Recycling
<http://fod.osu.edu/recycling/index.htm>

Students for Recycling
<http://recycling.org.ohio-state.edu/index.php?page=home&page2=home>

U.S. Environmental Protection Agency
<http://www.epa.gov/>

Financial Wellness

The financially well person develops a healthy budget, managing both income and expenditures. S/he develops a discipline of saving to prepare for short-term, long-term and emergency expenses. S/he manages credit cards and other consumer credit usage responsibly, and develops the skills to manage resources.

Resources:

BuckID
<https://buckid.osu.edu/>

Center for Economic Access
www.access.osu.edu

College of Education & Human Ecology
<http://ehe.osu.edu/>

Federal Trade Commission
<http://ftc.gov/>

Financial Aid
<http://sfa.osu.edu>

Financial Life at OSU
www.financiallife.osu.edu

MBNA Student Support
<http://www.smartcredittips.com/>

Office of the Treasurer
<http://www.treasurer.ohio-state.edu/>

Scarlet & Gray Financial
http://www.swc.osu.edu/financial_scarletgray.asp

Student Advocacy Center
http://studentaffairs.osu.edu/wellness_advocacy.asp

Student Wellness Center
<http://swc.osu.edu>

University Housing
<http://housing.osu.edu/>

Intellectual Wellness

The intellectually well person values education and engages in life-long learning. S/he pursues activities that increase knowledge, develop moral reasoning, foster critical thinking and expand world views. In addition, s/he values intuition, empathy and understanding as forms of knowing.

Resources:

Center for Knowledge Management
www.medicine.osu.edu/knowledge

First Year Experience
<http://fye.osu.edu/>

Google
www.google.com

Graduate School
www.gradadmissions.osu.edu

Honors and Scholars
http://www.honors-scholars.ohio-state.edu/honors_index.html

I KNOW I CAN
<http://www.marion.ohio-state.edu/departments/arts/ican/book.html>

Mentoring Program
www.oma.osu.edu/aas/mentoring.htm

Multicultural Center
<http://multiculturalcenter.osu.edu>

Office for Disability Services
<http://newark.osu.edu/studentlife/ODSindex.asp>

Office of International Education
<http://www.oie.ohio-state.edu/>

Ohio State Bookstore
<http://ohiostate.bkstore.com/>

OSU Learning Centers
www.learningcenters.osu.edu

Starbucks Café
<http://www.starbucks.com/>

Student Advocacy Center
http://studentaffairs.osu.edu/wellness_advocacy.asp

Student Affairs
<http://studentaffairs.osu.edu/>

Student Judicial Affairs
<http://sja.osu.edu/>

Study Abroad
www.oie.osu.edu

The Funny Bone
www.gofunnybone.com

The Ohio Union
<http://ohiounion.osu.edu/>

The Women's Place
<http://womensplace.osu.edu/>

University Housing
<http://housing.osu.edu/>

University Libraries
<http://www.lib.ohio-state.edu/>

University Registrar
<http://www.ureg.ohio-state.edu/ourweb/online.html>

Walter E. Dennis Learning Center
www.dennislearningcenter.osu.edu

Wexner Center for the Arts
<http://wexarts.org/>

Women's Studies
www.womens-studies.osu.edu

Yahoo
www.yahoo.com

Younkin Success Center
<http://younkinsuccess.osu.edu/>

Physical Wellness

The physically well person eats when hungry and selects a varied and nutritionally balanced diet. S/he also gets an adequate amount of sleep, engages in moderate to vigorous exercise 3 – 5 times a week, gets routine medical check-ups when appropriate, and takes safety precautions. The physically well person is free of addictions, has the ability to identify physical and mental needs, and is aware of his/her body's limitations. S/he accepts his/her sexual orientation, engages in sexual relationships that are consistent with his/her values and development, and refrains from using sex to manipulate or influence others. In addition, s/he minimizes unwanted consequences through communication and protection.

Resources:

1-800-QUIT-NOW

Al-Anon/Alateen
www.ohioal-anon.org

Al-Anon/Alateen
www.al-anon.alateen.org

Alcoholics Anonymous
www.aacentralohio.org

Alcoholics Anonymous
www.alcoholics-anonymous.org

American College of Sports Medicine
www.acsm.org

American Diabetes Association
www.diabetes.org

American Dietetic Association
www.eatright.org

American Social Health Association
www.ashastd.org

Body Image & Health Task Force
<http://www.hec.ohio-state.edu/bitf/index.htm>
Campus Dining Services
<http://dining-services.osu.edu/>

Capital Care Women's Center

www.capitalcarewomenscenter.com

Center for Eating Disorders and Psychotherapy
www.centerforeatingdisorders.org

Centers for Disease Control & Prevention
www.cdc.gov

Central Ohio Breathing Association
www.breathingassociation.org

Central Ohio Crime Stoppers
<http://www.stopcrime.org/>

Central Ohio Nutrition Center, Inc.
<http://www.conci.com/>

Columbus AIDS Task Force
<http://www.catf.net/tempindex.htm>

Columbus Marathon & 1/2 Marathon
<http://www.columbusmarathon.com/>

Columbus Police Department
<http://www.columbuspolice.org/>

Columbus Public Health
<http://www.publichealth.columbus.gov/>

CompDrug, Inc.
www.compdrug.org

Counseling & Consultation Services
<http://ccs-server.ccs.ohio-state.edu/index.htm>

ExRx
www.exrx.net

FIRSTLINK
<http://www.firstlink.org/fl/index.php>

Focus Health Care
www.focushealthcare.org

Maryhaven, Inc.
www.maryhaven.com

Mayoclinic
www.mayoclinic.gov

Narcotics Anonymous
www.naohio.org

Narcotics Anonymous
www.na.org

National Intramural-Recreational Sports Association
<http://www.nirsa.org/>

Nutrition Navigator
www.navigator.tufts.edu

Office for Disability Services
<http://newark.osu.edu/studentlife/ODSindex.asp>

Ohio Department of Health
<http://www.odh.state.oh.us/>

Ohio Tobacco Quit Line
www.standohio.com

Ohio Tobacco Use Prevention and Control Foundation
www.standohio.com

OSU Anxiety & Stress Disorders Clinic
<http://anxiety.psy.ohio-state.edu/>

OSU Department of Psychiatry
<http://www.medicine.osu.edu/psychiatry/>

OSU Department of Public Safety
<http://www.ps.ohio-state.edu/index.php>

OSU Medical Center
<http://medicalcenter.osu.edu/index.cfm>

Planned Parenthood - Campus/North Health Center
<http://www.plannedparenthood.org/centerDetails.asp?id=273>

Prevention Council of Central Ohio
www.prevcouncil.org

Project Inform
www.projectinform.org

Rape, Abuse, Incest National Network (RAINN)
www.rainn.org

Recreational Sports
<http://recsports.osu.edu/>

Scarlet and Gray Golf Course
www.ohiostatebuckeye.com

School of Physical Activity & Educational Services (PAES)
<http://education.osu.edu/paes/>

SmokeFree.gov
www.smokefree.gov

Student Affairs
<http://studentaffairs.osu.edu/>

Student Health Services
<http://shc.osu.edu/>

Student Safety: Escort Service
http://library.osu.edu/sites/risk/text_version/emergman/student.htm

Student Wellness Center
<http://swc.osu.edu>

The Women's Place
<http://womensplace.osu.edu/>

Tobacco-Free Ohio
<http://tobaccofreeohio.org>

University Housing
<http://housing.osu.edu/>

US Department of Agriculture
www.usda.gov

WebMD
www.webmd.com

Wellness Collaborative
www.wellness.osu.edu

Social Wellness

The socially well person has a network of friends and family to whom s/he can turn to for support, validation and sharing of life experiences. These relationships are based on interdependence, mutual trust and respect, and equity of power. The socially well student sees faculty, staff, students and members of the community as individuals, and develops a sensitivity and awareness to their feelings and cultures. S/he actively seeks contact with people, issues, and programs that differ from their own experiences and points of view.

Resources:

Center of Science & Industry (COSI)
<http://www.cosi.org/>

City of Columbus
<http://www.cityofcolumbus.org/>

Columbus Arts Scene
<http://www.columbusarts.com/>

Columbus Chamber
<http://www.columbus.org/>

Community Connection
<http://communityconnection.osu.edu/homepage.html>

Counseling & Consultation Services
<http://ccs-server.ccs.ohio-state.edu/index.htm>

Drake Performance and Event Center
http://theatre.osu.edu/4_facilities/level_3_facilities/spaces/drake.htm

Experience Columbus
<http://www.experiencecolumbus.com/>

Explore Columbus
<http://explorecolumbus.osu.edu/>

Hale Black Cultural Center
www.oma.osu.edu/hale/

The Lantern
<http://www.thelantern.com/>

Minority Affairs

<http://oma.osu.edu/>

Multicultural Center
<http://multiculturalcenter.osu.edu>

Office for Disability Services
<http://newark.osu.edu/studentlife/ODSindex.asp>

The Ohio Union
<http://ohiounion.osu.edu/>

Operation Feed
www.hr.osu.edu/special

OSU College of the Arts
<http://arts.osu.edu/>

Recreational Sports
<http://recsports.osu.edu/>

Schottenstein Center
www.schottensteincenter.com/

Service-Learning Center
<http://service-learning.osu.edu/>

Short North
<http://www.shortnorth.org/>

Starbucks Café
<http://www.starbucks.com/>

Student Affairs
<http://studentaffairs.osu.edu/>

Student Wellness Center
<http://swc.osu.edu>

Ticketmaster
www.ticketmaster.com

University Housing
<http://housing.osu.edu>

The Women's Place
<http://womensplace.osu.edu/>

Spiritual Wellness

The spiritually well person explores spiritual concepts of themselves and others in the discovery of meaning and purpose in human existence. S/he develops an appreciation for the depth and expanse of life and the natural forces that exist in the universe. S/he recognizes the relationship between spirituality and identity in themselves and others.

Resources:

Chadwick Arboretum and Learning Gardens
<http://chadwickarboretum.osu.edu/>

Counseling & Consultation Services
<http://ccs-server.ccs.ohio-state.edu/index.htm>

Department of Recreation and Parks
www.recparks.columbus.gov/

FIRSTLINK
<http://www.firstlink.org/fl/index.php>

Multicultural Center
<http://multiculturalcenter.osu.edu>

Neuromuscular Integrative Action (NIA)
www.nia-nia.com

Recreational Sports
<http://recsports.osu.edu/>

Student Affairs
<http://studentaffairs.osu.edu/>

Student Wellness Center
<http://swc.osu.edu>

The Women's Place
<http://womensplace.osu.edu/>

University Housing
<http://housing.osu.edu/>

University Interfaith Association
http://studentaffairs.osu.edu/wellness_uia.asp

IV. Services

To schedule an appointment for a service, contact the Student Wellness Center at 292-4527, check out www.swc.osu.edu, or stop by room B130 RPAC.

BASICS

BASICS stands for Brief Alcohol Screening and Intervention for College Students. This program, available for free to all Ohio State students, gives participants a one-on-one chance to explore their alcohol use. BASICS is NOT a "just say 'no'" or abstinence-only program. The facilitator will provide objective feedback in a judgment-free environment based on an interview and questionnaires filled out by the student. The goal of the program is to help reduce risky behaviors and harmful consequences, specifically related to the individual's alcohol use and/or abuse. The facilitator will encourage positive changes in drinking behavior, and provide the student with specific information about his/her alcohol consumption.

Some students attend BASICS to fulfill a court order as a result of an alcohol-related offense, while others come because they have concerns about their alcohol use. In either case, the BASICS sessions are entirely confidential, and the SWC will not disclose any information from the sessions to anyone, including a student's parents, without the student's permission.

BASICS is administered by the Alcohol and Other Drug Abuse Prevention staff at the SWC. All BASICS sessions are one-on-one with a facilitator and the student. It takes two sessions, typically one week apart, to complete the BASICS program. The first session takes approximately 60 – 75 minutes. During these sessions, students meet their facilitator, are oriented to the program, answer interview questions, and complete a questionnaire packet.

Between sessions, students complete the e-Chug (Electronic Check-Up to Go) at http://swc.osu.edu/alcohol_echug.asp.

The second session takes approximately 45 – 90 minutes. Students receive a personalized feedback profile that is based on the information obtained from interviews and questionnaires completed during the first session. Students review the feedback profile with the facilitator and, if appropriate, identify potential changes that they could work on to help reduce their risk for developing future alcohol-related problems.

CHOICES

CHOICES is a group program designed to help college students make informed choices about their alcohol consumption. The self-reflective program provides important information about alcohol and the way it affects the body.

In the CHOICES program, students are led by a facilitator through an Interactive Journaling ® session in a group setting, and provided with critical normative, psychological, and biological education about alcohol consumption and strategies for reduction. Through the journaling process, students consider how alcohol has touched their lives and how they might implement effective coping strategies to avoid abuse of, and harm related to, alcohol in the future.

Disclaimer: CHOICES was created by Alan Marlatt, Ph.D., George Parks, Ph.D., and The Change Companies ®. It was designed to incorporate the prevention strategies developed through research conducted at the Addictive Behaviors Research Center at the University of Washington.

Condom Club

The Condom Club is the most popular service offered at the SWC, and is also the only service that is not free.

Membership to the Condom Club is free and provides students with the opportunity to purchase up to 50 condoms per day for \$5. Members can also get free oral dams, finger cots, latex gloves and lubricants (flavored and unflavored).

Instructions for joining the Condom Club:

1. Each quarter there are a couple of hours a day set aside to offer condom demos. Please call 292-4527, or check the SWC website to determine these times.
 2. Bring your BuckID and any questions you may have to the SWC, B130 RPAC, during the specified times.
 3. Watch a short condom demonstration with the renowned "Woody." The demonstrations typically last 15 minutes, and provide students with important health education information regarding barrier use, STIs and HIV.
 4. Receive your free membership card.
 5. To purchase condoms, you may use cash or BuckID. For \$5, members can purchase one punch card per day. This card entitles the member to 50 condoms, which can be obtained all at once, or 10* at a time.
-

* Certain varieties, such as polyurethane/non-latex, may be offered at less than 10 per punch.

e-Chug

The e-Chug (Electronic Check-Up to Go) is an interactive web survey that allows college and university students to enter information about their drinking patterns and receive feedback about their use of alcohol. The assessment takes about 7 minutes to complete, is self-guided, and requires no face-to-face contact time with a counselor or administrator.

When you access the e-Chug, you are prompted to enter information about yourself. In addition to demographic information, it will ask you to enter information about your drinking habits, family history, and to complete the World Health Organization's AUDIT.

After all the information is entered, you submit the form. The information you entered is then validated and processed. The e-Chug calculates a number of variables and compares your responses to national and local college norms. Then, your personalized feedback is displayed in an easy to read format.

Financial Education and Counseling

To assist students with budget and credit/debt management, the SWC provides the services of a financial specialist, free-of-charge, to Ohio State students. The SWC financial education program provides educational presentations as part of the First Year Experience Program, as well as tailored presentations for student groups upon request, and one-on-one counseling through Scarlet & Gray Financial, a peer-run financial planning firm operated out of the SWC. Specific areas of support include budgeting, dealing with creditors, credit card selection and use, choosing employee benefit options, major purchase planning, debt repayment planning, and more. To schedule an appointment, students can call or stop by the SWC, or submit an online appointment request form at www.swc.osu.edu.

Healthy Off campus

Healthy Off Campus is a partnership with off campus student services, student wellness and student life research and assessment. Through the involvement of peer leaders called community ambassadors, wellness messages are promoted to off campus students through educational programs, social norms marketing campaigns, newsletters, and social and recreational programming.

HIV Antibody Testing and Counseling

The SWC offers free, anonymous HIV antibody testing and counseling to all Ohio State students. Students meet briefly with a trained HIV test counselor who helps the student assess his/her HIV risk, and ways to reduce that risk. Students are then given the OraQuick ADVANCE® HIV antibody test, which is an oral swab test that detects the presence of HIV antibodies through the gum cells. The test involves no needles or blood and is over 99% accurate.

To schedule an appointment, students should call 292-4527, or visit B130 RPAC. Appointments last approximately one hour and each student will receive his/her results within that hour.

During the academic year, the SWC offers walk-in testing once a month. These events are offered throughout campus. For an updated list of upcoming dates and locations, visit the SWC website.

It's Abuse.

This initiative raises awareness among students about relationship abuse; educates students about maintaining healthy relationships; and generates awareness of resources for survivors (and perpetrators) of relationship abuse. Two key elements of the campaign are: an interactive website and peer-to-peer communications. It's Abuse. Is a partnership between the Columbus Coalition Against Family Violence and The Ohio State University. It's Abuse. has also evolved into a student organization.

Nutrition Education and Counseling

Nutrition education and counseling is a free service for Ohio State students. A registered dietitian will meet with students to discuss nutrition needs and weight management, among other topic areas.

Students can schedule an appointment with a dietitian by completing the "Nutrition Form" on the SWC website and submitting to the SWC. For more information, call 292-4527.

Party Smart

Responsible parting is not a contradiction in terms. You can have fun, entertain your friends, kick back and relax, and yes – even drink alcoholic beverages – without violating the law, annoying your neighbors, destroying property, endangering yourself or others, or getting the police involved.

Party Smart is all about how to do these things. Party Smart tells you in plain English what the laws are; gives you tips on how to be a responsible host or guest; and links you to resources related to safety, entertainment, and community services. More information about the Party Smart program can be found at www.partySMART.osu.edu.

Recovery Program

Support is available for students in recovery from addiction to alcohol and other drugs. The program for Students in Recovery provides a supportive, holistic environment through:

- Specialized housing, starting 2010;
- 12-step meetings;
- Wellness workshops;
- Leadership and community service opportunities;
- Social programming.

This program is the result of collaboration between the SWC, Student Health Services, Counseling and Consultation Services and University Housing.

Self Defense Classes

The SWC offers free 5-week self defense classes each quarter for all women in the community, including non-students. For more information on upcoming classes, please go to www.swc.osu.edu or call 292-4527.

Sexual Violence Education & Support (SVES)

Sexual Violence Education and Support (SVES) offers programs that address issues of sexual violence from various perspectives:

- Prevention and intervention strategies for men and women;
- Gender socialization and communication;
- Healthy sexual behavior;
- Crisis intervention and advocacy.

SVES works with the Sexual Assault Response Network of Central Ohio (SARNCO), the local rape crisis center, to bring advocacy services to Ohio State students who experience any incident of sexual violence, dating or domestic violence, or stalking. SARNCO also provides a 24-hour rape helpline (267-7020). This service includes:

- On-campus first-response advocacy;
- Advocate accompaniment at participating hospitals (includes OSU Medical Center);
- Advocate accompaniment when reporting to police.

The advocacy program coordinator can provide on-going advocacy to students. Students, staff and faculty can speak directly to the coordinator by calling 247-6054.

V. Professional Staff

Janele Bayless

Wellness Coordinator
Nutrition Education and Counseling
abayless@studentlife.osu.edu
247-4249

Janele serves as a Wellness Coordinator and Registered Dietitian by providing nutrition counseling and education to OSU students, conducting presentations, and organizing the annual health fair, "How the Health Are You?"

Committee Involvement: Body Image Health Task Force; How the Health Are You? Planning Committee; Wellness Collaborative.

Amanda Blake

Wellness Coordinator
Alcohol and Other Drugs
ablake@studentlife.osu.edu
292-4527

Amanda serves as the alcohol and other drug wellness coordinator. She is an Ohio Certified Prevention Specialist (OCPS) and a Certified Tobacco Treatment Specialist (CTTS), with an overall interest in public health.

Committee Involvement: Alcohol Coalition; Recovery Hall Planning Committee; Wellness Collaborative.

Connie Boehm

Director
cboehm@studentlife.osu.edu
688-4458

Connie has been the director in Student Wellness since 1998. She also serves as co-convener of the Wellness Collaborative; convener of the campus and community alcohol coalition; project director for OSU in the statewide college high risk drinking initiative; and center associate emeritus for the Higher Education Center for Alcohol and Other Drug and Violence Prevention.

Committee Involvement: Alcohol Coalition; Anti-Stigma Campaign; Be Well 2010 Planning Committee; It's Abuse; Safety Committee; Sexual Assault Committee; Suicide Prevention Committee; Wellness Collaborative.

Heather Kerr
Office Manager
Kerr.92@osu.edu
292-4527

Heather serves as the office manager and program assistant for the SWC, and coordinates tobacco prevention and cessation activities.

Katye Miller
Wellness Coordinator
Sexual Wellness and Stress Management
Front Desk Supervisor
Kmillier@studentlife.osu.edu
247-6200

Katye coordinates the sexual wellness, stress management, and healthy relationships areas of SWC. This includes the HIV Counseling and Testing service and the Condom Club. Katye also oversees the front desk and website management.

Committee Involvement: Be Well 2010 and 2020 Planning Committees; Columbus Regional Advisory Group for HIV/AIDS; Healthy Vending Initiative; Buckeye Late Night Review Committee; Ohio Community Planning Group for HIV/AIDS; Student Life IT Council; Wellness Collaborative.

Nancy Radcliffe
Campus Advocate, SVES
nradcliffe@studentlife.osu.edu
292-4527

Nancy works within the Sexual Violence Education and Support Services program at the SWC. She provides long-term advocacy and support services to students dealing with relationship violence, stalking and sexual assault; and oversees the Campus Advocacy Program.

Committee Involvement: Sexual Assault Committee; Wellness Collaborative.

Deborah Schipper
Wellness Coordinator
SVES
Dschipper@studentlife.osu.edu
292-4527

Deborah coordinates the Sexual Violence Education and Support program, providing programming and advocacy services to address

issues and instances of sexual violence, including sexual assault, relationship violence, and stalking.

Committee Involvement: Safety Committee; Sexual Assault Committee; Student Life Orientation; Wellness Collaborative.

Kate Trombitas

Assistant Director
Financial Wellness

Trombitas.4@osu.edu

292-4527

Kate serves as the assistant director of the SWC and also coordinates all financial wellness activities, including Scarlet & Gray Financial and the Center for Financial Life and Research Initiative.

Committee Involvement: Anti-stigma Campaign; Bucks for Charity; Business Continuity; Financial Life; Homecoming; Student Life Marketing; Suicide Prevention Committee; Welcome Week; Wellness Collaborative.

The SWC also employs numerous graduate administrative assistants from programs such as the College of Public Health, Higher Education, Counseling Education and Allied Medical Professions. Additionally, the SWC employs many student volunteers, including undergraduates, graduate and professional level students.

More information about the professional and student staff at the SWC can be found at www.swc.osu.edu.

VI. Opportunities

Whether a student is working towards a career in health promotion, public health, financial planning, or student affairs, or is merely interested in helping students, the SWC is a great office to work with. The SWC provides unique, enriching volunteer and research opportunities for undergraduates, graduate and doctoral students. Along with the structured opportunities described below, the SWC also encourages students to develop and propose their own unique experiences to the relevant SWC staff person. Existing opportunities include:

Alcohol Coalition

The Student Wellness Center leads the Campus and Community Alcohol Coalition, which is made up of various departments and individuals interested in alcohol and other drug prevention. The Alcohol Coalition consistently seeks out student input and involvement in their quarterly meetings.

Contact: Connie Boehm, cboehm@studentlife.osu.edu

Campus Advocates

Volunteers for the Campus Advocate Program received specialized training to respond to male and female students who have been sexually assaulted or who have experienced relationship violence. Advocates provide support and information to people who have been victimized and will help them connect to local resources.

Contact: Nancy Radcliffe, nradcliffe@studentlife.osu.edu

Committee Involvement

Student volunteers interested in working with a specific committee should contact the appropriate staff person according to the Staff Directory appearing in this handbook.

HIV Antibody Testing and Counseling

Volunteers have the opportunity to become trained HIV Counselors. Once trained, student volunteers administer HIV antibody tests and help to raise awareness of HIV/AIDS issues on campus.

Contact: Katy Miller, kmiller@studentlife.osu.edu

Internships and Practicums

Students are encouraged to work with the SWC staff to design an internship or practicum experience unique to their academic program.

Contact: Connie Boehm, cboehm@studentlife.osu.edu

It's Abuse.

It's Abuse. is a student organization committed to ending relationship abuse. It's Abuse. participates in many awareness raising and educational events.

Contact: Connie Boehm, cboehm@studentlife.osu.edu

Peer Advocates for Total Health (P.A.T.H.)

PATH is a student group committed to health promotion. Join us as we plan and implement a variety of healthy activities on campus.

Contact: Connie Boehm, cboehm@studentlife.osu.edu

Wellness Collaborative

The Student Wellness Center is a proud member of the Wellness Collaborative, which is made up of various departments and individuals interested in health and wellness on campus. The Wellness Collaborative consistently seeks out student input and involvement in their monthly meetings.

Contact: Connie Boehm, cboehm@studentlife.osu.edu

Students interested in other opportunities at the SWC should contact the appropriate staff person, or email wellness@ou.edu. The SWC will work with you to design an opportunity that will fit your needs.
