

HOP

ON

BOARD



Hop on Board: Student Health and Well-Being

Welcome!

We will begin the webinar in a few minutes

- A recording of this webinar and slides will be available on our website in a few days
- Feel free to ask questions in the Q&A feature during the presentations
- Email us at bluejayfamilies@jhu.edu with additional questions

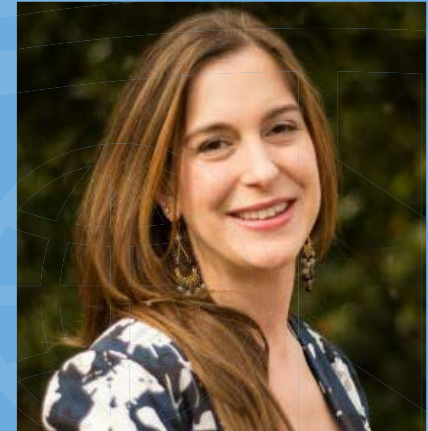
Student Health and Well-Being Webinar



Jennifer Howes
Chief Mental Health
Director
jhowes2@jhu.edu



Jacki Stone
Executive Director,
Student Well-Being
jackistone@jhu.edu



Roanna Kessler
Chief Medical Director,
Student Health & Well-Being
rkessle5@jhu.edu



Jamie Karl
Sr. Analyst Student
Benefits, Benefits
Operation Center
jhustudentbenefits@jhu.edu



**Nicole Hoke
Wilson**
Senior Director,
Disability Services
nwilso58@jh.edu

Student Mental Health



Jennifer Howes
Chief Mental Health
Director,
Student Health and
Well-Being
jhowes2@jhu.edu

Mental Health Services

Access to MHS:

- Same and next-day initial consultation (IC) appointments to increase access to services when students need them
- 20-25 min telehealth appointments, with recommendations for care

Services Available at MHS:

- Goal-oriented individual therapy
- Psychiatric evaluation and medication management
- Skills-based workshops, drop-in groups and therapy groups
- Chat with a Counselor
- Trainings on suicide prevention (QPR, MHFA) and Mindfulness
- Case management support for community referrals

Mental Health Services

Online Resources

TimelyCare

- TalkNow 24/7/365 on-demand consultation with a licensed provider
- Scheduled Counseling (12 sessions per academic year)
- Psychiatry (cannot prescribe controlled substances)

SilverCloud

- Online cognitive-behavioral therapy (CBT) based modules for Stress, Anxiety, Depression, Resilience

The Calm App

- [Calm.com/jhu](https://calm.com/jhu) – free access to the Premium App

The Stress and Depression Questionnaire

- Anonymous dialogue with a counselor

Thriving Campus - support for referrals to community providers

Behavioral Health Crisis Support Team (BHCST)

This innovative program pairs experienced, compassionate crisis clinicians with specially trained public safety officers, 24 hours a day – 7 days a week

- Consultation, support and assistance for crisis situations
- BHCST provides mobile crisis response on and around JHU's Baltimore campuses
- The Access Line and mobile crisis response team is staffed by licensed Mental Health Services clinicians, who also help students get connected to JHU resources



410-516-WELL (9355)

For more information:
wellbeing.jhu.edu/bhcst

Clinic Locations

Mental Health Services - Homewood:

3003 N Charles St

Homewood Apartments, S-200

Baltimore, MD 21218

wellbeing.jhu.edu/mentalhealthservices

410-516-3311

- Students are also able to access care at our clinics in East Baltimore and Washington D.C.
- Services are available in-person and via telehealth
- Students can send questions to our clinics via secure message in the MyHealth Portal: myhealth.wellbeing.jhu.edu

Electronic Health Records

- Student Health and Well-Being uses a single, shared EHR that enables clinicians and administrators to promote campus well-being by providing holistic, comprehensive care to students and learners
- Supports integrated, collaboration across all three locations: Homewood, East Baltimore, DC

Benefits of shared EHR

- Supports communication, collaboration, and innovation in clinical and administrative practices
- Enables holistic care
- Increases efficiency
- Enables data-driven decision-making



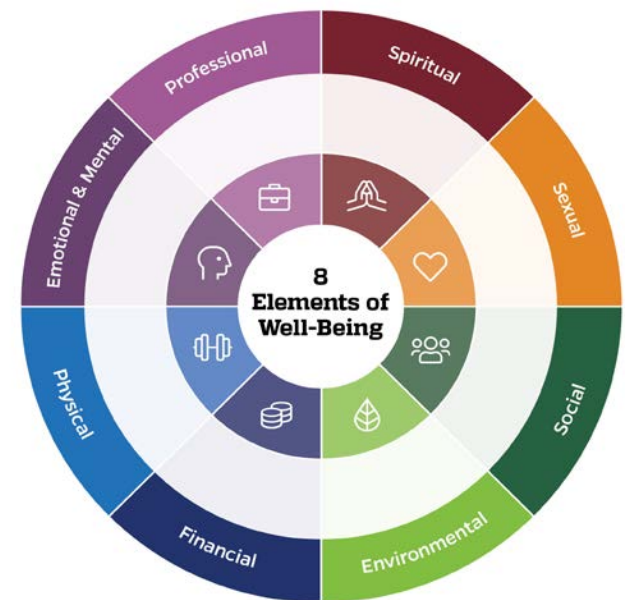
Health Promotion and Well-Being



Jacki Stone
Executive Director,
Student Well-Being
jackistone@jhu.edu

Student Health & Well-Being

Well-Being is an optimal and dynamic state that allows people and communities achieve their full potential.



Health Promotion & Well-Being

- Well-Being is a critical part of academic and interpersonal success
- Programs and Events to build knowledge, skills and strategies
 - Opportunities for involvement-peer health educators
 - Campus-wide well-being fair
 - Meditation and mindfulness workshops
 - Interactive programs
 - Consent and bystander education
- Services
 - Alcohol and drug education sessions
 - Confidential sexual assault resources
 - Well-Being coaching and consultations

Well-Being Resources

- Well-being website [Wellbeing.jhu.edu](https://wellbeing.jhu.edu)
 - Link to all well-being resources on campus
 - Robust blog that covers a wide range of topics, including an archive of JHU well-being communications
- Email: Wellbeing@jhu.edu
- Instagram: [@jhuwellbeing](https://www.instagram.com/jhuwellbeing)

Well-Being Tips

- Encourage your student start thinking about their habits and routines now
- Talk to your student about their well-being
 - Sleep
 - Eating habits
 - Social connections
 - Exercise
 - Stress management
 - Substance Use <https://www.collegeparentsmatter.org/>
- Normalize using resources and asking for help



Student Health and Wellness



Roanna Kessler
Chief Medical Director,
Student Health & Wellness
Center
rkessle5@jhu.edu

Student Health & Well-Being Primary Care, Homewood

- <https://wellbeing.jhu.edu/PrimaryCare/>
- 1 E 31st St, N200, Baltimore, MD 21218
- Tel: 410-516-3311, Fax: 410-516-4784
- Hours (academic year):
 - Monday: 8:30 a.m.–5 p.m.
 - Tuesday: 8:30 a.m.–5 p.m.
 - Wednesday: 1 p.m.–5 p.m.
 - Thursday: 8:30 a.m.–5 p.m.
 - Friday: 8:30 a.m.–5 p.m.
 - Saturday: 10 a.m.–12 p.m.
- In-person and telemedicine appointments available



Services

- High quality, confidential health care to eligible students
- There is no fee for provider visits regardless of the type of insurance you have
- Private insurance is only billed by 3rd parties (e.g., labs, imaging facilities, pharmacies, etc.)
- Our health care staff consists of physicians, nurse practitioners, registered nurses, medical assistants, and a dietitian
- Services offered include:
 - Acute and chronic illness care
 - Allergy injections
 - International travel consults and related immunizations
 - Physical exams and routine immunizations
 - Specialist referrals when needed
- We also have an on-site lab, prescription dispensary, and over the counter medication vending machine

Pre-Entrance Health Requirements

- ALL in-coming students need to complete
- Deadline is **July 15th!!!** If you are unable to submit records by this deadline, please notify our staff by emailing healthforms@jhu.edu
- <https://wellbeing.jhu.edu/PrimaryCare/pre-entrance-health-requirements/>
- No physical examination required
- Must be signed by your health care provider OR, in lieu of a provider's signature, a copy of your official immunization record
- Log in to the Health WebPortal to complete the online health forms & upload the pre-entrance health form with vaccine history records
- If your student would like to complete a medical records release form, they are welcome to do so when they visit the health center

Health Emergencies

- If your student has a health emergency on campus, they can call 911 or JHU Public Safety at 410-516-7777
- During the semester there is a student-run EMT service that responds to all calls along with security and Baltimore City EMS
- If your student is having a health emergency and is unable to communicate, staff will attempt to reach their emergency contact
- The closest emergency room to campus is MedStar Union Memorial, there are also nearby urgent care centers
- When the health center is closed, students can call our main number (410-516-3311) and be connected with our on-call nurse triage service

Pre-Arrival Tips

- List of medications & doses (get refills prior to coming)
 - If you would like to get prescriptions from the health center while you are on campus, please make an appointment with one of our providers to discuss further
- Visit your dentist
- Back-up pair of eyeglasses and/or contact lenses
- Over-the-counter medications & a first aid kit (including thermometer)
- Bike helmet if you intend to use a bike or scooter
- Your insurance card and a copy of your prescription plan card
 - Take a photo of the front and back of your card to have with you at all times
 - Find out what your preferred lab is (i.e., Labcorp or Quest).
- If you have a chronic health condition, such as diabetes, please follow the additional suggestions below:
 - Bring a copy of any important medical records
 - Visit your specialist prior to arrival to discuss/complete/transfer any treatments in progress
 - Find a Baltimore specialist and schedule an appointment for early in your first semester to establish care

Resources

Health Center	<u>https://wellbeing.jhu.edu/PrimaryCare/</u>
Pre-Entrance Health Form Info	<u>https://wellbeing.jhu.edu/PrimaryCare/pre-entrance-health-requirements/</u>
Pre-Entrance Health Form Questions	<u>Healthforms@jhu.edu</u>
Patient Portal	<u>https://wellbeing.jhu.edu/PrimaryCare/health-web-portal/</u>

Student Health Insurance



Jamie Karl

Sr. Analyst Student
Benefits, Benefits
Operation Center
jhustudentbenefits@jhu.edu

Insurance

JHU students are eligible for:

- Medical Insurance (physical/mental)
- Dental Insurance
- Vision Insurance

The plan year consists of:

Fall coverage August 15 – December 31

Spring coverage January 1 – August 14

Types of coverage

- Medical coverage is through Wellfleet, which utilizes the Cigna PPO Network for in-network providers. This plan is an international plan and will cover you when you are abroad as well as in the USA. To find a provider, please visit their website: [Wellfleet website](#)
- Dental Coverage is through Delta Dental. To search for participating providers, go online using the [Delta Dental website](#) and select the Delta Dental PPO/Premier Plus network.
- Vision coverage is through EyeMed. For more information, visit the [EyeMed website](#)

JHU Student Benefit Medical Plan

- JHU's medical plan is administered by Wellfleet which utilizes the Cigna PPO network. We have partnered with, Academic Health Plan (AHP) which acts as our one stop shop for all of your plan needs. you can access all benefits information including rates on the AHP website: <https://jhu.mycare26.com/>
- To be eligible for the Wellfleet plan, a student must be registered in one of the following schools:
 - Krieger School of Arts & Sciences
 - Whiting School of Engineering
 - Peabody Institute
 - School of Education
 - Carey Business School
 - School of International Studies



WELLFLEET
STUDENT

Summary of Wellfleet Medical Benefits

- The annual deductible is \$150 & must be met before the plan begins to pay.
- The Cigna PPO plan covers in-network providers at a 90/10 ratio or 100%, depending on the service provided. Meaning 90% is paid by the plan and 10% is paid by the student or 100% is paid by the plan, after the deductible is met first.
- The Cigna PPO plan covers out-of-network, non-Cigna providers at 84/16, 70/30 or 90/10 ratios depending on the service provided.
- Preventative care is covered at 100% for in-network and 84% for out-of-network.
- The medical plan also covers prescriptions through Express Scripts, there is a \$15 copay for generics and a \$25 copay for brand name.

Dental and Vision Insurance

- JHU partners with Delta Dental PPO/Premier Plus and EyeMed for student dental and vision insurance
- Both plans are allowance plans, meaning an allotted amount is provided to students for specific services
 - Once that allotted amount is utilized the difference must be covered at 100% by student



Enrollment and Waivers

- Full-time students are auto-enrolled in medical insurance
 - Students who are privately insured may waive (opt-out) of the plan each year if they have comparable coverage. You must submit a waiver annually on the AHP site.
- Undergraduate and Master's level students can enroll (opt-in) for dental and vision coverage on the AHP website.
- PhDs are auto-enrolled in dental and vision.
- Student Benefits are linked via SIS under the Student Insurance Benefits tab

Important Dates

- Coverage for the 2024-2025 academic year begins on August 15, 2024 and ends August 14, 2025.
- The Fall term is 8/15/24-12/31/24
- The Spring term is 1/1/25-8/14/25
- The open enrollment period is July 1, 2024 through September 15, 2024.
- Waivers (opt-out of medical) **MUST** be submitted by September 15, on the AHP website.

International and Visiting Students

- All incoming international students will be auto-enrolled into medical insurance. You can visit <https://jhu.mycare26.com/> to enroll in dental and/or vision coverage.
- International students on an F-1 or J-1 visa will not be eligible to waive coverage out of medical coverage.
- Visiting students will be required to self-enroll into coverage based on the dates provided on their appointment letter, please visit <https://jhu.mycare26.com/> to upload a copy of your appointment letter and enroll into coverage.

Qualified Life Events (QLEs)

Students will be able to process a qualified life event to enroll into the plan within 30 days of the life event directly on the AHP website:

Common QLEs are:

- Marriage
- Birth or adoption of a child
- Loss of other coverage
- Loss of your parents/spouse/domestic partner's employment
- Change in employment status (for you, your parents or your spouse/domestic partner from full-time to part-time)
- Divorce or termination of domestic partnership
- Death of your parent/spouse/domestic partner or other dependent
- Spouse/partner/children moving to the USA (3 or more months)

Student Disability Services



**Nicole Hoke
Wilson**

Senior Director,
Disability Services
nwilso58@jh.edu

Mission

Student Disability Services (SDS) ensures accessible and inclusive educational experiences for students with disabilities by collaborating with campus partners to proactively remove barriers, raise awareness of equitable practices, and foster an appreciation of disability as an area of diversity while utilizing a wide range of collaborative approaches from individualized accommodations to universal design.



General Accommodation Categories



ACADEMIC



HOUSING



DINING



TRANSPORTATION

Making the Transition from High School



Who Is Eligible?

If you are unsure if you have a disability, please contact us.

We can help!



How to Request Accommodations

- Complete the [SDS Online Application](#) through our university-wide database, Accommodation Information Manager (AIM).
- Submit [documentation](#) using the link received after you submit the application. SDS staff meet with each student before issuing accommodation letters.
- Attend the Initial Meeting with an SDS Advisor to discuss your needs as well as potential accommodations and services

SDS Homewood Contact Information

Nicole Hoke Wilson – Senior Director

(she/her/hers)

Homewood SDS Inquiries

Office: Shaffer Hall 101

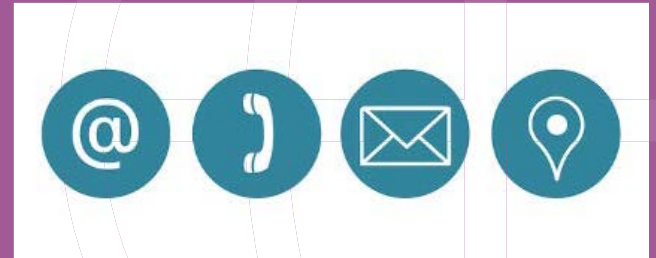
Phone: 410-516-4720

Fax: 443-529-1543

Email: studentdisabilityservices@jhu.edu

Website: <https://studentaffairs.jhu.edu/disabilities/>

Instagram: @jhudisabilityserviceshwd



General SDS Inquiries

Cathie Axe, MEd – Executive Director

(she/her/hers)

Office: Garland Hall 346

Phone: 410-516-1107

Email: caxe1@jhu.edu

Website: <http://sds.jhu.edu>

Hop on Board: Student Health and Well-Being

Thank you for joining us

A recording of this webinar will be available on our website in a few days

Our next webinar will be on July 10, registration is on our website

One final note before we leave, your student will begin the required New Student Orientation program at 6pm on August 18, which continues until classes start on Monday, August 26. Your student will likely not be available to physically reconnect with you after this time.

The Office of Family Engagement will host a program that will recap our summer webinar series and a Pies after the Goodbyes event for our families beginning at 6:15pm. We share this with you now so you can plan your travel schedule accordingly. More details can be found on our website, jhu.edu/families.