Mental Wellbeing during the Pandemic

Scott DeBerard, Ph.D. and Eri Bentley, Ph.D.
Counseling and Psychological Services
Zoom fatigue

- Avoid multitasking
- Take screen breaks
- Reduce onscreen distractions
- Consider no Zoom options
Self-Compassion

• Set realistic goals, with pandemic in mind
• Schedule self-care
• Keep healthy routine
• Celebrate small things
• Seek social support
Mental Health Resources for USU Graduate Students

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Brief Outline

• 1. CAPS Mental Health Services
• 2. Student Health and Wellness Center
• 3. United Healthcare Student Insurance Mental Health Services
• 4. Aggie Thrive Services
Counseling and Psychological Services (CAPS)

• 435-797-1012
• [www.counseling.usu.edu](http://www.counseling.usu.edu)
• TSC 306
• Hours: 8:30am-5:00pm, Monday-Friday
• Transitioned 100% Telehealth-April (all sessions conducted over zoom)
# CAPS Providers & Services 2020-2021

## Providers

- **11** Licensed Psychologists
- **3** Pre-Doctoral Interns
- **6** Psychology Practicum Students
- **1** Marriage and Family Therapist
- **1** Licensed Clinical Social Worker
- **10** Reach Peers

## Services

- Outreach
  - Workshops (Stress Management/Study Skills)
- Psychoeducational assessment
- Individual, group, and couples therapy
- Single Sessions
- Biofeedback
- ACT-Guide (Online Mental Health Resource)
Costs and Eligibility

- Counseling services are provided free of charge
- Graduate students must be enrolled in 6 credits to receive full complement of services*
- Some extra fees for psychoeducational testing

*This policy is being revisited and exceptions may be granted.
Student Health and Wellness Center Services (SHWC)

- 435-797-1660
- www.health.usu.edu (online scheduling)
- Located north of Maverick Stadium
- Hours: 8:00am-5:00pm, Monday-Friday
- Transitioned 100% Telehealth-April
- Still offer some in-person visits for medical needs if warranted
Mental Health Therapy

- Brief mental health therapy (30 minute sessions)
- Provided by 5 psychology Ph.D. students supervised by a licensed psychologist
- Depression, anxiety, adjustment to college issues
- Services are provided free of charge
- Students need to be enrolled and paying student fees to be eligible for services
USU Student Health Insurance Plan (SHIP)

For weekends, holidays, specialists, rainy days, etc.

- Deductible
- Co-Pays
  - E.R.
  - Off-Campus OV
  - Hospital Admission
  - Out of pocket max
- Co-Insurance
- Medications
- ACA compliant

About $2300/year (2020-2021) United Healthcare-Student

https://health.usu.edu/files/Certificate-Utah-7-8-20-v4-SECURE.pdf

- $500/$1000 Family
  - $250
  - $30
  - $250
  - $6000
- 80% / 20%
- $15/$30 co-pay
- Silver plan equivalent
**Counseling** Members facing stressful or emotional issues have 24/7/365 access to prompt counseling services. Beginning with your first toll-free call, our licensed clinicians will listen carefully to assess your needs.

**Innovative Web-based Services**
Our website LiveAndWorkWell.com provides members with confidential support for life’s challenges. It offers health risk assessments, health/fitness calculators and other resources.

**Legal and Financial Services**
Members also have access to help with issues such as mounting credit card debt, divorce, child custody matters, and shelter from abusive relationships.

**Mediation**
Access to a national network of over 3,000 mediators to help resolve family-related disputes. All mediators are licensed attorneys or subject matter experts. Caller may receive a free 30 minute telephonic or in person consultation with a 25% discount for additional services with a network attorney. (Caller is responsible for attorney costs)

Topics include but are not limited to:
- Separation
- Child Custody/Visitation
- Child Support
- Healthcare
- Inheritance disputes
- Property/Debt division
- Living arrangement

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**Tools to help you move forward**

**Student Assistance Program**

One call to the Student Assistance Program toll-free number* gives you, as a member, access to the support you need, when you need it. Our specialized services give the confidential assistance needed to deal with personal issues and crises before they interfere with concentration, attendance, motivation and potentially become high-risk behaviors.

*The Student Assistance Program toll-free number is located on your UHCSR ID card.
UnitedHealthcare StudentResources and HealthiestYou have partnered together to provide access to doctors and mental healthcare from anywhere you are, even while traveling internationally. All services are free for students covered under the UHCSR insurance plan; services are available for all other students for a fee, as noted below.

From the HealthiestYou app, you can:

**General Medical**
Talk to a licensed doctor 24/7 by phone or video from anywhere
- $0 for UHCSR students
- $40 for non-UHCSR students

**Mental Health**
Choose a therapist and schedule an appointment by phone or video (7 a.m. to 9 p.m.)
- Therapist: $0 for UHCSR student, $85 for non-UHCSR student
- Psychiatrist: $0 for UHCSR student, $200 for non-UHCSR students’ first visit, $95 for non-UHCSR students’ ongoing visits

How would you like to connect?
- PHONE
- VIDEO

Download the app today

Download the app. Get care when you need it.
Download the app | Call 855-870-5858

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Aggies Thrive

Aggies Thrive is an initiative designed to provide a more comprehensive mental health support system for university employees and their loved ones. We aim to nourish a culture passionate about supporting those around us, in not only life’s accomplishments, but also daily struggles.

Mental health is a fundamental piece of overall health, but social and cultural stigmas surrounding this subject can build barriers which make it difficult to pursue important mental health practices. Our faculty and staff spend their days supporting our students, so it is our privilege to provide a comprehensive mental health support system for University employees and their loved ones.

NEED HELP?

Call Utah Crisis Line

Download SafeUT App