

The College of Saint Benedict proudly presents the new CSB Health Center.

Upon returning to campus, you may have noticed that CSB Health Center construction in Lottie Hall is nearly completed. As the finishing touches are conducted, the CSB office of Counseling & Health Promotion will continue to be located in the Lower Level of the Academic Services Building (ASB); CSB Health Services will be providing services in their temporary Murray Hall location.

In recognition that students need more information about the CSB Health Center, the CSB Senate called a meeting to assist with getting information to the student body. Representatives of the Saint Ben's Senate, CSB Health Advocates, The S. Nancy Hynes Institute for Women's Leadership, CSB Student Athlete Advisory Council, CSB Student Development, Counseling & Health Promotion and the new Health Services team recently got together to discuss this. The result of that meeting was the following answers to frequently asked questions about the CSB Health Center.

Q. *What is the CSB Health Center?*

A. The CSB Health Center is name of the facility that will house the CSB office of Counseling & Health Promotion as well as the new CSB Health Services office. For additional information about Counseling & Health Promotion and CSB Health Services, visit the CSB Health Center web site: www.csbsju.edu/csbhealthcenter.

Q. *CSB Health Services is a new unit, what services are provided?*

A. Due to the constraints of the temporary CSB Health Services location (Murray Hall), services are currently limited to:

- Treatment of minor, acute illnesses and injuries
- Vaccinations, including flu vaccine
- Sports physicals
- Mental health concerns
- Health counseling
- Travel consults

Once the CSB Health Center opens in Lottie Lower Level, health services provided will be expanded to include a full range of women's health care.

CSB Health Services is designed as a primary care facility for college-age women. If the services you require are not available on campus, the CSB Health Services staff will assist you in obtaining the services that you need.

Q. *What is the cost of utilizing CSB Health Services?*

A. Each student pays a \$125 health services fee each semester. This fee generates the funding for CSB Health Services; as a result there is no charge for office visits. This means that CSB students have unlimited access to health services on campus regardless of medical insurance coverage.

There will be reduced rate charges for some lab procedures, vaccinations, health care procedures and prescription medications. You can pay cash or have charges billed to your Student Account. You will be provided with an insurance-ready “ticket” that you can submit to your health insurance for reimbursement at your discretion.

It is important to note that, as is the case with other student life fees, you cannot opt out of the health services fee. In order to effectively operate such a facility and provide all students with quality health services, all enrolled CSB students must pay the health services fee each semester. This includes students living off-campus and studying abroad.

Q. *What is the cost of utilizing Counseling Services?*

A. There are no charges for counseling services. There may be nominal fees for psychological testing/assessment.

Q. *How and when can I schedule an appointment?*

A. You can schedule counseling services or health services appointments by calling (320) 363-5605. Staff members will route your call based on your request for services. Please know that appointments are preferred.

The Health Center is open from 8:00 AM until 4:30 PM Monday through Friday.

Q. *Will my use of the Health Center be confidential?*

A. Yes. Confidentiality of services is vitally important to providing care. State and federal statutes guide the privacy practices of the health and mental health care professionals who work in the CSB Health Center. For additional information about confidentiality and privacy practices please consult the following web sites:

Counseling Services Confidentiality

<http://www.csbsju.edu/chp/faq.htm#confidentiality>

CSB Health Services Privacy Practices

<http://www.csbsju.edu/csbhealthcenter/privacypractices.htm>.

Q. Can SJU students use the CSB Health Center?

A. Since CSB Health Services is funded by a CSB Student Fee, SJU students are **not** eligible to utilize CSB Health Services.

It is important to note that the *Health Partners Central MN Clinics – St. John’s Campus*, which operates out of the space formerly known as the *St. John’s Health Center*, is a fee-for-service clinic that will bill your insurance if you utilize their services (which is also the case when Johnnies or others utilize that clinic). In other words, the *Health Partners Clinic* at Saint John’s is not part of the CSB Health Services fee. You can utilize their services but you and your insurance plan will be billed for all services provided.

Since this may be confusing, here is a little more information. During the summer, Saint John’s Abbey transitioned from offering a fee-for-service clinic operated by the Abbey (AKA the *St. John’s Health Center*) to offering a fee-for-service *Health Partners Clinic* located in the same place the *St. John’s Health Center* used to be (SJU Quadrangle). While we expect that the *Health Partners Clinic* will provide good health care for those who choose to utilize them, we recommend that you take advantage of the CSB Health Services office that has been developed specifically for you (after all, you’re paying for it!).

Q. How will I be able to get my prescriptions?

A. There will be some medications available at CSB Health Services. CSB students may also work with Health Services staff to have a local pharmacy provide other prescriptions which can be picked up at the CSB Health Services.

Q. Who will be working at the CSB Health Center?

A. The CSB Health Center will soon be located in the lower level of Lottie Hall and will include the CSB office of Counseling & Health Promotion and CSB Health Services. The staff includes:

CSB Health Center

Barb Buesing, CSB Health Center Office Coordinator

Michael Ewing, Director of CSB|SJU Counseling & Health Promotion/CSB Health Services, Licensed Psychologist

Health Services

Jean Donnay, Nurse Practitioner/Assistant Director of CSB Health Services

Suzanne Kelly, Registered Nurse

Roxanne “Roxie” Antil, Licensed Practical Nurse

CSB|SJU Counseling & Health Promotion

CSB Office:

Sara Borgen, Health Promotion Programmer

Elizabeth Buhl, Licensed Psychologist

Jenny Miller, Licensed Psychologist

Jennifer Helmeke, Practicum Counselor

Ellen “Ellie” Otteson, Practicum Counselor

Note. The SJU office of Counseling & Health Promotion is listed in this FAQ because CSB students are eligible to utilize counseling services at the SJU Counseling & Health Promotion office in the Personal & Professional Development Center (PPDC; Mary Hall 10). SJU students are eligible to utilize counseling services (*but not health services*) at the CSB Health Center.

SJU Office (Mary Hall 10)

John Adix, Counselor

Lori Klapperich, Health Promotion Coordinator

Melissa Koshiol, PPDC Office Manager

Leslie Koshiol-Zimmer, PPDC Receptionist

Sarah Cherwein, Practicum Counselor

Bryan Plucar, Practicum Counselor