



orientation

**MONTANA**  
**STATE UNIVERSITY**

— BOZEMAN • MONTANA —

# Health and Wellness at MSU

Betsy Asserson, Ph.D.  
Associate Vice President for Student Wellness



# Student Wellness

- **Health and wellbeing at college**
- **MSU health and wellbeing services**
- **How to help your student stay healthy and thrive!**

**Betsy Asserson**  
Associate Vice President for  
Student Wellness

- PhD from University of Pittsburgh
- Licensed Psychologist
- Served as Director at Counseling and Psychological Services



# Health and Wellbeing in college

- Common concerns
  - Transition and change
  - Mental health challenges
  - Access to substances
  - Relationship challenges
  - General illness and chronic condition management
- Opportunities
  - Build long-term healthy habits
  - Enhance coping skills
  - Explore identities and preferences
  - Develop social skills and connections
  - Personal and professional development



# MSU Student Wellness



One Team providing services and support for student and community health and wellbeing.



# Health and wellbeing on a continuum



Student  
Wellbeing  
=  
Student Success







## Student Wellness Center

Campus Recreation

Counseling and Psychological Services

Student Health Services

# MSU Student Wellness: Health Education and Promotion Programs

- Prevention, Education, and Outreach
  - Sexual health
  - Alcohol and drug Education
- Basic Needs
  - Food insecurity: Food Pantry
  - Insurance navigation
  - Public resource assistance







# Thriving Together

Online Prevention Education Training for Incoming Bobcats

## Summer Homework

Please encourage your student to complete Thriving Together as soon as possible. This required 60- to 75-minute online training will help your student prepare for their time as a Bobcat. Students can access the course through Canvas using the QR code below. Students should complete it after orientation so they are ready to start classes.

**Thank you for helping us create a culture of safety & wellbeing at MSU!**



# Eligibility for SWC services

All Students are Welcome!

## Less than 7 credits

- Access to the Pharmacy
- Access to intakes/crisis intervention at CPS
- Access to Basic Needs programs
- Opt-in to pay fees for access to Student Health Services, Campus Recreation, and ongoing counseling

## 7 or more credits

- Access to Pharmacy
- Access to intakes/crisis intervention at CPS
- Access to Basic Needs programs
- **Access to all Campus Recreation facilities**
- **Access to Student Health Services**
- **Access to Counseling and Psychological Services**

# Low-cost additional services

## Student Health Services: Medical

- Minor medical procedures
- Immunizations
- Labs
- X-ray
- Dental procedures

## Student Health Services: Pharmacy

- Cost of medications
- Over the counter available for purchase

## Campus Recreation

- Outdoor trips
- Equipment rental
- Personal training
- Club sports
- Intramurals



# Campus Recreation: SWC

Engagement in CR strengthens student engagement and supports academic outcomes.

- Fitness
  - Yoga, cycle, strength, HIIT
- Climbing
  - Boulder, 45-ft wall, classes, clinics, gear rental
- Bike and Ski Shop
- Intramurals - <https://www.montana.edu/wellness/campus-recreation/sports/intramural-sports.html>
- Aquatics
- Club Sports - <https://www.montana.edu/wellness/campus-recreation/sports/intramural-sports.html>





# Campus Recreation: Outdoor Rec

- MSU Expeditions: 1<sup>st</sup> year students
- Outdoor trips and workshops
- Rental Shop
- Trip Planning





# Student Employment

- Supportive Community
- Leadership skill and development
- Flexible, part-time
- Student-centered: Academics First!



[Hireabobcat.com](https://hireabobcat.com)





# Student Health Services

## Healthcare for MSU students

- Acute care – same day urgent issues
- Primary care
- Psychiatry care and medication management
- Dietitians
- Services for additional charge:
  - Lab testing
  - Pharmacy
  - Dental services



# Student Health Services

## After Hours and Specialty Care:

- **Call 911 for emergencies**
- **Many specialists available and SHS refers to them**
- **Local urgent cares and services (no particular providers endorsed)**

Bozeman Health  
Urgent Care

1006 W Main St.  
Bozeman

Bridger  
Orthopedic Urgent  
Care

3406 Laramie Dr.  
Bozeman

Best Med Urgent  
Care

3406 Laramie Dr.  
Bozeman

Bozeman Health  
Emergency  
Department

915 Highland Blvd.  
Bozeman

# Health Insurance vs Student Fee

## All students required to have health insurance

- Can utilize current insurance
- Check coverage if out of state
- Insurance navigation support at Basic Needs
- Optional Montana University Health Insurance Plan  
(<https://www.montana.edu/wellness/student-health-services/msu-student-health-insurance.html>)

## Health fee automatically paid at 7 or more credits

- All students taking 7 or more credits pay the health fee
- No cost medical provider visits
- No cost counseling services
- No cost dietitian services
- No cost food pantry



# Counseling and Psychological Services

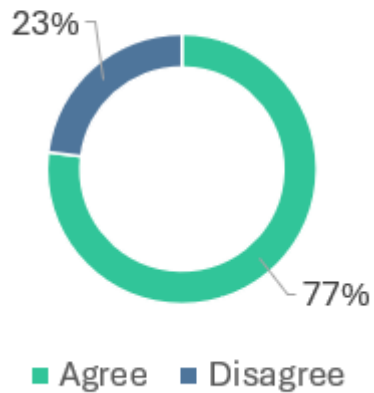
- 3<sup>rd</sup> floor SWC
- Licensed mental health clinicians and professional residents/interns
- Transfer of care from previous providers
- Outreach/prevention including suicide prevention



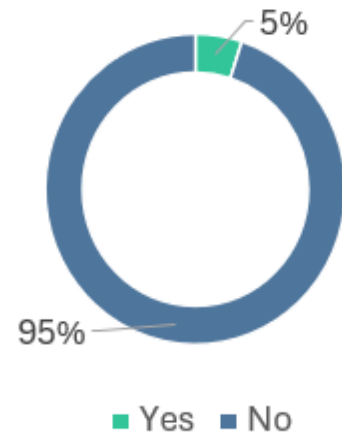
# MSU Mental Health Data

Healthy Minds Study Data (2023)

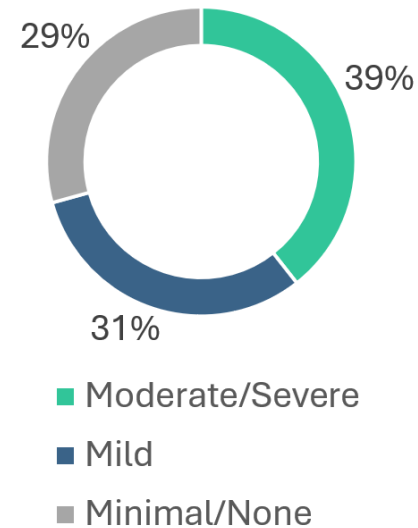
I currently need help for my mental health problems.



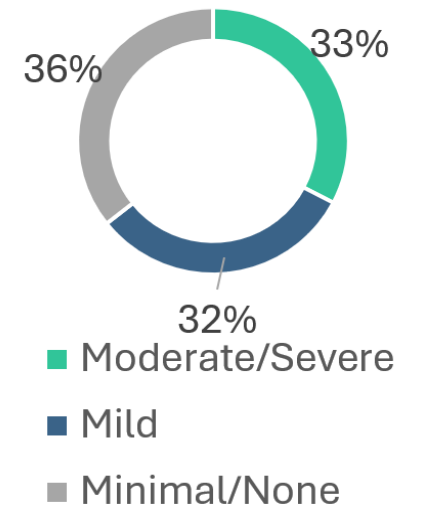
I would think LESS of someone who got mental health treatment.



Depression



Anxiety



# Counseling and Psychological Services

- Free confidential counseling (in-person and telehealth)
- Group Counseling
- Crisis Intervention
- Care management and referral
- Drop-in consultation across campus





# Questions?

**Betsy Asserson, AVP Student Wellness**

*basserson@montana.edu | <https://www.montana.edu/wellness/>*

## Campus Recreation

<https://www.montana.edu/wellness/campus-recreation/index.html>

## Student Health Services

<https://www.montana.edu/wellness/student-health-services/index.html>

## Counseling and Psychological Services

<https://www.montana.edu/counseling/index.html>



