



University of
New Haven

Welcome to **SOAR**

Student Safety, Health, &
Wellness



University of
New Haven

SOAR

Department of Public Safety





University Police Introduction

- University of New Haven Police (UPD) provides full-service police protection
 - 19 member department
 - 24/7/365 coverage
 - Connecticut P.O.S.T. Tier I Accreditation
 - Connecticut P.O.S.T. Tier II Accreditation
- Police authority is granted throughout the City of West Haven.
- A strong partnership with the West Haven Police Department is maintained through daily activity and training exercises.
- Safety is Everyone's Responsibility
 - We expect students to be aware and to have a personal safety program.
 - **Campus Safety Report**

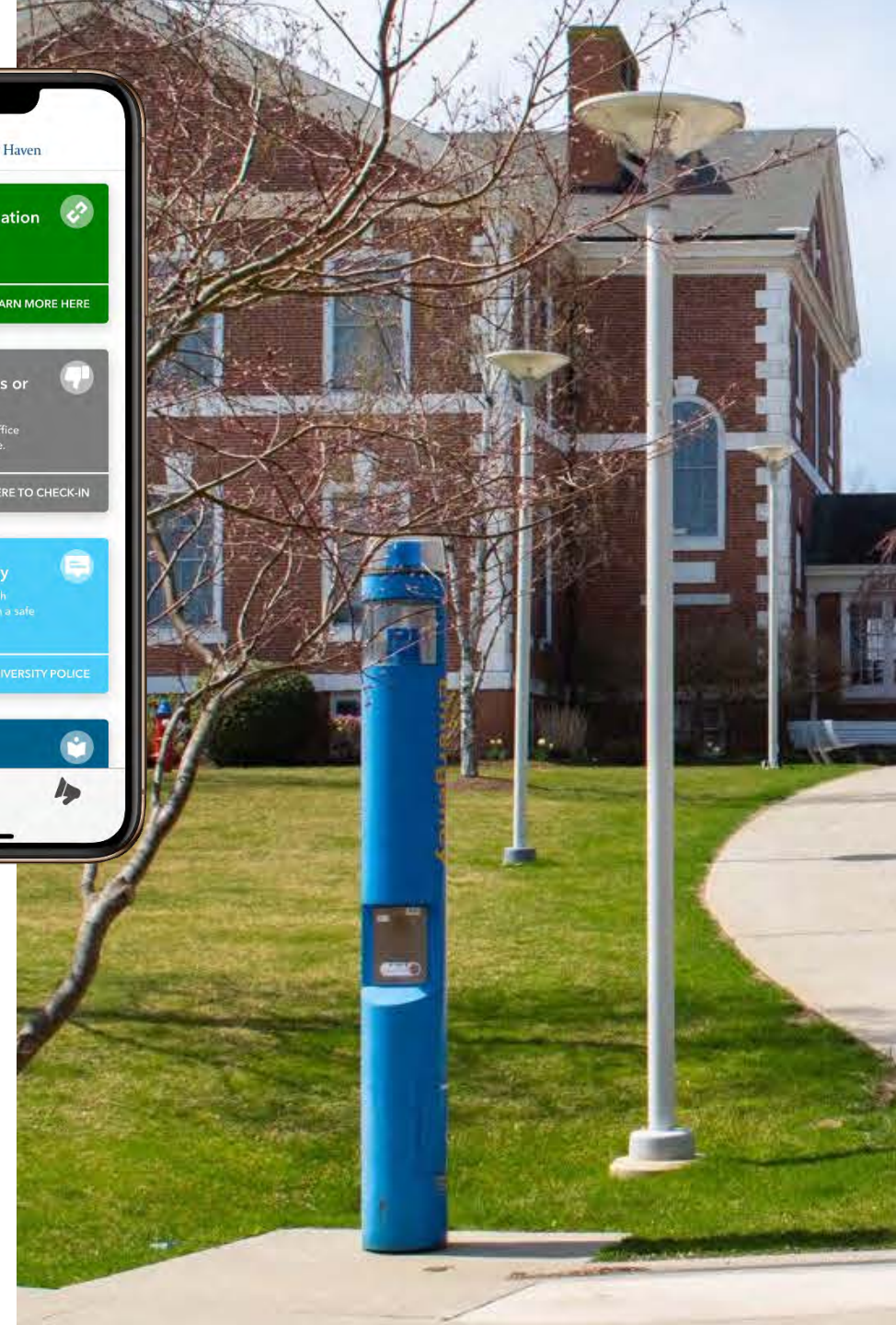
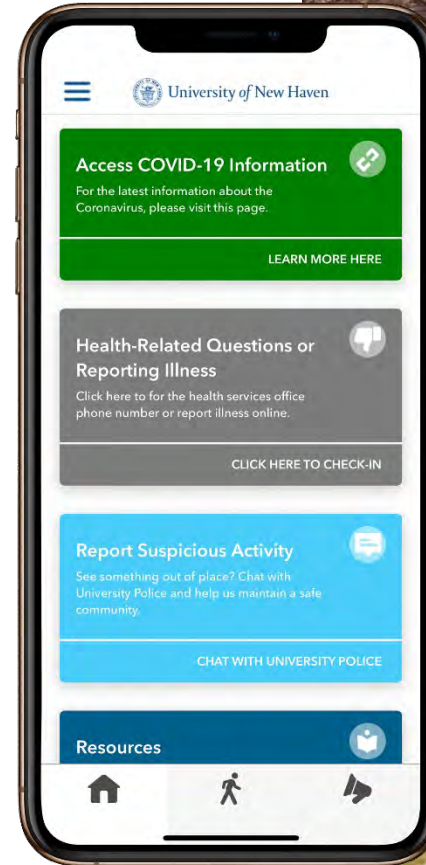


University Police Safety

- Card Access
- CCTV
- Emergency Phones
 - Public Address
- Personal Safety Smartphone App
- Emergency Notification System
 - Voice, text, email, push notification, message boards, desktops
- WeatherBug Weather Station
 - On-campus weather station
 - (lightning notification system)



LiveSafe





University Police Transportation

- Wheel Chair Van Service
- Shuttle Service
- “Track the Shuttles” System
- CT Transit ChargerGo Bus Pass – WAIVED, free for fall semester
- Zipcar
- Parking Program – No freshman parking
- Search "Transportation" on newhaven.edu





Christopher J. Reed

*Director of Safety, Training &
University Fire Marshal*

27 years – City of West Haven Fire Department

B.S., M.S. – University of New Haven

CT Certified Fire Marshal

- Fire Safety
 - Emergency Management
 - Environmental Health & Safety
 - Workplace Safety
 - Training
-

Covid-19 Preparedness

- Covid Task Force
 - Public Health Committee
 - Testing, Quarantine & Isolation Committee
-

Contact Information:

Email: creed@newhaven.edu

Office: 203-932-7010





Fire Safety

Fire Alarms Systems:

- Smoke Detectors in all sleeping areas and in corridors.
- All alarms (Supervisory) are investigated by University Police and Local Fire Department.
- All residential buildings have fire alarms with dual communication paths.
- Tested yearly by licensed alarm company.

Building Inspections:

- Performed annually by local and campus fire marshals.
- Fire Wardens, RA's & RD's trained to identify and report potential hazards.
- RA's Health & Safety Inspections
- Inspection software schedules and tracks inspection and automatically generates necessary work orders.

Sprinkler Systems:

- In every University of New Haven owned residential building.
- Serviced per NFPA by licensed company



Health and Safety

- Heart Safe Campus since May 2017.
- CPR and AED training is provided by certified instructors.
- Fire Department is 1.2 miles from campus providing Paramedic level service

Workplace Safety

- Accidents, Incidents & Near Miss reporting and investigations

Environmental Health and Safety

- Inspections
- Training
- Compliance





Fire Safety

Drills:

- Fire Drills occur every Semester in all residential occupancies.
- Rooms are checked to ensure everyone has evacuated.
- Evacuation routes are posted inside dormitory doors.
- Muster locations and evacuation routes provided during drills, training.
- **KNOW AND PRACTICE TWO WAYS OUT**





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Department of Health Services

University of New Haven Health Services

Location: ground floor southeast corner of Sheffield Hall

Telephone: 203-932-7079

Typical Hours: when classes are in session Health Services is open M-F and Saturdays

Monday, Friday 8:30am-4:30pm

Tuesday, Wednesday, Thursday 8:30am-6:00pm

Saturday 10:00am-2:00pm

Health Services is available to all students regardless of health insurance type. If your student has non-University health insurance, please make sure health care in the state of Connecticut is covered before you waive the University health insurance. We recommend confirming coverage with the health insurance company in case your student needs a referral from Health Services or emergency care.

The best way for your student to schedule an appointment is to call or request an appointment through MyChart. More information will be given to students on how to set up a MyChart account in August.

Your student's health and well-being is our priority!



Importance of Health and Wellness

- The Health Center **supports student success by recognizing that total wellness is essential to academic success.**
- We provide high-quality patient-centered care designed to encourage healthy behaviors and prevent concerns that may interfere with academic and personal success.
- We are committed to creating an environment that understands, embraces, and celebrates each student's uniqueness and individual differences in the context of race, ethnicity, gender, sexual orientation, socioeconomic status, age, abilities, religious beliefs.

The Importance of Wellness

- We provide preventative care, education, and resources to empower students to become self-advocates and stewards of their own health and wellness.

What can Health Services help with?

- * UNH Health Services has a nurse, 3 nurse practitioners, and a doctor.
- * We can evaluate your student when they are sick and help take care of existing health problems.
- * We frequently take care of upper respiratory infections, urinary tract infections, minor injuries, screening for sexually transmitted infections, and reproductive health concerns.
- * We can also make sure your student is up to date on routine/preventative health care.
- * We order blood work and X-rays as well as make referrals to specialists when needed.
- * Encourage your student to call and ask for an appointment!

If your student will be under the age of 18 at the start of the semester, please ensure the consent form included with the University health forms is signed by both you and your student.



College Care Kit

University of New Haven Health Services recommends packing a bag or box for your student that contains basic medical supplies and medications. It is best to pack medications your student has used in the past for common conditions. If you are unfamiliar with over-the-counter choices, we have some recommendations:

- **Insurance card** – ask your student to take a picture of the front and back of their insurance card with their cell phone and make a photo album labeled “Medical” so you they easily locate it
- **List** of allergies, medical history, and current medications including dose – encourage your student to bring this list with them to all health care appointments and to similarly take a picture of it on their cell phone
- **Thermometer**
- **Band-Aids**
- **Bacitracin ointment** – over the counter antibiotic cream available that can be used for small cuts or wounds
- **Hydrocortisone cream 1%** – over the counter low dose steroid cream that can be used for itchy bug bites or minor rashes
- **Pain reliever/fever reducer** (acetaminophen [Tylenol] or ibuprofen [Advil, Motrin])
- **Guaifenesin** (Mucinex) 12-hour formula – over the counter medication that helps thin mucous from sinus, cough, cold, flu, or COVID-19 infections
- **Delsym** (dextromethorphan HBr) – over the counter 12-hour cough medication
- **TUMS** – over the counter medication that can help relieve indigestion
- **Diphenhydramine** (Benadryl) – over the counter medication used to treat allergic reactions



Covid-19 Updates

- **COVID-19 vaccination is not required.** Exemptions will no longer be required.
- We **strongly encourage** members of our University community to get vaccinated and to receive booster doses, as they are eligible, and to continue to support the health and safety of the University community
- Some off-campus clinical sites may have vaccination requirements and/or COVID mitigation procedures in place which must students must adhere to
- **Students who are exhibiting symptoms of COVID-19 should take appropriate steps to protect others around them and get tested for COVID-19, either on- or off-campus.**
- In line with [CDC guidelines for isolation](#), the University of New Haven **requires all individuals who are COVID positive to isolate off campus for five full days**, and they must be symptom free for at least 24 hours prior to returning to campus
- The University will not provide housing or meal plan accommodations to students who live in University-sponsored housing who require isolation. **Students must have an isolation plan in place before they arrive on campus.** This plan should include arrangements for traveling home or identifying family members/friends and/or specific location(s) to isolate off campus in the event that they become COVID-positive.



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Counseling & Psychological Services

Staff & Services

CAPS mission is to support student mental health on campus, and we do this in a variety of ways:

Staffed by:

- 1 Clinical Director
- 5 Clinicians
- Clinical interns
- Community Wellness Advocates
- Administrative Support/ Front Desk

Services Offered:

- Individual Counseling- in person & remote
- Group Counseling
- Med Management- contract with community provider
- Outreaches on campus
- Consultation





CAPS Services

- 24/7 Crisis Support (In Person & by phone, after hours)
- Online Scheduling
- Connection to Resources if needed
- Included with Tuition
- Confidential
- Student led

How to find CAPS

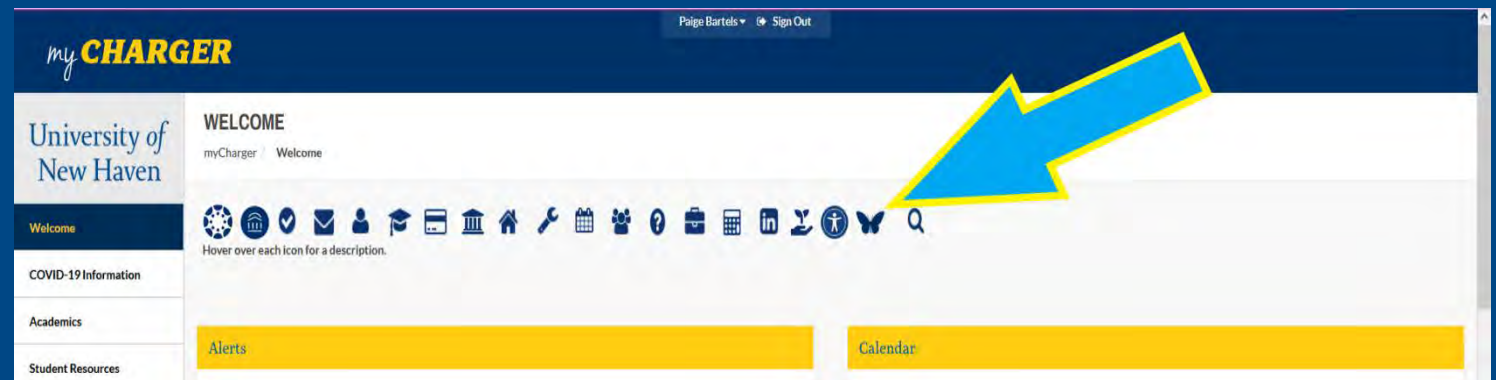
Charger Plaza, Suite 111- Campbell Ave, across from Bethel
newhaven.edu/counseling

CAPS@newhaven.edu

pbartels@newhaven.edu

203.932.7333

@unewhavencaps





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Wellness: Rec Center & Nutrition

University of New Haven
ChargerREC

Beckerman Recreation Center

Club Sports & Intramurals leadership experience, teamwork, making friends & connections

GroupX, Adventure, Wellness fitness classes, outdoor trips, and programs focused on mental and physical health

Beckerman Recreation Center variety of options, free for students, open early & late

Student Employment fitness instructors, lifeguards, intramural officials, internships & more





ChargerREC

- Find us at the Resource Fair tomorrow, 11 a.m. – 1 p.m. or anytime you pass through the building!

newhaven.edu/student-life/health-wellness/chargerrec/

ChargerREC@newhaven.edu

Jscibek@newhaven.edu

203.931.2965





Meet Our Campus Dietitian **Samantha Zajac, MS, RDN, CDN**


Services Include:

- Food allergy management & support
- Special diet accommodation requests
- Nutrition education & guidance
- Dining hall tours
- Healthy dorm cooking demonstrations
- 1:1 Nutrition Counseling
- Sports nutrition
- Behavioral nutrition

Let's chat!



 The Marketplace in
Bartel's Campus Center

 (203)-479-4827

 szajac@newhaven.edu

 [@CampusDietitian_Sam](https://www.instagram.com/CampusDietitian_Sam)



Where to find us!

- *Lunch
- *Family Mingle
- *Resource Fair

Any Questions?

- *Ask now
- *Find us at the above locations
- *Stay for a few minutes after