

Health Resources Located on Campus

If It's Health , Then We've Got You Covered!..By Jennifer Layno



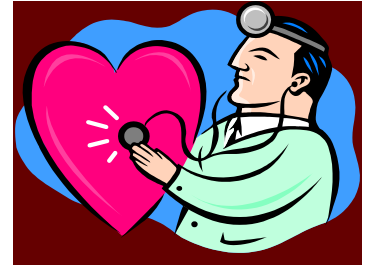
The importance of health is often neglected when you are a student. Often times, students may not find a place that is inexpensive, reliable, or within close proximity. The Student Health Center provides medical services, health education programs, and preventive health to registered students.

The Student Health Center is conveniently located at the corner of State University Drive and Merriam Way. The Student Health Center (SHC) is open all year long, Monday through Friday. The costs of basic services are free and covered by the student health fee and University support. The Student Health Center encourages students to take advantage of the services being provided by staff who welcome walk-in patients, but recommend setting appointments to avoid a long wait.

The diverse array of medical services available at the Student Health Center, including direct medical care in which there is outpatient treatment of sudden or moderate illness or injury. Specialty ser-

vices such as dermatology, orthopedics, gynecology, and psychiatry are available by referral from a Health Center physician or nurse practitioner. Women's and Men's Health services offer annual examinations and medical care issues related to health. The Student Health Center also provides lab work and x-rays that require a nominal fee, emergency care services and a fast track clinic for acute illness and injury such as the cold or flu.

Preventive Health screening and immunization programs are also covered under the student health fee. If the SHC has no documentation of immunizations, CSULB students must receive the measles/mumps/rubella immunizations in order to be cleared for registration. In addition, every student must also receive the Hepatitis B vaccine upon entering the university. If a student is 18 years or younger, all of these immunizations are free. Supplemental programs provided at the Health Center include tuberculosis (TB) skin testing, flu vac-



cines, travel immunizations, sexually transmitted disease testing (STD), and communicable disease testing.

One of the greatest benefits of the Student Health Center is the availability of a campus pharmacy. The pharmacy consists of registered pharmacists who provide drug information and education. Information about contraceptives is also obtainable through the Student Health Center pharmacy. Over the counter and refill/prescription medications are also available at a reduced student rate. Additionally, prescriptions made from outside sources can also be transferred in and filled at the Health Center pharmacy. Another advantage to the Student Health Center is the Health Resource Center. It is conveniently
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HEALTH RESOURCE CENTER, ROOM 268
STUDENT HEALTH SERVICES
CSULB DIVISION OF STUDENT SERVICES

Health Beat

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Special Point of Interest:

The Center in Long Beach and the Long Beach Health Department are the alternate options available for students who can not make the upcoming HIV/STD Testing and Counseling dates in our HEALTH CENTER.

HIV/STD Testing and Counseling are available on the following Thursday dates in our CSULB Student Health Services Center:

May 2, 2002	June 13, 2002
June 11, 2002	June 20, 2002

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located within the Student Health Center, Room #268. The HRC offers students with several programs that focus on nutrition counseling, sexual health workshops, HIV/STD testing and counseling, and alcohol, tobacco, and other drug workshops. Additionally, to keep students updated with current health matters, the Health Resource Center publishes the Health Beat Newsletter monthly. HRC also offers health information to students doing research on various topics.

The key to the continuing success of the Student Health Center and Health

Resource Center is the staff of licensed physicians, nurse practitioners, and health educators who contribute to the health and well-being of the CSULB community. The Student Health Center and Health Resource Center are made available for students to inquire about health concerns and access reliable health information on campus. The CSULB Student Health Center staff takes into account the seriousness of patient confidentiality and the importance of treating each patient with respect, consideration, and dignity. The Student Health Center takes pride in serving and participating in the continuing education

of all students of the CSULB community.

Hours of Operation
M, T, and Th: 8 a.m. to 6 p.m.
W: 10 a.m. to 7 p.m.
F: 8 a.m. to 12 noon



Women, Do You Want to Know Where You Can Unwind?..by Njordia Gonzalez

The Women's Resource Center is a sanctuary, advocating complete educational and professional impartiality for women. The Women's Resource Center, located in LA3-105, was established for women to provide support in regards to education, career development, as well as personal matters. It is a place where one can go to gain knowledge of widespread issues that all women of today's world can relate to.

The center offers a variety of resources especially for women, however they do not exclude men. The services offered are created to provide a safe environment for all students. These great services include one-on-one peer counseling by appointments (although walk-ins are acceptable) where women can discuss whatever feelings or concerns she may have on her mind. If in any case a student needs additional special attention, whatever the center cannot offer, they will gladly refer her to a nearby community resource center specialized in the matter. These outside resources can include more information on counseling and psychological services, shelter homes, gay and lesbian organizations (also on campus) and more.

In addition, educational programs are offered to alert and inform students of worldly matters. Such programs include seminars, guest speakers, classroom presentations, workshops, and even small group discussions. Any of the

above programs may concentrate on issues such as relationships, sexual harassment, sexism, racism, eating disorders, stress management, and other great resourceful subjects.

The center also provides a very organized and an exclusive library devoted to meet the needs of women. The library not only holds books, but periodicals, vid-



eos, and lots of useful guides. Books can be checked out for as long as two weeks. The student is only asked to leave their name and phone number.

The Women's Resource Center is not just a place where one can go to receive information and useful advice; it is also a place where women can go to relax! The center has what is known as the *Women's lounge*. The lounge is located within the center, which consists of a couch, and coffee table that is convenient

for students. Women can relax and fall asleep on the couch, study for upcoming exams, conduct organizational meetings, or just socialize with others. The women's lounge also consists of a mini kitchen suitable for women. The mini kitchen has a small refrigerator, a microwave oven, sink, etc. Students are allowed to leave their lunches in the refrigerator while attending class and return to warm up their food.

Women of any major are encouraged to volunteer and do internships with the Women's Resource Center. This provides women with the experience they need in establishing effective skills for the future. It is a great opportunity for women to also meet other great women.

The Women's Resource center is open for all women of different ethnic backgrounds and who have different concerns. Staff is available and more than willing to help and answer any questions that one may have. You may call at your convenience at (562) 985-1527.

A few important things to remember are that all services are free, confidential and are available to all students, staff, and faculty. Go by and check it out for yourself!

Hours of Operation
M, Th, F: 9 a.m. to 5 p.m.
T, W: 9 a.m. to 6: 30 p.m.



Are you looking for more information about Lesbian, Gay, Bisexual, and Transgender lifestyles? Do you have questions you want to ask, or someone you would like to talk to? The Lesbian, Gay, Bisexual, Transgender Resource Center (LGBTRC) here on campus, offers aid to those questions.

The LGBT resource center is run by student volunteers, and has existed for several years. The LGBT resource center is located in FO4 -165 (behind the Fine-Arts 4 building). This student run organization is not only here for support, but to provide services and information. The LGBT resource center has a mission to create an environment that is free of homophobia, heterosexism, as well as free of sexism and racism.

Are you interested in learning more about the LGBT resource center? Are you interested in attending events and taking advantage of the services? Through the LGBT resource center, there are many social events and student activities that people are welcome to participate in.

The Rainbow Alliance is a new political and social student group

on campus based through the LGBT organization. There are scheduled meetings where different people come to share, discuss, and talk about ideas to receive positive responses from other people. You can come to discuss current issues and talk about your opinions regarding matters concerning college students and the LGBT community. The meetings are held every Thursday at one o'clock and Wednesday at five o'clock.

Women's Rap is another organization through the LGBT resource center. At Women's Rap you will find a safe and friendly environment where women meet together to discuss topics that they are interested in, and to share experiences. Group discussion topics vary and are decided by attendees. Come here to listen or to give your ideas a voice.

Men's Rap is a discussion group led by students. It's a place where men can go to talk to other men who are Gay, Bisexual, Gay-friendly or curious. If you're a man looking to talk about the issues that are affecting you, this is the place. It is similar to Women's Rap, because the men meet on a weekly basis to talk about issues, experiences, ideas, etc. Meetings are every Wednesday at the LGBT resource center at four o'clock.

The Delta Lambda Phi is the national Gay Fraternity. Since 1986 it has chartered more than forty chapters nationwide. Here you will find friendships, a strong sense of Brotherhood, and a community spirit. This fraternity is dedicated to making a difference in the community. There are exciting events and new people to meet!

Aside from the activities and groups at the LGBT resource center, there is also a library of videos and books regarding Lesbian, Gay, Bisexual, and Transgender issues. These materials are available for checkout. Information is waiting, and there are people you can talk to.

At the LGBT resource center, you will find a friendly and safe environment. Whether you are in between classes and you just want to hang out in the lounge, or you want to see the events for the month posted on the huge bulletin board, come visit the LGBT resource center!

Hours of Operation

Monday - Thursday: 10 a.m. to 6 p.m.

Friday: 11 a.m. to 2 p.m.

Event line: (562) 985-4588

CAN'T SEEM TO BE AT PEACE?...by Nancy A. Copeland & Ted Lau

Ever feel stressed or overwhelmed during the semester and cannot quite figure out how to make the right decisions? Well, there is a place that you can visit to assist you in some of life's tribulations. Counseling and Psychological Services (CAPS) is conveniently located on the second floor of the Brottman Hall building in room 226. They offer such services as: personal and career counseling, life skills training, mini-workshops, group counseling, crisis intervention, consultation and outreach, and self-development classes. At the beginning of each semester, there may be specialized workshops being offered that may target a particular subject matter. It is always a great idea to give them a call to inquire about specialized workshops. All of

which, are designed to help in the enrichment of a student's mind and spirit.

Counseling and Psychological Services also have a website that is dedicated to the personal fortification of students. There are self-assessment tests designed to help a student gain personal knowledge about assertion training, successful intimacy, communication, success/failure, loneliness/rejection, anger/aggression, and independent intimacy. In addition to this particular information provided, there is also a listing of self-help groups throughout the United States of America. CAPS would like to give each student an opportunity to take control of their lives by making life decisions that can ensure prosperous mental health.

Sister Friends

In this meeting of the minds, each individual will bring their own experiences in daily life, as well as their concerns and vulner-

abilities as women living in this society. Dr. Pamela Ashe, Ph.D., of Counseling and Psychological Services, facilitates this group in the Women's Resource Center every Thursday, from 1:30 to 3:30.

If you are looking for a place to unwind, discuss life, and gain a piece of mind, feel free to come to Sister Friends. They are always looking for a new face on campus that is willing to join the Sister Friend circle.

Dating 101

Love, what is it? It could be structurally defined as, "the state of extreme absorption in another person."¹ How is love communicated?

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**HEALTH RESOURCE CENTER, ROOM 268
STUDENT HEALTH SERVICES
CSULB DIVISION OF STUDENT SERVICES**

1250 Bellflower Blvd.
Long Beach, CA 90804-0201
Phone: 562-985-4609

Hotline: 562-985-5413
Fax: 562-985-8404
Email: hrc@csulb.edu

We're on the web!
www.csulb.edu/centers/shc
Click on Health Resource Center

Editor-in-Chief

Ming-Yu Cheng, M.D., MPM

Assistant Editors

Nancy A. Copeland

Writers

Nancy A. Copeland

Nhordia Gonzalez

Jennifer Layno

Dannie Allen

Ted Lau

Publisher

Renee Twigg, PHN,MS

HEALTH RESOURCE CENTER PROGRAMS

ATOD

Alcohol, Tobacco, & Other Drug Use Prevention Workshop will provide important facts regarding substance use and abuse.

SHAW

Sexual Health Awareness Workshop helps enhance your knowledge of contraception, STD's, breast and testicular examination

HIV Testing & Counseling

Free and confidential

Nutrition Counseling

Individual counseling to meet your nutritional needs

Outreach Presentations

Presentations on alcohol, tobacco, drugs, STD's, birth control, and eating disorders are available upon request for all classes.

Men's Health Clinic

Physical exam, laboratory testing and counseling are available for men who are seeking the attention needed for healing their minds and bodies.

Can't Seem to Find Peace in Your Mind or Heart?...continued from page 3

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How do we meet the perfect mate? Dating today may take on various forms. Like a puzzle we continuously search for that perfect piece that will fit into our life style. How are we to present ourselves to be sociably presentable and desirable? As men we can always run through the usual mating rites and enter the chest beating contests. Is this love? To assist you in the hardships of effective communication, here is the perfect workshop for you.



Counseling and Psychological Services presents, "Dating 101: Love, Intimacy, and Building Healthy Relationships." This is an exploration group for students who are interested in building stronger relationships through discovering past and present barricades that may hamper their dating progress. Students are also able to learn more about dating, the

components of a healthy relationship, and making current relationships stronger. This workshop will also address issues such as: how to meet people, conflict resolution, ending relationships/break-ups, and understanding yourself, as well as what you want in a relationship. This group is open to men and women at CSULB.

It is a wonderful experience to connect with another human being, but once the mental connection is taken care of, what about the physical connection? The "intimacy revolution" is here. The romantic experience is the variation of the classical context of "perfection." Well, let's assess what is most important, our health! It is strongly recommended before the commencement of sexual experimentation, a medical physical exam is performed. The first step is to make an appointment to get examined for HIV (human immunodeficiency virus) and STD's (sexually transmitted diseases), test are available on-campus at the Health Re-

source Center (HRC). Why take the risk of contracting a STD? Condoms, HIV and STD tests are available at the Health Resource Center.

In conclusion, it's OK to communicate with your partner, whether it is about a mental or physical connection. Talk to him/her about your health concerns. It is a great idea that the campus offers communication instruction that pertains to the subject of relationships. "Dating 101" is a new communication project, for couples or singles. Confront those social "taboos." How exciting! Exhibit your love for one another. As always, the counseling and medical services are strictly confidential. Contact information is listed below.

Call for more information on Dating 101 at the beginning of each semester.

Hours of Operation (for Counseling and Psychological Services):

Monday– Friday : 8 a.m. to 5 p.m.
(562) 985– 4001

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Editorial Policies

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