



FAQ'S:

- How do I enroll in the program?
 - Walk in or make an appointment with Student Health, 308-865-8218.
- How does this program differ from traditional counseling?
 - A Family Practice Nurse Practitioner and Behavioral Health Provider work as a team to manage your physical health and mental health. The BHP works with you on skill building in 30-minute sessions.
- What if I don't need psychiatric medication?
 - The Nurse Practitioner is always available for your physical health needs. You can still work with the Behavioral Health Provider for skill building and education.
- Can I still have a counselor in UNK Counseling Center?
 - Yes. Your counselor in the Counseling Center can work with the Behavioral Health Provider with your permission.
- How long can I stay in the program?
 - Students can remain in the program for up to 16 weeks.
- What makes me eligible?
 - You have paid the semester fee. Students who take .5 or more credits on campus automatically pay the semester fee.
- Is there a cost?
 - No additional cost unless you no show your appointments.
- How do I know if I am improving?
 - The BHP uses various screeners to chart your progress.



go.unk.edu/zu3b

CONTACT US:

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INTEGRATED CARE

UNK[®]

STUDENT HEALTH
& COUNSELING

POWER of the **HERD** 



The UNK Student Health clinic is able to offer mental health services using an innovative approach. Within the UNK Student Health clinic, the health care providers work directly with a mental health counselor who is embedded in the Student Health clinic. A psychiatric mental health nurse practitioner provides support to the team using a team-based approach to address your mental health needs. The services provided are mental health screening, brief counseling skills training, and psychiatric medication management. These services can be used in conjunction with what is offered within the Counseling Center or separately. The team and involved providers work together to determine the best way to support your needs.



INTEGRATED CARE:

- Integrating physical and mental health in one place through a team-based practice.
 - Medical Provider: Family Nurse practitioner manages physical health and psychiatric medications.
 - Behavioral Health Provider (BHP): teaches skills to help manage mental health symptoms and other life stressors.

BEHAVIORAL HEALTH PROVIDER:

- Provisionally licensed mental health practitioner.
- Focus on the “here-and-now”; teaching/coaching helpful tools to help manage symptoms quickly and efficiently.
- Examples of concerns and topics:
 - Anxiety/Stress
 - Depression
 - Coping skills
 - Sleep hygiene
 - School Management
 - Friendships/Relationships
 - Body Image
 - Inability to concentrate or focus
 - Substance Abuse
 - Strengths/Values/Identity
 - Confidence/Self-Compassion
 - Self-Care
 - Adjusting to college
- Educational, quick-paced, goal-focused.