



## **ACADEMIC PERFORMANCE RESOURCES IN LSUHSC-NO**

APRIL provides an umbrella of academic support services for **all** LSU Health Sciences Center (LSUHSC) students in New Orleans through LSUHSC Student Health. Funding for many of these services comes from Student Health Fees and Student Health Insurance. However, not all services may be covered. Please familiarize yourself with the scope of your health insurance coverage. For convenience, this brochure outlines the services available, the providers and contact numbers. Students may choose to contact any of the following service providers directly or may seek information through their Office of Student Affairs.

### **STUDENT HEALTH (525-4839)**

<http://www.lsuhscc.edu/no/organizations/campushealth/studenthealth/>

**Appointments are now being taken at**

**2820 Napoleon Ave, Ste. 890 – Call 412-1366**

**200 West Esplanade, Kenner – Call 412-1705**

**For after hours emergencies – Call 412-1366**

- Preventive health care, including health immunizations
- Health care for episodic illnesses
- Health care for chronic health issues
- Referral for laboratory work and/or specialty services

### **WELLNESS CENTER**

**Stanislaus Hall (568-3700)**

<http://www.lsuhscc.edu/no/administration/wellness/>

- 18,000 square feet
- Cardiovascular equipment: treadmills, bikes (upright and recumbent), ellipticals, rowers, and stair climbers
- Selectorized weight equipment: Nautilus Nitro
- Plate loaded/free weights
- A multipurpose room for group exercise activities, such as group cycling, mind body (yoga/pilates mat), step, resistance training, etc.
- Pilates reformer classes, fitness assessments, and exercise orientations
- Lounge area
- Shower facilities and spacious saunas located in the men's and women's locker rooms
- Cardiovascular equipment equipped with Broadcast Vision – Bring your headphones and watch your favorite show while you workout.

### **ACADEMIC & NEUROPSYCHOLOGICAL ASSESSMENT**

- Primarily academic and neuropsychological assessment (intellectual, cognitive & psychosocial tests) to document learning disabilities including:
  - Attention deficit disorder
  - Other cognitive disabilities that affect learning
- Individualized recommendations made to remediate or accommodate students with disabilities
- Assessment services covered under LSUHSC Student Health Insurance

For more information, contact your school's student affairs office or call the Campus Assistance Program at 568-8888.

### **FREE OFF-CAMPUS PROFESSIONAL COUNSELING (455-7296)**

- Crisis intervention
- Initial assessment and referrals as needed
- Individual counseling (brief and long term)

- Confidential counseling or psycho-therapy services for individuals, couples, and families
- Grief counseling
- Stress management techniques
- Mental health education
- Phone conferences

### **THE CAMPUS ASSISTANCE PROGRAM (CAP) (568-8888)**

- Crisis Line (568-8888) with a CAP counselor on-call 24 hours a day 365 days a year to assist in times of crisis
- Services provided for problems with anxiety, depression, stress, marriage and family, relationships, legal or financial concerns, grief, and alcohol or drugs
- Free short-term confidential counseling and referral services for students, their significant others, and/or immediate family members and, when needed, referral will be made to a specialist within the community for the most cost effective services
- Concise, easy-to-read, informational brochures on a variety of subjects

### **THE SCHOOL OF ALLIED HEALTH PROFESSIONS**

**Free On-Campus Counseling by the Department of Rehabilitation Counseling through its Counseling Clinic (568-4318)**

Confidential individual counseling services provided free of charge by advanced graduate students under faculty supervision regarding:

- Short-term problem solving
- Career decisions
- Stress management
- Test anxiety & performance anxiety
- Vocational interest testing
- Study skills
- Adjustment to disability
- Values clarification
- Time management

- Health maintenance
- Job searching and interviewing
- Social skills
- Interpersonal relationships
- Referrals to relevant LSUHSC and community resources

**Department of Communication Disorders  
(568-4348)**

- Speech-Language Pathology
  - Assessment includes: spoken language, speech (articulation, fluency and voice), written language, reading skills, oral structure and function, augmentative and alternate modes of communication
  - Treatment includes: speech disorders, language disorders (oral and written), cognitive communication disorders, augmentative and alternate communication devices, enhancing speech-language proficiency, and language based academic problems
- Audiology
  - Comprehensive assessment of hearing skills
  - Comprehensive assessment of listening skills
  - Treatment including: aural rehabilitation, auditory prostheses (hearing aids and assistive listening devices), ear molds/swim molds and musician earplugs

**PEER ADVOCATE LIAISON (PAL)  
PROGRAM**

<http://www.lsuhsu.edu/no/organizations/campushealth/pal.htm>

*In the Peer Advocate Liaison Program, LSUHSC student volunteers (PALs) learn about the resources outlined in this Brochure. PALs are available to help guide students to the appropriate resources for any of the following problems:*

<i>Relationship or family issues</i>	<i>Academic difficulty</i>
<i>Concerns with alcohol or drugs</i>	<i>Depression</i>
<i>Adjustment to new environments</i>	<i>Stress or anxiety</i>

*PALs act as temporary liaisons between students and the campus resources that assist them. PALs are not trained for counseling or crisis intervention.*

*When unsure what LSUHSC resource to use, students can ask a PAL representative which resource might be the most appropriate. To find a PAL volunteer, students can call their Office of Student Affairs or look for nametag holders that say, "Ask me about PALs."*

**APRIL FACILITATORS**

Bonnie Adelsberg, MN, CS, Off-Campus Mental Health Counselor

Margaret Bishop-Baier, MD, Medical Director of CAP

David Borne, MD, Co-Director of Student Health

Erin Martin Dugan, PhD, Coordinator of Rehabilitation Counseling Clinic

Scott M. Embley, LCSW, Assistant Director of CAP

Nijelnia B. Baron, BS, LSUHSC Fitness/Wellness Manager

Michael Levitzky, PhD, Coordinator for ADA (Americans with Disabilities Act) Issues

Cathy Lopez, RN, MEd, Assistant Dean for Student Services

Henry McCarthy, PhD, APRIL Coordinator for the School of Allied Health Professions


Angela McLean, MD, Co-Director of Student Health

Joseph Moerschbaecher, PhD, Vice Chancellor for Academic Affairs

Dereck J. Rovaris, Sr., PhD, Associate Vice Chancellor for Academic and Multicultural Affairs

Barbara Wendt-Harris, PhD, Associate Professor of Communication Disorders

**This brochure is on the web at**  
<http://www.lsuhsu.edu/no/administration/academic/APRIL.htm>



# Students

## Are You Experiencing Academic Problems Trouble Concentrating Test Anxiety or Stress?



# APRIL



# Can Help You

**A GUIDE TO  
A CADEMIC  
P ERFORMANCE  
R ESOURCES  
I N  
L SUHSC-NO**