



APRIL

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 (504) 525-4839

<http://www.lsuhscc.edu/orgs/studenthealth/>

Appointments available at:

- 3700 St. Charles Ave., New Orleans (504) 412-1366
- 200 W. Esplanade Ave., #701, Kenner (504) 412-1705
- 2025 Gravier St. (504) 412-1517
- LSU Internal Medicine Resident Clinic
(Immunizations and Labs only)
2003 Tulane Ave., 1st Floor 8:00 am – 11:30 am

For after-hours emergencies, call (504) 412-1366

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

CAMPUS ASSISTANCE PROGRAM (CAP) (504) 568-8888

<http://www.lsuhscc.edu/orgs/campushealth/cap.aspx>

- Crisis Line (504-568-8888) 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

ACADEMIC & NEUROPSYCHOLOGICAL ASSESSMENTS

Referrals made through CAP (504) 568-8888 or your school's Student Affairs Office

- Academic and neuropsychological assessments (intellectual, cognitive & psychological tests) to diagnose cognitive disabilities including:
 - Attention deficit disorder
 - Learning disabilities
- Individualized recommendations made to remediate or accommodate students with disabilities
- Assessment services may be covered under LSUHSC Student Health Insurance

FREE OFF-CAMPUS PROFESSIONAL COUNSELING (504) 455-7296

- Crisis intervention
- Initial assessment and referrals as needed
- Individual counseling (brief and long-term) for individuals, couples and families
- Grief counseling
- Stress management techniques
- Mental health education
- Phone conferences

SCHOOL OF ALLIED HEALTH PROFESSIONS

Department Of Communication Disorders (504) 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, accent modification, 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), dizziness/vertigo testing, ear molds/swim molds and musician earplugs

Department of Clinical Rehabilitation & Counseling Referrals made through CAP (504) 568-8888

- Confidential individual counseling services provided at no charge by staff in the Rehabilitation Counseling Clinic, focused on issues and goals such as:
- Accommodations and adjustment to disability
 - Career decisions
 - Vocational interest testing
 - Job searching and interviewing
 - Time management



WELLNESS CENTER

Stanislaus Hall (504) 568-3700

<http://www.lsuhsu.edu/administration/wellness/>

- Evening & Saturday hours: see website for details
- 18,000 square feet
- Cardiovascular equipment: treadmills, bikes (upright and recumbent), ellipticals, rowers and AMT's
- Selectorized weight equipment: Nautilus Nitro Plate loaded/free weights
- Group exercise activities, such as group cycling, mind body (yoga/pilates mat), step, resistance training, etc.
- Pilates reformer classes, fitness assessments and exercise orientations – by appointment
- Lounge area
- Shower facilities and spacious saunas located in the men's and women's locker rooms

PEER ADVOCATE LIAISON (PAL) PROGRAM

<http://www.lsuhsu.edu/orgs/campushealth/pal.aspx>

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:

- Relationship or family issues
- Academic difficulty
- Concerns with alcohol or drugs
- Stress or anxiety
- Adjustment to new environments
- Depression

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, contact your Office of Student Affairs or visit the above website.

APRIL FACILITATORS

- Bonnie Adelsberg, MN, CS
Off-Campus Mental Health Counselor
- Nijelna B. Baron, BS
LSUHSC Fitness/Wellness Manager
- Kendra Barrier, PhD, MSN, RN
Assistant Dean of Student Services
- Margaret Bishop-Baier, MD
Medical Director of CAP
- Kellie Camelford, PhD
Coordinator of Clinical Rehabilitation & Counseling
- Lauren Davis, MD
Director of Student Health
- Erin Dugan, PhD
APRIL Coordinator for the School of Allied Health Professions
- Scott Embley, LCSW
Assistant Director of CAP
- Annette Hurley-Larmeu, PhD, CCC-A, FAA
Associate Professor of Communication Disorders
- Michael Levitzky, PhD
Director of the Office of Disability Services
- Joseph Moerschbaeher, PhD
Vice Chancellor for Academic Affairs

This brochure is on the web at

<http://www.lsuhsu.edu/administration/academic/APRIL.aspx>



Students

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



APRIL



Can Help You

A GUIDE TO
A CADEMIC
PERFORMANCE
RESOURCES
IN
L SUHSC-NO