Low Cost Medical Care for ISU Students, Faculty and Staff, Spouses, and Members of the Community

www.isu.edu/healthmissionclinics
HEALTH CARE SERVICES AT IDAHO STATE UNIVERSITY

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Wellness Center 282-2117

THE WELLNESS CENTER

The Wellness Center, is a service component of the Department of Health Education & Promotion of the Kasiska School of Health Professions in the Division of Health Sciences. A variety of health programs and classes are offered through the Wellness Center that are designed to promote, facilitate, and support personal growth in the multiple dimensions of health: physical, mental, emotional, spiritual, social, and environmental. The Wellness Center offers the following programs, classes, and events for students, faculty, staff, and alumni:

- Group Exercise Training Fitness (GET-FIT) program that includes group aerobic and strength-training classes, water aerobics, and yoga and Pilates classes taught by certified instructors
- Personal training sessions with a certified personal trainer
- Fitness assessments, health appraisals, and wellness consultations
- Individual nutrition counseling with a registered dietitian
- Nutrition Q&A sessions offered twice each month
- Seminars and wellness workshops on a variety of health topics, including nutrition, fitness and exercise, weight management, stress management, violence prevention, and HIV/AIDS
- American Heart Association (AHA) CPR/AED and First Aid classes: Healthcare Provider CPR/AED, Heartsaver CPR/AED for non-healthcare providers, and Heartsaver First Aid
- Fun run/walk events

All Wellness Center services and programs are free of charge for ISU students (except for AHA classes) and for a nominal fee for ISU faculty, staff, and spouses. For more information, please contact the Wellness Center at 282-2117, by email at wellness@isu.edu, or stop by the office in Reed Gymnasium 205A.
Communication Preschool is a treatment program offered to preschool children with speech and language disorders and their families. Families are actively involved in the treatment programs in order to enhance their children’s communication development. The Communication Preschool meets three mornings each week for 1 hour and 45 minutes with treatment for the children conducted in group and individual sessions. The therapy is conducted in a preschool-like setting and focuses on speech and language development. For more information regarding services at the Communication Preschool, please call 282-3495.

Hearing Clinic for Children serves patients from birth to 18 years. Services include newborn hearing screens utilizing Distortion Product Otoacoustic Emissions (DPOAE), follow-up testing utilizing Transient Evoked Otoacoustic Emissions (TEOAE), Auditory Brainstem Response (ABR), and Auditory Steady State Response (ASSR) tests. Infant testing utilizes middle ear function testing, Visual Reinforced Audiometry (VRA), and Conditioned Play Audiometry (CPA). Childhood to teen testing utilizes immittance and basic audiometry and Auditory Processing Disorder (APD) testing. Hearing aid services are also provided for all patients in this clinic.

Hearing Clinic for Adults offers a comprehensive array of clinical services for patients 18 years and up. Hearing assessment utilizes basic and comprehensive hearing testing with pre and post hearing aid assessment. Basic audiologic rehabilitation (AR) is provided. Hearing aid services are also provided for all patients in this clinic. Patients are often invited to participate in ongoing weekly AR group sessions where participants are offered the experience of interacting with other persons and significant others who have experience with hearing loss. For an appointment, please call 282-3495.
VA Hearing Services Clinic operates, in cooperation with the Veterans Administration Medical Center in Salt Lake City, Utah, and provides hearing and hearing aid related services to the veterans in southeast Idaho.

The program provides services to the veterans and also provides the graduate clinicians in audiology an opportunity to work with a wide range of diagnostic and audiologic rehabilitation services. This includes hearing evaluations, hearing aid evaluations, fitting traditional and programmable hearing aids, hearing aid orientation, fitting assistive devices, and counseling. For an appointment, please call 282-4034.

Speech and Language Pathology Clinics on the Pocatello campus offer comprehensive evaluations and therapy services for all speech and language problems. Thorough assessment and treatment of communication disorders is provided for all ages, from the infant through the geriatric population. The disorder areas in which services are offered include articulation, language, stuttering, voice, aphasia, traumatic brain injury, accent reduction and speech/language therapy for the hearing impaired. Families of clients are encouraged to be actively involved in the treatment process.

The fee for therapy services is $50.00 per 50 minute session, the fee for evaluation services is $150.00. Third party reimbursement is accepted. For more information on the services available or to schedule an appointment, please call 282-3495.

Accent Modification and Evaluation Clinic

Individuals who speak English as a second language can obtain evaluation and treatment services to reduce accent in order to facilitate educational, vocational, and/or social success. Evaluations are held one week, with a follow-up session the following week to explain results and strategies to improve intelligibility. The fee for the semester is $25.00. For more information, please call 282-3495.
Balance and Vestibular Clinic includes assessment of vestibular system problems utilizing Posturography, Videonystagmography (VNG) & Electronystagmography (ENG) testing, comprehensive history evaluation, vestibular screening, and rehabilitation. Our Balance and Vestibular Clinic is operated in cooperation with the ISU Physical and Occupational Therapy Clinic. For an appointment, please call 282-2590.

Cochlear Implant Clinic offers services to individuals who already have an implant and those considering implantation. Services that may be obtained at ISU include:

- Cochlear implant consultations and implant performance evaluations
- Assistance and mapping with equipment upgrades
- Cochlear implant candidacy evaluations and advising
- Troubleshooting of devices and accessories
- Internal device impedance checks and map adjustments
- Individualized auditory and speech-reading training
- Individualized speech-language therapy

Services are available for patients with Advanced Bionics and Cochlear Corporation products. Adjustments/mapping for existing or upgraded equipment is available. Assistance with upgrades, repairs, and troubleshooting is also available. Individualized auditory training, speech, and/or language therapy are available to all age groups. Teachers, parents, and other family members can request support services, in-services education, and public outreach. For an appointment, please call 282-3495.
Dental Hygiene Clinic is located on campus directly across from the library. Comprehensive preventive care is provided by dental hygiene students, and evaluated by licensed dental hygienists serving as faculty and supervised by licensed dentists.

The general public, ISU students, faculty, staff and spouses receive a reduced fee for the following care: preventive therapy (cleaning), periodontal scaling and root planing and periodontal maintenance procedures. Additional care provided includes fluoride therapy, full mouth and panoramic x-rays, and sealants. ISU students and employees are eligible for restorative care including amalgam (silver) and composite (white) fillings.

The clinic is a teaching and learning environment; therefore, increased time is required for completion of services. At the same time, fees for services provided are nominal and third party reimbursement is accepted.

The clinic is open for appointments Monday - Thursday from 8:00 a.m. to 4:30 p.m. For an appointment, please call 282-3282.

Physical and Occupational Therapy Clinic operates several programs providing clinical services to patients of all ages from the university and surrounding communities while meeting the needs of student training and faculty practice.

Physical and occupational therapy clinical services include evaluation, treatment and education for orthopedic, sports, and post surgical related conditions, work related injuries, balance and dizziness issues, injury prevention, ergonomic assessments, activities of daily living, developmental, sensory processing and home programming, as well as many others. We are preferred providers for the Student Health Insurance and many other insurance plans, and also have programs for the uninsured.

The Physical and Occupational Therapy clinics are located at 202 Garrison on the ISU campus. For more information about our services or to schedule an appointment, please call 282-2590.
ISU Psychology Clinic is a training and service center associated with the ISU clinical psychology program and provides low-cost behavioral health care to ISU students, faculty, and the citizens of Southeastern Idaho. The students are also taught, monitored and supervised by Licensed Clinical Psychologists. The clinic is open from 9:00 a.m. to 6:00 p.m., Monday through Friday.

The Psychology Clinic is located on the fifth floor of Garrison House (Building 63), on the corner of Memorial Drive, Martin Luther King Drive, and East Terry Street, across the street from Reed Gym.

The Psychology Clinic emphasizes empirically supported treatments and currently offers services for childhood testing and behavior problems (children infant through 10 years), emotional disorders of adults (e.g., depression, anxiety, anger management, PTSD, family and couples therapy, and trauma treatment). Cognitive and memory assessments are also provided. Most programs have a waiting list, since only a small number of clients can be seen at any one time. The Psychology Clinic does not provide emergency services, nor does it take Medicare, Medicaid, or Insurances. Fees are normally based on a sliding fee schedule, depending on income and family size.

Anyone may seek Psychology Clinic services or inquire about our program by contacting the Psychology Clinic at 282-2129. ISU students, faculty, and staff receive a fee reduction. Students, however, should consider the ISU Counseling and Testing Center at 282-2130 before considering our facility, since the Counseling Center is mandated to serve students and is paid through student fees.

Idaho Advanced General Dentistry Clinics operate as Pocatello Family Dentistry Clinic in Pocatello and ISU Family Dentistry in Meridian. They are full-service dental clinics staffed by licensed dentists. All care is provided by dental residents who are in a training program to expand their skills and expertise. The supervising faculty consists of experienced general dentists and specialists.

The Clinics are open for appointments Tuesday - Friday from 8:30 a.m. to 4 p.m. The Clinics will submit all insurance. For more information or to make an appointment, please call 282-6000 in Pocatello or 373-1855 in Meridian.
Pocatello Family Medicine Clinic is a primary medical home to patients of all ages. We are located at 465 Memorial Drive in Pocatello. The clinic operates with a fully functional, state-of-the-art electronic health record with patient access.

At the clinic, medical professionals provide the full spectrum of Family Medicine, including obstetrics. We provide care to the newborns we deliver, to children, adolescents, adults, women’s care, and care of our seniors. Services include care of acute illnesses and injuries, including worker compensation, as well as care for chronic medical conditions such as diabetes and heart disease. We perform procedures such as vasectomy, colposcopy, and removal of moles and skin lesions. We also focus on maintaining good health through preventive healthcare like annual physical examinations including Pap smears and vaccinations. We look after our patients in the clinic, in assisted living facilities, in nursing homes, and we come to their homes, if need be. When our patients require admission to the hospital, we care for them there as well. If specialty care is necessary, clinicians will make appropriate referrals and continue to assist with coordinating care.

Pocatello Family Medicine Clinic is open for appointments during business hours Monday through Friday and we reserve some appointments for same-day visits for illnesses or injuries. We accept and bill directly all major insurance companies, as well as Medicaid and Medicare. For appointments or more information, please call 282-4700.

ISU Meridian Counseling Clinic, established in 2005, and offers individual, couple, and family counseling at minimal cost to staff, students, and Treasure Valley residents.

Counseling is provided by advanced level Doctoral and Master of Counseling students from the Department of Counseling under the supervision of licensed counselors/faculty members. For the purposes of training and supervision, counseling interns videotape counseling sessions. To insure clients’ privacy, these videos are securely stored, kept only briefly for the purposes of supervision, and are erased after supervision. All client sessions are confidential within the limits of the law.

Call 373-1719 to leave a message on our confidential voice mail. Your call will be returned within one business day.
The ISU-Pocatello Counseling Clinic provides individual, couple, and family counseling at minimal cost to the ISU and surrounding community. Services are provided under the direction of the Clinic’s director, Dr. Linwood G. Vereen.

Counseling is provided by advanced level Master of Counseling students, Doctoral students, and some faculty from the Department of Counseling under the supervision of licensed counselors/faculty members. For the purposes of training and supervision, counseling interns videotape counseling sessions. To insure clients’ privacy, these videos are securely stored, kept only briefly for the purposes of supervision, and are erased after supervision. All client sessions are confidential within the limits of the law.

The clinic is located on the 7th floor of Garrison Hall on the Idaho State University campus. For more information or to schedule an appointment call 208-240-1609.

Student Health Center provides the entire range of medical office care as is provided at a hometown doctor’s office. This includes everything from colds and flu to treatment of high blood pressure and diabetes. We care for broken bones, lacerations, abscesses, and other urgent care problems. Preventive health services such as immunizations, nutrition counseling, and birth control are areas of particular interest.

All fee paying students including part time students are eligible to see a care provider at the Student Health Center at no charge. (Student insurance is not required to utilize the Health Center.) Spouses of full-time and part-time students are charged a clinic fee to see a care provider. The Student Health Center bills private insurance as well as student insurance when billable services such as laboratory tests, X-ray studies, special procedures, etc. are performed. Same day appointments are available and a walk-in clinic is held each day. A valid Bengal ID card is required to obtain services.

The Student Health Center is located at 990 Cesar Chavez Avenue, across from Gravely Hall. For appointments or additional information, please call 282-2330. Please visit our website at www.isu.edu/stuhlth.
Student Health in Idaho Falls
A Physician Assistant or Nurse Practitioner is available at University Place in Idaho Falls to provide health care to Idaho Falls area students. The clinic is located in room 214 of the Bennion Student Union Building. For appointments and additional information, please call 282-7826.

The Medical Clinics
Counseling services are also provided in Idaho Falls at the Bennion Student Union Building. Please call 282-7750 for information and an appointment. We also make Idaho Falls appointments for the student health center Physician’s Assistant and for the ADA center counselor.

Testing
University Counseling and Testing Services also serves the University and the community as a local and national testing site. This includes the following tests:

- G.E.D. (for high school equivalency degree)
- Graduate Record Exam (GRE)
- Graduate Management Admission Test (GMAT)
- Pre-Professional Skills Test (PPST)
- College Level Examination Program (CLEP)
- Law School Admission Test (LSAT)
- ACT
- Medical College Admission Test (MCAT)
- Test of English as a Foreign Language (TOEFL)
- Dental Admissions Test (DAT)
- Freshman placement testing for English and Mathematics
- Miller Analogies Test (MAT)
- Plus, licensure and certification examinations for a variety of professions including family practice physicians, dieticians, social workers, certified public accountants, nurses, and several others in the health and business professions.

For information regarding MAT, CLEP, ACT, GED, and freshman placement testing, please call 282-4907. For all other tests, please call 282-2130.
Counseling and Testing Services provides a wide variety of services to members of the University community. The core of our services involves personal counseling for such concerns as:

- Stress
- Anxiety
- Depression
- Relationships (including marital)
- Motivation
- Addictions (alcohol and drug)
- Eating disorders
- Abuse
- Adjustment to University life

Other services include stress management and relaxation skills, support groups, therapy groups, assessment and referral interviews, crisis intervention, individual and departmental consultations and special outreach programs such as QPR for suicide prevention.

Staffed by licensed professional counselors and licensed psychologists, the center also serves as a training site for Master’s and Doctoral students in Counseling and Clinical Psychology. In addition to providing counseling and consultation services, staff also teach academic courses and provide workshops and guest lectures on such topics as stress management, communication skills, small group dynamics, leadership development, coping with depression, mindfulness meditation, spirituality and health, women’s issues, career development, and personality types.

Counseling services for all ISU students are available on the third floor of Graveley Hall, room 351. Please call 282-2130 for further information or to make an appointment.

Center for New Directions (CND) in the ISU College of Technology (COT) provides career and mental health counseling and student support to Idaho State University (ISU) COT students and to Southeast Idaho community members who are pursuing education and employment goals. CND serves special populations including individuals that are single parents, displaced homemakers, dislocated workers, and students entering non-traditional training programs.

CND services are provided by Licensed Professional Counselors and counseling graduate interns. CND personnel present classroom and group activities to enhance student skill development and address barriers to education and employment success.

The Center is open Monday through Friday from 8:00am - 5:00pm during the academic year and from 7:30am - 4:00pm during the summer semester. There are walk-in appointments every day at 10:00am and 3:00pm. The Center is located on the third floor of the Roy F. Christensen Building at the corner of Memorial Drive and Martin Luther King, Jr. Way. CND services are also available in the ISU Outreach Center in Blackfoot. CND services are provided at no cost. Please call the Center at 282-2454 to request information about CND services or to schedule an appointment.