

FALL 2019



CS DEPARTMENT WELCOME & ORIENTATION

CS Graduate Program

WE'RE HERE FOR YOU

Physical and Mental Healthcare on Campus

ZACH COHEN-FORD

Outreach Coordinator, The University of Texas at Austin



Who we are

- University Health Services
 - Just like your family doctor, and much more
 - Your resource for all health concerns and information
- Counseling and Mental Health Center
 - Mental healthcare provider
 - On-campus source for several mental health resources

Visit us in the Student Services Building (SSB)



- M-F 8-5
- UHS appointments desk is on the first floor
- CMHC appointments desk is on the 5th floor

University Health Services

- General Medicine
- Urgent Care
- Allergy, Immunization, & Travel
- Women's Health
- Nutrition Services
- Physical Therapy
- Sports Medicine
- STI Testing
- SAFE Exams
- Lab & Radiology
- Prevention
- Nurse Advice Line
- And more!



The Bottom Line

- If you need healthcare, we're your first stop
 - We can almost certainly help
 - We're cheaper than most other clinics
 - We're right on campus
 - If we can't help, we will point you in the right direction

How to access care

- healthyhorns.utexas.edu
- 512-471-4955
- SSB 1st floor

More about UHS



- 69,098 total visits last year
- 24,384 unique patients
- Approximately 1 in 2 students

Nurse Advice Line

- 512-475-NURS (6877)
- 24/7/365
- Speak with a registered nurse from anywhere in the world

Charges & Insurance

- UHS accepts most insurance (including UT Select)
- \$10 office visit charge
- Charges apply for tests, procedures, etc.
- Discounted rate available
- Charges go to What I Owe



Student Health Insurance Plan

- Full year cost = \$2,789
(8/15/19-8/14/20)
- Must enroll by 9/14/19
- Fall, Spring/Summer,
and Summer options
also available
- utexas.myahpcare.com





The University of Texas at Austin

Counseling and Mental Health Center

Division of Student Affairs

CMHC

- Short-term individual counseling
- Group counseling
- Psychiatric services
- Case management/referral assistance
- Prevention and specialty services

The Bottom Line

- Just give us a call
 - Everyone goes through the same process
 - We handle everything, you just need to reach out

How to access care

- 512-471-3515
- SSB 5th floor

More about CMHC

- 28,097 appointments last year
- 6,890 unique patients
- 99% of students would recommend CMHC to others

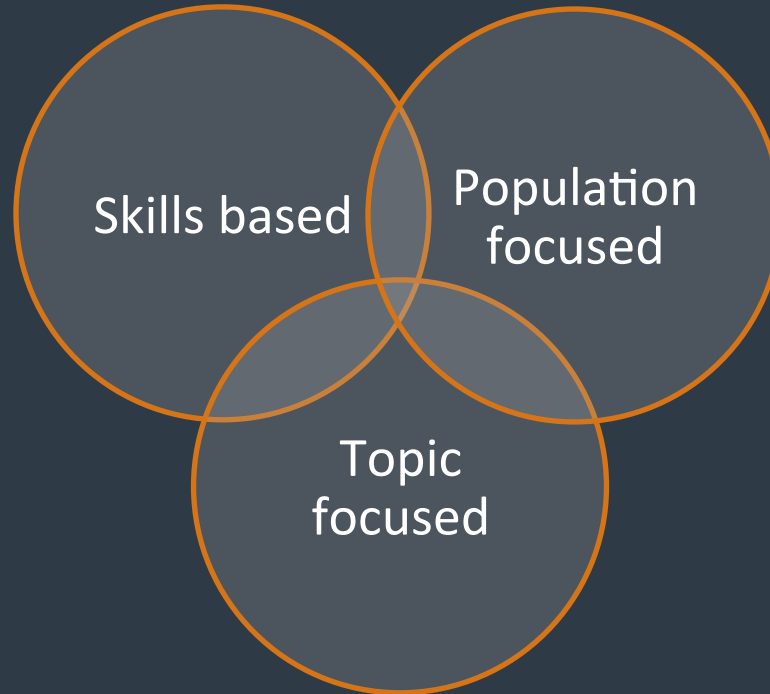


100%

I was initially considering a withdrawal but CMHC services helped me remain in school.

Source: CMHC Annual Client Satisfaction Survey results

Group Counseling



Individual Counseling

Short-term

Single
Session

Crisis
Session

Psychiatric Services

Psychiatric
Evaluations

Medication
management

Treatment
Planning

Case
management

24/7 Crisis Line

- 512-471-CALL (2255)
- Licensed counselors will help you with any issue you're facing and come up with a plan

Specialty Programs

- Counselors in Academic Residence
 - Licensed mental health professionals
 - Physically located within and dedicated to a college/school
 - Almost all colleges/schools
 - Faculty/staff referrals

Specialty Programs

- Alcohol and Other Drug Counseling
- Integrated Health
- Mindful Eating
- Voices Against Violence

And Even More!

- MindBody Labs
 - 5th floor of the SSB
 - SAC 2.106
 - NUR 3.156D
 - No appointment needed
- Thrive @ UT
 - Free iPhone app (Android in development)



Charges & Insurance

- CMHC does not accept insurance because:
 - Psychiatry visits are \$10 per visit
 - Everything else is 100% free of charge



Contact Information

- UHS Main Line:
512-471-4955
- Nurse Advice Line:
512-475-6877
- Healthyhorns.utexas.edu
- CMHC Main Line:
512-471-3515
- Crisis Line:
512-471-2255
- Cmhc.utexas.edu

Questions?

- Follow us on social media @Healthyhorns



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THE OFFICE OF EXTERNAL AFFAIRS

Lainey Corliss, Assistant Director of Corporate Relations

Ana Lozano, Senior Manager of Constituent Programs

Hope Grossman, Events Program Coordinator

Staci Norman, Marketing Manager

Office of External Affairs

- Corporate Relations + Research Partnerships
- Friends of Computer Science
- Texas Robotics and Systems Consortia
- Department Events

Friends of Computer Science

- 45+ corporate partners including Microsoft, Google, Facebook, Apple, and Amazon. Full list here: <https://www.cs.utexas.edu/industry/focs/partners>
- Recruiting events for internship or full-time opportunities
- **Events:** FoCS Career Brunch, Career Night, TGIF, tech talks, info sessions, atrium tabling
- **UTCS Events Calendar:** <https://apps.cs.utexas.edu/calendar/>
- **Promotion:** digital signs, newsletter, email invites, flyers

CNS Career Service

- CNS Recruiting Guidelines:
<https://cns.utexas.edu/career-services/employers/hiring-and-offer-guidelines>
- Handshake job board is open to all UT students. Register here:
<https://utcns.joinhandshake.com/login>
- CNS Technology and Science Fair - September 19. More info here:
<https://cns.utexas.edu/career-services/students/attend-career-fairs>
- UTCS Recruiting Policy (RSVP, best practices, renegeing)

Contacts

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- **Ana Lozano** | alozano@cs.utexas.edu | 512.471.9797
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- **Hope Grossman** | hope@cs.utexas.edu | 512.232.0796
FoCS events, event questions
- **Staci Norman** | srn@utexas.edu | 512.471.9753
Marketing questions
- **CNS Career Services** | career.services@austin.utexas.edu | 512.471.6700
Recruiting questions, career coaching, offer review, recruiter issues