

HAPPY, HEALTHY HOGS



UNIVERSITY OF
ARKANSAS

PAT WALKER HEALTH CENTER

COMPASSIONATE CARE CONVENIENTLY
LOCATED 'ON THE HILL'



HOURS & APPOINTMENTS



Your Student's Health is Our Priority!

- PWHC services are available **Monday-Thursday 8 a.m. to 5 p.m. & Fridays 9 a.m. to 5 p.m. In-person & virtual visits allowed**, with the visit type matched to the service being provided.
- Appointments can be made with any of the **Medical Clinics** online (**Patient Portal**), by phone or in person. We have a **Primary Care Clinic**, an **Allergy, Immunization & Travel Clinic**, **Psychiatry Services**, and a **GYN (Women's) Clinic**.
- Appointments can be made with the **Substance Education, Assessment & Recovery (SEAR)** program online (**Patient Portal**) or by emailing sear@uark.edu.



MEDICAL CLINICS & SEAR



MEDICAL CLINICS

- **Board-certified & licensed** physicians, nurse practitioners, physician assistants, psychiatrists, and specialists.
- **Services include** general & preventive medical care, psychiatry services, diagnostic services (with on-site lab & x-ray), immunizations, treatment for minor injuries & common illnesses, gynecological health, STI testing, allergy shots, vaccines, nutrition consultations, orthopedic services, and more.

SUBSTANCE EDUCATION & RECOVERY

- **Our Substance Education, Assessment & Recovery (SEAR) program** provides prevention and education trainings, access to the Razorback® Recovery Community, weekly recovery meetings, and **alcohol/drug assessments** are performed by an Arkansas licensed professional mental health practitioner.
- Our **SEAR team** is staffed by professionally **certified and/or licensed specialists**.



BILLING & INSURANCE



Charges vary based on the service provided.

MEDICAL CLINICS

- **Medical/psychiatry charges** not covered by insurance are **billed to the student account (Workday)**. **Self-pay service discount (10%)** is available.

SUBSTANCE EDUCATION, ASSESSMENT & RECOVERY (SEAR)

- **Substance use & support services** include individual and group interventions to university students with alcohol, cannabis, and other substance related concerns. Please contact SEAR for cost of services. **All charges for SEAR services are billed to the student account (Workday)**.

BILLING WITH INSURANCE

- Check with your **insurance provider** to see if a medical provider at PWHC is **in-network**. A **student health insurance plan** is also available for purchase.



CONNECT WITH US!

CONTACT INFORMATION



health.uark.edu



pwhc@uark.edu



479-575-4451



525 N. Garland Ave.



@uarkhealth on all



platforms

CLINICS & PROGRAMS

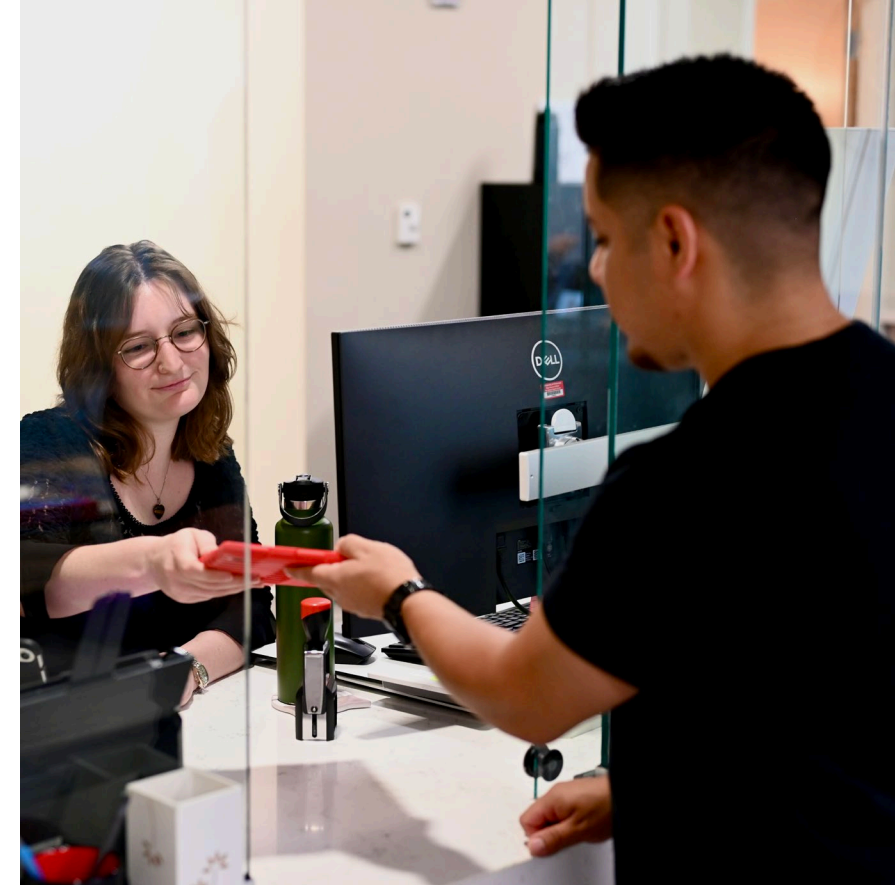
- 1st Floor:
 - Primary Care Clinic
 - Allergy, Immunization & Travel (AIT) Clinic
 - Psychiatry Services
 - GYN (Women's) Clinic
- 2nd Floor (Wellness Lounge):
 - Substance Education, Assessment & Recovery (SEAR)



COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

CAPS SERVICES OVERVIEW

- **Mental health services** provided by **Counseling & Psychological Services (CAPS)** include initial consultations; short-term counseling & psychotherapy; group therapy & workshops; community referrals, and more.
- Most of CAPS' services are **free-of-charge** (included in the Student Health & Wellness Fee).
- To get started with CAPS, students can **walk in during business hours** (Monday-Thursday 8AM-5PM or Friday 9AM-5PM) or call 479-575-5276 to discuss options. CAPS is located on the **2nd floor of the Pat Walker Health Center**.
- CAPS also offers **24-hour emergency mental health services** for students by calling 479-575-5276.



CARE MATCHING MODEL



- At CAPS, our primary focus is on providing **short-term, confidential counseling** aimed at helping **students succeed academically and interpersonally**.
- To do so, CAPS uses a **Care Matching Model** designed to identify an **individualized plan** to promote student autonomy and empowerment in planning their care (see *model image*).



LANE MARRS RELAXATION ROOM



- The **Lane Marrs Relaxation Room** is one of our most popular spaces and a valuable resource for students. Designed to provide a **safe and calming environment**, this room helps students quiet their minds, reduce stress, and reconnect with a sense of tranquility.
- The room is **open during normal business hours** and **students do not have to be clients at CAPS to use the room.**
- The **room offers:** comfortable seating, massage chairs, soft lighting, relaxing music, yoga mats, meditation cushions, and noise cancelling headphones (*ask someone at the CAPS desk*).



CONNECT WITH US!



CONTACT INFORMATION



health.uark.edu/mental-health



479-575-5276



525 N. Garland Ave.
2nd floor of Pat Walker
Health Center



@uarkcaps



UA POLICE DEPARTMENT





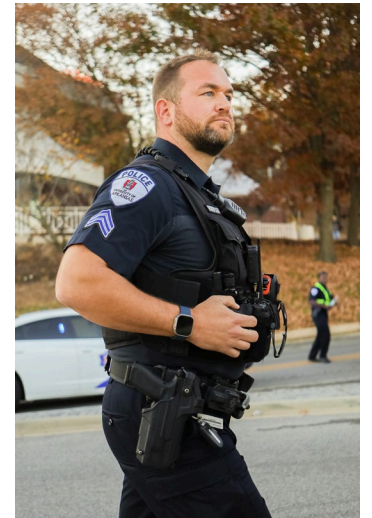
The University of Arkansas Police Department, in partnership with the community we serve, is committed to **protecting** and **serving** the future of Arkansas and beyond by embracing the philosophy of community partnerships and promoting a safe and secure environment through **excellence**, **initiative**, and **integrity**.



UNIVERSITY OF ARKANSAS POLICE DEPARTMENT

WHO ARE WE?

The University of Arkansas Police Department is fully functional and progressive police department that provides 24-hour full law-enforcement services to the greater campus community. The University of Arkansas Police have a history dating back to 1972 when the first security department was created under the name of the Department of Public Safety. In 1995, the agency was the first in the state of Arkansas to earn national accreditation through the Commission of Accreditation for Law Enforcement Agencies.



HELPFUL INFORMATION

The University of Arkansas has two major divisions:

- Administration
- Operations

In addition to several units consisting of:

- Criminal investigation
- Communications to include emergency notifications
- Canine unit consisting of ordinance and drug detection
- Community Outreach
- Clery Compliance
- Emergency management
- Security Operations



UAPD IS HERE FOR YOU, ALWAYS



SafeZone

- UAPD owned and operated
- Free to faculty, staff, students and campus affiliates that help support campus safety (Android and IOS)
- The App is only visible to UAPD's communications center, its police and security officers on duty, and only when you need our assistance by raising an alert
- The "See it, Say it" function can be made anonymously
- It takes a community to keep the campus safe



UAPD IS HERE FOR YOU, ALWAYS

The University of Arkansas Police Department provides:

- 24/7 Services
- Vehicle Unlocks and Battery Jumps
- Security and Safety Strategies
- Campus Safety Presentations
- K-9 outreach and services
- Crime Reporting support
- Safety Application for instant communication
- Dignitary and VIP protection
- Intelligence gathering
- Criminal Investigations
- Motorcycle and alternative patrol
- Emergency Management Planning
- Risk Reduction Solutions



CONNECT WITH US!

CONTACT INFORMATION



uapd.uark.edu



uapd@uark.edu



479-575-2222

accepts calls, texts & images



@uarkpd & @uapdk9s



TRANSIT & PARKING

PARKING PERMITS

CONTACT INFORMATION



parking.uark.edu



479-575-PARK



479-575-RIDE

View the Transit & Parking slides in the Next Steps orientation modules for more information.



UNIVERSITY RECREATION + WELLNESS

DID YOU KNOW...



A UREC MEMBERSHIP IS
INCLUDED IN YOUR TUITION

FACILITIES INCLUDE

- HPER Building (155 N. Stadium Dr.)
- UREC Fitness Center (Arkansas Union, 2nd floor)
- UREC Sports Complex (1486 Mitchell St.)
- UREC Tennis Center (located at 1357 W. Indian Trail)
- Tsa La Gi Bike Park (located behind the UREC Tennis Center)
- Wellness Lounge (HLTH, 2nd floor)



HPER BUILDING RENOVATION

The HPER Building renovation is underway and will add modern infrastructure and architectural updates to the building, as well as other features that will enhance students' and members' overall recreation experience!

KEY FEATURES OF THE OVERALL RENOVATION PROJECTS:

- 13,000 sq. ft. increase of the fitness center space
- Two new turf functional training areas
- Updated fitness equipment
- New and improved multi-purpose spaces
- Functional and modern locker rooms





- 2 Fitness Centers
 - 3 Basketball Courts
 - Employment opportunities
 - Equipment rentals
 - Group Fitness classes
 - Wellness programming and coaching
 - Inclusive Recreation opportunities
 - Indoor track
 - Intramural and Club Sports
- Olympic-sized swimming pool
 - Open recreation
 - Outdoor adventure trips
 - Outdoor multi-use Sports Complex
 - Personal Training
 - Racquetball and table tennis
 - Small Group Training classes
 - Climbing and bouldering walls
 - 12 Tennis courts
 - Mountain bike park



WHAT WE OFFER

PROGRAM AREAS



OUTDOORS

FITNESS

WELLNESS

AQUATICS

SPORTS (INTRAMURAL & CLUB SPORTS)

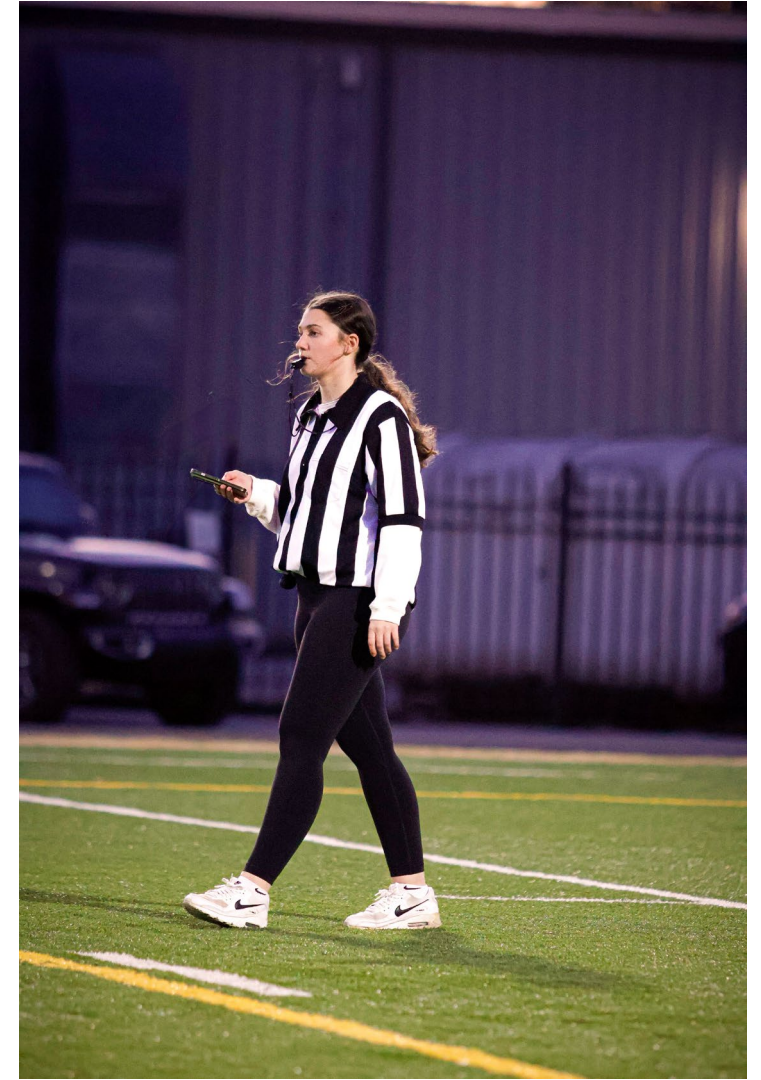
SPORTS INJURY CLINIC





BENEFITS INCLUDE

- On-campus employment
- Flexible scheduling
- Opportunity to work during school breaks
- Leadership development
- Opportunity to work special events



CONNECT WITH US!



CONTACT INFORMATION



urec.uark.edu



@urecarkansas & @uarkwellness



UREC App: Search "URECArkansas"
to download



U OF A CARES DEAN OF STUDENTS





COLLEGE CAN BE STRESSFUL

We've got you covered.

U OF A CARES

A SERVICE OF THE DEAN OF STUDENTS OFFICE AT THE UNIVERSITY OF ARKANSAS

U OF A CARES SERVES ALL STUDENTS

WHAT WE DO

U OF A CARES STRIVES TO:

- Connect students to resources
- Help students navigate University processes
- Provide crisis intervention/resources
- Coach students in self-advocacy/accountability
- Collaborate with various campus offices to maximize student support opportunities

U OF A CARES DOES NOT:

- Provide class excuses
- Process conduct cases



CONNECT WITH US!

CONTACT INFORMATION



uofacares.uark.edu



uacares@uark.edu



479-575-5004



BUILDING SUPPORTIVE COMMUNITIES

EQUAL OPPORTUNITY, COMPLIANCE, & TITLE IX

Committed to advancing equal opportunity, ensuring access, and upholding compliance across the university community.

Engages with the campus community to proactively advance the University's initiatives and resources to create a fair and equitable educational and work environment



oeoc.uark.edu



oeoc@uark.edu



479-575-4019



EQUAL OPPORTUNITY, COMPLIANCE, & TITLE IX

Committed to advancing equal opportunity, ensuring access, and upholding compliance across the university community.

EO & TITLE IX OFFICE

Promotes a campus environment free from discrimination by enforcing the University's Non-Discrimination Policy and ensuring compliance with Title IX, which prohibits sex-based discrimination in federally funded education programs and activities.



titleix.uark.edu



titleix@uark.edu



479-575-7111 o



EQUAL OPPORTUNITY, COMPLIANCE, & TITLE IX

Committed to advancing equal opportunity, ensuring access, and upholding compliance across the university community.

ACCOMMODATIONS & ACCESSIBILITY SERVICES

Ensuring an accessible campus environment through a shared commitment to making all programs, services, and activities inclusive and accessible to every member of the campus community.



oeoc.uark.edu



access@uark.edu



479-575-6208

EQUAL OPPORTUNITY TRAINING & PROGRAMS

Promotes creating a vibrant, inclusive, and supportive environment where every member of the campus community feels valued, connected, and empowered to thrive academically, socially, and personally.



oeoc.uark.edu



belongs@uark.edu



479-575-4019

