

Session 4: Safety and Wellness

PRESENTED BY

Dr. John Friend, Executive Director of Counseling and Wellness Center

Tiffany Wade, CRNP, QI Coordinator/Health Education

Philip Fishel, Chief of Police

Dr. Deidra Byas, Title IX Coordinator



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Counseling & Wellness Center

A valuable resource for students and parents

There is no Health without Mental Health !



Top 10 Impediments to Academic Achievement

FACTORS	% of Students Affected
Stress	30.6%
Anxiety	24.2%
Sleep Trouble	19.7%
Depression	15.9%
Cold / Flu /Sore Throat	14.6%
Work	13.0%
Concern for Troubled Friend of Family Member	10.3%
Extracurricular Activities	9.7%
Internet/Computer Games	9.6%
Relationship Difficulties	9.1%

UNIVERSITY
COUNSELING
AND
WELLNESS CENTER



FIREARMS
PROHIBITED

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PROHIBITED

Counseling & Wellness Services

- Free and Confidential for USA Students
- Provided by trained mental health professionals
- Individual & Group Counseling, Workshops
- Goal-focused & Collaborative approach to Mental Health
- Common Concerns: *Anxiety, College Adjustment, Depression, Trauma Recovery, Grief, Body Image & Eating issues, Social Skills, Relationship Conflict*
- Dedicated space to see hometown provider via telehealth (within the state of Alabama)

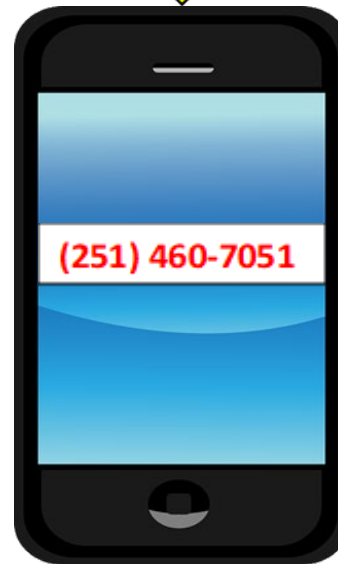




Free Online Mental Health Peer Community: Togetherall

24/7 MENTAL HEALTH CRISIS SUPPORT

24/7 CRISIS SUPPORT



Tips for Parents

- Transition into a new role (*from cop to consultant*)
- Encourage independence, but stay connected
- Struggle is inevitable, normalize this and encourage your student utilize campus resources
- Take care of yourself too!
- Visit
<https://www.southalabama.edu/departments/counseling/>



STUDENT HEALTH CENTER

ON CAMPUS HEALTH CLINIC



LOCATION / HOURS OF OPERATION

- Located on-campus in front of Student Center

- 5870 USA South Drive

- Hours of Operation:

- Monday, Tuesday, Wednesday, and Friday: 8am – 5pm

- Thursday: 9am – 5pm

- Providers:

- Board-Certified Family Physicians and Nurse Practitioners (NP); Women’s Health Board-Certified NP; Psychiatric Board-Certified NP

SERVICES

- Primary, Acute, and Urgent Care

- Including illness and minor injuries

- Women's Health

- Psychiatry

- Including ADHD testing

- Physicals

- Immunizations

- Laboratory

- Including rapid tests – Flu, Mono, and Strep

- Health Education

- Travel Medicine

- Allergy Injections

APPOINTMENTS

- Same Day / Walk-In appointments usually available.
 - Only active (currently enrolled) students are eligible for appointments.
- Schedule Appointments:
 - Online through the Student Health Web Portal
 - By phone at 251-460-7151

BILLING / INSURANCE

- Accept Majority of Insurance Carriers

- Students responsible for copay and deductible as indicated by insurance.

- Non Insured

- Billing office will work with students on an individual basis.

STUDENT HEALTH INSURANCE

- Student Health Insurance Plan (SHIP)
 - USA's student injury and sickness insurance plan
 - Copay waived at Student Health Center

Contact Insurance Representative
for enrollment information:

251-341-4070

Email: studentinsurance@southalabama.edu

May visit <https://www.southalabama.edu/departments/studentaffairs/insurance/> for more information.

IMMUNIZATION REQUIREMENTS

All Students

- Documented proof of two doses of a measles containing vaccine (rubeola, MR, MMR)
- Tuberculosis Screening Questionnaire
 - Further testing may be necessary.

International Students & On-Campus Housing

*In addition to MMR Vaccine and TB Screening

- Proof of having received the Meningitis vaccine (MenACWY) within the last 5 years
 - Menveo, MenQuadfi, Penbraya, and Penmenvy
- MenB Vaccines (Bexsero and Trumenba) will not be accepted

All uploaded and completed in Student Health web portal found on the Student Health Center homepage.

Student Health Home
About ▼
Services ▼
Billing and Insurance ▼
Immunizations ▼
FAQ
Forms
Webportal - Login

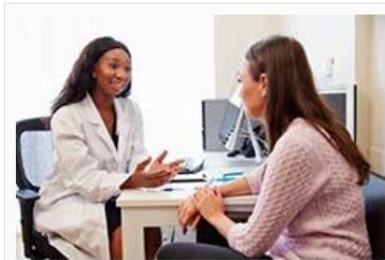
USA Student Health Center

Welcome to the USA Student Health Center. We are an accredited outpatient clinic staffed with high-quality professionals dedicated to providing exceptional care to current USA students. Services include primary medical care for scheduled appointments, urgent care, women's health, psychiatry, allergy shots and immunizations, laboratory, billing and insurance, medical records, and health education.

To schedule an appointment visit the student health web portal or call 251-460-7151.

Hours: M-T-W-F 8am-5pm TH 9am-5pm.

Student Health
 The University of South Alabama
 5870 USA South Drive
 Mobile, AL 36688
 ☎ Ph: (251) 460-7151
studenthealth@southalabama.edu



Webportal - Login



Student Health Forms



Immunizations

STUDENT HEALTH CENTER

<https://www.southalabama.edu/departments/studenthealth/>



STUDENT HEALTH WEB PORTAL

ssoauth.southalabama.edu/authenticationendpoint/login.do?Name=PreLoginRequestProcessor&commonAuthCallerPath=%252Fcas%252Flogin&forceAuth=true&passiveAuth=false&service=https%3A%2F%2Fstudenthealth.southalabama.edu&tenant...



Sign in with your JAG Number and JagNet Password

JAG Number

JagNet Password

Sign In

- Your Password is the same JagNet Password that you use for JagMail. If you are having issues signing in and have a JagNet recovery method set, click [HERE](#). For additional assistance with your JagNet account or password, please see JagNet.
- Health System users please see JagNet for Health System Employees.
- Please do NOT bookmark this page. Only bookmark the Student or Faculty/Staff Logins page.
- When you are finished using SSO, always Exit and close your browser to protect your privacy.

STUDENT HEALTH WEB PORTAL

The screenshot shows a web browser window with the URL `studenthealth.southalabama.edu/Home`. The page has a red header with the text "USA Student Health Portal" and a user profile icon for "Tiffany Wade". A left sidebar contains a menu with items: Home (highlighted), Profile, Required Immunizations & Forms, Health History (with a "Need to Review" badge), Appointments, Referrals, Handouts, Messages, Letters, Downloadable Forms, Insurance Card, Surveys | Questionnaires, Statements, Medical Records, and Your Immunization History/Status. The main content area is titled "Home for Tiffany Wade" and shows the user's last login time as "5/8/2026 9:47:20 AM" with a "Log Out" link. Below this is the heading "USA Student Health / Counseling & Wellness Center" and five red buttons: "Appointments", "Secure Messages", "Required Immunizations & Forms", "Surveys | Questionnaires", and "Edit My Profile". A section titled "IMMUNIZATION SUBMISSION INSTRUCTIONS:" lists three steps: 1.) Click High Risk Tuberculosis Questionnaire (under the forms tab) complete and submit. 2.) Click Immunization History/Status. Only submit immunizations that are non-compliant.. 3.) Click Immunization Entry Form. Enter your dates (of non-compliant immunizations only). Attach and upload your immunization records at bottom of page.. (Blue Card or proof of immunizations accepted). Below this is a "PLEASE NOTE: ALL other forms are for clinic use only." and two links: "Your Immunization History/status" and "Your Invoices/Statement". At the bottom of the main content area, it says "[Version: 12.12.9749.3]". The footer contains the text "Powered by Point and Click Solutions © 2026 Our goal is to provide the best care and service" and a "Site Map" link. On the right side of the footer is the USA University of South Alabama Student Health Center logo.

USA Student Health Portal Tiffany Wade

Home

Profile

Required Immunizations & Forms

Health History Need to Review

Appointments

Referrals

Handouts

Messages

Letters

Downloadable Forms

Insurance Card

Surveys | Questionnaires

Statements

Medical Records

Your Immunization History/Status

[Log Out](#)

Home for Tiffany Wade

You last logged in in: 5/8/2026 9:47:20 AM [Log Out](#)

USA Student Health / Counseling & Wellness Center

Appointments

Secure Messages

Required Immunizations & Forms

Surveys | Questionnaires

Edit My Profile

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PLEASE NOTE: ALL other forms are for clinic use only.

[Your Immunization History/status](#)

[Your Invoices/Statement](#)

[Version: 12.12.9749.3]

Powered by Point and Click Solutions © 2026 Our goal is to provide the best care and service [Site Map](#)

USA UNIVERSITY OF SOUTH ALABAMA
STUDENT HEALTH CENTER

USA Police Department

PRESENTED BY

Darren Baxley, USA PD Director

Philip Fishel, Chief of Police



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Title IX Office

Dr. Deidra Byas

Title IX Coordinator



“No person in the United States shall, based on sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”

What is Title IX?





Know Your Title IX Rights

- Learn/work/play in an environment free from discrimination & harassment
- Report concerns without fear of retaliation to the Title IX Coordinator
- Access to reasonable and supportive measures (academic, housing, counseling, safety)
- Request reasonable accommodations (pregnancy & parenting)
- Adjudication Options

Title IX Resources and Reporting

<https://www.southalabama.edu/departments/studentaffairs/titlenine>



24/7 Reporting

24/7 Title IX Support Advocates (251)753-
5440

University Campus Police

Title IX Office

Dr. Deidra Byas
Title IX Coordinator

Athletic Annex Building
6001 USA South Drive, Suite 50
Mobile, AL 36688
Phone: (251)461-1538
deidrabyas@southalabama.edu

Social Media: [usa_titleIX](#)

