

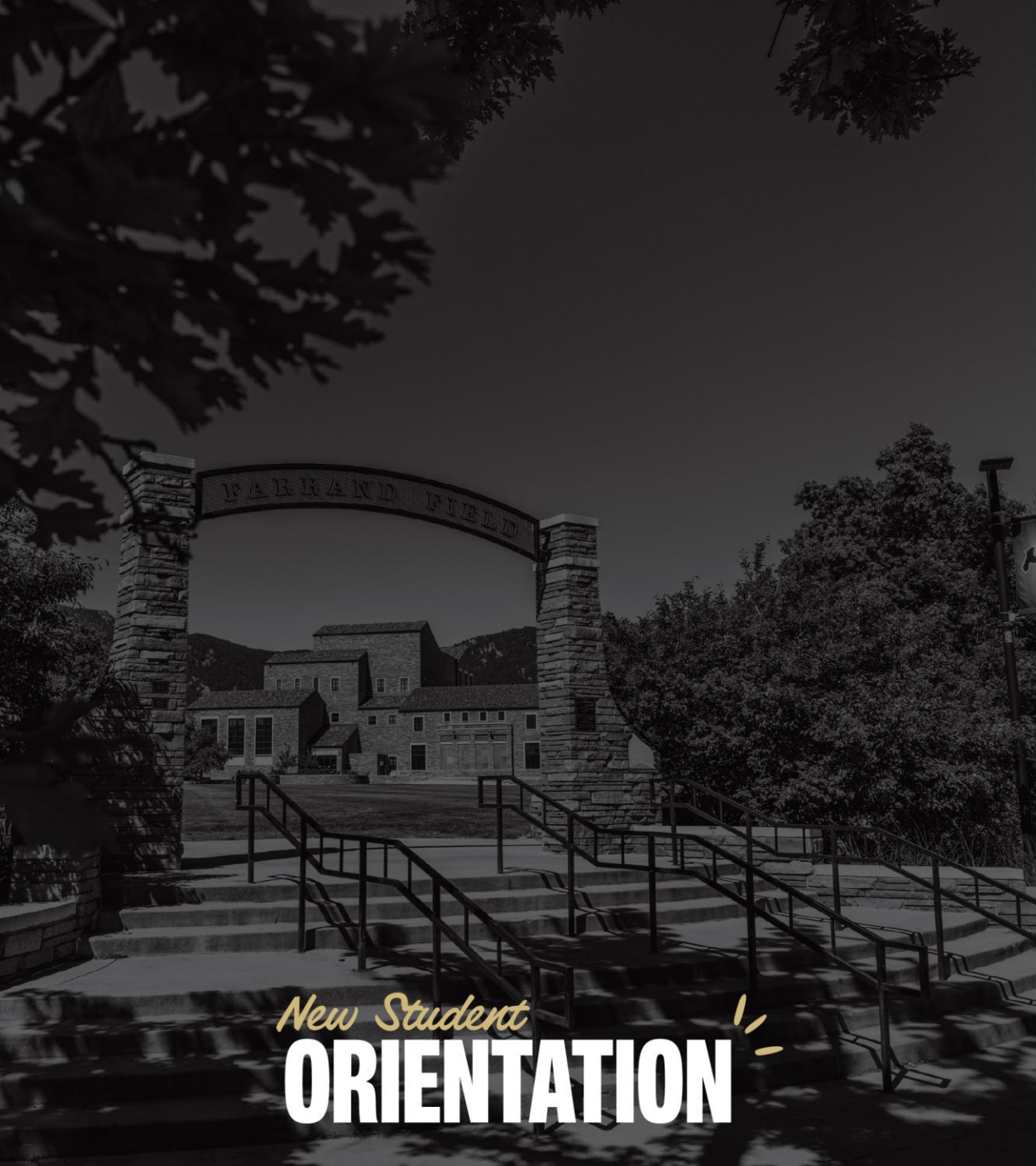
New Student

ORIENTATION



New Student & Family Programs

UNIVERSITY OF COLORADO BOULDER



New Student
ORIENTATION

Safety and Wellness

Overview

- General Safety on Campus
- Residence Hall Safety
- Health and Wellness at CU



Data

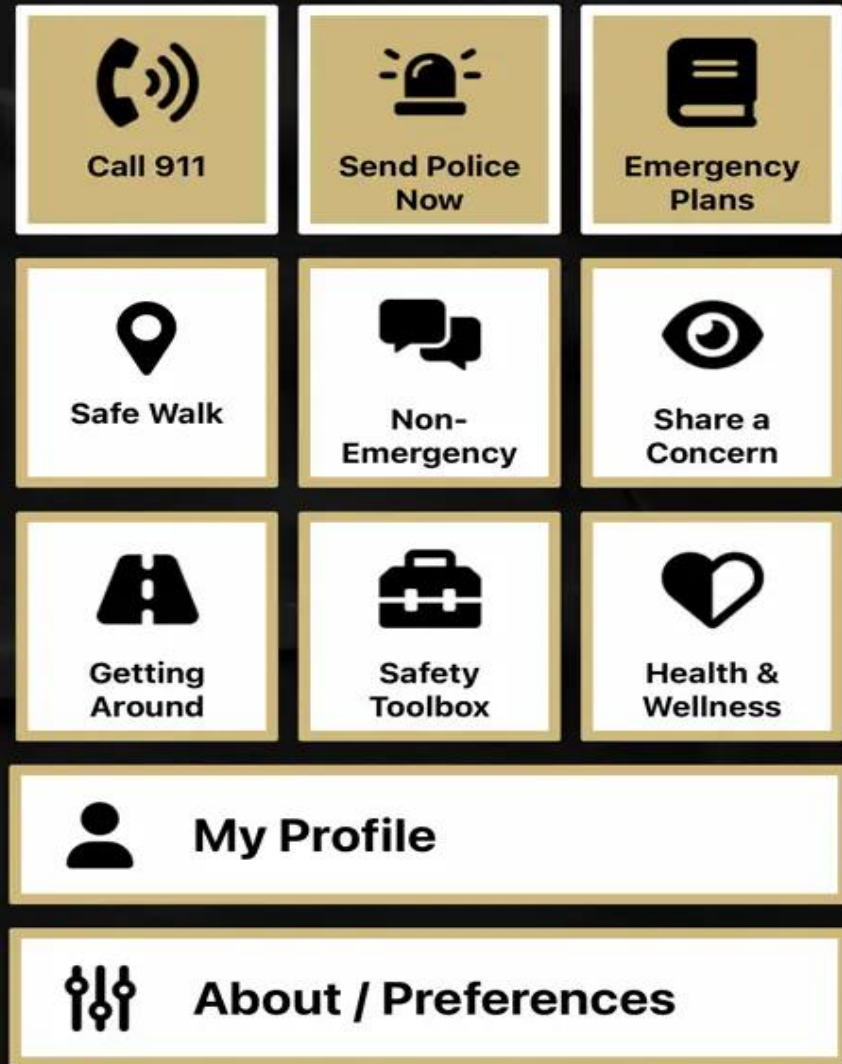
98% of families have concerns about their child attending college

- 47% financial pressure
- 40% safety and well- being
- 31% academic performance
- 29% accommodations
- 28% social adjustments
- 21% lack of supervision
- 17% transportation



CU Boulder SAFE App

- Free App to centralize safety on campus, making it easy for students to find everything in one place
 - Can be downloaded in Apple and Android App Store
- Students log in on the app using their Identikey and customize their information and preferences



CU Boulder Campus Alerts

Students:

- Students are automatically enrolled to receive emergency and safety alerts to their Colorado Email. Students can add their phone number in Buff Portal for text alerts.
- Alerts include:
 - Campus closures, weather, natural disasters, time-sensitive safety concerns

Families:

- Can enroll in City of Boulder Alerts
- CU Boulder Alert website and social media regularly updated during emergency



CUPD and Boulder PD

- Work together to provide 24/7 service to community
- Both are independent agencies who have dispatch centers
 - Boulder PD has fire, medical, and EMT dispatch
- When 911 is called, the system automatically picks up the location of the incident and routes it to the closest Department

- Emergency: 911
- Non-emergency: 303-492-6666

CUPD Safety Tips

- We are a public campus – can't control who strolls through
- When possible...
 - Walk in groups
 - Don't walk with both headphones in
 - Be aware of surroundings
 - Don't get buried in phone
 - Walk with a purpose
- General awareness of who/what is going on around you
- See something, say something - if something looks suspicious/doesn't feel right, it's always better to report and err on the side of caution

Residence Hall Safety

- Resident Advisor:
 - Live on floor with students to provide live-in support and mentorship
 - Host monthly staff meetings for updates, protocols, and community
 - Make rounds multiple times a night
 - 24/7 on-call assistance
- Professional Staff:
 - Assigned to and live-within residence halls
 - 24/7 on-call assistance
- Residential Service Officers
 - 24/7 presence in and around residence halls
 - Provide education, safety, and appropriate enforcement within res halls
 - Ensure safety and res life protocol are being followed

Residence Hall Safety

- General Safety
 - All exterior doors, interior living areas, and individual rooms remain locked
 - Key access required for building entry
 - Security cameras located near external doors and lobbies
- Resident Assistants & Professional Staff receive emergency training on emergency procedures, mandatory reporting, active harmer, and fire safety

General Safety

- Good Samaritan Clause – a person is immune from criminal prosecution for an offense when the person reports, in good faith, an emergency drug or alcohol overdose to law enforcement
 - All parties must stay until help arrives
- Amnesty Policy - the individual calling for themselves or someone else, for alcohol or drug-related emergency, will not be subject to formal disciplinary sanctions by the university
 - All parties must stay until help arrives
- Party Smart: <https://www.colorado.edu/aod/party-smart>
 - Education, resources and policies around partying

Health and Wellness

Services Offered by Medical Services



Acupuncture



Allergy



Behavioral Health



Chiropractic Care



COVID Vaccine



Flu Shots &
Vaccinations



Lab Services



LGBTQIA+ Care



Massage



Nutrition Services



Pharmacy



Physical Therapy



Primary Care



Radiology



Sexual & Reproductive
Health



STI Testing



Travel Clinic

Medical Services Hours

- Hours
 - Monday – Thursday 8:00 a.m. – 5:00 p.m.
 - Friday 9:00 a.m. – 5:00 p.m.
- If contacting outside of normal business hours for a non-emergency:
 - 1. Log in to your MyCUHealth portal and add your name to the Nurse Call Back List. Call-back hours are normal business hours
 - 2. Log into TimelyCare to be seen by a telehealth provider immediately
 - Students can create TimelyHealth account with their CU Boulder email and password
- If student is experiencing an emergency, call 911 immediately

Urgent Care

Urgent care centers usually cost less than emergency room visits and have shorter wait times. Many insurers will not cover ER visits if the situation is not an emergency.

Local Urgent Care Facilities

- [Boulder Medical Center Urgent Care](#)
- [Boulder Community Health Urgent Care Centers](#)
- [Longmont Clinic](#)
- [Orthopedic Urgent Care](#)

Medical Emergency

Most insurers define a medical emergency as a sudden, unexpected injury or illness that poses an immediate threat to life, limb or body function.

Local Hospitals

- [Boulder Community Foothills Hospital](#)
- [Avista Hospital](#)
- [Good Samaritan Hospital](#)
- [Longmont United Hospital](#)
- [UCHealth Longs Peak Hospital](#)

Counseling and Psychiatric Services (CAPS)

- Support student's mental health and well-being on campus
- Provide accessible, individualized care to help students find the support and connect to the resources needed
- Offers comprehensive counseling services including short-term individual therapy, group therapy, psychiatric services/medication management, and access to off campus mental health therapy and resources.



Workshops

Register to attend one of our interactive workshops covering a variety of topics, including anxiety, motivation, climate change, meditations and healthy habits.



Screenings

Meet with a CAPS provider to assess your needs and identify services that will work best to address your concerns. Sessions typically last 20 minutes and are available same-day or by appointment.



Groups

We offer a variety of interpersonal and topic-specific therapy groups for undergraduate and graduate students.



Community referrals

Get help finding a community provider that can take your insurance and address your specific concerns.



I'm in crisis

Get help if you or someone you know is in crisis.



Thrive Like A Buff

Mental health is something that we all have and can actively care for. CU Boulder offers tools and resources to help you feel empowered and supported.

CAPS Crisis Support

- Same day, drop-in services during business hours
 - Center for Community, Suite N352
2249 Willard Loop Dr.
104 UCB, Boulder, CO 80309
- 24/7 crisis support line – 303-492-2277
- Access to free telehealth therapy services through BetterMynd, to include evenings, weekends, and anywhere in the country

BetterMynd

Benefits of Using BetterMynd

BetterMynd expands your mental health options—it doesn't replace CAPS. Use whichever resource works best for you, or combine services from both to get the support you need.

Here are a few reasons why students use BetterMynd:

- **Flexible scheduling:** Get therapy during the day, evening, weekends or even over breaks.
- **Meet from anywhere:** Join sessions from your laptop, phone, or tablet—no travel and no waitlists.
- **Diverse licensed counselors:** Browse therapists based on demographics, identities, lived experiences or specialty areas.
- **Confidential and judgment-free:** Sessions are private, secure and designed to help you talk openly and honestly.

Virtual Care, Anywhere

BetterMynd connects students with licensed therapists through secure tele-therapy sessions. You can get support from wherever you feel comfortable and choose session times that fit your schedule.

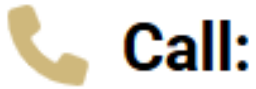
BetterMynd therapists can support you with topics like:

- Stress, anxiety or burnout
- Relationship or roommate issues
- Identity-related concerns
- Depression or feeling stuck
- Family challenges
- Academic or life transitions

CAPS Crisis Support

- Same day, drop-in services during business hours
 - Center for Community, Suite N352
2249 Willard Loop Dr.
104 UCB, Boulder, CO 80309
- 24/7 crisis support line – 303-492-2277
- Access to free telehealth therapy services through BetterMynd, to include evenings, weekends, and anywhere in the country
- CUPD co-responder who is employed by CAPS to respond with officers for cases where additional support is needed
- Welfare checks - If you are concerned about the health, safety, or welfare of someone
 - On-Campus: 303-492-6666
 - Off-Campus: 303-441-3333

Additional Support Services:



Call:

- **Boulder Police Department:** [911](tel:911)
- **Counseling & Psychiatric Services (CAPS):** [303-492-2277](tel:3034922277)
- **Colorado Crisis Services:** Call or text [988](tel:988), or live chat at [988Colorado.com](https://www.988colorado.com).
- **Trevor Project (LGBTQ+):** [866-488-7386](tel:8664887386)
- **National Suicide Prevention:** [988](tel:988) or [800-273-8255](tel:8002738255) (English) [888-628-9454](tel:8886289454) (Spanish)



In person:

- **Clinica Drop-in Crisis Center:** 1107 W. Century Drive, Louisville, CO 80027
- **Boulder Community Health Hospital:** 4747 Arapahoe Ave Boulder, CO 80303

You can also call 988 or visit the [Colorado Mental Health Line](#) website to find the 24/7 drop-in crisis center nearest to you.



Text:

- **Crisis Text Line:** Text HOME to 741741
- **Colorado Crisis Services:** Text 988

Other On-Campus Resources

- **Health Promotion** - provides outreach and education on a variety of health topics to help students make informed decisions about their health and well-being.
 - Collegiate Recovery Community - community, support, and connection for those in recovery or seeking recovery
- **Basic Needs Center** – provides support services for students seeking assistance with essential resources such as food, housing, and financial need
 - Buff Pantry, emergency housing, student emergency fund,
- **Student Outreach, Advocacy & Support** – assist students to reduce the adverse impact of challenging situations
 - Referred students get connected to a case manager who will support the student through the navigation of resources and services

Other On-Campus Resources

- **Office of Victim Assistance** – provide free and confidential support, consultation, advocacy and short-term trauma counseling to students who have experiences or witness a traumatic, disturbing or life-disturbing event
- **Disability Services** – provides support to students with accommodation requests, implementation, guidance, and general information
- **Office of Institutional Equity and Compliance** – offers supportive measures to ensure a safe and nondiscriminatory environment. Provide resources for individuals who have experienced prohibited behavior and those accused of prohibited conduct.



NEW STUDENT & FAMILY PROGRAMS



FAMILIES@COLORADO.EDU



COLORADO.EDU/FAMILIES



1-303-492-4431



New Student & Family Programs
UNIVERSITY OF COLORADO BOULDER

What's Next?

- Family & Guest Social
 - 5:30 – 6:15 p.m.
 - UMC 235
 - Light refreshments, giveaways, and connections!

New Student
ORIENTATION

New Student

ORIENTATION



New Student & Family Programs

UNIVERSITY OF COLORADO BOULDER