



# Colonial Health Center

The Colonial Health Center (CHC) is conveniently located on the ground floor of the Marvin Center, located at 800 21<sup>st</sup> Street NW. The CHC takes a holistic approach to student health and wellness providing outreach and prevention education, mental health and medical services to GW Students. Detailed information regarding CHC services can be found on the web: [healthcenter.gwu.edu](http://healthcenter.gwu.edu)

## Health Promotion and Prevention Services (HPPS)

### What does HPPS do?

Health Prevention and Promotion Services (HPPS) coordinates the outreach and prevention education efforts of the Colonial Health Center. Our goal is to educate students so that they can make informed and responsible decisions regarding their overall health and wellness.

### What does HPPS provide?

- Resources and Referrals
  - HPPS offers a variety of resource materials such as pamphlets, informational brochures, books, and DVDs regarding issues related to student health and wellness. HPPS can also direct students to local resources for additional services.
- Workshops and training programs
  - Whether you are looking to learn more about responsible decisions involving alcohol consumption, how to manage stress and anxiety or safe sex practices, HPPS offers workshops and training programs on these topics and many more. Custom presentations can also be created on request.
- Brief Intervention strategies
  - HPPS facilitates BASICS (Brief Alcohol Screening and Intervention for College Students) for any student interested in learning more about their alcohol consumption. Staff work individually with students looking at their choices and potential outcomes. The program encourages positive behavior change that reduces negative outcomes.

### How do I contact HPPS with questions or to make an appointment?

An appointment can be requested through a form on our website. Under the “Quick Links” section on the right side is a link for “Schedule an Appointment.” Students can also call or email to schedule a time to speak with someone.

Phone: 202-994-2599

Email: [prevention@gwu.edu](mailto:prevention@gwu.edu)

## Mental Health Services (MHS)

### How do I access mental health services?

Come in to the CHC during normal business hours and request an initial consultation with a MHS clinician. At that time, you will meet with a clinician for about 20-30 minutes to discuss your current situation and develop a plan for accessing our services. You may also complete the initial consultation by phone, during normal business hours, by calling (202) 994-5300. MHS maintains two offices: the main office is located on the Foggy Bottom Campus (at CHC on the Ground Level of the Marvin Center) and on the Mount Vernon Campus (Academic Building, Room 119).

### What do mental health services cost?

Many of our counseling services are free of charge, including group counseling sessions, skills-based workshops, crisis intervention services, referrals to community providers, and online support and self-care resources. Within our brief counseling model, the first handful of individual counseling sessions are free of charge. MHS clinicians will work with you to determine next steps if additional counseling services are needed. We charge \$60 per session past the first handful of free sessions; this fee can be reduced for students with demonstrated financial need.

### How do I sign up for group counseling or a skills-based workshop?

Information about the workshops and group counseling is posted on our website each semester. You need to attend an initial consultation in order to attend one of our groups. Skills-based workshops do not require initial consultation or registration.

### Who are the clinicians at MHS?

MHS values diversity and has a diverse staff representing many educational & training backgrounds, clinical specialties, and cultural identities. Please see the MHS website for staff biographies and let us know, during your initial consultation, if you would like to speak with a clinician with a specific identity or specialty.

### What do I do in a mental health emergency?

Calls to MHS are answered 24 hours per day, 365 days per year—don’t hesitate to call (202) 994-5300. Students may also call GWPD at (202) 994-6111 or 911. If you need urgent support during operating hours, please come in to either of our locations.

## Medical Services (MS)

### How do I make an appointment?

Students can make an appointment in two ways:

1. 24/7 ability to schedule an appointment by going to our website and follow prompts for online appointment scheduling. You will need your GW email address to schedule an appointment.
2. During normal operation hours you can always call the main Medical Services phone number at (202) 994-6827 and speak with a customer service specialist.

### What do I do if I am sick and there are no more appointments available?

We see students for urgent medical needs on a first-come-first serve basis and according to severity of medical problems.

### What types of services do you offer?

We provide services similar to a primary care office such as:

- Evaluation and treatment of acute illness
- Women's health and contraception
- Physical Exams
- Immunizations – required, recommended and travel
- Tuberculosis testing
- Sexually Transmitted Infection testing and treatment
- LGTBQ health
- Psychiatric Services
  - Evaluation
  - Crisis intervention
  - Referrals to community providers
- In office blood drawing and specimen collection provided by Quest Diagnostics

If specialty care is needed, we can refer you to a specialist in the local DC community.

### What types of providers are on staff?

We have an outstanding team of physicians, nurse practitioners, physician's assistants and registered nurses on staff to take care of your medical problems.

### Do I need a school physical?

No, we don't require a physical exam. Students with chronic medical problems are encouraged to submit previous medical records, so if they use our services we have adequate information.

### Do I have to submit any mandatory health forms?

Yes, your mandatory Immunization Form is due to Medical Services in the Colonial Health Center by August 1. Forms can be mailed, faxed or dropped off using the following information.

### Can I speak with someone when the Colonial Health Center is closed about a medical concern?

After hours medical advice is available by calling our main phone number (202) 994 – 6827, option 0.

### How do I pay for my office visit?

You can pay with Visa, Mastercard, GWorld or bill fees directly to your student account.

### Can I use my private insurance to pay for my visit?

We don't bill private health insurance plans directly, however, at the conclusion of your office visit, we can print a detailed receipt that you can submit to your insurance company for reimbursement.

Despite this, it is still important to carry your insurance card at all times because insurance can be billed by outside providers utilized by Medical Services to evaluate and treat your medical condition. Examples of these types of providers include: diagnostic tests obtained from Quest Diagnostics (available in-house), radiologic studies provided by local radiology practices, pharmacies, the Emergency Department and local specialty providers.

The Student Health Insurance Plan (SHIP) endorsed by the University and offered thru Aetna covers most of the services offered at the Colonial Health Center, including both medical services and mental health services

### What do I do if I am experiencing a medical emergency?

If you experience a medical emergency and live on campus, please contact GW Police Department (202-994-6111) to coordinate evaluation by EMeRG, GW's emergency medical response group, and transportation to the GW Hospital, located on Washington Circle, 2 blocks from the Marvin Center.

As mentioned previously, after hours medical advice is available by calling our main phone number (202) 994 – 6827, option 0.

**Colonial Health Center**  
**Marvin Center, Ground Floor**  
**800 21<sup>st</sup> Street, NW**  
**Healthcenter.gwu.edu**