University of Florida

College of Public Health & Health Professions Syllabus for

PHC6600: Foundations of Public Health: Non-Credit Course

Formerly known as

PHC 6937: Introduction to Public Health: Non-Credit Course Summer 2024

Delivery Format: Online, e-Learning in Canvas

Instructor: Rebecca J. Austin-Datta, BSc, MS, MPH, MRSC

Epidemiology Doctoral Student | Instructor

College of Public Health and Health Professions | College of Medicine

Email Address: rebeccajane@ufl.edu **with PHC6600-NC in the subject line, please**

Office Hours via Zoom Meeting:

Wednesdays 5:00 PM - 6:00 PM Eastern Daylight Time, throughout Summer Semester 2024. **Zoom link:** https://ufl.zoom.us/j/99798485210?pwd=ZUdkTjBJRzFxVSttYnN0NFBIWjZSUT09 I will also be available by appointment (Zoom, no in-person office hours at this time).

Preferred Course Communications (e.g., email vs. Canvas message):

- Canvas = fastest response, or UF email **with PHC6600-NC in the subject line, please **
- Please use the message function within Canvas, if possible, thank you.
- Emails/Canvas messages received on Monday-Thursday can expect a response within 24 to 48 hours. If I have not responded within two days, please contact me again. Your message is important to me, but it may have been overlooked. Emails/Canvas messages received after 5pm on Friday, during the weekend, or on holidays will be answered by 2pm on the following Monday/next working day.

Prerequisites: None

PURPOSE AND OUTCOME

Course Overview

The purpose of this course is to provide a broad introduction to public health, foundation in core public health knowledge, and impart an understanding about how the health professions and specialized health research contribute to achieving the goals of public health.

The course is designed for students in the following programs of the College of Public Health and Health Professions:

- AuD Doctor of Audiology (campus and distance programs)
- MA with a major in Communication Sciences and Disorders
- MHA Master of Health Administration
- MHS Master of Health Science in Environmental and Global Health: One Health
- MS Biostatistics, Epidemiology
- DPT Doctor of Physical Therapy
- OTD Doctor of Occupational Therapy
- PhD Biostatistics, Clinical and Health Psychology, Epidemiology, Health Services Research, and Rehabilitation Science

Relation to Program Outcomes

Students pursuing degrees within the UF College of Public Health and Health Professions must be grounded in foundational public health knowledge. A public health orientation is provided via this three-credit equivalent course designed for students in graduate professional, Master's, and PhD programs who do not have prior graduate level public health training.

Course Objectives and/or Goals

Upon completion of this course, students will be able to:

- Assess the importance of Public Health to them personally, and to the community in which they live.
- **Explain the critical importance of** [sourcing/citing high-quality ("credible")] **evidence** in advancing public health knowledge.
- Explain Public Health history, philosophy, and values.
- Appraise Public Health situations through an ethical lens.
- Identify the core functions of public health and the 10 Essential Services
- Describe the role of different partners in the field of public health.
- Explain the role of quantitative and qualitative methods and sciences in describing and assessing a population's health.
- Assess suitability of types of quantitative study designs used in epidemiology, for research purposes.
- List major causes and trends of morbidity and mortality in the US or other community relevant to the school or program
- Discuss the science of primary, secondary, and tertiary prevention in population health, including health promotion, screening, etc.
- Explain health behaviors using both the four- and five-levels of the Social Ecological Model (SEM)
- Compare and contrast how different Behavioral Theories (Health Belief Model, Transtheoretical Model) can be used to create individual level interventions.
- Explain the social, political, and economic determinants of health and how they contribute to population health and health inequities.
- Explain how the pandemic impacted care in other areas of the U.S. healthcare system, including routine and chronic care.
- Reflect on their experiences and attitudes, using the single-story framework.
- Explain effects of environmental factors on a population's health.
- Compare vulnerabilities associated with seven core concepts in environmental health: Toxicity, Exposure, Dose/Response, Individual Susceptibility, Risks & Benefits, Environmental Justice, and Community Resources & Action.
- Discriminate between different types of environmental exposure factors, debate which category/categories apply to specific exposure examples, depending on the population at-risk (susceptible population).
- Explain biological, genetic, behavioral, and psychological factors that affect a population's health.
- Explain how globalization affects the global burdens of disease.
- Evaluate climate change's impacts on global food security, sanitation, and health.
- Explain the intersection between 'maternal and child health', and 'environmental health'.
- Discuss One Health examples based on mental health, zoonoses, farm animals & pets, and agriculture.
- Assess the potential for using OneHealth approaches to solve Global Health problems and create Global Health opportunities (based on the interdependence between human health, animal health, and environmental health).

Instructional Methods

The course is provided entirely online using video presentations and selected readings in a semi-self-paced format. The course is housed in UF e-Learning in Canvas. The course requires 48 contact hours and may be taken at any time during a student's program in the College of Public Health and Health Professions. Course content, depth, and level of difficulty are equivalent to 3 graduate credits at the University of Florida — whether the course is taken for credit or as a zero-credit curriculum requirement (see your program's requirements for details on whether you will be enrolled as a for-credit or a zero-credit student). This syllabus is tailored for the non-credit version of the course. Reflection discussions (original posts, and replies) must be original work (verified via Turnitin.com) and must be evidence-based (i.e., you must cite highly credible, reliable, sources of information).

Online Learning Expectations

You are expected to actively engage in the course throughout the semester(s) in which you are enrolled. This is a self-guided course with modules that include lectures, video resources, and readings posted on the Canvas site. You will work through the material and complete assignments per the posted due dates for the semester(s) in which you are enrolled. You will work towards mastery of the course objectives. Students are expected to write their own work, ChatGPT and similar resources are *not* to be used – thank you for respecting this request.

DESCRIPTION OF COURSE CONTENT

Please plan your study/assignment time strategically: we have a compressed timeline in the summer semester. You will be completing 3-credit work typically scheduled in 15 weeks, during 12 weeks of summer!

Some weeks in summer semester, you will be working in two different modules. No work is scheduled during UF holidays. The due dates for module assignments are shown in a separate table.

Topic Outline/Course Schedule

Dates	Module #: Theme	Topics include:	Weekly Assignments:				
May 13-17 May 20 (Weeks 1 & 2)	Module 1: Course Overview; Public Health (PH) history, philosophy, and values.	 Review syllabus and course requirements What is Public Health? History of Public Health Values and ethics in Public Health A philosophy of Public Health 	Discussion 1 (D1) "Public Health + Me" D1-Original Post (OP): (1) Similarity check (2) Main page post D1- Reply Post (RP): (3) Similarity check (4) Main page post				
	Module 2: The core functions of Public Health and the 10 Essential Services	 Core functions/10 Essential Services The Public Health system in the United States 	Quiz 1 (Modules 1 & 2)				
May 21-24 May 28 (Weeks 2 & 3)	Module 3a: Quantitative research methods in Public Health	 Epidemiological contributions to Public Health Biostatistics contributions to PH Quantitative research contributions to PH 	(Prepare for Quiz 2)				

Dates	Module #: Theme	Topics include:	Weekly Assignments:			
	Module 3b: Qualitative research methods in PH	Qualitative research contributions to Public Health	Quiz 2 (Modules 3a & 3b)			
May 29-31 June 3 (Week 3 & 4)	Module 4: Behavioral and Psychological Factors that affect PH	Social and Behavioral Sciences in Public Health	(Prepare for Quiz 3)			
June 4-7 June 10 (Weeks 4 & 5)	Module 5a: Social, political, and economic determinants of health	Social determinants of healthHealth equity	Quiz 3 (Modules 4 & 5a)			
	Module 5b: Empathy in Public Health	 Empathy, diversity and inclusiveness in Public Health Personal reflections 	Discussion 2 (D2) "Empathy Reflection" D2-OP: (1) Similarity check (2) Main page post D2-RP: (3) Similarity check (4) Main page post			
June 11-12 June 15-17 (Weeks 5 & 6)	Module 6: Environmental Health/One Health	 Environmental Health contributions to Public Health One Health's relevance to Public Health 	(Prepare for Quiz 4)			
June 18, June 20 & 21 (Week 6)	Module 7: Global Public Health	What is Global Public Health?Improving nutrition in children in West Africa.	(Prepare for Quiz 4)			
June 24-29 (Week 7)	Summer Break	No new work scheduled	N/A			
July 1-3, July 5 (Week 8)	Finish up Module 7: Global Public Health	See Week 6	Quiz 4 (Modules 6 & 7)			
July 8-12 (Week 9)	Module 8: Evidence-based PH	What is evidence-based public health?	(See Discussion 3, below)			
July 15-19 (Week 10)	Module 9: Public Health biology	 The effect of some biological & genetic factors on population health. Infectious disease control 	Quiz 5 (Module 9)			
July 22-26 July 29, (Wks 11 & 12)	Module 10: The science of prevention in Public Health	 Types of prevention Preventive interventions for chronic and infectious diseases Screening in public health Debate/justify importance of funding specific preventive public health measures 	Discussion 3 (D3): Ethics & Future of Preventative PH D3-OP: (1) Similarity check (2) Main page post D3- RP: (3) Similarity check (4) Main page post			

Dates	Module #: Theme	Topics include:	Weekly Assignments:
July 30-31	Module 11:	 Community-based participatory 	
Aug 1-9	Public Health trends	research	Quiz 6 (Module 11)
	and initiatives in our	 Intersections of climate change, 	
(Wks 12 & 13)	community	social determinants of health, and	
		vulnerability in Public Health (PH)	
		 Social media's role in PH 	
		 Combatting misinformation in PH 	
		 Professional PH communication 	

Course Materials and Technology *TEXTBOOK*:

• None at this time – readings are provided within the Canvas Modules as pdfs (and/or other documents) and links to external public content.

TECHNOLOGY:

IMPORTANT NOTE: The UF IT department recommends that you **use FIREFOX web browser** for Canvas to access video material.

- Please do not use Chrome browser when accessing the course via Canvas the videos may not work, etc.
- Please be careful if using Zotero for APA-7th Edition referencing purposes, you probably need to manually fill in the fields as Zotero does not necessarily do exactly what is required.
- o EndNote and Mendeley are preferred over Zotero (personal preference!)

Information on Student Computing requirements can be found here: http://studentlife.online.mph.ufl.edu/e-learning-in-canvas-technical-requirements/

For technical support for course materials and activities and assessments, please contact the Online Course coordinator: Truly Hardemon, MEd at hardemont@ufl.edu

For technical support for this class, please contact the UF Help Desk at:

- helpdesk@ufl.edu
- (352) 392-HELP select option 2
- https://helpdesk.ufl.edu/

Additional Academic Resources

- <u>Career Connections Center</u>: Career assistance & counseling services. Reitz Union Suite 1300, 352-392-1601.
- <u>Library Support</u>: Assistance using the libraries (online, or in-person) and/or finding resources.
- <u>Teaching Center</u>: General study skills and tutoring. Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420.
- Writing Studio: Help brainstorming, formatting, and writing papers. 2215 Turlington Hall, 352-846-1138.
- Student Complaints On-Campus: <u>Visit the Student Honor Code and Student Conduct Code</u> webpage for more information
- On-Line Students Complaints: View the Distance Learning Student Complaint Process.

ACADEMIC REQUIREMENTS AND GRADING

ASSIGNMENTS: (Discussions, and Quizzes)

Students will work through the material in each module, then complete assignments and quizzes to develop a greater understanding of public health. You will practice sourcing/citing high-quality ("credible") evidence - expected skills for a UF PHHP graduate! If you would like feedback on your work at any time during this course, please contact me with your questions: I will review your work with you via Zoom screenshare.

You are welcome to work ahead in the class and submit early. The 'requested dates' listed in the table are the last day to submit work and finish the class during the semester without rushing, i.e., it's recommended you plan to submit work before/on the 'requested' date. Work will be graded after the requested date listed in the table. Hard deadlines for 'last possible Discussion posting date' this semester will be provided in Canvas with at least 2 weeks' notice, via announcement(s) and clearly stated on the Discussion instruction pages.

RELIGIOUS HOLIDAYS, AND DUE DATES

There are several religious holidays that occur during the semester. As this is an asynchronous class, even if you are observing them, these holidays may not affect your work in the class too much. However, if you will be observing religious holidays this semester, and this could affect you being able to post to a discussion/complete a quiz by the requested date per the table below, please let me know in advance if you need some extra time to make up course activities. [Contacting me in advance will enable me to schedule time to grade your work in a timely manner.] Thank you for working with me on this.

COURSE REQUIREMENTS, Assignment dates*

Three Reflection Discussions (each discussion is a 4-part assignment)

- 3 original posts & 3 reply posts & 6 similarity checks:
- For each post, BEFORE posting on the main page, a "similarity check" of words + references + technology statements to show 0-9% similarity per Turnitin.com, is REQUIRED. See instructions, email any questions!

Grading readiness rubric requirements (per individual assignments) must be met before the Hard Close deadlines shown on assignment instruction pages (also posted in semester Pacing Announcements).

A grade of 0.5 marks on a similarity check assignment is an indication the work is not yet 'ready for grading'.

Please check your Canvas grades page— if you see a "0.5" you must fix the problem before the hard-close date.

See rubrics on each instruction page.	Due date*	Total Marks (breakdown)	% of final grade**
Discussion 1: Public Health Experience, introduction		10 marks	10
D1-OP: Similarity check upload: Video script + references + technology statements	Mon 5/20/24	(1 mark)	
2. D1-OP : Main page original post: Video + "0-9% similarity" script/references + technology statements	Mon 5/20/24	(4 marks)	
3. D1-RP: Similarity check upload: Reply words + references + tech. statements, APA-7 th Edn. format	Tues 5/28/24	(1 mark)	
4. D1-RP : Main page reply post: "0-9% similarity" reply words/refs, + tech. statements, APA-7 th Edn. format	Tues 5/28/24	(4 marks)	

Discussion 2: Empathy in Public Health (PH)		15 marks	15						
D2-OP: Similarity check upload: Planned words + references + tech. statements, APA-7 th Edn. format	Mon 6/10/24	(1 mark)							
2. D2-OP: Main page original post: "0-9% similarity" words/refs, + tech. statements, APA-7 th Edn. format	Mon 6/10/24	(9 marks)							
3. D2-RP: Similarity check upload: Reply words + references + tech. statements, APA-7 th Edn. format	MON 6/1//24								
4. D2- RP : Main page reply post: "0-9% similarity" reply words/refs, + tech. statements, APA-7 th Edn. format	· · · · · · · · · · · · · · · · · · ·								
Discussion 3: Ethics & Funding Preventive Public Health		15 marks	15						
D3-OP: Similarity check upload: Planned words + references + tech. statements, APA-7 th Edn. format	Mon 7/29/24	(1 mark)							
2. D3-OP: Main page original post: "0-9% similarity" words/refs, + tech. statements, APA-7 th Edn. format	Mon 7/29/24	(9 marks)							
3. D3-RP: Similarity check upload: Reply words + references + tech. statements, APA-7 th Edn. format	Thurs 8/1/24	(1 mark)							
4. D3- RP : Main page reply post: "0-9% similarity" reply words/refs, + tech. statements, APA-7 th Edn. format	Thurs 8/1/24	(4 marks)							
Quizzes (6)	Requested date*	Marks	% of final grade						
Quiz 1 (Modules 1 & 2)	Mon 5/20/24	10	10						
Quiz 2 (Modules 3a & 3b)	Mon 5/28/24	10	10						
Quiz 3 (Modules 4 & 5a)	Mon 6/10/24	10	10						
Quiz 4 (Modules 6 & 7)	Mon 7/8/24	10	10						
Quiz 5 (Module 9)	Mon 7/22/24	10	10						
Quiz 6 (Module 11)	Fri 8/9/24	10	10						
Total for Non-Credit Course		100 Marks	100%						

^{*}You are welcome to work ahead in the class and submit early. Hard deadlines for 'last possible Discussion posting date' this semester will be provided in Canvas with at least 2 weeks' notice, via announcement(s) and clearly stated on the course Discussion pages. Please see note about Religious Holidays, on page 6.

DISCUSSIONS:

• There will be three sets of evidence-based discussion assignments throughout the semester which will help you engage with your peers, practice sourcing/citing high-quality ("credible") evidence and consolidate your thoughts.

- Each discussion consists of four assignments (two similarity checks, an original post, and reply post).
- Each assignment <u>within a discussion</u> has individual instructions that should be read thoroughly, to earn full marks. Please request a Zoom meeting to discuss instructions with me if you wish.
- Please fully review the "Grading Readiness" and "Content & Accuracy" rubrics for *each assignment* within a discussion!
 - APA-7th Edition in-text citations/reference lists/document format will be used.
 - 。 Discussion post content will be submitted to Turnitin.com to ensure academic integrity.
- Please note: pre-grading requirements for all assignments are non-negotiable (see "Grading Readiness" rubrics); pre-grading requirements must be met before the 'hard close' dates for each assignment.
- The STUDENT is responsible for checking the work meets pre-grading requirements.
- The instructor may contact students who submitted by the requested due date in the table above to
 alert them an adjustment is advised per "Grading Readiness" rubric, but the instructor will NOT
 contact students who submit work in the courtesy upload period between the due date and the
 hard close date.

OUIZZES:

- There will be a total of six (6) quizzes throughout the semester. Each quiz will be worth 10 marks. Quizzes in this course are open book, open notes.
- Each quiz includes eight multiple choice questions; quiz time is 30 minutes per attempt.
- You will have six chances total to take each quiz (i.e., six chances spread over all semesters in which you are enrolled in this version of the course); your highest grade will be scored.

Grading: Percentage Point System Used (total marks = 100; each mark earned = 1 percentage point)

Grade	94	90	87	84	80	77	74	70	67	64	61	0
percent	_	_	-	-	-	-	-	-	-	-	-	-
	100	<94	<90	<87	<84	<80	<77	<74	<70	<67	<64	<61
Letter Grade	А	A-	B+	В	B-	C+	С	C-	D+	D	D-	E

To pass this non-credit class, you need to earn at least 80 points (B- equivalent or greater), per table above. "Non-credit" means the course does not contribute to your grade-point average (GPA). Therefore, on your UF transcript, this non-credit version of the PHC6600 course, will not have an "A-E" letter grade. The non-credit version of the course may show as a satisfactory grade ("S") on your transcript (see table below), or it may count as a checked-off 'requirement completed' item for your curriculum, depending on your program.

Letter Grade	Α	Α-	B+	В	B-	C+	С	C-	D+	D	D-	E	WF	ı	NG	S
Grade Points	4.0	3.67	3.33	3.0	2.67	2.33	2.0	1.67	1.33	1.0	0.67	0.0	0.0	0.0	0.0	0.0

More information on UF grading policy may be found at: https://gradcatalog.ufl.edu/graduate/regulations/

Policy Related to Make up Exams or Other Work

Late submissions may be accepted up to the hard cut-off date posted in Announcements/listed on the assignment instruction page, but the following policies apply:

Coordinator/instructor will not contact you about missing or incomplete assignments.

If you miss the deadline for a quiz, or a discussion, the relevant Canvas page will say the upload feature is no longer available: you will need to contact the instructor and request permission to submit. Permission for late submission is not guaranteed – there needs to be a genuine reason why the deadline was missed.

You should email the instructor and explain what issue (e.g., bereavement, illness) necessitates lateness. In some cases, documentation may be requested. If a lateness allowance is agreed to, this applies to a single assignment only. It does not allow you to delay future assignments. **Note, conference attendance or doctoral qualifying examinations or thesis/dissertation defenses do not constitute valid lateness excuses.**

Special Circumstances: In the event of exceptional situations that may interfere with your ability to perform an assignment or meet a deadline, contact the instructor as soon in <u>advance of the deadline</u> as possible. Such special cases will be dealt with on an individual basis, provided you have sufficient documentation.

Technical issues: Any requests for make-ups due to technical issues MUST be accompanied by the UF Computing help desk (http://helpdesk.ufl.edu/) correspondence. You MUST e-mail the instructor within 24 hours of the technical difficulty if you wish to request a make-up opportunity.

STUDENT EXPECTATIONS, ROLES, AND OPPORTUNITIES FOR INPUT

To ensure that we have a great semester, remember -All transactions and relationships are enriched by courtesy:
Be considerate of one another during responses to reflective discussions.
All ideas have merit.

"There is no such thing as a 'Silly Question'" (C. Austin, personal communication, 2021).

Academic & Personal Integrity: I expect and hope that you will be honest with me in all aspects of your conduct regarding our course. In return, I will do the same with you. By formally registering for coursework at the University of Florida, you are bound by the Honor Pledge which states:

"We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity by abiding by the Honor Code."

On all work submitted for credit at the University of Florida, the following pledge is either required or implied:

"On my honor, I have neither given nor received unauthorized aid,

in doing this assignment."*

* Using an AI entity when creating discussion posts is "unauthorized aid" for PHC6600.

In PHC6600, you are expected to Do Your Own Work:

- without help from another human, and
- without help from any AI entity (e.g., ChatGPT).

Please do NOT use ChatGPT or similar program/app to generate material for use in PHC6600. I find reading ChatGPT output is boring (generic) and find the material is often inaccurate. I believe UF graduate students create better work (by themselves) than any AI bot. Thanks in advance for respecting my request.

Please remember that cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior. We are using Turnitin.com to encourage honorable behavior by <u>ALL</u> students!

Turnitin.com similarity scores of 0-9%, and accurate source citations are expectations in this course.

The UF Honor Code specifies several behaviors that are in violation of this code and the possible sanctions. https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/ You are obliged to report any condition that facilitates academic misconduct to appropriate personnel. Violations of the Honor Code will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action.

It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For additional information regarding Academic Integrity, please see Student Conduct and Honor Code or the Graduate Student Website for additional details:

https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/ https://grad.ufl.edu/

Recording Within the Course:

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A "class lecture" is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without the permission of the instructor is prohibited.

To "publish" means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third-party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

SUPPORT SERVICES

Accommodations for Students with Disabilities

If you require classroom accommodation because of a disability, it is strongly recommended you register with the Dean of Students Office http://www.dso.ufl.edu within the first week of class or as soon as you believe you might be eligible for accommodations. The Dean of Students Office will provide documentation of accommodations to you, which you must then give to me as the instructor of the course to receive accommodations. Please do this as soon as possible after you receive the letter. Students with disabilities should follow this procedure as early as possible in the semester. The College is committed to providing reasonable accommodations to assist students in their coursework.

Counseling and Student Health

Students sometimes experience stress from academic expectations and/or personal and interpersonal issues that may interfere with their academic performance. If you find yourself facing issues that have the potential to or are already negatively affecting your coursework, you are encouraged to talk with an instructor and/or seek help through University resources available to you.

- GatorWell Health Promotion services: GatorWell provides health-related resources, information, and individual services (on-campus & online). Recommended services: Wellness Coaching for Academic Success (virtual appointments available). http://gatorwell.ufsa.ufl.edu/
- The Student Health Care Center, at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services.
 The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: https://shcc.ufl.edu/
- 988 National Hotline for Mental Health Crises and Suicide Prevention. https://www.fcc.gov/988-suicide-and-crisis-lifeline "988" is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline. By calling or texting 988, you'll connect with mental health professionals with the 988 Suicide and Crisis Lifeline, formerly known as the National Suicide Prevention Lifeline. Veterans can press "1" after dialing 988 to connect directly to the Veterans Crisis Lifeline which serves our nation's Veterans, service members, National Guard and Reserve members, and those who support them. For texts, Veterans should continue to text the Veterans Crisis Lifeline short code: 838255.
- **UMatter We Care** website: https://www.umatter.ufl.edu/. As mentioned above, if you are feeling overwhelmed or stressed, you can reach out for help through the You Matter We Care website, which is staffed by Dean of Students and Counseling Center personnel. Available for students who are experiencing personal life disruptions that may affect their academics. These resources are available for on-campus and online students. UMatter can help you identify resources and communicate with instructors on your behalf. 352-294-CARE (2273), umatter@ufl.edu
- Alachua County Crisis Center: Visit the website or call the hotline 352-264-6789
 Crisis intervention is available 24/7
 http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx
- **Your local Crisis Center**: If you are not near Alachua and prefer to speak with someone local to your area, please search 'Crisis Center' online, and make a note of your local number.
- Meridian Behavioral Healthcare, 352-374-5600, http://www.mbhci.org/
- *University Police Department*: https://police.ufl.edu/ or call 352-392-1111 (or 9-1-1 for emergencies).
- UF Health Shands Emergency Room / Trauma Center: If you are local, for immediate medical care
 call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608;
 https://ufhealth.org/emergency-room-trauma-center

• **Your local Emergency Room:** If you are not near Gainesville, please make a note of your local emergency room, where you could get emergency care if necessary.

"Do not wait until you reach a crisis to come in and talk with us. We have helped many students through stressful situations impacting their academic performance. You are not alone so do not be afraid to ask for assistance."

Inclusive Learning Environment

Public health and health professions are based on the belief in human dignity and on respect for the individual. As we share our personal beliefs inside or outside of the classroom, it is always with the understanding that we value and respect diversity of background, experience, and opinion, where every individual feels valued. We believe in, and promote, openness and tolerance of differences in ethnicity and culture, and we respect differing personal, spiritual, religious and political values. We further believe that celebrating such diversity enriches the quality of the educational experiences we provide our students and enhances our own personal and professional relationships. We embrace The University of Florida's Non-Discrimination Policy, which reads, "The University shall actively promote equal opportunity policies and practices conforming to laws against discrimination. The University is committed to non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, gender identity and expression, marital status, national origin, political opinions or affiliations, genetic information and veteran status as protected under the Vietnam Era Veterans' Readjustment Assistance Act." If you have questions or concerns about your rights and responsibilities for inclusive learning environment, please see your instructor or refer to the Office of Multicultural & Diversity Affairs website: www.multicultural.ufl.edu

U Matter, We Care

Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact umatter@ufl.edu so the U Matter, We Care Team can reach out to the student in distress. A nighttime and a weekend crisis counselor are available by phone at 352-392-1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center.

Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.