

SHAC Newsletter

(Student Health and Counseling Center)



April 2015

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National OT Month

April is National OT Month

What is Occupational Therapy (OT)?

Occupational Therapy enables people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability

Occupational therapy services typically include:

- An individualized evaluation, during which the client/family and occupational therapist determine the person's goals.
- Customized intervention to ensure the person's ability to perform daily activities and reach the goals.
- Outcome evaluation to ensure that the goals are being met and/or make changes to the intervention plan.

Through therapeutic approaches, the goal is to maximize potential and help individuals design their lives, develop needed skills, adjust their environment (e.g., home, school, or work) and build health-promoting habits and routines that will allow them to thrive

OT is a program at SMU, support your profession and fellow classmates by promoting OT via social media sites, such as Facebook, Twitter, Instagram, and Pintrest

Source:

<http://www.aota.org/about-occupational->

STI Awareness Month

April is STI Awareness Month

Sexually Transmitted Infections (STIs), also known as Sexually Transmitted Disease (STDs), are very common:

- An estimated one in two sexually active young people will get an STI.
- STIs often show no symptoms, so many people who have one don't know it. The only way to know is to get tested.
- Other than abstinence, using condoms every time you have sex is the only method that protect against STIs.

If you are sexually active, you can lower your risk for getting STIs by:

- **Vaccination-** HPV vaccines for males and females can protect against some of the most common types of HPV.
- **Mutual monogamy-** Choosing one partner and agreeing to be sexually active with only each other.
- **Get tested-** Get yourself and your partner tested and share your test results with one another before having sex.

Free
Condoms at
the SHAC!



Wanna get tested? Make an appointment at the SHAC today for STI screening.

Source:

<http://www.cdc.gov/std/sam/>

Click [here](#) to see the CDC screening and recommendations

To learn more about STIs, Click [here](#) to see the STI Fact Sheets

**Sexual Assault
Awareness Month**

Click [here](#) to see info on SAAM

April is also Sexual Assault Awareness Month. Stay tuned for more information in your inbox on SSAM and preventing sexual violence on campus