

LAFENE+ HEALTH CENTER

YOUR HEALTH & WELL-BEING RESOURCE

2023

ANNUAL REPORT



KANSAS STATE
UNIVERSITY

Lafene Health Center

The mission of Lafene Health Center (LHC) is to offer accessible, high quality, affordable, outpatient healthcare service on the Manhattan campus and to provide exceptional health and well-being education to the student body and larger Kansas State University community. LHC is accredited by the Accreditation Association for Ambulatory Health Care, Inc. (AAAHC). LHC has physicians who are Board Certified in Family Practice and Sports Medicine and has nurse practitioners who are Board Certified in Dermatology, Family Medicine, Mental Health, and Women's Health. The LHC Sports Medicine Physicians serve as team physicians for many of the Kansas State University athletic teams.

During FY23, LHC had two less providers than in FY22. There was a significant decrease in COVID-19 testing over FY22.

Health Center Visits by Speciality (2022-23)

Allergy, Immunization & Travel	3,741
Clinical Laboratory	8,718
Massage Therapy	348
Medical Staff	18,021
Nutrition Counseling	418
Pharmacy	12,098
Physical Therapy	2,040
Psychiatry	1,248
Radiology	732
Triage	932
Women's Health	2,710

Total Visits = 51,006



SGA provided \$139,035 to LHC in FY23 in surplus funds. The following items were purchased/financed with these funds:

- A 2-year float position that fills in for both Lab (medical lab tech) and Pharmacy (pharmacy tech)
- Lab interface with IDNow (2 machines)
- Piccolo machine for the lab with interface for faster results to the patient and the provider
- Tosoh Analyzer for the lab for faster in-house results instead of sending out labs
- One desktop replacement - Windows 11 compliant
- Two GA positions for the Morrison Family Center for Student Well-being

Patient Satisfaction Survey Results

98.7% of patients said they are likely to recommend Lafene Health Center to another student

98.7% of patients said they were able to schedule an appointment that met their needs

99.3% of patients said their provider listened carefully to their concerns

"I have never experienced a healthcare center as quick and kind as what I saw there. The staff was helpful and worked quickly. I was never left waiting or wondering what was going on.

Thank you!"

"I went to Lafene for a Travel Consult and I am extremely happy with the quality of care I received! From the moment I walked in, everyone was super friendly. I feel knowledgeable about my health status as I prepare to study abroad this summer!"

"My provider was amazing! She eased my anxiety, spoke with empathy, and really cared about how I was doing. She did everything she could to make my experience a good one. I would not come here if the staff wasn't so outstanding! Thank you!"

"I cannot commend Lafene Health Center enough. I am a staff member and do have a family doctor that I regularly see but it's difficult to schedule an appointment with them. I developed a severe ear infection over the weekend and could use the portal Sunday night to schedule for first thing on Monday morning. The staff at Lafene was amazing, from check in, to the RN who took my initial info, to RN Stephanie who had wonderful empathy for my ear infection and was concerned about further complications, to the pharmacist who gave me my medicine and went over those details. Allowing faculty and staff to utilize Lafene is not only a personal benefit but also instills that confidence to tell our students to use the facility because of the care they provide."

Lafene Counseling and Psychological Services

Lafene Counseling and Psychological Services (CAPS) is a student service on campus providing therapy and mental health counseling to students, and consultation/education to the K-State community to enhance student success. CAPS provides culturally-competent services and welcomes diversity in all its forms.

- Lafene CAPS provides individual therapy, group therapy and workshops
- All consultation services at Lafene CAPS are covered by student services fees
- Enrolled students may receive up to eight individual therapy sessions per semester at no charge
- Mental health consultation is available 24 hours a day, seven days a week, by calling 785-532-6927
- Lafene CAPS is open weekdays from 8:00 a.m. to 5:00 p.m.

Lafene CAPS Visits (2022-23) = 4,126



"I am so grateful for the opportunity to visit CAPS during college; it has been a huge factor in my ability to maintain a high GPA and succeed as a student while learning how to function well as a person while managing anxiety and panic attacks."

"My experience with CAPS has truly been lifechanging. I have grown with the help of my counselor and am able to succeed academically because of the support that she and all of CAPS has given me."

"CAPS significantly helped me grow this semester! My therapist was incredible!"

Morrison Family Center for Student Well-being



'Cats Connect is a peer-facilitated program designed to build social networks and community on campus. Participants are placed in a group of 4-6 people from outside of their social groups. The group meets for six one- hour sessions where members will get to know each other through a series of fun and thought-provoking questions and engage in a small project. 'Cats Connect is sponsored by the Morrison Family Center for Student Well-being and the Staley School of Leadership.

'Cats Connect Participants (2022-23) = 406



Kansas State University has partnered with The Bandana Project to continue a national campaign to spread suicide prevention and mental health awareness. This workshop is tailored to help students learn how to recognize and respond to signs of distress in their peers. Participants will learn about resources on campus and helpful listening skills. They will also have the opportunity to join the movement and receive resource cards and a green bandana to tie onto their backpack as a show of solidarity. Since the implementation of The Bandana Project (March 2021) over 3,000 students, faculty, and staff have been trained in how to recognize signs of mental health distress along with current well-being resources available for our K-State community.

Bandana Project Participants (2022-23) = 1,422

Cats' Cupboard: K-State Food Pantry

Cats' Cupboard provides immediate access to food items as well as personal hygiene items at no cost. No income requirements are verified for participation.

Construction on a new home for Cats' Cupboard began in 2023. This donor-funded project will allow Cats' Cupboard to offer an enhanced experience to students facing food insecurity, as well as educational and engagement opportunities that promote student health, success and well-being. The facility project was made possible by a gift from David and Tracy Lockton.

Cats' Cupboard Visits (2022-23)

Cats' Cupboard had 5,807 unique visits during 2022-23. Unique visits represent the total number of Kansas State affiliates, where each guest is counted once per month, no matter the number of times they shop. For example, a guest may shop seven times in one month, but they are only counted once as a unique shopper. This was an increase of 1,539 unique visits from 2021-22.

Cats' Cupboard had 32,357 total individuals served during 2022-23. Total individuals captures the total number of individuals served each month, and includes those who our guests self-report as living within their household and who eat food selected from Cats' Cupboard. This includes repeat visits. For instance, a guest with two additional family members who shops seven times in one month is calculated as 21 individuals served. This is an increase of 14,115 total individuals from 2021-22.

"Cats' Cupboard has been very helpful and impacted my daily life. I am an international student, worker, also a mom. Your support has reduced part of my food expenses and helped me pay other costs such as water and electricity."

"Cats' Cupboard has really improved my overall well-being."

"Cats' Cupboard has had a tremendous impact on my life just by knowing they will consistently be there for not just me, but for others in the same situation as mine and they have helped me out wholeheartedly without ever turning me away. If it weren't for Cats' Cupboard, there would have been numerous times that I would have had to go without but they in turn have provided me with enough that has kept me fed when I didn't have the funds to provide myself what I needed."

Cats' Cupboard received a grant from the Kansas Health Foundation in August 2021 to provide semi-monthly cooking classes and healthy snack access for multicultural students. The project identified strategies to bring greater equity to the multicultural students at K-State by increasing access to healthy foods within an inclusive space as well as promoting healthy decision-making when selecting and preparing foods within that same space. The effort presented interventions to help students access and prepare healthy foods that may reduce the risk of chronic diseases and increased risk for obesity, heart disease, Type 2 diabetes and other health problems.

There were more than 70 participants in the eight cooking events that were held between February 2022 and April 2023 at the Multicultural Student Center. These hands-on events allowed participants to be actively involved in meal preparation. Cats' Cupboard staff facilitated collaboration among student participants and culinary experts prior to each event to reintroduce recipes adjusted to consider healthier alternatives that might be heart healthy, low sodium or cost friendly.

Grant funds also increased access to healthy snacks and quick meals by providing a variety of fresh fruits and vegetables, whole grains and low-sodium foods for students to access at the Cats' Cupboard Refuel Station in the Multicultural Student Center.

