“Coming together is a beginning; keeping together is progress; working together is success.”

-Henry Ford

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Dear Cougar,

The University of Houston is committed to the success and wellbeing of all students in our community. In collaboration with our campus and healthcare partners, we want to extend our support and assistance to you during this time.

My name is Hope Pacheco, LMSW, Dean of Students Case Manager, at the University of Houston. This is a newly created position to provide support to students in a time of transition.

I will be following up with students who are transitioning back to campus after a transport/hospitalization to ensure a connection to care and continued academic success. It is our intention to be proactive in contacting students before and shortly after discharge to offer assistance, information, and resources.

There may be many questions you have about the impact of your absences on your academic, housing, and financial aid status. You may also have questions about following through on your discharge plan. My role is to help you sort out the questions and connect you to the right department in a timely manner. If you are interested in contacting me before you leave the medical facility, please call me at 832.842.6183 or email me at hpacheco@uh.edu. Please let your nurse know you are trying to contact me, and they will help you complete the necessary paperwork to ensure a plan for communication. If you are already discharged, please contact me to schedule a meeting.

I hope you find these tips and resources helpful in your transition back to your academic pursuits at our UH campus community.

Go Coogs!

Hope Pacheco, LMSW
Dean of Students Case Manager

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### BEFORE leaving the medical facility

- Get written verification of hospitalization to document your absences.
- Review your discharge plan.
- If applicable, review your medication (what you are taking, why you are taking them and side effects).
- Have your prescriptions filled or know where to get them filled.
- Ask any questions you still have to your nurse, doctor and/or social worker.
- Know how you are getting home and/or back to campus.
- Ask your nurse/social worker to help you reach out to me, Hope Pacheco, LMSW, Dean of Students Case Manager, prior to discharge.
- Sign a Release of Information for the Dean of Students Case Manager and your doctor to talk about your discharge and follow up care.

### AFTER leaving the medical facility

- Schedule an appointment with Dean of Students Case Manager at 832.842.6183 to assist you with connecting to campus and community resources.
- Check your UH email.
- Utilize campus resources list on back of brochure.
- If you live on campus, contact your Resident Advisors/Residence Life Coordinator to let them know you have returned and/or if you need temporary housing arrangements.

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### Things to remember during an unexpected transition

1. **Your overall well-being is particularly important during a difficult time.** Make sure you are eating healthy and getting plenty of rest.
2. **Assess what you are ready to take on.** While you may want to jump right back into classes, homework and everything else, it is essential that you consider pacing yourself and giving yourself time to recover.
3. **Relax and learn to enjoy.** You have likely gone through a very different and difficult time; use this time to figure out how you best relax. There are many options to choose from, such as reading, yoga, cooking, running, music etc.
4. **Be kind to yourself.** Remember that your body and mind just had a new experience and is likely still processing everything that occurred. Be patient and understanding with yourself regarding what you can and may not be able to do right away. Adjusting to new ways of living take time and patience.
5. **Ask for help early and often.** It can feel overwhelming to consider the decisions you may need to make and the timelines that you need to consider. You are not alone in this process. There are many campus resources available to help you sort your next steps. The earlier you ask for help, the earlier YOU can start making informed and empowered decisions.
6. **One small step at a time.** Don’t force yourself to make any big decisions right now that do not have a firm timeline. Try to focus on the small steps and get back to stronger standing; being reoriented to school, family, residence etc. is important in making a fully informed decision.