

COOGS CAMPUS RESOURCE LIST

WHO CAN I CONTACT?	HOW CAN THEY HELP ME?
Dean of Students Case Manager 832.842.6183	Assistance and information to connect with campus/ community resources
University of Houston Health Center 713.743.5154	Psychiatry appointments and pharmacy services
CAPS-Counseling and Psychological Services 713.743.5454 After Hours: 713.743.3333	Individual and group counseling services
CSD-Center for Students with DisABILITIES 713.743.5454	Academic accommodations and support
Academic Program Management 713.743.9112	Academic options
Financial Aid 713.743.1010 x 6	Financial Aid options
Registration and Academic Records 713.743.1010, option 7	Dropping and/or withdrawing from courses options
LSS-Learning Support Services 713.743.5411	Tutoring and academic support
UH Wellness 713.743.5487	Wellness and prevention support
University of Houston Police Department 713.743.3333	Campus safety and security
Veteran's Services 832.842.5490	Support services for veterans
EOS-Equal Opportunity Services 713.743.8835	Filing a complaint: Discrimination, harassment, sexual assault

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

-HENRY FORD

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<http://www.uh.edu/dos>

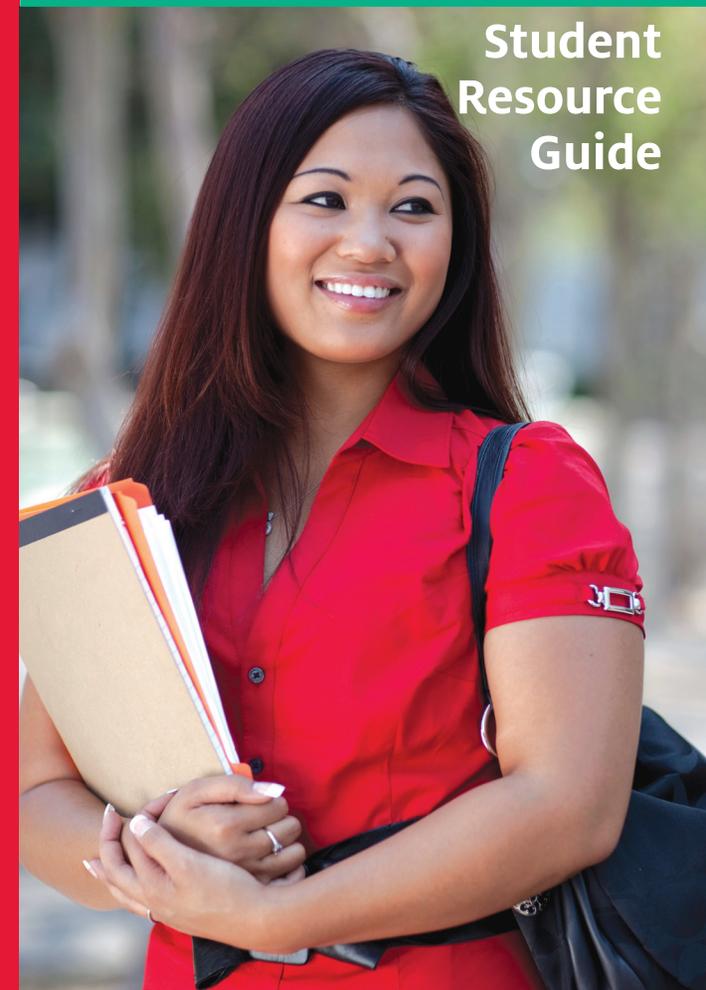
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STUDENT AFFAIRS & ENROLLMENT SERVICES
Dean of Students Office

**CONNECTING COUGARS
TO CARE**

Student
Resource
Guide



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

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.

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.