

Purpose of the Resource Guide

This resource was created by UND nursing students in partnership with UND Student Health Services and UND International Centre to assist international students and their families in finding health care resources available to them. This guide will assist you in finding resources that will improve and maintain your health.

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****UND encourages international students to first use UND services before accessing community services as UND services are provided at no or low cost to students and families. Most community services will be at a cost to the student and their family.**

**UND requires all students including international students to purchase health insurance. Coverage for spouses and children is also available for purchase. For any questions regarding international student insurance coverage contact Vaaler Insurance at 701-775-3131. Brochures are also available at the International Centre.

UND Services

Student Health Services

McCannel Hall, Room 100

2891 2nd Ave N Stop 9038

Grand Forks, ND 58202-9038

(701) 777-4500

For appointments: (701) 777-2605

For pharmacy: (701) 777-3965

<http://www.undstudenthealth.com>

Description of Services: Student Health Services is an AAAHC accredited full service medical clinic providing acute, chronic and preventive care. It is staffed by highly qualified, board certified, medical professionals. **Students are their specialty.** Office visits for sickness and injury are free. Charges may apply for lab, radiology, pharmacy, and special procedures.

Student Health Services includes:

- General medical care
- Laboratory
- Radiology
- Pharmacy
- Immunizations
- Allergy Injections
- Flight Physicals
- Women's Health Care
- Men's Health Care
- Dietitian
- Tobacco Cessation
- Travel Consults
- Self Care Station
- Sexual Health
- Eating Disorders Interdisciplinary Team
- Tuberculosis Testing
- STD/HIV Testing
- See website for details on services



Eligibility:

- Services are for all students who have paid student fees.
- Office calls are free for illness or injury. Present your student ID and insurance card.
- Charges are billed to your student account.
- Spouses of students may pay a fee per semester to receive services at Student Health.
- Prenatal care is not provided.

Health & Wellness Resource Office
“Healthier U”

Memorial Union – Main Floor
Grand Forks, ND 58202
(701) 777-2097

<http://www.undstudenthealth.com/:healthwellness>

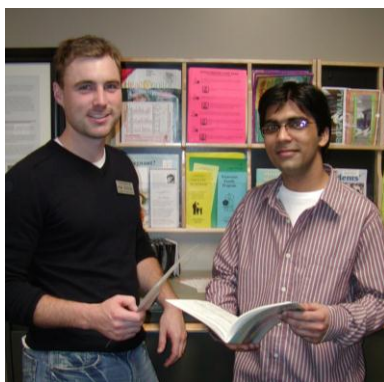
Description of Services: The Health & Wellness Resource Office will help answer all your health and wellness questions in a caring, confidential and friendly atmosphere.

Services include:

- Free Self Care Station
 - Electronic blood pressure cuff
 - Digital medical scale to check height and weight
 - Links to credible on-line health information
 - Health risk appraisals
 - Disposable thermometers
- Free cold care kit
- Free condoms, dental dams and lube
- Up-to-date, reliable on-line and print health information
- Access to campus and community services
- Free quit tobacco kits and tobacco cessation support
- Materials and information for presentations and class projects
- Facts, figures, and resources on a variety of health issues



Eligibility: International students receive the same services as every other student. Family members are welcome to use the self care station.



University of North Dakota Wellness Center

801 Princeton Street Stop 8365

Grand Forks, ND 58202

(701) 777-9355

<http://wellness.und.edu>

Description of Services: The UND Wellness Center includes aerobic machines, a walking track, weight-room and more. Exercise classes are also available. See the web address above.



Eligibility:

- Students may enter with their UND ID.
- Students may sponsor their spouse, partner or dependent for a fee. See website for cost details.
- Non-students: See website for cost details.

Counseling Center

McCannel Hall (2nd floor) Stop 9042

Grand Forks, ND 58202

(701) 777-2127

<http://www.ucc.und.edu>

Description of Services:

- Personal counseling
- Career counseling
- Substance abuse prevention
- National and individual testing
- Graduate student training
- Consultation
- Outreach programs
- Relationship/Couple Counseling
- Online self assessments available on website
 - Assessment subjects include alcohol, depression, eating disorders, etc.
- See the web address above for more information.



Eligibility: Available to students. Spouses may be able to use couples counseling service.

Psychological Services Center
210 Montgomery Hall Stop 7108
Grand Forks, North Dakota
(701) 777-3691

<http://www.und.nodak.edu/dept/psc/index.htm>

Description of Services: The Psychological Services Center (PSC) is the clinical psychology training clinic of the University of North Dakota Psychology Department. They offer a general clinic, as well as several specialty clinics. PSC offer services that welcome individuals with diversity in age, ethnicity, gender, culture, sexual orientation, political orientation, veteran's status, marital status, affiliation, or physical or medical disability. They provide a variety of clinical services to the Grand Forks community including

- Individual psychotherapy
- Couples counseling
- Parent and child counseling
- Assessment services

Eligibility: Students and their families are eligible. Fees are established based on an affordable sliding-scale basis.



UND Community Counseling Clinic at Northeast Human Service Center
151 South Fourth Street
(701) 777-3745

Description of Services: Personal, couples, and family counseling is provided by UND graduate students. All phone calls will be directed to a voicemail service.

Eligibility: Students and their families are eligible. Fees are established based on an affordable sliding-scale basis.

Spiritual Needs

- UND recognizes that spirituality is a vital part to health and life.
- Services are available to students and their families.
- For information on available services, stop by the Health & Wellness Resource Office, Memorial Union.

Community Services

Altru Health Systems
860 South Columbia Rd
Grand Forks, ND 58201
(701) 780-6697
<http://www.altru.org>

Grand Forks Family Medicine Residency
725 Hamline St (Next to university bookstore)
Grand Forks, ND 58202
(701) 780-6800

Description of Services: Grand Forks Family Medicine Residency provides all types of care for all ages. It is an important part of Altru's commitment to ensuring the future supply of qualified doctors for the community. Services are provided by residents' under the supervision of six full time faculty physicians.

Eligibility: Everyone is welcome and all types of insurance are accepted. Deductibles apply. **UND Student Health Services has an agreement with Grand Forks Family Medicine Residency to cover the portion of office call not paid by insurance for the children of students.**

Altru Health System
1200 South Columbia Road
P.O. Box 6002
Grand Forks, ND 58206-6002
(701) 780-5000

Altru Clinic - Main
1000 South Columbia Road
P.O. Box 6003
Grand Forks, ND 58206-6003
(701) 780-6000

Description of Services: Altru Health Systems host a variety of care to achieve optimal health for all.

Eligibility: All international students with Vaaler Insurance are eligible for care at Altru Health Systems as long as it meets the requirements listed by Vaaler. Deductibles apply.

For any questions regarding coverage contact Vaaler at: 701-775-3131.

Services:

- Surgical Services
- Ear, Nose, Throat Center
- Cancer Center
- Heart and Vascular Center
- Women's Center
- Diabetes Center
- Rehabilitation Center

Aurora Medical Park
1415 44th Avenue South
Grand Forks, ND 58201
(701) 732-2000

<http://www.auroramedicalpark.com/>

Description of Services: Aurora Medical Park is home to a number of independent medical practices with physicians and therapists who offer primary care and specialty medical services. Although the practices are separately operated, each comes together to achieve one collaborative goal– to provide new healthcare options for individuals in the community.

Eligibility: All international students with Vaaler Insurance are eligible for care at Aurora as long as it meets the requirements listed by Vaaler. Deductibles apply.

For any questions regarding coverage contact Vaaler at: 701-775-3131.

Services

- Aurora Clinic..... 701-732-2700
- Family Medicine Associates..... 701-732-2700
- Aurora Urgent Care.....701-732-2710
- Northern Valley Obstetrics & Gynecology... 701-746-2004
- Center for Psychiatric Care..... 701-732-2500
- Center for Specialty Care..... 701-365-8700
- Agio Medical Supplies..... 701-746-7378



Sanford Health - East Grand Forks

929 Central Avenue NW
East Grand Forks, MN 56721
(218) 773-6800
M-F 8:00 AM - 5:00 PM

<http://www.sanfordhealth.org/Locations/421572864>

Description of Services: Sanford Health provides health care services including office visits, laboratory, mammography, and radiology. Specialties at the clinic include cardiology, family medicine, nutrition, oncology, otolaryngology, and reproductive endocrinology. Walk in appointments are welcomed.

Eligibility: All international students with Vaaler Insurance are eligible for care at Sanford Health as long as it meets the requirements listed by Vaaler. Deductibles apply.

Dental Care Services

For information on dental care, stop by the Health & Wellness Resource Office to pick up the brochure called **Dental Care**. This brochure lists dentists in the Grand Forks area that are accepting new patients.

Valley Community Health Centers Dental Clinic

212 South 4th Street, Suite 101
Grand Forks, ND 58201
701-757-2100

<http://mabu-vchc.taopowered.net/?id=15&page=Grand+Forks+Dental+Clinic>

Description of Services: Specializing in quality, affordable dental care, the Grand Forks clinic will be serving people in the northern Red River Valley. The dental clinic provides a range of primary and preventive services including routine screenings and cleanings, fillings, and other services all at a reasonable cost. They are available to help patients receive quality healthcare with discounted rates.

Eligibility: International students and their families may qualify for services.

Grand Forks Head Start Program

3600 6th Ave N

Grand Forks, ND 58203

(701) 746-2433

<http://www.ndheadstart.com>

Description of services: Head Start is a free preschool program for children whose parents meet the federal income guidelines. Children ages 3 and 4 receive comprehensive services in the areas of health, education, social services and parent involvement.

Eligibility: All International students and families are eligible depending on income.

Grand Forks Housing Authority

1405 1st Ave N

Grand Forks, ND 58203

(701) 745-2545

<http://www.grandforkshousingauthority.org/>

Description of Services: Housing Assistance Programs enable low-income residents to rent affordable, safe, decent housing. The department of Housing and Urban Development (HUD) provides Housing Authorities with federal funds to administer Housing Assistance Programs locally.

Eligibility: In order to qualify for services, must be a US citizen or eligible immigrant, provide proof of social security numbers of all household members, provide birth certificates for all minors, have a gross income at or below the limits set by HUD and meet certain criteria if an individual has a student enrolled in an institution of higher education.

Programs:

- Family Self Sufficiency
- Neighborhood Networks
- Learning Centers
- Resident Service Coordination



Grand Forks Public Health Department (GFPHD)

151 South 4th Street, Suite N301

Grand Forks, ND 58201

(701) 787-8100

<http://grandforksgov.com/gfgov/Health.nsf/Pages/Home>

Description of Services: The Grand Forks Public Health Department is committed to serving the community by promoting healthy lifestyles, protecting the environment, preventing disease, providing emergency response and recovery, and assuring accessibility to health services.

Eligibility:

- Most services are free to International students and their families.
- Some services require North Dakota residency.
- Some services will be billed to insurances.

Programs:

- Car Seats
- Care Coordination
 - Provides support for families with children with special needs by assisting them with finding appropriate resources and coordinating services.
- Group Presentations on a wide variety of health education
- Health Tracks Program
 - Preventive health program that is free for children age 0 to 21 who are eligible for Medicaid.
- HIV testing *
 - Provides free confidential HIV testing to **North Dakota residents.**
- Home Visits
 - Provides nursing services by way of home visits to clients unable to make it to a care facility on their own.
- Immunizations *
- Maternal and Child Health
 - Provide nursing and nutrition supportive services such as: home visits for pregnancy and newborns, support for breastfeeding, child wellness and injury prevention programs, educational materials, presentations on a variety of topics, and many other resources in our community.
- Nutrition Resources
 - Available online at GFPHD website under Nutrition
- TB (Tuberculosis) *
 - Provides TB skin testing
 - Provide medication, counseling, and monitoring free of charge for anyone with inactive TB or with active TB disease.
 - Also assist in finding health care for those who have no health insurance.
- Women's Way
 - Breast and cervical cancer early detection program available to eligible **North Dakota** women.

***(also available through UND at Student Health Services)**

Grand Forks County Social Services

151 South 4th Street, Suite 201

Grand Forks, ND 58206

(701) 787-8500

<http://www.gfcounty.nd.gov/>

Eligibility: International students do **NOT** qualify for Social Service programs but children of international students that are citizens of the U.S. do qualify.

Programs

- North Dakota Medicaid
 - Pays for health care services
 - Must be a North Dakota resident and have a social security number
 - Eligibility is based on income
 - A few of services covered include doctor visits, lab, radiology, family planning, physical and occupational therapy, etc. For full list of services, contact Social Services.
- The Food Assistance Program
 - Helps single people and families with little or no income to buy food.
- Childcare Assistance Program
 - Provides assistance to low-income families to help meet their childcare costs. Each family's share of the cost is based on factors that include the family's income and household size.
- Temporary Assistance to Needy Families (TANF)
 - Provides a financial grant for eligible families based on absent, deceased, or disabled parents. The purpose of the program is to ensure a safety net while providing an array of services directed at increasing self-sufficiency.
- Child Abuse/Protective Services
 - Includes assessments of child abuse and neglect reports and on-going services to families of these children.
- Family Focused Services
 - Case management program for families whose children are at risk of out-of-home placement or are in crisis.
- Parent Aide
 - The parent aide provides paraprofessional services as a component of Family Preservation Services in North Dakota.
- Children's Special Health Services
 - The provision of medical assistance to children under the age of 21 years who have a qualifying medical condition and who meet income guidelines.



Safe Kids Grand Forks
860 Columbia Road
Grand Forks, ND 58206-6002
(701) 780-1489
<http://www.safekidsgf.com>

Description of Services: Safe Kids Grand Forks is a community wide coalition that exists to educate the community and to prevent unintentional injuries, the leading cause of death and injury among children 14 years of age and under.

Eligibility: International students and families are eligible for Safe Kids services.

Programs

- Bike safety
 - Provides properly fitting bike helmets at a lower cost to families. Costs are available online.
- Child passenger safety
 - Provides education on how to properly install a child's car seat and on seat belt use.
 - Assists families in installing car seats into vehicles.
 - Children's car seats can be bought through Safe Kids at a reduced price.
- Fire safety
 - Educates families in high-risk areas about fire prevention, smoke alarm maintenance and installation, and the importance of escape plans.
- Additional information on other programs can be found on Safe Kids website.



Valley Health
1551 28th Ave South
Grand Forks, ND 58201
(701) 775-4251
<http://myvalleyhealth.com>

Description of Services: Valley Health offers confidential reproductive health services and serves as a family planning clinic for the Grand Forks area community. Services are provided by Advanced Registered Nurse Practitioners (ARNPs). A physician is available for consultation and referrals are made to other health care professionals as needed.

Eligibility:

- Everyone is eligible regardless of income, citizenship, or national origin.
- Prices are reasonable.
- Clients may pay using a “sliding scale fee” which is based on income and family size.
- Valley Health does submit claims to insurance companies.

Programs:

- Physical Examinations*
- Breast Examinations *
 - Self breast examination teaching
- Breast, Cervical, and Testicular Cancer screening *
- Sexually Transmitted Diseases*
 - Provides testing, treatment, and education on sexually transmitted diseases.
- HIV testing and counseling *
- Birth Control *
 - Provides counseling and education on types of birth control and provides many sources of birth control options.
- Optimal Pregnancy Outcome Program
 - Provides a multidisciplinary team committed to enhance prenatal care women receive from their primary healthcare provider. This program acts as a prevention program to empower women to make healthy lifestyle choices to improve birth outcomes.

* (also available through UND at Student Health Services)



Women, Infants, and Children (WIC)

1551 28th Ave South
Grand Forks, ND 58201
(701) 775-3667

<http://myvalleyhealth.com>

Description of Services: WIC is a supplemental nutrition program, administered under the authority of the U.S. Department of Agriculture, which makes it a federally funded program. It provides food vouchers and nutrition information to income eligible pregnant and breastfeeding women and families with children up to the age of five.

Eligibility:

- Services are offered at no cost to the client.
- Services are available to NORTH DAKOTA RESIDENTS ONLY.
- Proof of North Dakota residency is required, but a student ID from UND is a valid form of proof that you are currently living in North Dakota.
- Clients must meet income eligibility requirement.
- Contact the local WIC provider to determine your eligibility.

Programs:

- Breastfeeding promotion and support
 - Breastfeeding support, and counseling
 - Breastfeeding mothers are eligible to stay on the WIC program longer
 - Breastfeeding mothers receive an enhanced food package
- Food Vouchers
 - WIC participants are given checks or vouchers to purchase specific foods each month that are designed to supplement their diets.
 - Foods provided are high in nutrients.
 - Food packages determined by health risk assessments.
 - Given on a monthly basis at monthly meeting.
- Nutrition Information
 - Anthropometric screening on children
 - Monthly weights taken
 - Nutrition and healthy eating information as well as breastfeeding education



Women's Pregnancy Center
11th South 4th Suite 210
Grand Forks, ND 58201
(701) 746-8866
Toll Free: 1-888-732-4450
24-hour Hotline: 1-800-395-HELP
<http://www.gfwpc.org>

Description of Services: Women's Pregnancy Center provides assistance to women who wish to continue their pregnancies to full term. **Women's Pregnancy Center does not perform or refer for abortion services.**

Eligibility:

- All international students, as well as their families and friends are eligible for the services offered at the Women's Pregnancy Center.
- All services provided are 100% confidential
- All services are FREE!

Programs

- Sexual Health
 - Sexually Transmitted diseases/infections
 - Prevention
 - Information regarding signs and symptoms
 - Sex and Dating
- Pregnancy
 - Counseling
 - Deciding to Parent
 - Adoption counseling/education
 - Abortion counseling/education
 - *The center does not perform, or refer for, abortions
 - Free/Confidential Pregnancy Testing
 - Ultrasounds
 - First trimester
 - Do not perform diagnostic ultrasounds
 - Pre-natal vitamins
 - Medical Referral
- Shepherding Home
 - Families in the community who willingly open their home to a pregnant woman for the duration of her pregnancy.

Transportation and Food Services

UND Bus Shuttle Service
3925 Campus Road, Stop 9030
Grand Forks, ND 58202
701-777-4122

<http://www.transportation.und.edu/html/campusshuttle.html>

Description of Service: This is a bus system that is available on UND campus only. It travels along University Ave, as well as to the university bookstore, Wellness Center, and a couple apartments close to campus. There are a total of 4 routes during the day and 1 route in the evening. These buses are green and white and say “University of North Dakota” on the side.

Eligibility: This service is available to international students and their family members (non-students) free of charge. Student ID is not required for use of these shuttles.

Times:

- Day shuttles: 7:30 AM – 4:00 PM
- These times are different based on which of the 4 shuttles you want
- Night shuttle: 4:00 PM – 10:00 PM

Routes: There are four different routes during the day and one in the evening. To pick up a map and information on the specific routes go to website listed above, or at the following locations: Student Union, Wilkerson Service Center Desk, and on any shuttles. There are also special pick ups and drop offs during football games to and from the Alerus Center and the Chester Fritz auditorium parking lot anytime during the games.



UND Aviation Shuttle/Van
3925 Campus Road, Stop 9030
Grand Forks, ND 58202
701-777-4122

<http://www.transportation.und.edu/html/aviationshuttle.html>

Description of Service: This is a shuttle (a 15-person van) that offers service to and from the airport in 30 minute intervals.

Eligibility: This service is available to International Students, all UND students and any family members/non-UND students. This is commonly utilized by Aviation Students.

Times/Pick-up site:

- Monday – Saturday: 5:45 AM – Midnight 12:00 AM
- Sundays: 7:45 AM – Midnight 12:00 AM
- Holidays the times may change so make sure to check with the shuttle service
- Pick up a schedule at the Student Union, Wilkerson Service Center Desk or on the shuttle to find pick-up sites. You can also get a schedule online at this link: http://www.transportation.und.edu/campus_shuttles/ . Go to: “Click here for Aviation Schedule” and it will show the times and locations of pick ups.

UND Cab Crawlers
2901 University Ave Stop 8385
Grand Forks North Dakota 58202
701-777-4377

http://sg.und.edu/index.php?option=com_content&task=view&id=23&Itemid=57

Description of Service: Cab service is available to all UND students. The cab (a car or van) will pick up and drop off from most sites on campus and within the Grand Forks community.

Eligibility: This is eligible to all UND students/International Students for \$1. A UND student ID and free Cab Crawler card available at the Student Government office is required for a cab ride. Family members/non-students are eligible to ride as long as one rider is a UND student. The fee is \$1 per person.

Time service is available:

- 7:00 PM - 3:00 AM
- To get a cab call number on Cab Crawler card, allow time in advance for cab to get to your destination.

Cities Area Transit (CAT)

867 South 48th Street

Grand Forks, ND 58201

701-746-2600

<http://www.grandforksgov.com/bus>

Description of Service: A city bus route that services Grand Forks at various locations. During the day there are multiple buses and there is one night bus. It does go through the University as well. These buses are usually white with multiple advertisements on the sides. It is also important to plan for enough time to get where you need to be. It may take up to an hour to reach your destination.

Eligibility: This service is free for UND students with their student ID and a CAT Prowler card, which is available in the Student Government office in the Memorial Student Union on campus. For family members the fee is \$1.50 per ride and age 55 or older the fee is \$0.60 per ride. Exact cash is required.

Times:

- DAY BUS: Monday-Friday 6:30 AM – 6:30 PM Saturday 10:00 AM – 6:30 PM
- NIGHT BUS: 6:00 PM – 10:00 PM
- NO buses available Sundays or these holidays: New Years Day (January 1st), Memorial Day (the last Monday in May), Independence Day (July 4th), Labor Day (first Monday in September), Thanksgiving (last Thursday in November), and Christmas Day (December 25th)

Routes: There are a lot of routes available and they have different names. To access these routes go to this website: <http://www.grandforksgov.com/bus/index.html> and go to the very bottom of page. The different routes are on the left hand side and are called Red, Orange, Blue, Green, Purple, Black, Brown and Night CAT route. Click on each of these to see the times and where the buses go in Grand Forks.

How to get on/off the bus: Go to this link for specific information on boarding the bus: <http://www.grandforksgov.com/gfgov/Bus.nsf/Pages/Riding>

Salvation Army
1600 University Ave.
Grand Forks, ND 58203
701-775-2597

http://www.usc.salvationarmy.org/usc/www_usc_grandforks.nsf

Description of Service: This is a supportive service for low income persons.

Eligibility: Available to all international students and their family members. A photo ID (passport may be used) and proof of residence are required. Proof of residence must be something (e.g. mail addressed to you) that is dated within 30 days. Proof of residence confirms that you live in Grand Forks.

Services:

- Long term prescription assistance
- Dental Clinic
- Rent Assistance
- Household/clothing
- Medical Assistance
- Food



St. Vincent de Paul
620 8th Ave S.
Grand Forks, ND 58201
701-795-8614

<http://svdpusa.org/Home/tabid/36/language/en-US/Default.aspx>

Description of Service: This is a supportive service for low income persons.

Eligibility: Available to all international students and their family members. A photo ID (passport may be used) and proof of residence are required. Proof of residence must be something (e.g. mail addressed to you) that is dated within 30 days. Proof of residence confirms that you live in Grand Forks.

Services:

- **Food Pantry:** You may come to St. Vincent de Paul for food Monday, Tuesday and Thursday from 2:00-4:00 PM or Wednesday 5:00-7:00 PM and also by appointment.
- **Emergency financial assistance:** This is for people who have received eviction notices or other notifications due to not paying their monthly bills for rent or utilities. To receive assistance, bring these notifications as well as picture ID and proof of residence.
- **Emergency transportation:** Emergency transportation is provided for low income people who have lost a loved outside the Grand Forks area. Transportation assistance will be provided to attend the funeral.
- **Pharmacy services:** For low income persons who need assistance to pay for medications.
- **Nutrition education:** Provides education on proper nutrition to live a healthy lifestyle.
- **Counseling:** Includes counseling for neglect, emotional abuse, physical abuse, etc.