

USAC Web Submission
October 2024

idea question

Every evening when I leave, whether it be at 5 or 5:20, there is a line of cars trying to pull out from UR Drive to River Road. Is it possible to have our police direct traffic from 5:05-5:20? If not ours, Henrico Police?

rational reason

Every evening when I leave, whether it be at 5 or 5:20, there is a line of cars trying to pull out from UR Drive to River Road. It's backed up to where the Police Department is and takes a long time to wait your turn to pull out - sometimes 10 minutes or so. Cars often get tired of waiting and will make a U-Turn in the middle of the road to find another exit (College Road). I have often watched people feel the pressure to pull out just to keep the line moving in an unsafe manner and I have watched the coming cars have to quickly brake due to one pulling out too quickly so not to run into them. Might there be any chance the police could come to River Road to direct traffic for 15 minutes in the evenings (5:05 - 5:20)? It takes 24 minutes to get to work but 50 to get home due to this back up that could easily be prevented after a long days work. I, and I'm sure others, would greatly appreciate any assistance that could be provided. ! Thank You!

Response:

URPD will respond to assist with traffic control if there was some type of obstruction such as an accident in the immediate area of this intersection.

However, we are not able to provide a daily traffic control plan at this intersection. I would suggest a few extra minutes to use the College Road entrance or Campus Drive entrance.

idea question

Can we allow all students (part-time, continuing studies, etc) have access to TimelyCare instead of just full-time students?

rational reason

Every student, no matter what their registration status is, should be able to receive mental health care provided at the university.

Response:

Administration determined that they would replicate accessibility for services so those who are full time have access to all support services as they pay per student (including Timely Care). I have attached a list of low cost counseling options to this email. We will advocate for this when the contract is up for renewal (which is in three years).

Calming Wind Counseling

<https://www.calmingwindcounseling.com/>

804-416-5052

- Offers free therapy sessions with their counseling residents.
- Clients have to be screened in advance and approved.
- Clients can call to schedule or use this link <https://calmingwind.clientsecure.me/> however, to confirm availability of free services it is probably best to call

New Life Journey

<https://www.newlifejourneyva.com/>

804-874-9929

- Residents provide \$40 sessions
- Free sessions with Interns soon (in training for master's degrees) *cannot take complex cases*
- Contact Di Hayes, LPC regarding potentially meeting with an intern: 804-874-9929

Commonwealth Catholic Charities

<https://www.cccofva.org/>

804-545-5907

- \$35 flat rate for all sessions
- No insurance

Health in Mind

<https://www.healthinmind.net/>

804-277-9355

- Living Beyond Anxiety group has reduced cost
- Therapy for Black dudes (call to confirm if it's currently running) 8-10 free sessions
- Individual with residents-\$45
- Individual with interns-\$25
- *see rate sheet in box

Health Brigade

<https://www.healthbrigade.org/>

804-358-6343

- If you meet certain criteria you can use their resources
 - If you have NO insurance of any kind
 - Not eligible for Medicare B, C, D; Medicaid, or Veterans Benefits
 - Lived in services area for at least 6 mo *
 - Income is 139-200% below Federal Poverty Line *
 - * see link for details on service areas and the income chart <https://www.healthbrigade.org/patients-and-clients/eligibilityforservice/>
- HIV, Hep C, STI testing is always free: 804-358-6343 dprior@healthbrigade.org
- PrEP is available for anyone who wants it. Must be screened but don't have to meet the above criteria: 804-533-2796 latilano@healthbrigade.org

Center for Psychological Services and Development (CPSD)

<https://cpsd.vcu.edu/>

804-828-8069

- **Apply for services:** <https://cpsd.vcu.edu/apply/>
- Individual
- Group: For Us By Us, a process group for Black clients led by Black clinicians \$10 a session, anytime a seat is available (max 8 per meeting) Wednesday evenings from 6 - 7:30 p.m. **Teletherapy group is accepting new members.** [Apply](#) now and select 'Group Therapy.'

idea question

At the monthly FIT meeting it was brought up several times that it is very dark behind HDC, can lights be installed?

rational reason

In the winter it is very dark and scary and the am staff have to walk around to the front. Plus there are animals that hang around like peacocks, racoons, deer and snakes.