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Red Folder Resources Spring 2017

Missouri University of Science and Technology. Counseling, Disability Support, and Student Wellness

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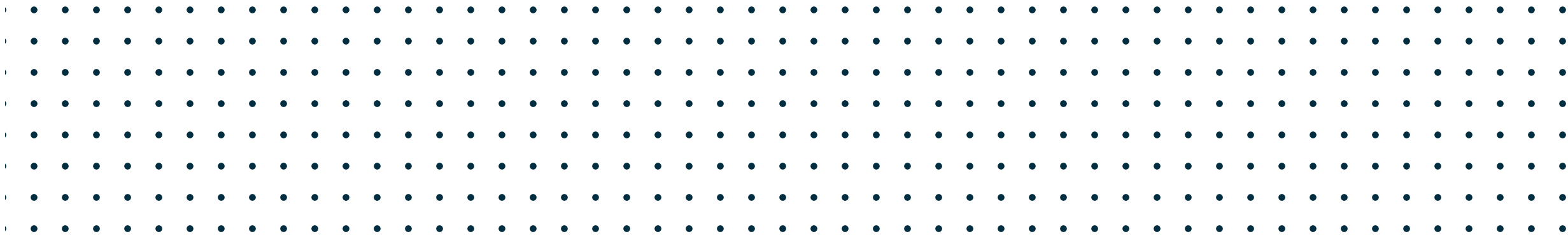
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Student Affairs

CAMPUS RESOURCES

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Missouri S&T’s University Committee for Assistance, Response, and Evaluation (UCARE)

COUNSELING

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CASE MANAGEMENT

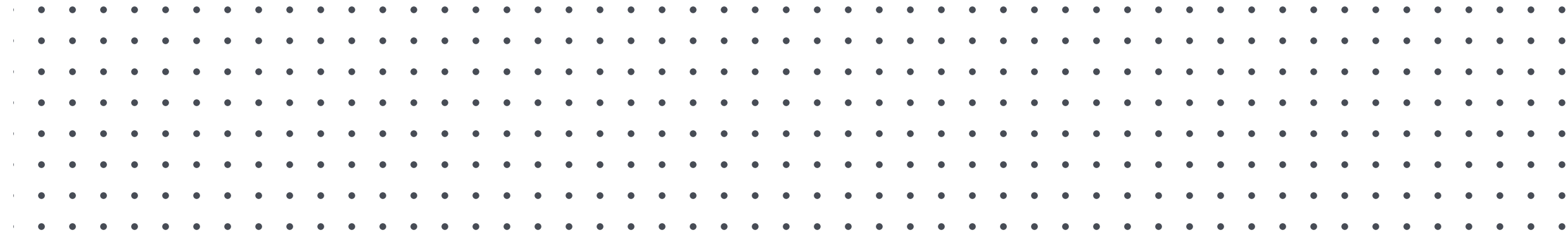
UCARE

STUDENT HEALTH SERVICES

TITLE IX

ASK. LISTEN. REFER.

UCARE



HOW CAN I REPORT?

Staff and faculty are in a unique position to demonstrate compassion to our students who are in distress. Students may feel alone, isolated, or hopeless when faced with challenges. You may be the first person to notice because you have frequent and prolonged contact with them.

SAFETY FIRST

- > Don't hesitate to call for help. Know your limits.
- > You aren't expected to solve the problem.
- > Seek support yourself if needed.
- > Listen sensitively and carefully.
- > Use a non-confrontational approach and a calm voice.
- > Don't criticize or judge.
- > Try using the phrase, "I've noticed and am concerned. Are you aware that there are resources available to help you?"
- > Explain the impact of their behavior. Know your campus resources.
- > Be proactive. Engage students as soon as you see an issue.
- > Be Direct. Ask students about what you see.
- > Follow through.
- > Refer the student to the appropriate resource and encourage them to make appointment.
- > Consult and document.

CAMPUS RESOURCES

- > Case Management: 573-341-4211
- > Counseling, Disability Support, and Student Wellness: 573-341-4211
- > Dean of Students: 573-341-4292
- > Institutional Equity, Diversity, and Inclusion (Title IX): 573-341-7734
- > International and Cultural Affairs: 537-341-4208
- > Office of Graduate Studies: 573-341-4141
- > Office of Undergraduate Studies: 573-341-7276
- > Residential Life: 573-341-4218
- > Student Health Services: 573-341-4284
- > S&T Police: 573-341-4300

RESOURCE INFORMATION

ucare.mst.edu/facultystaff

Ask.Listen.Refer.
asklistenrefer.org/mst

CONTACT

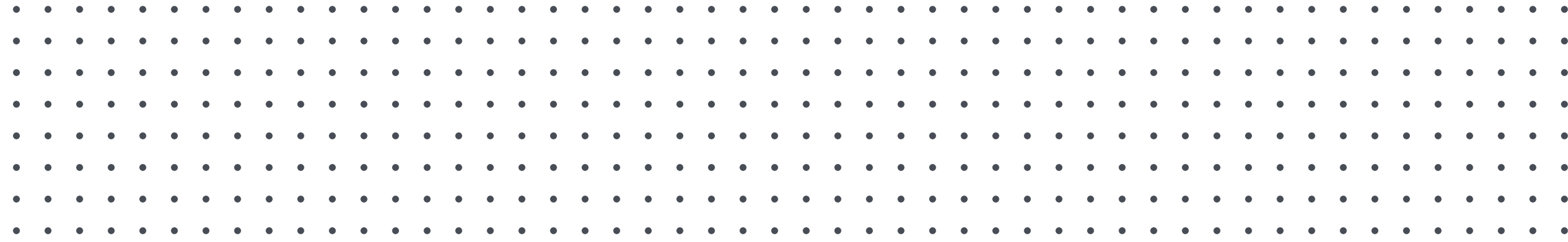
ucare.mst.edu
Email: ucare@mst.edu

Krista Morris-Lehman
Case Manager
[morrishmank@mst.edu](mailto:morrislehman@mst.edu)
573-341-4211

Patti J. Fleck
Director - Counseling, Disability Support,
and Student Wellness
pfleck@mst.edu
573-341-4211

Barb S. Prewett
Assistant Dean of Students
bprewett@mst.edu
573-341-4209

UCARE



SIGNS OF DISTRESS

- > Decline in academic or work performance
- > Repeated absences
- > Requests for special considerations that aren't warranted
- > Disruptive or disturbing behavior
- > Dramatic changes in appearance, behavior, or weight
- > Problems at home, work, or with classes
- > Making disturbing comments in email, letters, online, or assignments
- > Agitation, anxiety, or dramatic mood shifts
- > Garbled, tangential, disconnected, or slurred speech
- > Problems with alcohol or drugs
- > Sad, isolating behaviors
- > Excessive fatigue or sleeping in class or at work
- > Paranoid or suspicious behaviors
- > Frequently angry, easily frustrated, or extreme irritability
- > Struggles with mental health or physical health
- > Threats to self or others
- > Expressions of concern about the student by peers
- > Injuries
- > Suspected abuse

HOW DO I REPORT?

EMERGENCY

If the student shows reckless, dangerous, or threatening behavior, call 911 or S&T Police at **573-341-4300**; then submit **UCARE report** at ucare.mst.edu

NON EMERGENCY

If the student is showing signs of distress, but you aren't sure of the severity, contact CDSW or UCARE for a consultation. Submit a UCARE report if needed. If after hours or a holiday, call S&T Police at **573-341-4300**.

If the student is having academic or personal problems and could use support or additional resources, refer to appropriate resources and submit UCARE report.

WHAT ABOUT PRIVACY?

FERPA allows university faculty and staff to share observations about student behavior, student statements, and concerns about students with S&T personnel who have responsibility for the welfare of students, including law enforcement. FERPA and other privacy regulations allow S&T officials to release information to police, parents, or others whose knowledge of the information is necessary to protect the safety and health of the student or others. Consideration for student privacy should be given before information is shared with people other than those suggested above. Questions about when such disclosure is appropriate can be answered by the campus general counsel.

COUNSELING

counsel.mst.edu



Our professionally licensed counselors/psychologists provide free and confidential services on a time-limited basis to students and benefit-eligible staff and faculty.

Let us help you with

- > Stress management
- > Depression
- > Family concerns
- > Clarifying interests
- > Conflict resolution
- > Grief
- > Motivation
- > Selecting a major

204 Norwood Hall

573-341-4211

counsel@mst.edu



Student Affairs

DISABILITY SUPPORT SERVICES

dss.mst.edu



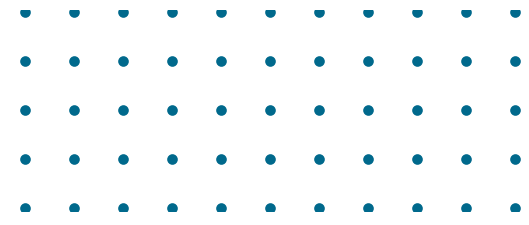
A disability does not have to be a barrier to your academic success. The DSS office ensures that qualifying students have a level playing field on which to pursue their educational goals.

The DSS staff works individually with students to provide:

- > Academic accommodations and support services within resources of S&T
- > Equal access to classrooms, course curriculums, and sponsored programs
- > Specialized accommodative services based on the student's needs and documentation

203 Norwood Hall
573-341-6655
dss@mst.edu

STUDENT WELLNESS



studentwellness.mst.edu



- > Workshops and presentations
- > Bystander Intervention (STEP UP!)
- > Special events and student-led programming (Joe's PEERS)
- > Information/awareness tables
- > Individual consultation
- > Student Health 101
- > Brief Alcohol Screening & Intervention for College Students (BASICS)



201 Norwood Hall

573-341-4225

healthed@mst.edu

CASE MANAGEMENT

casemanagement.mst.edu



Services Include

- > Assistance navigating campus and community resources
- > Referrals to on- or off-campus resources
- > Exploration of and referral for mental health or physical health concerns
- > Coordination and follow up during and after hospitalization and/or medical leaves of absence
- > Help managing complex medical needs
- > Crisis management
- > Problem solving
- > Strengthen support systems and self-advocacy skills
- > Provide support, monitoring, and follow up services
- > Identify needs, resources, and support systems

202 Norwood Hall

573-341-4211

cm@mst.edu

UNIVERSITY COMMITTEE FOR ASSISTANCE, RESPONSE, AND EVALUATION (UCARE)

ucare.mst.edu

CHALLENGE:

Available information is often scattered with various individuals having different pieces of the puzzle.

WHEN TO REPORT

If you know a student who appears to be...

- > Experiencing a decline in work or academic performance
- > Demonstrating disruptive or disturbing behavior
- > Showing dramatic changes in appearance, behavior or weight
- > Having problems at home, with classes or work
- > Making disturbing comments in email, letters, web or papers
- > Hyperactive, anxious or experiencing dramatic mood shifts
- > Abusing alcohol or drugs
- > Sad or isolating socially
- > Acting paranoid or suspicious
- > Frequently angry or easily frustrated
- > Struggling with health problems



A MULTIDISCIPLINARY APPROACH
TO MAKE OUR CAMPUS THE
SAFEST ENVIRONMENT POSSIBLE
ucare.mst.edu

HOW TO REPORT

REPORT
ONLINE
ucare.mst.edu

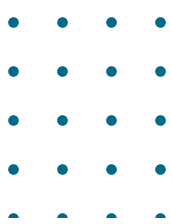
UCARE
ucare@mst.edu
573-341-4209

Krista Morris-Lehman
[morislehman@mst.edu](mailto:morrislehman@mst.edu)
573-341-4211

Resource Information
ucare.mst.edu/facultystaff

Ask.Listen.Refer.
asklistenrefer.org/mst

UNIVERSITY COMMITTEE FOR ASSISTANCE, RESPONSE, AND EVALUATION (UCARE)



ucare.mst.edu

UCARE COMMITTEE MEMBERS

- Connie Arthur** - Disability Support Services, (573) 341-6655, conniea@mst.edu
- Mindy Bryson** - Nurse Practitioner Student Health Services, (573) 341-4284, brysonml@mst.edu
- Joni Burch** - Associate Director for Residential Life (573) 341-4218, burchj@mst.edu
- Dr. Patti J. Fleck** - Director for Counseling, Disability Support, and Student Wellness, (573) 341-4211, pfleck@mst.edu
- Dr. Dennis Goodman** - Director for Student Health Services, (573) 341-4284, dgoodman@mst.edu
- Siobhan Macxis** - Intake Officer, Institutional Equity, Diversity & Inclusion, (573) 341-7739, macxiss@mst.edu
- Krista Morris-Lehman** - Case Manager for Counseling, Disability Support, and Student Wellness, (573) 341-4211, [morislehmank@mst.edu](mailto:morrislehmank@mst.edu)
- Rachel Morris** - Assistant to the Vice Provost for Undergraduate Studies, (573) 341-7600, rachelm@mst.edu
- Neil Outar** - Director for Institutional Equity, Diversity & Inclusion, (573) 341-6038, naoutar@mst.edu
- Barb S. Prewett** - Assistant Dean of Students, (573) 341-4209, bprewett@mst.edu
- Doug Roberts** - Director of University Police, (573) 341-4300, robertsdb@mst.edu
- Brett Watson** - Assistant Director Student Life/Greek Life (573) 341-4329, watsonb@mst.edu

University Committee for Assistance,
Response and Evaluation (UCARE)
ucare.mst.edu

UCARE was formed following incidents that highlighted the need for greater communication and preparedness regarding students facing distress. UCARE focuses on prevention and effective response strategies.

REFERRAL STATISTICS

YEAR	11-12	12-13	13-14	14-15	15-16
Referral	74	53	45	55	286

WHAT DOES UCARE DO?

- > Prevention and planning
- > Consults and communicates
- > Gathers information
- > Assesses circumstances
- > Develops action plans
- > Responds
- > Process improvement

STUDENT HEALTH SERVICES

studenthealth.mst.edu



Our mission at student health is to keep students healthy and reduce the amount of class time missed due to illness. Student Health is here to care for students if they get sick or injured while on campus. Student Health provides non-emergency medical treatment for most illnesses or injuries.

Services Offered

- > Routine Office Visits
- > Preventative Healthcare
- > Orthopedics and Sports Medicine
- > Travel Medicine
- > Procedures
- > Laboratory
- > Allergy Injections
- > Medical Equipment
- > ADHD/ADD

910 W. 10th St
573-341-4284
mstshs@mst.edu

Know the Signs of Depression

Not all depressed people are suicidal; however, depression is a major risk factor for suicide.

- Trouble concentrating
- Slowed thinking or indecisiveness
- Pessimism
- Rigid thinking
- Perception of being a burden to family & friends
- Unusual interest in how others are feeling
- Hopelessness
- Helplessness
- Excessive sadness or crying
- Loneliness or feelings of isolation
- Persistent low mood
- Anxiety
- Pulling away from friends, family, social groups
- Loss of interest in formerly pleasurable activities
- Trouble sleeping
- Changes in weight or appetite
- Changes in attention to appearance
- Decrease in sexual drive
- Fatigue or loss of energy

Remember to watch for extreme changes in behavior; it doesn't have to be a "negative" change for something to be going on.

Available Resources

Mid-Missouri Crisis Hotline

- (800) 445-5035

The Trevor Lifeline

- (866) 488-7386

Veterans Suicide Prevention Lifeline

- (800) 273-8255 ext. 1

Suicide Prevention Resources Website

- suicide.missouri.edu

National Suicide Prevention Lifeline

- 1 (800) 273-8255
- suicidepreventionlifeline.org



Suicide rarely results from just one factor or event but rather from a complex interaction of many factors.



Want to learn more about how to help a friend?

Visit the Ask Listen Refer website at

asklistenrefer.org

and click on your campus!

Written by the University of Missouri Counseling Center.

119 Parker Hall, Columbia, MO 65211

(573) 882-6601



Revised August 2016



ask



listen



refer

How to Help a Friend Who May Be Suicidal

This publication is brought to you by Partners in Prevention, a coalition of universities in Missouri.

Partners in Prevention is funded by the Missouri Division of Alcohol and Drug Abuse.



Experiencing a suicidal crisis can be hard, but there are ways that you can help.

Having the knowledge and tools for helping could save the life of someone you care about. The following guidelines are presented to help provide a sense of direction and facilitate the helping process.

Warning Signs of Suicide

Warning signs indicate immediate concern about suicide and a need to take action.

- Starting or increasing use of alcohol or drugs
- Aggressive, impulsive, reckless or disruptive behavior
- Current talk of suicide, expressing strong wish to die, or talking about wanting "pain" to end
- Making a suicide plan
- Giving away belongings, tying up loose ends, saying goodbye to friends and family
- Purchasing a firearm
- Obtaining other means of killing oneself

Asking about suicidal thoughts is highly unlikely to give the person the idea. If someone is showing warning signs of being suicidal, they have, in all likelihood, already thought about it.

How to Help

While the following steps will help, you have more opportunities to be better prepared. Start here.

Get trained. Reading this is a start, but you can complete the Ask.Listen.Refer training online to be better prepared to help someone who is suicidal or who may be contemplating suicide.

Take the training at www.asklistenrefer.org

Asking about suicidal thoughts is highly unlikely to give the person the idea. If someone is showing warning signs of being suicidal, they have, in all likelihood, already thought about it.

ask

Ask directly. Talking about the person's thoughts openly and frankly can help prevent a person from acting on them. This may include asking if the person has a particular plan or method in mind. Give hope. Sometimes people can't think of any other solutions to what is causing the distress. You can acknowledge that the person currently feels hopeless but also convey that things can get better and there are other options. You may even be able to offer some alternative actions, but you do not need to counsel the person.

listen

Do not attempt to argue anyone out of suicide. Rather, listen, be nonjudgmental, and provide support. Let the person know you care, that they are not alone, that suicidal feelings are temporary, that depression can be treated, and that problems can be solved. Avoid the temptation to say things such as, "You have so much to live for," or "Your suicide will hurt your family or friends." Be genuine. When professional help is needed, a person is more likely to follow such a recommendation if you have genuinely listened to them.

refer

Encourage professional help. Be actively involved in encouraging the person to see a physician or mental health professional immediately. Individuals contemplating suicide often believe they cannot be helped, so you may have to do more such as offering to go with the person to their appointment. Be aware of resources. Let the person at risk know about the free counseling services on campus. Do not promise secrecy. There is no confidentiality in life-threatening situations.

What to do in case of an emergency

Dial 911 if immediate assistance is needed, particularly if you feel the person has already taken action (e.g., swallowed pills) or may do so without quick intervention.

Find your local resources for help by visiting suicide.missouri.edu and navigate to the 'Looking for help?' section.

You or the person about whom you are concerned may **call the Mid-MO 24-hour crisis hotline at (800) 395-2132, or the National Suicide Prevention Life-line at (800) 273-8255.**

Do not leave the person alone if they are in crisis or immediate danger.

WHAT YOU NEED TO KNOW

▶ about sexual discrimination, harassment,
violence, stalking and relationship violence.

MISSOURI
S&T



DID YOU KNOW?

Among undergraduate students, 23.1% of females and 5.4% of males experience rape or sexual assault through physical force, violence, or incapacitation.

(RAINN.ORG)

CONSENT TO SEXUAL ACTIVITY IS KNOWING AND VOLUNTARY.

Someone who is incapacitated cannot consent. Silence or absence of resistance does not establish consent. Consent to one form of sexual activity does not imply consent to other forms of sexual activity. Consent to engage in sexual activity with one person does not imply consent to engage in sexual activity with another. Consent must be obtained at the time of the specific activity and can be withdrawn at any time. Lack of consent or withdrawal of consent may be communicated by words or non-verbal acts. Coercion and force, or threat of either, invalidates consent.

INCAPACITATION OCCURS WHEN AN INDIVIDUAL LACKS THE ABILITY TO MAKE RATIONAL, REASONABLE JUDGMENTS AS A RESULT OF ALCOHOL (OR OTHER DRUG) CONSUMPTION.

An incapacitated person cannot give a valid consent. Having sexual activity with someone whom you know to be, or should know to be, incapacitated (mentally or physically) is a violation of university policy.

- Sexual contact with someone one knows to be or should know to be incapacitated is a violation of policy.
- Incapacitation can be due to the use of drugs or alcohol, when a person is asleep or unconscious, or because of an intellectual or other disability that prevents the individual from having the capacity to give consent.

S&T – A CARING COMMUNITY

DO SOMETHING WHEN YOU SEE RISKY BEHAVIOR.

- If you witness someone trying to lead an intoxicated person into a private room, see someone feeding drinks to another person, or acting sexually aggressive; find a friend to help you and intervene.
- Likewise, pay attention to your friends so that you can help them if they are being targeted in a vulnerable situation.

Learn more about bystander intervention and the Step Up training program at stepup.mst.edu.

SEXUAL DISCRIMINATION OCCURS WHEN A PERSON HAS BEEN TREATED UNFAIRLY BASED ON SEX, GENDER IDENTITY, OR GENDER EXPRESSION.

Specifically, the UM System prohibits the following forms of sex discrimination: sexual harassment, sexual misconduct, sexual exploitation, stalking on the basis of sex and dating/intimate partner violence.

Examples include:

- Being refused an assistantship because you are a woman.
- Being denied admission to a University event because you are a man.
- Being touched in a sexual manner without your consent.

SEXUAL MISCONDUCT IS DEFINED AS:

1. Nonconsensual sexual intercourse.
2. Nonconsensual sexual contact involving the sexual touching of the genitals, breast or anus of another person or the nonconsensual sexual touching of another with one’s own genitals whether directly or through the clothing.
3. Exposing one’s genitals to another under circumstances in which he or she should reasonably know that his or her conduct is likely to cause affront or alarm.
4. Sexual exploitation.

SEXUAL HARASSMENT IS DEFINED AS:

1. Unwelcome sexual advances or requests for sexual activity by a person or persons in a position of power or authority to another person, or
2. Other unwelcome verbal or physical conduct of a sexual nature by a person to another person, when:
 1. Submission to or rejection of such conduct is used explicitly or implicitly as a condition for academic or employment decisions.
 2. Such conduct creates a hostile environment by being sufficiently severe or pervasive and objectively offensive that it interferes with, limits or denies the ability of an individual to participate in or benefit from educational programs or activities or employment access, benefits or opportunities.





HERE'S HOW WE CAN HELP.

IF YOU EXPERIENCE SEXUAL VIOLENCE

1. Go to a safe place, and contact someone who can help you; a friend, family member, or call a resource (campus and off-campus resources are listed the back cover of this publication).
2. Assist in preserving evidence. Do not change clothes, shower, douche, comb hair, brush teeth, eat, or drink. If possible, do not urinate.
3. Get a medical examination to ensure proper treatment. There may be hidden physical injuries.
 - Request that a rape examination be performed and any evidence be stored.
 - Inquire about the tests for HIV, pregnancy, and other sexually transmitted diseases.
4. Arrange for confidential counseling.
5. Write down everything you can remember happening. This will help with your own healing process and in any legal action you might choose to take.

DON'T BE AFRAID TO REPORT.

Knowing that students may hesitate to report these incidents because of the fear of potential consequences, Missouri S&T has established an amnesty policy. This policy may protect complainants and witnesses from disciplinary actions for minor student conduct violations related to the incident. The university also prohibits retaliation against any person for participating an investigation or proceeding involving allegations of sex discrimination, sexual harassment, or sexual misconduct.

12.5

percent of rape incidents
were reported to any official,
university or otherwise.

(Bureau of Justice 2016)

96

PERCENT OF COLLEGE SEXUAL ASSAULT CLAIMS LIST ALCOHOL AS A FACTOR (UNITED EDUCATORS, 2011).

IT'S NOT YOUR FAULT, EVEN IF ...

- The other party was an acquaintance or you had some form of relationship with that individual.
- You have been sexually intimate with that person or with others before.
- You were drinking or using drugs.
- You froze and did not or could not respond.
- You were wearing clothes that others may perceive to be seductive.

REPORTING: THE DECISION IS YOURS

A variety of resources are available to assist you in moving forward after a sexual assault. While the following courses of action are not mutually exclusive, the information will assist you in making an informed decision about your options:

SUPPORT

If your main objective is to obtain support, S&T Counseling Services and the Emergency Room have trained professionals that are available to help you focus on emotional and physical healing.

S&T Counseling Services: 573-341-4211
Rolla Emergency Room: 573-458-8899

ADMINISTRATIVE RESPONSE

If you would like to report the sexual misconduct in order to seek administrative action within the University constructs, the Title IX coordinator is here to assist you in understanding the process.

Title IX Coordinator: 573-341-4920

LEGAL OPTIONS

If you wish to pursue criminal charges, S&T Police and/or Rolla Police Department can assist you.

University Police Dept.: 573-341-4300
Rolla Police Dept.: 573-364-1213

HOW TO FILE A REPORT

TO FILE A COMPLAINT, CONTACT THE TITLE IX COORDINATOR:

Shenethia Manuel

113 Centennial Hall
573-341-4920, 573-612-8218 (after hours)
manuelsh@mst.edu
diversity.mst.edu

TO RECEIVE CONFIDENTIAL SUPPORT, CONTACT:

**Counseling, Disability Support,
and Student Wellness**

204 Norwood Hall
573-341-4211
counsel@mst.edu

Student Health Services

910 W. 10th St., Rolla, MO 65409
573-341-4284
mstshs@mst.edu

INTERIM PROTECTION

Throughout the process, we will do our best to ensure the safety, emotional and physical well-being of all parties involved. The Title IX coordinator (or other authorized administrators) may provide one or more of the following interim remedies for both the complainant and the accused:

1. Refer and facilitate access to counseling, medical services and/or mental health services.
2. Limit contact.
3. Adjust courses, assignments, exam schedules.
4. Adjust work schedules, work assignments, supervisory, responsibilities, supervisor reporting responsibilities or work arrangements.
5. Alter on-campus housing assignments, dining arrangements or other campus services.
6. Alter extracurricular activities.

RESOURCES AND SUPPORT

CAMPUS

MISSOURI S&T UNIVERSITY POLICE DEPARTMENT

1201 N. State St.
G10 Campus Support Facility
Rolla, MO 65409-0470
573-341-4300, police@mst.edu
police.mst.edu

DEAN OF STUDENTS OFFICE

Community Standards and Student Conduct
107 Norwood Hall
320 W. 12th St.
Rolla, MO 65409
573-341-4292, values@mst.edu
communitystandards.mst.edu

CAMPUS TITLE IX COORDINATOR

Shenethia Manuel, J.D.

Vice Chancellor of Human Resources,
Equity and Inclusion
13 Centennial Hall
573-341-4920, 573-612-8218 (after hours)
manuel@mst.edu

DEPUTY TITLE IX COORDINATOR

Neil Outar

Director of Institutional Equity, Diversity
and Inclusion
113 Centennial Hall
573-341-6038, 573-202-4185 (after hours)
naoutar@mst.edu

ATHLETIC TITLE IX DEPUTY

Debbie Hickey

Compliance CCR/FSCL Admn-Athletics
G-2 Gale Bullman Multi-Purpose Building
705 W. 10th St.
Rolla, MO 65409
573-341-4178
dhickey@mst.edu

DID YOU KNOW?

PCPMC provides rape examinations by specially trained nurses and basic medical care. **The exam is free and confidential.** It is not necessary to make a police report to utilize these services.

OFF-CAMPUS

ROLLA POLICE DEPARTMENT

1007 N. Elm St., Rolla, MO 65401
573-308-1213
Confidential Hotline: 573-364-0111
rollacity.org/police/police.shtml

PHELPS COUNTY REGIONAL MEDICAL CENTER

1050 W. 10th St., Rolla, MO 65401
573-458-8899
pcrmc.com

RUSSELL HOUSE

Phelps County Family Crisis Service
Telephone: 573-364-0579
Domestic Violence Hotline: 573-364-0222
Sexual Assault Crisis Hotline: 1-888-570-3703
russellhouse.info

PATHWAYS COMMUNITY HEALTH

1450 E. 10th St., P.O. Box 921, Rolla, MO 65402
573-364-7551, 573-364-4898 fax
compasshealthhome.org/pathways-community-health

PHELPS COUNTY COURT HOUSE ADVOCATE COURTHOUSE

200 North Main St., Rolla, MO 65401
573-458-6160, 573-364-8594 (fax)
573-458-6265 (office), 573-578-8653 (cell)

PREVENTION CONSULTANTS OF MISSOURI

104 E. 7th St., Rolla, MO 65401
573-368-4755, 573-368-2780 (fax)
jamie@preventionconsultants.org

TRI-RIVERS FAMILY PLANNING, INC.

1032 B Kingshighway, Rolla, MO 65401
573-364-1509
tririversfamilyplanning.org

OFFICE FOR CIVIL RIGHTS

U.S. Department of Education
Region VII – Kansas City (Kansas, Missouri,
Nebraska, Oklahoma, South Dakota)
8930 Ward Parkway, Suite 2037
Kansas City, MO 64114-3302
816-268-0550