

Health Education, Student Counseling, and Care and Support

August 14, 2018



THE UNIVERSITY OF
TENNESSEE
KNOXVILLE

Presenter Introductions



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TENNESSEE
KNOXVILLE

The Center for Health Education & Wellness



About CHEW

Mission: CHEW empowers all Volunteers to thrive by cultivating personal and community well-being.

Location: Student Health Building, 1800 Volunteer Blvd., Suite 201

Phone Number: 865.974.5725

Website: wellness.utk.edu

E-mail: wellness@utk.edu

Social Media: @volshelpvols



Engage with CHEW: Request a Program

- On average, programs are 50 minutes, but they can be modified to meet the needs of your organization.
- Programs are facilitated by CHEW staff or the VOLS 2 VOLS Peer Health Educators
- Request at wellness.utk.edu
- Current Programs
 - Be Well, Vols! – General Health & Wellness
 - Survival Guide to Stress - Stress Reduction
 - Good Night, Vols - Sleep Promotion
 - It's Not Taboo - Sexual Health
 - Kale Yeah! Fantastic Food and You – Nutrition
 - Know the Standard – Alcohol
 - Masculinity – More than a Mask
 - Consent
 - Volunteers Speak UP! Active Bystander Program



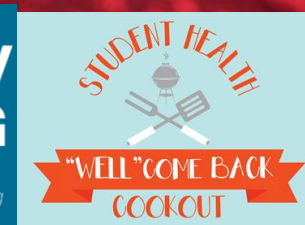
Engage with CHEW: Attend an Event

CHEW hosts multiple large-scale health and wellness events for the UT community

- Get your organization engaged with CHEW events by **encouraging** members to attend events, **requesting** to table at CHEW events, **reaching out** to CHEW staff if there is a health and wellness related event or initiative that you would like to see on campus.

Fall 2018 Events

- August, 24: “Well”come Back Cookout
- August 27 – September 24: Red Zone
- September 19: Yoga Fest
- September 21: Flu Shots at the Rock
- October 1: Just Kick it/Safe Fall Break
- October: Red Flag Events
- November 15: Great American Smoke Out
- November 30: World Aids Day



Engage with CHEW: Join the Team

There are a variety of ways to join the CHEW team. Whether you want to assist in an advisory capacity, become a VOLS 2 VOLS peer health educator, join a planning committee, or seek an internship opportunity there is a way for engage with us!

- Join the Student Advisory Board
 - The Student Advisory Board (SAB) is tasked with reviewing programs, policies, and communication regarding sexual violence prevention on campus. The SAB seeks to have broad representation across campus. In addition to regular membership, the SAB is also searching for two students to co-chair the board. If you would like to be a part of the Student Advisory Board, email wellness@utk.edu.
- Become a Student Wellness Champion for Your Organization
 - Student Wellness Champions serve as ambassadors between CHEW and their respective organizations. Student Wellness Champions play an important role in shaping the wellness culture at UT by sharing health information and education opportunities offered by CHEW and providing constructive feedback regarding campus and student needs. Learn more and apply at wellness.utk.edu
- Apply to be a VOLS 2 VOLS Peer Health Educator
 - Promote healthy lifestyles and positive decision making by providing unbiased and inclusive information with easily accessible resources. They strive to help build a supportive environment for all Volunteers by creating an open dialogue about health issues that matter to students.
 - Apply to be a Peer Health Educator through October 4th at wellness.utk.edu

Student Counseling

Clinical Services

- Individual counseling
- Couple counseling
- Group counseling
- Case Management and Referral
- Psychiatry

Time-Limited Model

- Average 5 sessions
- Max of 12 individual
- Group for longer term
- Psychiatry: short term (referred to community when stabilized)

**Appointments
during regular
business
hours
(8-5)**



**Drop-In Hours
10AM – 3PM**

Available Groups and Workshops

Groups

- Graduate Interpersonal Process (IP)
- Healthy Relationships
- Grief Recovery
- Mixed IP
- DBT
- LGBT+ IP
- Trans Support Group
- Mindfulness for Stress and Anxiety
- Building Resiliency
- Body Positivity
- Sexual Assault Support Group

Workshops

- Adjusting to College 101
- Feel Better Fast

Outreach Also Available

- Presentations
- Tabling
- Representatives

Counseling Center Cost

- Services are covered by a portion of the Student Programs and Services Fee (SPSF)
- Psychiatry visits are covered
- Medications and related lab charges are paid for by student
- Summer students not enrolled in summer classes may continue services at a small fee; e.g., @ \$30 for the summer

Care and Support: Dean of Students (DOS)

974-HELP: a referral line to help distressed or distressing students

Case Management: case managers work with students to get them connected to support services both on and off campus and provide ongoing care as needed

Student Ombudsperson: a neutral party who can give informal and confidential assistance in resolving University related concerns

Absence Notifications: students can request on-line, provide specific dates they missed class, and provide supporting documentation.

Bias Incident Report: all campus community members can report a bias motivated incident or crime that occurs on campus. All reports will be reviewed by the Bias Education Response Team (BERT)

Big Orange Meal Share: a short-term assistance program to help student who need temporary meal assistance

What is 974-HELP?



- ◇ **974-HELP** is a referral line that students, faculty, staff, parents, or others can call
- ◇ **974-HELP** is answered by the Dean of Students Monday-Friday from 8AM-5PM.
- ◇ **974-HELP** is answered by a mental health professional after hours
- ◇ **974-HELP** assists in connecting students with a number of different support services on and off campus
- ◇ **974-HELP** is housed in the Dean of Students, which is located on the 4th floor of the Student Services Building (in Circle Park behind the Torchbearer)

What happens when you call?



1. A Case Manager gathers information about the student and your concern
2. Student is contacted either by phone or email
3. A meeting is setup with student
4. Student is connected and/or referred to the appropriate resources either on or off campus
5. The Case Manager follows up with student and provides ongoing support as needed
6. Student is brought to the Case Management Team

Common Student Struggles

- Suicidal Thoughts
- Suicide Attempts
- Depression
- Anxiety
- Social Phobia
- Adjustment Issues
- Psychotic Disorders
- Bi-Polar (mania)
- Financial Stressors
- Grief and Loss
- Housing Stressors
- Physical Assaults
- Autism Spectrum Disorder
- Academic Struggles
- Self-Harming
- Withdrawal and Appeal Needs
- Social Struggles
- Title IX Involvement
- Immigration Issues

Signs of Distress

Behavioral Signs

- ❖ Withdrawal and isolation
- ❖ Change in hygiene
- ❖ Talking about:
 - ❖ Suicide
 - ❖ Hopelessness
- ❖ Posting distressing comments
- ❖ A dramatic change in energy level
- ❖ Inappropriate emotional outbursts
- ❖ Others expressing concerns

Situational Stressors

- ❖ Experienced:
 - ❖ Sexual/physical assault
 - ❖ Being stalked
 - ❖ Dating violence
- ❖ Academic probation
- ❖ Loss of:
 - ❖ Scholarships
 - ❖ Support group
 - ❖ A loved one
- ❖ Academic struggles
- ❖ Involvement with Student Conduct due to a violation

Academic Distress

- ❖ Missing or late assignments and tests
- ❖ Increased absences
- ❖ Disruptive behavior in class
- ❖ Disorganized thinking
- ❖ Performance changes
- ❖ Decline in enthusiasm
- ❖ Continually seeking special exceptions

Don't wait 'til Monday...



Thank You!
Questions?