Health and Well-Being

Services Offered at Missouri S&T

Updated April 2022
Please Sign In

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Overview

- Health and Well-Being Data
- Campus Resources
- Off-Campus and Online Resources
- Ways to Get Involved
Section One

Health and Well-Being Data of S&T Students
Health and Well-Being Data

Reported Stress of S&T Students

88% reported stress interfered with their academics
- 18% considerably interfered;
  11% interfered a great deal

89% reported stress interfered with their personal life
- 24% considerably interfered;
  16% interfered a great deal

Main sources of stress:
- School/Academics: 94%
- Financial Concerns: 43%
- Time Management: 53%
- Future Plans: 55%
- Reduced Time w/ Friends: 38%
- Mental Health Concerns: 37%

2021 Missouri Assessment of College Health Behaviors, n=415
# Health and Well-Being Data

## Reported Mental Health Concerns

<table>
<thead>
<tr>
<th>Mental Health Concern</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Depression</td>
<td>29%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>54%</td>
</tr>
<tr>
<td>Panic Attacks</td>
<td>22%</td>
</tr>
<tr>
<td>Chronic Sleep Concerns</td>
<td>25%</td>
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<tr>
<td>Eating Disorder(s)</td>
<td>10%</td>
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<tr>
<td>Self-Injury</td>
<td>6.5%</td>
</tr>
</tbody>
</table>

43% had suicidal thoughts in their lifetime; 22% past year

## Barriers from seeking help for mental health concerns:

- Cost: 18%
- Lack of insurance: 9%
- It is not helpful: 21%
- Afraid of judgement: 28%
- Don’t know any resources: 11%
- Wait list too long: 5.6%

2021 Missouri Assessment of College Health Behaviors, n=415
Section Two

Health and Well-Being Campus Resources
Student Well-Being

Provides counseling services, health promotion initiatives, and prevention programs to empower the S&T community to thrive and enhance personal, academic, and professional success.

- **Services (deeper look in next few slides):**
  - Counseling
  - Wellness Consultations
  - Wellness Programming
  - Bystander Intervention
  - Joe’s PEERS
  - Miner Support Network
  - ProjectConnect
  - Miner Oasis
  - Canvas Course

wellbeing.mst.edu | wellbeing@mst.edu | 204 Norwood Hall | (573).341.4211
Campus Departments

Student Well-Being (continued)

- **Counseling**: individual counseling, support groups, and crisis counseling with licensed counselors

- **Wellness Consultations**: individualized sessions with a Wellness Coordinator covering a variety of topics

- **Wellness Programming**: presentations, trainings, outreach, and social media engagement

wellbeing.mst.edu   |   wellbeing@mst.edu   |   204 Norwood Hall   |   (573).341.4211
Campus Departments

Student Well-Being (continued)

- **Bystander Intervention**: STEP UP! helps students recognize problematic events and increases their motivation, skills, and confidence when responding to problems or concerns.

- **Joe’s PEERS**: A student leadership organization that provides well-being education, encouragement, and resources to campus.

- **Miner Support Network**: Student-led support groups that work to de-stigmatize conversations surrounding mental health.
Campus Departments

Student Well-Being (continued)

- **ProjectConnect**: 6-session peer-led program aimed at helping students build social connections and community on campus

- **Miner Oasis**: 201 Norwood Hall

- **Health and Well-Being Canvas Course** non-credit course to increase resilience and a well-rounded look at well-being

wellbeing.mst.edu  |  wellbeing@mst.edu  |  204 Norwood Hall  |  (573).341.4211
Student Support and Community Standards

Identifies immediate needs, connects to appropriate resources, and works to help students face challenges and support their well-being and success

- **Services:**
  - Resource navigation
  - Resource referral
  - Extended absence assistance
  - Coordination of care
  - Follow-up for hospitalization, withdrawal, and return plans
  - Emergency response

studentsupport.mst.edu | cm@mst.edu | 107 Norwood Hall | (573).341.4209
Student Support and Community Standards (continued)

- **Student Emergency Fund**: Assists students by providing financial support for unexpected emergency expenses
  - Administered by Student Affairs
  - Funded by donations

- **Joe Miner Chat Bot**: Text messages to receive timely information, identify student needs, and to identify and help students in distress
Campus Departments

Student Health Services

Delivers healthcare to students in order to enhance personal and professional achievement

Provides non-emergency medical treatment for most illnesses and injury, and serves as urgent care

studenthealth.mst.edu  |  mstshs@mst.edu  |  Student Health Complex  |  (573).341.4284
| Assessment, diagnosis, treatment for illness/injury | COVID-19 testing |
| Sports medicine and orthopedic care | STI testing |
| Concussion management | Women’s health |
| Depression/anxiety treatment | Travel consults |
| | Physicals |
| | Minor in-office procedures |
| | Allergy injections |
| | Vaccines |

studenthealth.mst.edu | mstshs@mst.edu | Student Health Complex | (573).341.4284
Student Success Center

Connects students to campus resources to help them dig deeper and finish the semester strong

- **Services:**
  - Success coaching
  - Individualized tutoring
  - Semester game plan creation
  - Skill development
  - Faculty Corner

studentsuccess.mst.edu  |  success@mst.edu  |  198 Toomey Hall  |  (573).341.7590
Campus Departments

Student Accessibility and Testing

Assists in creating an inclusive and accessible university community where students have an equal opportunity to participate in all aspects of the educational environment

- **Services:**
  - Accommodation(s) management
  - Disability documentation assistance
  - Testing Center
  - minerAccess

saat.mst.edu  |  dss@mst.edu  |  G-10 Norwood Hall  |  (573).341.6655
Campus Departments

Equity and Title IX

Ensures campus compliance with UMSystem policies and procedures, state and federal statutes and regulations, in the areas of Title IX, civil rights, and equal opportunity

- **Services:**
  - Protection from discrimination in any educational activity
  - Training and education for students and staff
  - Sexual harassment, discrimination, and violence reporting
  - Case intake, review, and investigation

equity.mst.edu  |  equity@mst.edu  |  900 Innovation Dr, Suite 500  |  (573).341.7734
Campus Departments

University Police Department (24/7)

Supports the campus community in fulfilling its commitment to teaching, research, and service by providing a safe environment for all campus community members and visitors

- Services:
  - 24 hour preventive patrol
  - Personal safety escorts
  - Safety seminars
  - Educational courses
  - Safety check-in’s
  - Parking and bike registration
  - Property engraving
  - Missing/stolen property help

police.mst.edu | police@mst.edu | G-10 Campus Support Facility | (573).341.4300
Campus Departments

Student Diversity Initiatives

Fosters diversity and inclusion on campus by providing and welcoming climate for all students. Aims to support underrepresented students through programming, retention, and mentoring initiatives

- **Services:**
  - Food pantry
  - Presentations and trainings
  - Clothes closet
- Diversity house
- Resource library
- Student organizations

sdi.mst.edu  |  sdi@mst.edu  |  605 W 11th Street  |  (573).341.7286
The UCARE (University Committee for Assistance, Response, and Evaluation) team addresses the need for communication and preparedness regarding individuals of concern through prevention and intervention strategies.

- Submit a UCARE report when concerned for someone
  - Can be submitted anonymously if necessary (contact information preferred in case of future need)
Health and Well-Being Committee

The Health and Well-Being Committee, in partnership with The JED Foundation, is committed to increasing campus efforts in supporting emotional well-being, mental health, substance misuse prevention, and suicide prevention.

- Large cross-campus committee with student, faculty, and staff representation
- Faculty Champions

wellbeing.mst.edu | wellbeing@mst.edu
Campus Committees

Prevention Coalition

The Prevention Coalition is a network of campus and community partners who use S&T specific data guide alcohol and drug misuse prevention initiatives

- Goal to encourage healthy behaviors and reduce the impact of high-risk behaviors associated with alcohol and drug use
- Management of CHEERS program

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STEP UP! Committee

STEP UP! Empowers the campus community to foster a culture of awareness, intervention, and inclusion in all of our interactions in person, on social media, and virtually.

- Focus is on training efforts, marketing of STEP UP! Events, and updating current and creating new program curriculum.
Section Three

Health and Well-Being Off-Campus and Online Resources
Always call 911 first in an emergency

- National Suicide Prevention Lifeline
  - 988
- Crisis Text Line
  - Text “HOME” to 741741
- Compass Health Hotline
  - 800.333.3915
- Phelps Health
  - 573.458.8899
Online Resources

Sanvello

- On-demand app for managing stress, anxiety, depression, and building resiliency
- Daily check-in’s, podcasts, playlists, mood-tracking, and more
- Premium access available for free with @mst.edu email
- Find in the app store or play store

sanvello.com
Online Resources

Ask.Listen.Refer

- Quick online suicide prevention training for students, faculty, and staff
- Evidence Based
- Provides S&T specific resources and services

asklistenrefer.org/mst
Online Resources

CBP
College Behavior Profile (CBP)- Quick and confidential way to get personalized feedback on alcohol and marijuana use. Created with input from and designed by college students.

cbp.mst.edu

ScreenU
Gives anonymous, no-judgement feedback encouraging you to think about choices that may put you at risk for harmful consequences. There are assessments for alcohol, marijuana, and prescription drug use.

wellbeing.mst.edu/resources/directory
Online Resources

MACRO Collegiate Recovery Ally Training

This training was designed to help faculty, staff, and students support individuals in recovery from substance use disorders. The training covers: (1) substance use disorders and recovery, (2) myths and stigmas about substance use disorders, (3) using person first, recovery friendly language, and (4) how to support someone seeking, or already in, recovery. The training takes about 30 minutes to complete, and is intended to be completed in one session.

mopiptraining.org/macro
Section Four

Ways to Get Involved in Health and Well-Being on Campus
Ways to Get Involved

Join an Organization

- Student-Led Organizations
  - Joe’s PEERS
  - Miner Support Network
  - ProjectConnect

- Campus Committees
  - JED Health and Well-Being Committee
  - Prevention Coalition
  - STEP UP! Committee
Ways to Get Involved

Request a Training or Presentation

- **On Your Own**
  - Miner Well-Being Certification Program in MinerLink
  - Ask.Listen.Refer Suicide Prevention Training

- **In a Group**
  - Mental Well-Being Ambassador Training
  - STEP UP! Bystander Intervention Training, STEP UP! Certification Program
  - Grit and Resilience Workshops
Ways to Get Involved

Host Your Own Well-Being Event

- Well-Being Mini-Grant Funding
  - Funding for short proposals with assistance from Student Well-Being
  - Funding can be used for a variety of health and well-being related events, projects, and initiatives.

- Late Night Funding Request
  - Funding to student groups and organizations wanting to provide late night alcohol and drug free events for students as a healthier alternative to high risk drinking or going out

wellbeing.mst.edu/peer-education/funding
Please Take Our Survey:

Scan Here:
Thank You for Listening!

Questions?