

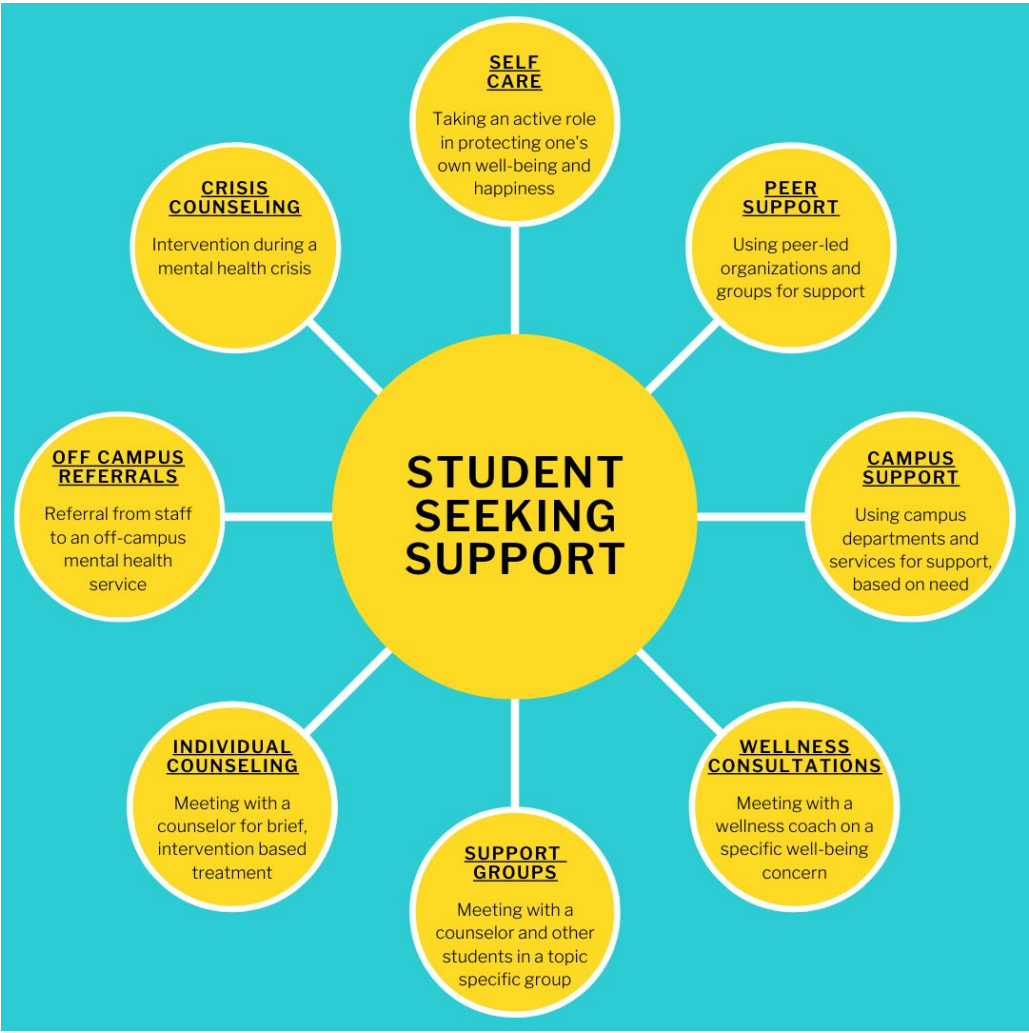
Student Well-Being

Our Services

Updated Spring 2024

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.

Mission Statement



Department Services

Counseling

Our counseling services are free, confidential, provided by licensed counselors, and are available for all students.

- Individual Counseling
- Group Counseling
- Crisis Counseling
- Community Referrals and Resource Referrals
- After Hours Resources



Department Services

Wellness Consultations

Wellness consultations are free coaching sessions provided by wellness coordinators in a short-term format.

- Nutrition
- Alcohol Use
- Cannabis/Marijuana Use
- Bystander Intervention
- Grit and Resilience Workshops
- LGBTQ+
- Self Regulation
- Nicotine Cessation
- Wellness Coaching
- General Wellness

Department Services

Case Management

Our Case Managers work to assist students by addressing immediate needs, connecting to appropriate resources, and working to help students navigate barriers to their well-being and success. A successful strategy may include:

- Various resources
- Continuity of care services
- Provide accountability through supportive follow-up

Department Services

Wellness Presentations and Programming

Student Well-Being offers presentations, trainings, and outreach events for groups, departments, organizations, and general campus community members. Some programming offered:

- Bystander Intervention
- Nutrition/Healthy Eating
- Healthy Coping Skills
- Resource Awareness
- Stress and Time Management
- Resilience and Mindfulness
- Motivation
- Self Care

Department Services

Bystander Intervention

Our STEP UP! Bystander Intervention Program helps students, faculty, and staff recognize problematic events and increases their motivation, skills, and confidence when responding to problems or concerns. Current trainings offered are STEP UP! for:

- Mental Well-Being
- Diversity and Inclusion
- Sexualized Violence Prevention
- Safer Drinking



Department Services

Miner Oasis (201 Norwood Hall)



Department Services

Miner Oasis in the Library



Department- Led Committees

STEP UP! Committee

The STEP UP! Committee works to empower the campus community to foster a culture of awareness, intervention, and inclusion in all our interactions in person, on social media, and virtually. The committee is open to any interested faculty, staff, and students.

Interested in joining? Email wellbeing@mst.edu

Department-Led Committees

Prevention Coalition

Prevention Coalition is a network of campus and community partners who utilize S&T specific data to guide wellness initiatives, encouraging positive choices among students and reduce the impact of high-risk behavior associated with alcohol and other drugs. We collaborate closely with Partners in Prevention (PIP) and other Missouri universities to guide and improve Student Well-Being programming.



Department-Led Committees

Health and Well-Being Committee

The Health and Well-Being Committee is designed to review our current systems, programs, and policies to build upon existing and create new mental well-being, substance abuse, and suicide prevention efforts. As part of the process, each school establishes an interdisciplinary, campus-wide team to assess, support, and implement improvements.

Student-Led Services

Joe's PEERS

Joe's PEERS (JPs) is a student leadership organization that provides education, encouragement, and resources to students and campus community members through events, programming, and more.

Meetings are held every Monday at 12pm throughout the semester and students can join at any point.



Student-Led Services

Miner Support Network

The Miner Support Network is a campus organization that works to de-stigmatize mental health through confidential, weekly, peer-facilitated support groups, while holistically working to create an inclusive community dedicated to empathy, trust, and relationship building through network-wide stress-busting events.

Students can join at any point in the semester.



Student-Led Services

ProjectConnect

ProjectConnect is a fun, 6-session peer-led program aimed at helping students build social connections and community on campus. Students meet in groups of 4-6 over the course of six 1-hour sessions, and engage in a series of thought-provoking questions and fun activities, ending with a group event.

Sign ups are at the beginning of each semester.



Online Resources



Miner Well-Being Certification Program



The [Miner Well-Being Certification Program](#) is a series of activities focused on different areas of well-being, encouraging a more holistic and well-rounded look at wellness. Participants who complete the program receive a certificate and letter of recommendation signed by the Director of Student Well-Being.



Online Resources

Health and Well-Being Canvas Course

This non-credit Canvas course houses various trainings, screenings, lessons, and more to learn to support your own and others well-being. Students can enroll at any time for free. It is listed as "ROLLA- Health and Well-Being" on Canvas.



Online Resources

Self-Education Resources

Featured on our website are resources you can use on your own time to increase your well-being, knowledge of resources on campus, and more. Some available are:

- Self screenings and assessments
- Monthly Wellness Connection newsletters
- Self-Help apps and websites

Online Resources

Health and Well-Being Resource Directory

Our website features the Health and Well-Being Resource Directory, a new resource that has on-campus, off-campus, and online resources available to you, categorized by topic area, such as:

- Mental health
- Alcohol/Substance misuse
- Academic
- Disordered eating
- Financial concerns
- Career
- Disability/accessibility support
- General/physical health
- LGBTQ+
- Sexual Health
- And many more!

Red Folder



Mental Health Crisis Response Guide



The Missouri S&T Student Well Being Red Folder provides support for Faculty and Staff to assist students by identifying and acting in a crisis. The folder itself contains information about identifying a crisis as well as a decision tree that can help faculty and staff determine the appropriate action.



Mental Health Crisis Response Guide

Signs of Mental Health DISTRESS

Academic:

- Repeated absences
- Decline in quality of work or classroom performance
- Work that indicates disturbing content

Physical and/or Medical:

- Marked changes in appearance
- Intoxication, hung over, or smelling of alcohol, cannabis, or other substances
- Appearing sick or ill; excessive fatigue
- Repeated reports of headache or other physical concerns

Personal and/or Concerning Behavior:

- Tearfulness, hopelessness, worthlessness, or shame
- Exaggerated personality traits; more withdrawn or irritated
- Direct comments about distress or difficulties
- Class disruptions or aggressiveness toward others
- Self-injurious or destructive behavior; lack of self-preservation
- Major life changes or experiencing a traumatic event

Ways to Start the Conversation

During Mental Health DISTRESS:

- Talk to the student in a private, safe location and listen without judgement.
- I've noticed that you seem a bit more withdrawn in class and I wanted to check in to see if everything is okay."
- "I hope this doesn't seem like overstepping, but I've noticed (specific signs) and am worried that you are struggling a bit more than usual. How are you?"
- After starting the conversation, use the V-A-R method: **Validate** their concerns, **Appreciate** them opening up, and **Refer** to appropriate resources.
 - **Validate:** "I see where you are coming from, that sounds really difficult."
 - **Appreciate:** "Thank you for telling me. I know it can be hard to open up."
 - **Refer:** "There are resources on campus that can help you- let's (walk to/call/look up) (resource) together."

Signs of Mental Health CRISIS

If a student is in immediate danger to harm themselves or others

- Implied or direct threats of harm
- Concerning phrases ("I won't be around for that")
- Access to lethal means (gun, pills, etc)
- Mention of a suicide plan
- Putting their affairs in order (saying goodbye or making sudden amends with loved ones, giving away personal possessions, etc)
- Dramatic mood change, such as suddenly seeming calm or getting better for no apparent reason

Ways to Start the Conversation

During a Mental Health CRISIS:

- **Remain calm. DO NOT leave them alone. DO NOT promise secrecy.**
- Reassure the student that help is available, that they are not alone, and that this is not the only option.
- Calmly let them know that you will be taking immediate action as you are concerned for their safety.
- **Call 911**, alerting them of the severity of the situation, including lethal means access.

Crisis Decision Tree: How to Respond Based on Severity of the Situation

Is the student in immediate danger of harming themselves or others? (Use the signs on the front page to determine)

YES

NO/UNSURE

Are you still with the student?

Are you still with the student?

YES

NO

YES

NO

Are they calm enough to listen and talk to you?

YES

NO

Call or walk the student to Student Well-Being (573.341.4211, 204 Norwood).
Outside university hours: Call 911 and ask University Police to respond.

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Outside university hours: provide resources and offer support.

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UCARE:

What It Is and How to Submit a Referral

What is UCARE?

UCARE, housed within the Division of Student Success, is a central point of contact and referral for students who may be experiencing a personal, academic, financial, wellbeing, or other concern. Here's how it works:

1. A concerned individual submits a UCARE referral for a student who is struggling.
2. A Case Manager in Student Well-Being receives the referral, assesses the level of risk, and coordinates a response based on the urgency of the concern.
3. The student is contacted by a Case Manager to evaluate their needs and connect them to supportive resources.
4. The Case Manager updates the referring party when able and/or appropriate.

Why submit a UCARE referral?

1. Early intervention: Quick support can help students stay on track mentally and academically.
2. Connecting the dots: UCARE gets referrals from many sources to fully understand the situation and provide the best support.

When should I submit a UCARE referral?

- Submit a referral as soon as you are able to after noticing concerns or signs of mental health, academic, or personal distress
- If you notice signs of a mental health crisis, first ensure the student is no longer in immediate danger, then submit a UCARE referral.
- When in doubt, submit a referral. This allows for appropriate follow up and care no matter the circumstance.
- UCARE is NOT an emergency response resource and should not replace calling 911.

How do I submit a UCARE referral?

Use the QR code to the right to access the referral form or visit ucare.mst.edu. You can also call 573.341.4225 or stop by 203 Norwood Hall (during university hours). Referrals can be submitted 24/7 using the referral form.

SUBMIT A UCARE REFERRAL HERE →



Crisis Information and Resources to Know

Campus Services

- **Student Well-Being**
 - 573.341.4211
 - 204 Norwood Hall
 - Hours: Monday-Friday, 8am-4:30pm
 - wellbeing.mst.edu
 - wellbeing@mst.edu
- **University Police Department**
 - 911 (emergencies)
 - 573.341.4300 (non-emergencies)
 - 205 W 12th Street
 - Hours: Open 24/7
 - police.mst.edu
 - police@mst.edu

Websites to Know

- **Equity and Title IX Instance Reporting**
 - equity.mst.edu/title-ix/reporting-option
- **Crisis and Suicide Prevention Resources**
 - wellbeing.mst.edu/crisis
- **Health and Well-Being Resource Directory**
 - wellbeing.mst.edu/resources/directory
- **Missouri S&T Emergency Guide**
 - go.mst.edu/eop
 - For non mental health related emergencies such as fire or tornado.
- **988 Lifeline - Online Chatting with a Counselor**
 - 988lifeline.org/chat
 - Video chatting is available for Deaf/Hard of hearing
- **For Faculty: Promoting Well-Being in the Classroom Tips and Resources**
 - undergrad.mst.edu/classroom-wellbeing

Phone Numbers to Know

All available 24/7

- **Suicide Prevention Lifeline**
 - Call or text 988
 - For calls, press 1 for Veterans, 2 for Spanish, 3 for LGBTQ+
- **The Trevor Project LGBTQ+ Lifeline**
 - 866.488.7386
- **Compass Health - Mental Health Hotline**
 - 888.237.4567
- **Rolla Police Department**
 - 911 (for emergencies)
 - 573.308.1213



Equity/Title IX Reporting



Crisis Resources



Resource Directory



Promoting Well-Being in the Classroom

Access more information and an interactive version of the response guide at wellbeing.mst.edu/crisis

All the resources discussed
today can be found at:

wellbeing.mst.edu



Build Habits with a Buddy!

Download BetterYou, add buddies,
and hit wellness goals together!

Register with your @mst.edu email
address today!

Earn **\$5*** when you sign up & another
\$5* when recruit a buddy!



\$5 = gift card of
your choice

Thank You!

204 Norwood | 573.341.4211 | wellbeing@mst.edu | wellbeing.mst.edu

Monday - Friday, 8:00am - 5:00pm

Find us on Instagram and Facebook at [@sandtwellbeing!](https://www.instagram.com/sandtwellbeing)