Campus & Community Resources for Hawkeyes that Need Help

PANEL DISCUSSION

mentalhealth.uiowa.edu
Today’s Panelist

→ Student Care & Assistance, Office of the Dean of Students
  • Nikki Hodous, M.A. and Anna Holbrook, M.Ed

→ Academic Support & Retention
  • Danielle Martinez, M.S.

→ UIHC Department of Spiritual Services
  • Rev. Lois Cole, Mdiv, UIHC Interfaith Chaplin

→ Employee Assistance Program
  • Sandy Healey, MSW, LISW, IAADC

→ Graduate College
  • Tiffany Simon, Graduate Assistant
Student Care & Assistance

Office of the Dean of Students
Role of Student Care & Assistance

• Respond to situations and partnering to support students in need
• Crisis, emergency, and “life” situations:
  • Hospitalization
  • Medical emergencies or long-term illness
    • COVID Self-Report Form Follow-Up
  • Mental health concerns
  • Chronic conditions
  • Death of a family member
  • Natural disasters - fire, tornado, flood
  • Off campus living concerns
  • Unexpected events or challenges
  • Difficulty meeting basic needs
• Consultation, education and outreach
• Programs and initiatives

Staffing
- Director
- Assistant Director
- Basic Needs & Care Coordinator
- 2 Student Care Coordinators
- 1 AmeriCorps
How we work with individual students

- General Outreach
- One on one meeting(s) for support
- Identifying options at the university
  - Help navigating processes
- Identifying on and off campus resources
- Communication with concerned individuals
- Coordinating follow-up
  - Partnering with offices/resources on campus
  - Communicating with appropriate partners (ex. advisors, faculty)
  - Additional support meetings as needed
Programs & Initiatives

Programs/Resources
• Student Life Emergency Fund
• Trans Student Support Fund/Support Fund for Name Changes
• Safe Room
• Early Intervention Team
• Off-Campus Student Support
• Quick Guide to Responding to Distress

Student Care Coordinators
• On-going support for students experiencing significant mental health concerns
• Response to students seeking follow-up assistance after utilizing UI Support and Crisis Line
• Response to students seeking follow-up o Crisis Stabilization Unit, GuideLink Center, etc.

UI Support and Crisis Line
- Call/Text: 844-461-5420
- Visit: mentalhealth.uiowa.edu to access online chat, find more resources

Access to Programs, Initiatives & Applications
- Visit: dos.uiowa.edu/assistance
Programs & Initiatives

Basic Needs Support
- Basic Needs Committee
- Food Pantry
- Clothing Closet
- Hawkeye Meal Share
- Partnerships with external organizations
  - basicneeds.uiowa.edu

Basic Needs  Mental Health

Food Pantry at Iowa
  - Visit: imu.uiowa.edu/food/food-pantry

Clothing Closet
  - Visit: imu.uiowa.edu/services/clothing-closet

Hawkeye Meal Share
  - Visit: dos.uiowa.edu/assistance
Ways to Connect to Student Care & Assistance

• Share concerns, strategize, and coordinate
  • The more info, the better!
  • Outreach happens in a variety of ways

• If student could benefit:
  • Share SCA contact with them
  • Ask SCA to outreach to the student directly
  • Coordinate a joint meeting, email introduction
  • Share website for access to applications
Questions?

Contact Us

Website: dos.uiowa.edu/assistance
Phone: 319-335-1162
Office: 132 IMU
Email: dos-assistance@uiowa.edu
Academic Support & Retention
University College
Office of the Provost
Academic Initiatives

→ Supplemental Instruction (SI)
→ Peer Led Undergraduate Study (PLUS)
→ Tutor Certification Program
→ Tutor Iowa
→ Learning Assistants (LAs)
→ Academic Workshops
→ First Year Seminars
Early Intervention Team

→ Student success can be hindered by many issues: physical and mental health, personal problems, substance abuse, and finances.

→ If you have a student who could benefit from additional support, call the Early Intervention Team (EIT). We will provide support and coordinate the necessary resources to get the student back on track.

Nikki Hodous, M.A.
Office of the Dean of Students
319-335-1162
nicole-hodous@uiowa.edu

Danielle Martinez, M.S.
Academic Support & Retention
319-335-1497
danielle-martinez@uiowa.edu
Designed to help faculty and staff connect students with campus resources when concerns arise. When a referral is sent, the office receiving the referral will directly outreach to the student.

**Offices Available:**
- Academic Support & Retention (EIT)
- Conversation Center
- Dean of Students (Student Care & Assistance/EIT)
- English as a Second Language
- Family Services
- Multicultural and International Student Support and Engagement
- Office of Fraternity & Sorority Life Programs
- Office of Leadership, Service & Civic Engagement
- Office of Sexual Misconduct Response Coordinator
- Office of Student Engagement & Campus Programs
- Office of Student Financial Aid
- Pomerantz Career Center
- Recreational Services

**Support Team Members Available:**
- Academic Advisor
- Center for Diversity & Enrichment Academic Coach
- International Student Support Services Staff
- Residence Hall Coordinator
- Student Athlete Academic Services Staff

**Student Disability Services**

**Student Wellness**

**University Counseling Services**

Unsure on which office? That’s ok – select “Unsure”
Direct Link – excelling.uiowa.edu/sr/referral
Academic Support & Retention website – uc.uiowa.edu/retention
ICON – Under Quick Links – Select Excelling@Iowa
To send a referral go to:

excelling.uiowa.edu/sr/referral

The **Excelling@Iowa** referral system is designed to help faculty and staff connect students with campus resources when concerns arise. When a referral is sent, the office receiving the referral will directly outreach to the student. Please consider this when selecting an office to submit your referral to.

To send a referral:
- Search for the student you are referring (search by name, university ID, HawkID, or email)
- Select the office that is most appropriate for the referral. You may also select multiple offices in the CC field to send a copy of the referral as an FYI to an additional office. A list of referral resources and reasons are available to help you decide which office may be appropriate.
- Write and send the referral. Once the referral has been sent, you will be taken to the student search page. Once the referral has been received and followed up on by the relevant campus resource, you will receive an email confirmation that the referral has been closed.

Search for a student...

This is not to be used for emergency situations!
To send a referral go to:

excelling.uiowa.edu/sr/referral
To send a referral go to: excelling.uiowa.edu/sr/referral
Academic Support & Retention
319.335.1497
uc-retention@uiowa.edu
310 Calvin Hall
https://uc.uiowa.edu/retention
Employee Assistance Program

Human Resources
Confidential • Free • Your UIEAP
UI EAP Overview

- Counseling and Referral Services
- Management and Supervisory Consultation
- Behavioral Health and Drug Free Workplace Consultation
- Critical Incident Response and Campus Support
- Population Health, Prevention and Educational Services
COUNSELING & REFERRAL

- Confidential: No notes in the Epic System
- FREE: Nothing submitted to insurance
- 4 sessions per year/per member
- Provide referrals
- Easy to access: In person/skype/zoom/phone
- Individuals must call/email themselves to set up an appointment
• **SleepRate: REFRESH**
Suicide Prevention: Question, Persuade, Refer

Question, Persuade, Refer (QPR) is a suicide-prevention training designed to educate people from all walks of life how to recognize the warning signs of suicide. QPR training helps people get comfortable asking the question “Are you thinking about suicide?” and then helping others get appropriate help.

QPR training can be delivered in about one hour and is designed for all “gatekeepers.” A gatekeeper, according to the Surgeon General’s National Strategy for Suicide Prevention (2001), is anyone who is in a position to recognize and help a person contemplating suicide. QPR does not require specific skills, training, or understanding of resources.

Your FAP can provide free QPR training for groups of 25 or less. Free individual training also available. Visit suicideuiowa.edu.

For more information, see suicideuiowa@onelife.org or call 800-273-8255.

Kognito

Rarely does an event evoke more emotions than suicide. In addition to the personal toll on families, suicide can also have an impact on the workplace. People in distress often turn to those they know rather than seek professional help. Kognito training and QPR can give you the tools to start the conversation and make a difference. Join us in our efforts to prevent suicide.

What is Kognito?

Kognito is an online, interactive role-play simulation program for students, faculty, and staff. Learn awareness, knowledge, and skills about mental health and suicide prevention. It prepares you to engage in conversations with fellow students and colleagues who are in distress and how to continue to offer support they need.

How to Access the Course:

For Faculty/Staff:

1. Log into Self Service: http://hris.uiowa.edu
2. Click on the My Career button
3. On the My Career page, select the My Training button
4. This will open up to the Compliance and Qualifications page
5. On the Compliance and Qualifications page, click on the Enroll in Courses button
6. On the Self Enroll in a Course page, in the Course Title box search for “suicide prevention”
7. In the search results click on the View Details button for the Kognito Suicide Prevention, Faculty/Staff 15-20 course
8. Follow the instructions to enroll now

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UI Emergency Hardship Fund

The UI Emergency Hardship Fund has been established to support costs, of up to $1000, related to an emergency event or crisis, resulting in a financial hardship. This fund is not intended to support on-going expenses.

Eligibility

• 50% or greater permanent UI faculty and staff
• 6 months or more continuous employment
• Have an individual annual gross income of $50,000 (100% FTE) per year or under
• Hardship event has occurred within 3 months of application date
• Can receive a grant once every 5 years
Website, E-mail and Phone:

https://hr.uiowa.edu/well-being/employee-assistance-program
EAPhelp@uiowa.edu
319-335-2085
UIHC Department of Spiritual Services
University of Iowa Health Care
Midweek Meditations

For information about programs and spiritual resources, visit:

uihc.org/spiritual-services
A time for contemplation and restoration
uihc.org/labyrinth

uihc.org/spiritual-services
https://prairiewoods.org/

https://www.iowacitycommunitysing.com/

Google ‘spiritual expo IA’
Join us next time!
Role of wellbeing in coping
Thursday, March 3rd at 1:00 p.m.

mentalhealth.uiowa.edu