Counseling Center

Outreach & Programming Guide

Fall 2014

Counseling Center
Orr Center 1051
(812) 464-1867
www.usi.edu/counselingcenter
The Counseling Center is here to help USI students develop the personal awareness and skills necessary to overcome problems, make effective decisions, and grow and develop in ways that will allow them to maximize their total educational experience at the University of Southern Indiana. We view outreach and programming as an integral part of this mission and an essential tool for prevention, wellness, and promotion of a supportive campus climate for all members of the USI community.

Event Calendar

The Counseling Center is hosting, co-sponsoring, or participating in a number of campus events throughout the academic year. We hope that faculty and staff will encourage student attendance and participation at these programs by offering extra credit for attending relevant events. Counseling Center staff members are happy to sign extra credit forms or provide sign-in sheets to track student involvement at the events for which we are the primary sponsor; please contact us at 812-464-1867 for more information.

The Counseling Center works to raise awareness of a particular safety or wellness topic during each month of the academic year. For each "awareness month" we strongly encourage you to come to the Center to get resources on the featured topic, participate in awareness-raising initiatives, and contact us to come speak with your organization, department or class on that month’s topic.

Please note that event locations are subject to change. We recommend that you check the online USI Calendar on the day of the event to ensure that you have the most up-to-date information.

August:

This month is Services Awareness Month, so take advantage of opportunities to learn more about the health-related resources available to you on campus!

28 Counseling Center open house, @ Orr Center 1051, 3 p.m. – 5 p.m.

Drop in to the Counseling Center during our open house to enjoy some refreshments, meet the staff, see the Center, learn about our services, and discuss how we can work together to improve your USI experience.

September:

Suicide is a major public health concern that touches many lives. More teenagers and young adults die from suicide each year than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, combined. In an effort to raise awareness of this issue, September is designated as Suicide Awareness and Prevention Month. Join us throughout the month in wearing yellow ribbons for suicide awareness, available at the Counseling Center, University Health Center and Dean of Students Office.

3 Student Involvement Fair, @ the Quad, 2 p.m. – 6 p.m.

Visit our table at Student Development’s annual Student Involvement Fair to learn more about Center services, gain some useful information on mental health and wellness, and get some freebies!

(Rain date: 9/10/14)
Mental health screenings, @ the RFWC, 4 p.m. – 6 p.m.
Join us in the lobby of the Recreation, Fitness and Wellness Center to take a brief, free and confidential screening for symptoms of depression, anxiety and Post-Traumatic Stress Disorder. Screening participants will receive Flex Money credit courtesy of Housing & Residence Life! (Co-sponsored with Housing & Residence Life and Recreation, Fitness & Wellness)

World Suicide Prevention Day, day-long/campus-wide event
Information table @ Rice Library, 11 a.m. – 1 p.m.
September 10 is recognized annually around the globe as a day to raise awareness about the issue of suicide and its prevention. Visit the info table in Rice Library’s main entrance corridor to get your yellow ribbon for suicide awareness and pick up some resources on how you can help prevent suicide.

QPR Gatekeeper Suicide Prevention Training, @ Carter Hall, 9 a.m. – 11:30 a.m.
QPR stands for Question, Persuade, and Refer – 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. All members of the university community are invited to participate in this training, and separate concurrent sessions will be offered for students and faculty/staff. Space is limited and pre-registration for this event is required. To register for either session please visit: http://www.usi.edu/outreach/lifelong-learning/usi-employee-development/qpr-training

The Doctor Is In: Ask a Counselor, @ HRL Lobby, 3 p.m. – 4:30 p.m.
Do you have a question about your relationships, mood, or other aspects of your wellness but you’re not sure if it’s something big enough to need an appointment at the Counseling Center? Or maybe you’re not sure if the Counseling Center is even the right resource for what you need? Visit us in the Housing & Residence Life main lobby to ask a therapist and we will have a brief, private chat to answer questions, help you sort out some quick solutions, or connect you with other resources that can help. (Co-sponsored with Housing & Residence Life)

The Power Hour, @ the Multicultural Center (UC East), 12 p.m. – 1 p.m.
Join the Counseling Center and Multicultural Center for lunch and a discussion of diversity-related issues and personal experiences at USI and beyond. Pizza and beverages will be provided.

Speak About It: Consent, Boundaries and Healthy Relationships, @ Carter Hall, 7 p.m. – 8 p.m.
This event is a performance-based program that combines humorous yet provocative skits, interactive dialogue, and powerful monologues. Speak About It is the wisdom of an array of mistakes, misfortunes, successes, and perspectives; a compilation of true stories that captures what healthy sex can and should look like, and how to spark dialogues about it. (Co-sponsored by the Office of the Provost and campus partners from the Sexual Assault and Gender Violence Prevention committee)

Where Do I Go for That? A USI Resources Refresher, @ UC 2217-2218, 12 p.m. – 1 p.m.
For international students, transfer students, or anyone who may have missed (or forgotten) some of the content from orientation, it's easy to lose track of all the resources we have available on campus. At this lunch-and-learn event you will have a chance to hear from staff in eight different USI offices whose services address health, wellness, safety, inclusion, and involvement. Join us for light refreshments or bring your own lunch! (Co-sponsored with the Center for International Programs)
October:
Violence can be devastating in any context but it is particularly hurtful when it occurs in our closest relationships. October is designated as Domestic Violence Awareness Month as a time to educate ourselves about the prevalence and harm caused by interpersonal violence. Join us in wearing purple ribbons throughout the month to show your support for survivors of domestic violence. Ribbons will be available all month long at the Counseling Center, University Health Center and Dean of Students Office.

1  USI Wonderful World of Wellness Fair, @ Carter Hall, 8:30 a.m. – 3 p.m.

Come see the Counseling Center and dozens of other health and wellness providers at the annual USI Student & Employee Wellness Fair. We will be giving away freebies, offering mental health resources on a range of topics, and demonstrating our online mental health screening tools.

10 National Coming Out Day Celebration, day-long/campus-wide event

Information table @ Rice Library, 11 a.m. – 1 p.m.

National Coming Out Day (NCOD) is an annual commemoration to raise awareness about LGBT issues and encourage folks to openly acknowledge and celebrate their sexual identity. Show your support and celebrate your own identity by joining us in proudly wearing your personalized NCOD sticker all day today! Stickers can be picked up ahead of time at the Counseling Center, the Multicultural Center, and the Dean of Students Office. Stickers and info on LGBT issues will also be available today at a resource table in Rice Library’s main entrance corridor.

15 The Power Hour, @ the Multicultural Center (UC East), 12 p.m. – 1 p.m.

Join the Counseling Center and Multicultural Center for lunch and a discussion of diversity-related issues and personal experiences at USI and beyond. Pizza and beverages will be provided.

16 Flowers on the Lake, @ Liberal Arts front plaza, 4:30 p.m. – 5:30 p.m.

"Flowers on the Lake" is an event to honor victims and survivors of domestic violence, including the 60 Hoosiers per year on average who die at the hands of someone they love. Please come join us as we scatter flower petals on Reflection Lake and observe a moment of silence for those whose lives have been impacted by domestic violence. (Co-sponsored with Albion Fellows Bacon Center and campus partners from the Sexual Assault and Gender Violence Prevention committee)

20-24 National Collegiate Alcohol Awareness Week

National Collegiate Alcohol Awareness Week is sponsored each year by Student Government Association to inform students about the consequences of alcohol use and the importance of making responsible choices. Look for the Counseling Center at some of the fun and educational events throughout the week!

22 Alcohol use screenings, @ the RFWC, 4 p.m. – 6 p.m.

Have others expressed concern about your drinking and its effect on your life? Visit us today in the lobby of the Recreation, Fitness & Wellness Center to take a brief, free and confidential screening for symptoms of alcohol abuse and dependence. Screening participants will receive Flex Money credit courtesy of Housing & Residence Life! (Co-sponsored with Housing & Residence Life and Recreation, Fitness & Wellness)
Avoiding On-the-Job Drama: How to Communicate Assertively at Work, @ UC 2220, 4 p.m. – 5 p.m.

Effectively communicating our needs, expectations and personal boundaries is something that is important in every healthy relationship. This is also true when it comes to workplace relationships, which often come with particular values about how we should behave and express ourselves. In this workshop we will talk about assertive communication skills, understanding expectations about workplace communication and conflict, and how to successfully navigate difficult interactions with our colleagues and supervisors. (Co-sponsored with Career Services and Internships)

November:

Our identities play an important role in our mental health. Research shows that individuals from historically marginalized groups (e.g., women, people of color, LGBTQ-identified people, etc.) are at increased risk of experiencing illness because of the cumulative effect of discrimination on overall wellness. In recognition of this, we selected November to serve as Mental Health and Social Inequality Awareness Month.

3 Eating disorder screenings, @ Rice Library 4th floor reading room, 4 p.m. – 6 p.m.

Do thoughts about your body affect your feelings and your food choices more than you would like? Visit us today in Rice Library to take a brief, free and confidential screening for symptoms of disordered eating. Screening participants will receive Flex Money credit courtesy of Housing & Residence Life! (Co-sponsored with Housing & Residence Life)

12 The Power Hour, @ the Multicultural Center (UC East), 12 p.m. – 1 p.m.

Join the Counseling Center and Multicultural Center for lunch and a discussion of diversity-related issues and personal experiences at USI and beyond. Pizza and beverages will be provided.

20 Transgender Day of Remembrance, day-long/campus-wide event

Information table @ Rice Library, 11 a.m. – 1 p.m.

The Transgender Day of Remembrance serves as a day to honor the memory of those individuals who have been murdered in anti-transgender hate crimes and raise awareness about the disproportionate amount of violence targeted toward the transgender community. Visit our information table in Rice Library’s main corridor to learn more and join us today in wearing a black ribbon to memorialize these victims of crimes of hatred and fear.

December:

Almost everyone on campus experiences stress when the end of the semester nears, so we have designated December as Stress Awareness and Management Month. Visit the Counseling Center for information on how to take care of yourself during stressful times and avoid running yourself down.

2 Managing Stress through the Practice of Mindfulness, @ Rice Library 3015, 3 p.m. – 4:30 p.m.

If you constantly feel overwhelmed, anxious, and like there aren't enough hours in day, you may benefit from learning about mindfulness. Join us for a brief introduction to the practice of mindfulness, which will include exploration of stress management strategies that you can begin implementing immediately. (Co-sponsored with Rice Library and Student Support Services)
Outreach Presentations

Counseling Center staff members are happy to offer presentations to your student organization, class, department, or residence hall. Available presentations are listed below; if you are interested in a presentation on a topic that is not included here please contact us to see if we can accommodate your request. In addition, the Counseling Center is open to collaborating on development of new campus events. To request a presentation or discuss partnering on a campus event, please call 812-464-1867 weekdays 8 a.m. – 4:30 p.m. and ask to speak with the outreach coordinator. You can also submit the details of your request via the "Request a Presentation" form on our website at www.usi.edu/counselingcenter/request-a-presentation. We appreciate having at least two weeks' notice for requests. Please note that we may be unable to fulfill requests because of limited staff availability or lack of adequate notice.

Succeeding in College

- **Counseling Center Services**
  An introduction to Counseling Center services, programs and resources. The length of this presentation can be modified to fit your needs.

- **The Right Moves: Career Exploration and Planning**
  Learn about the building blocks of good career-path decisions and how your values, interests and skills factor into choosing the best direction for you.

- **I’m So Tired! Better Sleep for Better Health and Grades**
  Find out about why sleep is so important for our overall well-being – especially academic performance – and how to get better rest.

- **Tackling Test Anxiety**
  Worried about test-taking? Learn about where test anxiety comes from and how to reduce its negative influence on you when it's time to take another test.

- **Overcoming Procrastination**
  Does the Xbox call to you whenever you should be studying for an exam? Does your “5-minute” delay become a 3-hour setback? This fun and informative workshop offers strategies for decreasing procrastination, increasing motivation, and improving academic performance.

Diversity and Multiculturalism

- **Coming Out of the Closet**
  Coming out as gay, lesbian or bisexual involves more than just a one-time public acknowledgement of sexual identity. This program addresses the complexities and considerations involved in the coming out process.

- **How to Be an LGBT Ally**
  In this program participants will learn basic information about LGBT issues, develop skills that they can use in helping to create a safe and affirming community, and explore just what it means to be an ally.

- **Transgender 101**
  This presentation focuses on the "T" in LGBT issues by providing an introduction to gender identity and its variability beyond the traditional limitations of "male or female."
It Gets Better: LGBT Suicide Prevention
Discrimination and bullying put young people who identify as a sexual minority at particular risk for depression and suicide. Learn to recognize symptoms and how to establish a system of support so that (as Dan Savage's famous campaign says), "it gets better."

Difficult Dialogues: Deconstructing Discrimination
Talking about racism and other forms of discrimination can be difficult, even when we have the best intentions. This program highlights some of the issues that obstruct constructive dialogues on discrimination and how to overcome them. The focus of this presentation can be on discrimination in general or specific to racism, sexism, heterosexism, etc.

Minority Stress: The Consequences of Difference
Discrimination can be subtle or overt, but no matter what form it takes it has harmful consequences. This presentation explores the issue of discrimination and its impact on the health, well-being, and success of individuals from historically oppressed/marginalized groups.

Committing to Social Justice
Are you interested in taking a stand to support equal rights and opportunities for everyone? Is challenging discrimination important to you? Learn what it means to be a social justice ally and engage in the necessary process of self-exploration that comes along with it.

Relationships and Communication

Assertiveness Skills
Many people have a hard time standing up for themselves and being clear about their wants, needs, and expectations. Learn about what it means to be assertive and how to communicate assertively.

Gender Differences in Communication
Gender roles influence how we express ourselves. Find out how gender influences communication and learn more effective ways of communicating regardless of gender.

Love Shouldn't Hurt: Understanding Intimate Partner Violence
Do you feel like you have to walk on eggshells around your partner? Do they call or text you every hour that you're not together to ask what you're doing and who you're with? Do they make all the decisions in the relationship (or try to)? This presentation provides information on what healthy relationships do – and don't – look like.

Partner Violence in LGBT Relationships
Queer (non-heterosexual and gender-variant) relationships have unique challenges that are distinct from those found in heterosexual relationships. This presentation addresses traditional approaches to understanding domestic violence and how these models do not account for the different dynamics, pressures, and patterns found in same-sex relationships.

"No Means Buy Me Another Drink": Rape Culture in the Popular Media
What does it mean that sexual violence is such a common theme in our pop culture that we often don't even notice that it's there? See and discuss contemporary examples of just how often sexual assault is framed as a joke in our entertainment – and what this means for violence prevention and healthy relationships.

Consent Matters: Sexual Assault Prevention through Enthusiastic Consent
Sexual assault prevention almost always focuses on what NOT to do and the negative outcomes of poor choices. What would it look like if we flipped the script and discussed how to make positive, empowered decisions about sexual behavior?
Setting and Maintaining Healthy Boundaries

Sometimes pushy people can go too far. Learn how "I won't take no for an answer" can escalate from manipulative to dangerous and why it is important to be clear and consistent about your personal boundaries.

Wellness and Prevention

Understanding and Preventing Suicide

Suicide is often a taboo topic but it is important that we understand it and learn to discuss it openly. More than twice as many Americans die by suicide each year than by homicide. This presentation offers information on recognizing warning signs of suicide risk and ways that we can intervene to encourage our loved ones to seek help.

Step Up! Bystander Intervention Training

Most of us have been in a situation where we thought we should do something to help protect someone else's safety or well-being but we weren't sure how or what to do. This presentation provides information on the awareness and skills needed to step up to intervene in these situations.

She Was Asking for It: Beliefs and Myths about Sexual Assault

Misconceptions pervade our attitudes about sexual violence. Learn the truth behind some common beliefs about rape and how these attitudes relate to the risk of being involved in a sexual assault.

Is This an Eating Disorder?

This presentation offers an overview of the issue of eating disorders, including warning signs, symptoms, causes, and ways to address unhealthy eating-related behaviors and habits.

The Magical Marriage of Photoshop and the Media

Even though we are aware that they are retouched and faked, how much of an impact do all those airbrushed ad models and Photoshopped celebrity pictures have on our sense of how we "should" look? This workshop discusses the influence of media on body image and how this in turn affects our self-esteem.

Letting It Go: Stress Management

Stress can be good or bad, but it can become a serious problem if it gets out of hand. Find out more about stress, why we have it, where it comes from, and how to let it go in a healthy way.

Is This Normal? Common Experiences and Concerns of College Students

We all wonder from time to time whether what we're going through is "normal." This presentation provides a context for understanding typical mental health challenges that college students often face.

Overcoming Shyness

If anxiety about social situations makes it hard for you to make new friends or work effectively with others on group projects, then find out about what shyness is and how to successfully overcome it so it doesn't overcome you.

Coping with Worry

Sometimes worries seem like they can take on a life of their own. This workshop provides tools to effectively manage worry so that anxious thoughts don't get out of hand.

The Problem of Pessimistic Thinking

Do you often find yourself thinking things like, "what's the point?" or "it's not even worth trying"? Learn about how important the way we think is for our mood and for making healthy choices.