New Student Registration & Family Orientation Program

Summer 2014

Surround yourself with distinction. Surround yourself with UW-La Crosse.
Welcome Parents & Families of UW-L Students!
Jennie Hartzheim

Student Life: First-Year Experience Coordinator

608/785-8055

jhartzheim@uwlax.edu
Family Orientation – Part I
Health and Safety Issues

- Dr. Paula Knudson, Vice Chancellor for Student Affairs & Dean of Students
- Mr. John Palmer, Assistant Dean of Students
- Ms. Ingrid Peterson, Violence Prevention Specialist
- Mr. Scott Rohde, Chief, Campus Police
- Dr. Brian Allen, Director, Student Health
- Dr. Gretchen Reinders, Director, Counseling and Testing
How many students will you have in college come the start of this Fall 2014 semester?

1. One
2. Two
3. Three
4. Four
5. More than four
What are you most concerned about when it comes to your child's safety at college?

1. Protection from illness within the halls
2. Security on/off campus and in Residence Halls
3. Use of alcohol/drugs – experimenting
4. Mental Health Issues
5. Violence and Sexual Assault
6. Other
What do you think students are most concerned about when making the transition from high school to college?

1. Time management and study skills
2. Finding their way around the campus
3. Grabbing their robe during a fire alarm if they sleep naked
4. Getting involved outside the classroom
5. Social connections
6. Other

[Bar chart showing the percentages for each option:]
- Time management and study skills: 33%
- Finding their way around the campus: 10%
- Grabbing their robe during a fire alarm if they sleep naked: 3%
- Getting involved outside the classroom: 39%
- Social connections: 14%
- Other: 3%
Dr. Paula Knudson
Vice Chancellor for Student Affairs & Dean of Students

608/785-8062

pknudson@uwlax.edu
The Division of Student Affairs acknowledges the role and importance of parents and guardians in the success of our students. We are committed to recognizing and responding to the concerns and suggestions of parents or guardians by:

- sharing student information with parents and guardians to the extent permitted by UW-L policy, Federal and State law
- communicating opportunities about student learning, student development, university processes and resources
- listening and hearing various perspectives from parents and guardians
John Palmer
Assistant Dean of Students
Student Life

149 Graff Main Hall
608-785-8062
jpalmer@uwlax.edu
Student Life

“The place to go if you don’t know where to go”

We will help you!
Student Life

• First-Year Experience & New Student Orientation
• Wellness initiatives
• Violence prevention
• University withdrawals
• Medical withdrawals
• Assist and respond to student and campus emergencies
• Facilitate communication with faculty as needed
• Student accountability and education related to conduct
• Student advocacy
• Connect students with other resources and services
• Free legal consultation
Behavioral Intervention

C.A.R.E.
Campus Assessment, Response & Evaluation Team Approach

- Assess individuals who may pose a threat to the campus community
- Collaborate, Communicate, and Respond as needed
Ingrid Peterson
Violence Prevention Specialist

149 Graff Main Hall
785-5126**ipeterson@uwlax.edu

www.uwlax.edu/violenceprevention
Student Life/Violence Prevention

- Advocacy and Support for Interpersonal Violence
- Training and Prevention Education
- Available to all UW-L Students, Faculty, and Staff
- **Free** and **Confidential**
Why are we talking about this at New Student Registration?

- 21% of college students report they have experienced dating violence by a current partner, and 32% report dating violence by a previous partner.

- Women aged 16-24 are in the highest risk group for relationship violence (National Center for Victims of Crime).

- College women are at higher risk for sexual assault than their non-college bound peers (National Institute of Justice, 1999).

- 35 out of every 1,000 college women become the victims of an attempted or completed sexual assault in a given 9-month academic year (National Institute of Justice, 2005).

- There is a high rate of correlation between stalking and other forms of interpersonal violence (battering, sexual assault).

(Stalking and Sexual Assault, Tracy Bahm, Director, Stalking Resource Center, National Center for Victims of Crime. Presentation at the conference Intimate Partner Stalking: Keeping Victims Safe and Holding Offenders Accountable, Savannah, GA, 2005)
Consent is....
- voluntary
- sober
- enthusiastic
- verbal
- non-coerced
- continual
- active
- honest

Lack of Consent = Rape
Student Health Service

• NO Insurance is required to use the health center
• Cost of using the health service is covered by student fees included in tuition.
• Full outpatient services
• Full Physical Therapy services
• Health center does not bill insurance; we will provide billing information for patients to submit to their insurance for reimbursement.
• Dispensary for common antibiotics and some chronic medicines
• Additional charge for labs, braces and long term PT treatment
Immunizations

- **Meningitis**
  - Quite rare but life threatening
  - Vaccine available through primary care provider or the student health center
  - Immunization felt to be quite safe

- **Influenza**
  - Recommended that every student receive an annual Flu vaccine
  - Personal hygiene is a strong defense against influenza
  - UW-L will follow a pandemic flu plan in cooperation with local, state and federal agencies.

- **Hepatitis B**
  - Required by many professional programs
  - Series of three injections available at the Student Health Center

- **Tetanus**
  - New DTaP which helps prevent Whooping Cough (Pertussis)
Student Health Insurance

- No insurance is needed, but having the family’s Insurance Card is recommended.
- Be sure to check with your customer service representative on coverage issues (i.e. MRI).
- UW-L offers health insurance to students who don’t have coverage by other means. Student Assurance is the company used and the cost is approximately $1250 per year.
- Information from Student Assurance Company will be mailed to all students.
A Few Points We’ll Cover

• Roots & Wings: Parents and Students in Transition
• Introduction to Counseling & Testing Center Services
• Substance Use, Education, and Programs
“There are only two lasting bequests we can hope to give our children. One is roots; the other is wings.”

Hodding Carter
This is an exciting and difficult time ahead of you

- Each of you may experience bringing your child to college differently
- A time of transition for everyone
- A time of stress, but which kind of stress?

Let’s take a look....
Your Challenge: Balancing Contradictory Roles

• Giving roots and wings has been your job from the beginning
• You’ve been accepting these contradictory roles for a long time – building closeness and fostering independence-- can be a struggle
• You will need to protect less, but may worry more
• To reach independence they need freedom, but with that comes responsibility
• College students are just BEGINNERS in this process
Three Basic Questions

Who am I?
Who will I be with?
What am I going to do?
Expectations for College

• First year students are faced with so many new people, ideas, experiences, and dilemmas – asked to assume greater responsibility for all aspects of their lives

• Problems and struggles are inevitable

• Their challenge...

• Your challenge...
One Parenting Style...
Adult children do it too!

"Yes, mother, I told you, I'm doing fine on my own at college... Hey, could you log on and find my schedule, order my books and call me when it's time for class?"
Consider the following...

- Finances
- Making appointments
- Doing laundry
- Academic planning

*Encourage independence and stay connected*
Counseling & Testing Services

• No Insurance required; most services covered by student fees included in tuition
• Confidential
• Short term services
  – Referral to community providers for more intensive or longer term treatment
• Wide continuum of services
  – Collaboration with Student Health Services and many other offices on campus
• Our clinical staff includes licensed clinicians, masters level practicum students, contractual therapists, and post doctoral psychology fellows
• Academic Skills
• Testing Services
Service Utilization 2013-2014

- 574 Triage Appointments (within 1-3 days)
- 2167 Individual Therapy Appointments
- 216 Urgent Care Appointments
- 26 Therapy and Skills Groups
- 292 Academic Skills Appointments
- 62 Outreaches to over 2000 students
- 760 Relaxation Room visits
- 88 SAD light visits

Learning Outcomes & Satisfaction Survey Data (Fall 2013)

- 86% of counseling clients agreed or strongly agreed that they made improvement on treatment issues. Majority of clients said that counseling has helped them stay at school.
- 25% of students who responded to the survey reported having strongly considered leaving school prior to counseling - 79% of these clients reported that counseling helped them stay in school.
Common Presenting Issues

• Most commonly reported presenting concern was stress/stress management
• “Common colds of mental health”
  – Anxiety
  – Depression
• Adjustment & Transition
  – Homesickness, Loneliness, Time management, Relationship difficulties
• Sleep
• Alcohol and Drug Issues
• Disordered Eating
Alcohol & Substance Use
Alcohol & Substance Use

• What we already know about college drinking
  – Remains a national health and safety problem
    • 4 out of 5 college students drink (NIAAA)
  – Binge Drinking
    • About half of college students who drink engage in binge drinking (NIAAA)
  – Negative consequences

• Actual & Perceived Use

• UW-L focus on safety and responsibility
Alcohol Education Programs/Resources

• #1 Resource: Parents
• Some Programs to promote awareness and education
  – National Alcohol Screening Day
  – Alternative Spring Break & Safe Spring Break
  – BASICS
  – ATP
  – Recovery Program (grant-funded)
• Operation River Watch
• Safe Ride
• Substance free activities in which to participate
Tips for Parents

- Recognize that coming to college is a **transition for the whole family**
- **Normalize transition issues.** Remind your child to rely on those coping skills that have served them well in the past
- Trust and encourage independence and responsibility – **empower students**
- **Trust** in the values and ethics you have instilled in your child
- Know that UW-L is a student centered institution and wants your student to be happy and successful
- Look for red flags
- Encourage communication and **stay connected**
(mis)Communication

Messages
Mom

Hey honey! How did your test go today?
I got 100%
WTF!!! Congratulations!!
Mom, what do you think WTF means
Well That’s Fantastic

Messages
Mom

Your great aunt just passed away. LOL"
Why is that funny?
It's not funny David! Wht do you mean?
Mom lol means laughing out loud!

Ohmy goodness!! I sent that to everyone I thought it meant lots of love. I have tocall everyone back oh god

Jan 1, 2011 9:47 PM
How will I know if my adult child could benefit from counseling?

- Prolonged sense of sadness
- Feeling overwhelmed and helpless
- Day-to-day functioning is deteriorating
- Actions are harmful to themselves or others
- Troubled by emotional difficulties facing family members or close friends
- They just need someone with whom to talk
- They have been in counseling and mental health services before and need follow-up