Parent & Family Orientation
Part I

Surround yourself with distinction.
Surround yourself with UW-La Crosse.
Jennie Hartzheim
First-Year Experience Coordinator
Dr. Paula Knudson
Vice Chancellor for Student Affairs & Dean of Students
UW-L 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 & development, university processes, and resources
- Listening and hearing various perspectives from parents and guardians
Angie Lee
CARE Coordinator
Campus Assessment Response and Evaluation

Additional information can be found on pages 32-33 of the Resource Guide
When in doubt go to...  

**Student Life**

When you have questions...  

We have answers...  

and if we don’t we will help you find them.
Student Life
Advocacy

- Connect students with resources and services
- Facilitate communication with faculty when needed and appropriate
- Liaison for extended absences
Student Life
Special Circumstances

- **University Withdraw**
  - 100% Tuition Refund (2 weeks)
  - 50% Tuition Refund (4 weeks)
  - Academic Penalty if taken after half way point in semester (approx. 8 weeks)

- **Medical Withdraw**
  - Throughout the semester without academic penalty
Student Life

Conduct

• Academic

• Non-Academic

• Free Legal Consultation
**CARE Team**

- Team Approach
- Assess individuals who may pose a threat to themselves and/or the campus community
- Collaborate, Communicate and Respond as needed
- Assist and respond to student and campus emergencies
Detective Schuster

University Police
University Police

- Services Offered
- Personal Safety
- Safety of Personal Property

Additional information can be found on page 27 of your Resource Guide
Ingrid Peterson, M.A., CSW
Violence Prevention Specialist
UW-L 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

149 Graff Main Hall 608-785-5126
ipeterson@uwlax.edu

www.uwlax.edu/violenceprevention
Public Scrutiny

• “How Many Colleges Mishandle Sexual Assault Cases — and What to Do About It” ~ Washington Post

• “Senate Unveils Bill to Crack Down On Colleges Botching Sexual Assault Cases” ~ Huffington Post

• “Senate Bill Asks Colleges to Do More to Combat Sexual Assault” ~ Chronicle of Higher Education

• “Sexual Assault Complaint Sparks Federal Investigation into UW-Madison” ~ Channel3000.com
Sexual Assault on Campus

- 1 in 4 College Women in the U.S. experience sexual assault during their college career

- Reported Student Sexual Assaults at UW-L (2014): 24

UW-L Confidential Report Form Online at: www.uwlax.edu/violenceprevention
Within the last 12 months, UW-L students reported experiencing:

(American College Health Association, National College Health Assessment II, Spring 2014)

<table>
<thead>
<tr>
<th>Percent (%)</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
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<td>7.1</td>
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<tr>
<td>Sexual penetration attempt without consent</td>
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<tr>
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<td>2.0</td>
<td>1.4</td>
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<tr>
<td>Stalking</td>
<td>2.9</td>
<td>6.6</td>
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<tr>
<td>An emotionally abusive intimate relationship</td>
<td>7.1</td>
<td>9.4</td>
<td>8.6</td>
</tr>
<tr>
<td>A physically abusive intimate relationship</td>
<td>1.4</td>
<td>1.1</td>
<td>1.2</td>
</tr>
<tr>
<td>A sexually abusive intimate relationship</td>
<td>1.4</td>
<td>2.0</td>
<td>1.8</td>
</tr>
</tbody>
</table>
University Obligations

• Train faculty, staff, and students how to recognize and report sexual misconduct

• Promptly investigate and resolve complaints

• Take reasonable steps to prevent sexual misconduct

• Support the recovery of victims and survivors

• The law requires our institution to respond to sexual misconduct that:
  • takes place on campus;
  • is connected to the institution’s programs; or
  • is perpetrated by anyone affiliated with our institution
Consent is:
- voluntary
- sober
- enthusiastic
- verbal
- non-coerced
- continual
- active
- honest

Lack of Consent = Rape
Kate Noelke, MPH, CHES
Wellness Resource Center
Wellness Coordinator
Health Promotion & Comprehensive Wellness

BeWell@UW-L

Multi-agency/office approach to:
• Primary prevention of injury, communicable, chronic illness
• Awareness
• Health Education
• Health Promotion

*Building a culture of health at UW-La Crosse.*
What we know about college drinking

- **Remains a national health and safety problem (NIAAA)**
  - 4 out of 5 college students drink
  - About half of college students who drink engage in binge drinking

- **Actual and perceived use (NCHA II Survey, 2014)**
  - Alcohol: 78% reported actual use vs. 98% perceived use
  - Marijuana: 16% reported actual use vs. 85% perceived use

- **Parent-based interventions work! (Journal of Studies on Alcohol and Drugs, 2009)**
  - #1 resources for our students are their parents/families.
  - We are in this together
What we do about college drinking

- Focus on SAFETY, RESPONSIBILITY, and VALUE-BASED DECISION MAKING
- Community-wide, multi-agency interventions:
  - Operation River Watch
  - Safe Ride
  - La Crosse Collegiate Recovery Program
Programs to promote awareness, prevention, and education @ UW-L

• National Alcohol Screening Day (Counseling & Testing)
• Alternative Spring Break and Safe Spring Break
• Brief Alcohol Screening Intervention for College Students/CASICS
• Awareness Through Performance
• Universal Prevention: “Think About It” program for ALL new students
• Alcohol Alternative/Substance Free events/activities Thurs/Fri/Sat from 10pm-2am throughout the year
Student Health Center

- 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 medicines
- Additional charge for labs, braces and long term PT treatment
Immunizations

• Yes, there is a new Meningococcal B Vaccine. Meningitis is quite rare but life threatening. The Meningococcal B Vaccine is available through your primary care provider or the student health center. Your student may need a booster of the regular Meningitis Vaccine before starting college.
Immunizations

- Influenza, Recommended that every student receive an annual Flu vaccine. A flu clinic will be offered to all students in the first or second week of November. Cost is $15 for a shot, $20 for the FluMist. Personal hygiene is still a strong defense against influenza.

- 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).
• No insurance is needed, but having the family’s insurance card is strongly recommended
• Be sure to check with your customer service representative on coverage issues (i.e. MRI)
Dr. Gretchen Reinders
Counseling & Testing Center
Director
A Few Points We’ll Cover

• The wisdom of Dr. Seuss: Parents and Students in Transition
• Introduction to Counseling & Testing Center Services
"You have brains in your head and feet in your shoes, you can steer yourself in any direction you choose!"

--Dr. Seuss
Parents & Students in Transition

• 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 Your Roles

• Providing guidance, structure, and care has been your job from the beginning...

• More recently you have been balancing that with fostering independence.

• This 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
College Student Challenges

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
- And remember the wisdom of the doctor – they have brains in their head and feet in their shoes!
Counseling & Testing Services

• No Insurance required; most services covered by student fees included in tuition
• Confidential
• Short term services
  – Referral to community providers for some specialized, more intensive and/or longer-term treatment
• Wide continuum of services
  – Collaboration with Student Health Services and many other offices on campus
• Our clinical staff includes licensed psychologists, licensed professional counselors, post doctoral psychology residents, masters level practicum students, and contractual therapists
• Academic Skills
• Testing Services
Service Utilization 2014-2015

- 634 Triage Appointments (scheduled within 1-5 days of contact)
- 2005 Individual Therapy Appointments
- 167 Urgent Care Appointments
- 22 Therapy and Skills Groups
- 276 Academic Skills Appointments
- 92 Outreaches to over 2000 students
- 935 Relaxation Room visits

Learning Outcomes & Satisfaction Survey Data (Fall 2014)

- 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
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
- Encourage communication and **stay connected**
- Look for red flags
How will I know if my adult child could benefit from counseling?

- Changes in sleep and/or eating patterns
- More short-tempered than usual
- Recurring colds and minor illness
- Frequent muscle aches, headaches, stomachaches
- Increased generalized frustration and anger
- Prolonged sense of sadness
- Feeling overwhelmed and helpless
- Engaging in actions harmful to themselves or others
- They just need someone with whom to talk
You have issues? We have tissues

Where to find us:
2106 Centennial Hall
Talking Points?