OUTREACH AND SPECIAL PROGRAMS GUIDE

Fall / Spring 2015-2016

Counseling and Health Services
Ball State University
Muncie, Indiana 47306-0895
INTRODUCTION:

Counseling and Health Services’ mission is to assist students in reaching their personal and educational goals and removing barriers to learning. Part of our service mission is a strong outreach/consultation component oriented towards prevention, student development, and wellness. To this end, we are committed to working closely with faculty, staff and students to support student academic success.

To request a program, please call (765) 285-1736 between 8:00 a.m. and 5:00 p.m. If you know the specific team with which you wish to schedule a program, please call the appropriate office and ask for the contact person listed for that particular team. If you do not know the specific team, call the Counseling Center and ask for Dr. Ellen Lucas. If she is not available, you will be able to leave a message on her voice mail and she will get back to you as soon as possible to take your outreach program request. Please contact Dr. Lucas if you do not find a program listed that you are interested in having for your class. We will attempt to accommodate special requests on topics focusing on other psychological issues.

We would appreciate your giving us at least two weeks notice because the teams often become quite busy toward the middle and end of the semester and sometimes cannot accommodate last minute requests.
I. GENERAL OUTREACH/CONSULTATION PROGRAMS

1. COUNSELING CENTER SERVICES
   This program can run from 15-50 minutes and is an overview of the services offered by the Counseling Center and discussion of common problems college students face.

2. FACULTY/STAFF CONSULTATION
   Our staff is available 8:00 - 5:00 pm M - F for consultation. We also have a staff member available after hours and on weekends for emergencies. If you have a question or concern about a student, please do not hesitate to call us.

3. BULLETIN BOARDS
   We have pre-made bulletin boards on a variety of topics. If you are interested in obtaining a bulletin board, contact Dr. Ellen Lucas at 285-1736.

4. DISCOVERING YOUR EXCELLENCE: ENHANCING SELF-ESTEEM
   This workshop will help participants to develop ways of increasing confidence and self-esteem. Discussion and activities will be geared toward learning to deal with the critic, cultivating healthy relationships, learning assertiveness, and setting realistic goals.

5. PUTTING YOUR BEST FOOT FORWARD: ASSERTIVENESS TRAINING
   This workshop will focus on increasing your awareness of assertive communication. Exercises and activities will help participants in practicing assertive behavior in different situations. It will also focus on ways of responding to criticism in assertive, positive ways.

6. RELAXATION ROOM (LUCINA HALL, ROOM 310-C)
   De-stress in the Counseling Center’s relaxation room that is complete with a massage chair, relaxation CD’s and DVD’s, and light therapy. Free of charge; no appointment is necessary.

7. RESOURCE ROOM (LUCINA HALL, ROOM 310-C)
   The Counseling Center Resource Room is a drop-in self-help center that offers pamphlets, books, handouts and computerized guidance information on a variety of mental health issues. Resource assistants are available to help students locate information and direct them to other useful resources.

II. CAREER EXPLORATION

1. DO WHAT YOU LOVE
   This interactive program helps students assess their values, interests and skills as they relate to their career choice.

2. GO FOR THE GOAL
   Whether a student is working toward academic success or career goals, goal setting can make the difference in achieving those goals. This experiential workshop will provide hands-on practice in helping students set relevant, realistic and timely goals.

3. TWO PEOPLE, TWO CAREERS: CAREER DECISIONS FOR PARTNERS
   This interactive workshop explores career decision making, values, and coping strategies for students and their partners.

4. MATCHING MY VALUES, INTERESTS AND SKILLS TO CAREER OPTIONS
   Using the Campbell Interest and Skills Survey, we will help students explore career options based upon their interests and skills. This survey can be taken online or at the Counseling Center. There is a fee to cover the cost of the instrument.
5. **TAKING ON THE WORLD**
   This program is designed to help graduating seniors with the transitions and coping skills needed to move from college to career life.

6. **VALUES AUCTION**
   An experiential program using an auction format to explore career values—what is most important to students to have in their careers and jobs.

7. **SIGI 3**
   Demonstration of SIGI 3—a hands-on computerized career exploration program to explore values, skills, interests, personality and research the world of work.

For Myers-Briggs Type Indicator presentations, see Section VII.

### III. DIVERSITY

**Contact:** Pei-Yi Lin

The Diversity Outreach Team provides programming across the broad range of diversity issues:

- For and about **international students** and the impact of internationalizing the campus
- For and about **lesbian, gay, bisexual, transgender and questioning (LBGTQ) issues**, as well as, **heterosexism**
- **General diversity** programming on issues of race/ethnicity, social class, gender, prejudice and other multicultural and diversity issues

Team leaders are also available for consultation with faculty, staff, students or student groups about issues as listed above.

Workshops/presentations can be adapted to the particular needs of the requestor. Requests must be received at least 2-3 weeks ahead of time in order to schedule. Instructors must be present for workshops/presentations.

Training for faculty will be provided by the team for those who wish to incorporate experiential exercises about diversity issues into their teaching.

### INTERNATIONAL STUDENTS AND THE IMPACT OF INTERNATIONALIZING THE CAMPUS

**Contact:** Pei-Yi Lin

1. **WEEKLY INTERNATIONAL CONVERSATION HOUR**
   This program is designed to help international students practice English, learn study skills and classroom culture, and connect with American students. This is also an excellent opportunity for American students to learn about international students and gain cross-cultural experiences.

2. **DATING CULTURES AND FRIENDSHIPS**
   The workshop offers an opportunity for both domestic and international students at BSU to address issues concerned with making friends from different cultures, the cultural norms in dating relationships, and how culture and ideas about gender affect cross-cultural dating relationships. It is interactive and includes a variety of activities designed to have both domestic and international students reflect on their knowledge and awareness of their cross-cultural experiences.

3. **UNDERSTANDING AND COPING WITH CROSS CULTURAL EXPERIENCES**
   This program will assist international students in understanding their cross-cultural experience between their countries and the U.S. Through discussion of the differences between their
hometown cultures and the U.S. culture, they will be able to better understand and cope with their culture shock experiences.

4. **ACADEMIC SUCCESS WORKSHOP**
   The workshop is designed to offer tips and skills to the international community at BSU addressing issues of frustration in studying skills, classroom culture, academic writing and research, and test taking skills. It is interactive and includes a variety of activities designed to help international undergrad and graduate students succeed academically.

Special arrangements will be made. We have offered programs (e.g., culture shock, stress and coping and academic culture, etc.) to the IEI Listening Class/Level 6. Please contact Pei-Yi Lin for your special requests.

**LESBIAN, GAY, BISEXUAL, TRANSGENDER AND QUESTIONING (LGBTQ) PROGRAMMING**

**Contact: Kyle Kittleson**

1. **SAFE ZONE**
   Safe Zone is a voluntary network of faculty, staff and students who believe that every member of the university community should have an equal opportunity to grow and learn in a safe and open environment. It is a group of people strongly committed to being allies to the LGBTQ community. The team in cooperation with a grant from the Office of Institutional Diversity provides 4-hour workshops 4-6 times a year for those people wanting to become allies and extend their knowledge.

2. **GENERAL LGBTQ WORKSHOPS**
   The team will offer 1-4 hour workshops for classes, departments or other campus groups or units on LGBTQ issues.

3. **CONSULTATION AND PROGRAMMING ON LGBTQ ISSUES**
   The team offers assistance in programming and advocacy around LGBTQ issues. Contact us for more information.

Training for faculty will be provided by the team for those who wish to incorporate experiential exercises into their teaching about LGBTQ issues. Provision of workshops requires at least a two week notice and for the instructors to be present.

**ETHNIC/RACIAL IDENTITY AND PROGRAMMING**

**Contact: Khanh Nghiem**

1. **KALEIDOSCOPE: SUPPORT GROUP FOR ETHNIC/RACIAL MINORITY STUDENTS**
   Kaleidoscope is a weekly support group that is a safe, supportive space for ethnic/racial minority students to explore and discuss navigating two or more cultures. Open group (last Monday of every month) is available for everyone, including non-minority members to learn how to be an ally to ethnic/racial minority students and build community over refreshments.

2. **BEING A VISIBLE MINORITY**
   This presentation is designed to increase awareness about ethnic/racial identity and the experience of being an ethnic/racial minority. Experiential activities and interactive discussions provide a safe way to discuss and explore issues regarding ethnicity/race and how to be an ally to ethnic/racial minority students.

3. **CONSULTATION AND PROGRAMMING ON ETHNICITY/RACE ISSUES**
   Accommodations can be made for requested presentations and programming regarding ethnicity/race issues. Please contact us for more information.
IV. **EATING DISORDERS/BODY IMAGE**

1. **NATIONAL EATING DISORDERS AWARENESS WEEK 2016**
   This is an annual awareness week—scheduled February 22-27, 2016—of multiple programs designed to provide free and quick screening to assess risk of developing or having an eating disorder as well as to help the campus community focus on the prevention and early detection of eating disorders.

2. **WHAT ARE EATING DISORDERS?**
   In this presentation, we will discuss the symptoms, causes and various treatment approaches for eating disorders. We will discuss warning signs of developing disordered eating, and how to help family or friends address concerns they have with someone who has an eating disorder.

3. **BEING OURSELVES IN A FAIRY TALE WORLD**
   This presentation examines the messages men and women receive from fairy tales and how this impacts self-esteem and the potential development of an eating disorder.

4. **MIRROR, MIRROR ON THE WALL**
   This program looks at the effects that the media has on our body image and self-esteem. We will discuss how to create healthy self-images and how to enhance one’s body image.

5. **HEALTHY EATING FOR HEALTHY WEIGHT MANAGEMENT**
   This program will review why diets do not work and how to manage weight through healthy eating, appropriate portion sizes and exercising.

6. **MINDFUL EATING**
   This presentation is a discussion about the slow food movement and how to reverse speed eating which can lead to overeating and unhealthy eating.

7. **THE ABC’S OF DIET SCAMS: FROM ATKINS TO THE ZONE**
   We will discuss the most popular diets and misleading and false claims as well as healthy approaches to losing weight and maintaining weight loss.

8. **THE CHANGING IDEA(L)**
   This workshop focuses on the changes in roles for women and men through the decades of the 21st century and connects these shifts with the changes in body shapes and sizes throughout history.

9. **DR. 47306: THE GROWING TREND OF COSMETIC SURGERY**
   This presentation provides an in-depth look at the world of plastic surgery. Specific information is given on the current trends and the potential complications involved in these medical procedures. Furthermore, this presentation discusses the connection between eating disorders, body dysmorphia and plastic surgery to underpin how plastic surgery can be another means by which individuals try to achieve the “perfect” body.

10. **MEN AND EATING DISORDERS**
    This presentation focuses on men and eating disorders, at risk groups and special treatment needs and body image issues for men.

V. **HEALTH & WELLNESS**

In addition to the outreach programs listed below, the Office of Health, Alcohol and Drug Education sponsors many campus-wide awareness events throughout the academic year. These include Welloween and Alcohol Awareness Week in October, World AIDS day in December, Sexual Responsibility Week in February, Spring Break Safety Week in March, and Stress Relief Week in April. Please contact our office...
at 765-285-3775 or visit our website at www.bsu.edu/healtheducation for more information on these events.

1. **Nutrition 101 for College Students**
   Participants will learn the basics of good nutrition and, most importantly, how to eat right on a college campus. This program can be adapted for groups who reside in residence halls or those that mostly live off-campus. Fast, easy meals on a budget; cooking for only 1 or 2; and cooking with a microwave will be highlighted. If food samples are desired, the cost is the responsibility of the program requestor.

2. **Party Smart BSU**
   Responsible partying is not a contradiction in terms. Whether celebrating the end of finals, a Ball State victory, or just enjoying time with friends, these memories often include some drinks. The Party Smart BSU program will give tips to “party throwers” and “party goers” on reducing the risks of alcohol-related problems (personal and legal), how to have fun without endangering yourself or anybody else, and how to keep your party from ending on a low note.

3. **Breasts, Boobs, Bumps, and Beads**
   Participants will learn the basics of breast cancer development and techniques for conducting breast self-exams. Breast self-exam reminder stickers and giveaways are provided.

4. **Health Jeopardy**
   Through an interactive game show format, students learn about a variety of health topics. The game can be customized to cover many topics or to focus on one area. Maximum 40 participants.

5. **Good Night, Sleep Tight**
   This interactive program utilizes a sleep hygiene goody box to teach about behaviors and practices that either help or hinder a good night’s sleep. The purpose of sleep and sleep recommendations for differing age groups are also discussed. Participants will leave the program with ideas on how to improve their nighttime sleep and daytime alertness.

6. **Caffeine and Energy Drinks**
   This interactive program discusses physiological and psychological effects of caffeine as well as how much is too much. Props are used to rank popular beverage items by their caffeine level. The dangers of energy drinks, especially when mixed with alcohol, are also addressed. Included is a self-evaluation of one’s caffeine use and tips to decrease one’s consumption.

7. **Holistic Health**
   This lecture-based program identifies a variety of wellness domains important to one’s growth as an individual: Spiritual, Physical, Cultural, Vocational, Emotional, Environmental, Intellectual, and Social. The program defines these areas and provides ideas for how students can increase their wellness in these domains. The importance of balancing all aspects of one’s life is emphasized to optimize health. Works best in a classroom setting.

8. **Spin the Bottle**
   This fun and interactive game puts a new spin on alcohol education. Featuring a mock bottle of whiskey on the wheel, users land on various consequences of alcohol abuse including violence, depression, and drinking and driving. Participants will learn how alcohol can spin their life out of control.

VI. **Mindfulness and Stress Management**

   Contact: Sylwia Hodorek

1. **What is Mindfulness?**
   This program is designed to teach students about what mindfulness is and also to give them opportunities to practice mindfulness exercises. Mindfulness is a great way to manage stress,
increase mental health, and improve physical well-being. Mindfulness is more than just meditation and will help students be more present with each moment.

2. **Don’t Stress About Stress**
   This workshop explores signs and symptoms of stress and provides practice with a variety of stress-reducing techniques including diaphragmatic breathing, progressive muscle relaxation, and visual imagery. Hands-on exercise will allow students to identify how they spend their time, clarify their priorities, and organize time more efficiently.

3. **#LifeBalance**
   This program is designed to help students explore how to “unplug” from demands in their lifestyle. Given current culture, this program will help students make technology work for them and feel less overwhelmed by daily demands. Discussions and tips related to tech stress, sleep hygiene, time management, and daily demands will be facilitated.

4. **iCope**
   This experiential presentation helps students identify their personal coping style. The pros and cons of each style will also be explored. Students are encouraged to identify their current strengths in coping and consider alternative coping strategies to better equip them to manage stress.

5. **Stress-Free Zone**
   This traveling interactive exhibit includes several props such as interactive games, arts and crafts, and mindfulness simulations to help manage stress and improve relaxation. Information about common mental health concerns and stress is available. This exhibit is most appropriate for health fairs and other tabling events.

The Mindfulness and Stress Management Outreach Team would love to assist you by developing custom programs for your specific group (disability, gender, race/ethnicity, nationality, sexual minority, gender minority, social class/SES, religion/spirituality, 1st generation college students, undocumented students, Greek Life students, non-traditional students, graduate students, freshmen, etc). These programs discuss specific stressors of your groups as well as helpful ways of coping with these stressors. Please realize we may need additional time to develop these programs.

VII. **Myers-Briggs Type Indicator**  
Contact: Ellen Lucas

PLEASE NOTE: There is a fee to reimburse our costs to administer and score this instrument. Students can take the instrument on the web, at the Counseling Center or in class. There is a “no cost” alternative called the Jung Typology which is also available on the web at: [http://insightgame.org/game.php](http://insightgame.org/game.php).

1. **Play to Your Strengths: Assessing Learning Styles**
   The Myers-Briggs Type Indicator will be used to assess learning styles so that students can use their strengths to their best advantage. We will also discuss how students can strengthen study skills that need further development. We will discuss how to assess an instructor’s teaching style and modify learning preferences to be more academically successful.

2. **Improving Communication and Conflict Management Skills**
   The Myers-Briggs Type Indicator can give you insights into your style of communication and how you can improve your interactions with others. Tips for how to successfully negotiate conflict will also be discussed.

3. **Assessing Leadership Styles**
   The Myers-Briggs Type Indicator is commonly used in businesses and organizations to identify individual’s strengths and areas of potential weakness. In this presentation, we will explore leadership, management and communication styles. We will also discuss how to motivate people in a group and how to delegate tasks based upon individual preferences.
4. **How Does Your Personality Fit with Career Choice?**
   In this presentation, we will examine how your personality fits with your career choice. We will discuss what careers have been identified as best matching particular Myers-Briggs types.

5. **Myers-Briggs Type and Stress Management**
   People manage stress in different ways and are stressed by different events. In this program, we will explore what types of situations and circumstances might cause you stress and how to alleviate stress based upon your personality type.

### VIII. Sexual Responsibility

1. **Red Zone**
   The Red Zone is a six-week timeframe at the beginning of the fall semester which is marked by an especially high incidence of sexual assaults on college campuses. While all students are at risk during this period, first year students tend to have an even greater risk of victimization. The Office of Health, Alcohol, and Drug Education and the Office of Victim Services are available to present on sexual assault prevention, partying smart, and how to communicate consent in a 15-20 minute presentation to residence halls, student organizations, and classrooms in August and September during the “Red Zone”.

2. **Sex in the City**
   Our most popular sexual health program covers sexually transmitted infections, abstinence, and contraception in an interactive presentation. It uses the results of recent surveys to look at current BSU student behaviors and attitudes related to their sexual health. A “sexual health goody box” contains props including lubricants, dental dams, and common contraceptives.

3. **Women’s Health**
   The goal of women’s health is to encourage women to become knowledgeable about their bodies and to provide information to help them be responsible and healthy in their lives. The program covers preventive healthcare, PAP smears and pelvic exams, breast self-examination, sexually transmitted infections, and contraceptives in a non-threatening atmosphere.

4. **Men’s Health**
   The goal of men’s health is to provide men with information that will help them to be responsible and healthy in their lives. The program covers preventive healthcare, testicular self-examination and genital exams, sexually transmitted infections, and disease prevention in a non-threatening atmosphere.

5. **Battle of the Sexes**
   This interactive program pits males against females in an entertaining competition to see who knows more about the opposite sex’s health. Prizes, if desired, are the responsibility of the program requestor. This is a great program for a mixed-gender population.

6. **Sex Talk**
   “Sex Talk” is an interactive program designed to improve sexual relationships through better communication, including discussing abstinence expectations, listening skills, and conflict resolution. This program focuses on teaching students how to recognize their own preferences and how to talk comfortably with their partners.
7. **SOS: Safer Oral Sex**
   This interactive program educates on the terms associated with oral sex, its risks and how to make it safer. Sex toys are also discussed in a non-threatening atmosphere.

8. **Sex Tac Toe**
   Through a tic-tac-toe game, students learn about better communication with their partners, signs and symptoms of common sexually transmitted infections, methods of contraception, safer sex myths, and much more. Works best with a mixed gender group.

9. **Romeo & Juliet Plus One**
   This educational program explores alternative sexual lifestyles such as polygamy, swinging, and open relationships. Communication with your partner about boundaries and expectations of a sexual relationship is emphasized along with respecting your partner’s requests.

10. **Sexually Transmitted Infections**
    This lecture-based program covers general risk factors, transmission, and discusses in detail the top three STIs on college campuses, in addition to HIV/AIDS. Resources at Ball State University as well as the Muncie community are offered. Works best in a classroom setting.

11. **Contraception**
    This lecture-based program covers hormonal and non-hormonal contraceptive choices as well as abstinence. It uses the results of recent surveys to look at BSU student use of contraceptives. Unplanned pregnancies are also discussed in addition to how to select a method of contraception. Resources at Ball State University and the Muncie community are offered. Works best in a classroom setting.

IX. **Sexual Threats Oppression Prevention Team (STOP)**

   The STOP Team provides programming for the campus community on many violence prevention topics. If you have a specific request that is not listed below, we will tailor a workshop or presentation to meet the needs of your curriculum, residents, or student organization.

   1. **Sexual Assault Talk Show (50 minute presentation)**
      This program follows a talk show format. Roles include: A talk show host, a survivor, an alleged-perpetrator, a friend of the perpetrator, a friend of the survivor, and a therapist/expert. The goal is to facilitate discussion and understanding of cultural rape myths. Each member remains in role and interacts with the audience as that person. Rape myths, as well as rape-supportive attitudes held by both males and females are discussed and clarified. At the end, team members step out of their roles and share insights about their experiences in those roles.

   2. **Stand Up! Bystander Intervention Training (2.5 hour training)**
      According to the U.S. Department of Justice, about 1 in 4 women will experience a completed and/or attempted rape during their college career. Furthermore, 3% of college men report surviving a completed and/or attempted rape as a child or adult, and at least 50% of college student sexual assaults are associated with alcohol use. Did you know there is something YOU can do about it? Request *Stand Up! Bystander Intervention Training* for your residence hall or student organization to learn ways in which you can interfere in any situation where someone else needs help- including acts of injustice, sexual assault, or verbal assault. Trainings are open to everyone in the Ball State community.

   3. **The Dynamics of Sexual Violence (50 minute presentation)**
      This presentation defines sexual assault and addresses the dynamics of sexual violence, while focusing on rape myths, gender norms, common reactions, consent, and resources available in the campus community.
4. **Red Flags in Relationships (50 minute presentation)**
   Interactive peer facilitated program designed specifically to engage the audience, and provide an overview of relationship violence and how to recognize potential “red flags” of unhealthy relationships.

In addition to the above programming, several events will be offered throughout April 2016, the National Awareness Month for Sexual Assault.

X. **Sports and Performance Psychology**  
   Contact: Lee Van Donselaar

**Performance Enhancement**
In an interactive format, the focus will be on learning mental skills to enhance performance. Topics addressed will include the “Zone”, energy management, visualization, cognitive strategies, and removing barriers to successful performances. Performance enhancement is applicable across a broad range of activities, such as sports, music, public speaking, etc. The workshop is structured as an initial 50-minute session with one or more follow-up sessions is desired.

The presenter is also available for performance consultation with faculty, staff, students or student groups.

XI. **Substance Abuse**  
   Contact: Kyle Kittleson

1. **Alcohol/Marijuana and the Law**
   This presentation focuses on clarifying the Indiana alcohol/marijuana laws, and how these laws apply to BSU students; the long-term implications of criminal records and how they can affect personal and career goals; and the cost and time involved with legal encounters.

2. **Substance Use and Its Effect Upon Sexual Health**
   Alcohol/marijuana use can affect decision-making, including when making sexual decisions. This program allows students to have an opportunity to learn about making decisions that are best for them in regards to sex and substances. Students can acquire skills to prevent risky sexual behaviors.

3. **Staying Alive & Safe**
   This program focuses on what a student should know about helping a friend who is experiencing alcohol/marijuana/other drug problems or overdose.

4. **Issues of Adult Children of Alcoholics**
   Students learn how alcohol impacts the family.

5. **Harm Reduction**
   This program focuses on students’ perceptions about peer drinking behaviors and offers specific skills for reducing harm associated with problematic alcohol use.

6. **Blurred Lines: Sex, Lies, and Alcohol in Popular Music**
   This program is an interactive, discussion-based program in which participants watch current popular music videos and discuss the messages regarding alcohol and sex that are portrayed. The leaders facilitate the discussion and provide insight and information about alcohol, sexual behavior, sexual content, and laws. Through discussions in small and large groups and processing the messages they see and hear in popular music, students will be better prepared to make informed, healthy decisions regarding alcohol use and sexual behavior.
XII. SUICIDE PREVENTION/GRIEF AND LOSS

The following are three general areas of focus for this team. Presentations and workshops can be adapted to the particular needs and desired outcomes of requestors. Those requesting presentations or workshops need to contact us at least 2-3 weeks prior to the desired dates for the request.

1. **SUICIDE PREVENTION**
   These presentations provide information on risk factors, common misconceptions, and precipitating events associated with suicide. The presentation includes information on how to talk with someone who may need help because they are depressed or suicidal. The presentation also focuses on how to identify warning signs, what to do if you or someone you know is suicidal, and how to cope if a friend or family member has died by suicide. The presentation can be adapted to focus on different age groups and populations and can be either informational, practical or both. For some presentations, videos are used to bring the information home to students, faculty and/or staff.

2. **DESTIGMATIZING MENTAL ILLNESS**
   These presentations provide information about mental health, the prevalence of mental illnesses, and available resources. The majority of people who experience a mental illness do not die by suicide. However, of those who die from suicide, more than 90 percent have a diagnosable mental illness. Experiential activities and group discussion will be used to explore and address barriers to seeking professional help and recommendations to address these barriers, particularly for marginalized groups.

3. **GRIEF AND LOSS**
   This presentation describes the grieving process, common reactions, and resources to help people cope. Discussion focuses on what is and is not helpful when going through the grieving process and/or helping others who may be grieving.

4. **OTHER PROGRAMS:**
   If you are interested in a program related to either topic that is not listed, please contact us and we will do our best to accommodate your need.

The team also works cooperatively with the East Central Indiana Suicide Prevention Coalition and the Alive Campaign on campus and helps coordinate the American Foundation for Suicide Prevention Out of Darkness Campus Walk each Spring. For further information please contact us.

XIII. VICTIM SERVICES

The Office of Victim Services and Peer Victim Advocate (PVA) Team provides programming for the campus community on a variety of violence prevention topics, consisting of, but not limited to: physical assault, sexual assault, bystander intervention, relationship violence, and stalking. If you have a specific request that is not listed below, we will tailor a workshop or presentation to meet the needs of your curriculum, residents, or student organization.

1. **OFFICE OF VICTIM SERVICES (OVS)**
   This program is a comprehensive description of OVS and services that are available for all students, faculty and staff. The audience will walk away with a clear understanding of the role of a victim advocate; Indiana victim’s rights; outreach programming that is available; and opportunities to get involved in the violence prevention movement.

2. **ELIMINATING BARRIERS**
   This presentation addresses the question, “What will happen if I report a sexual assault?” Specific roles within the campus and criminal justice arena that are explored include the hospital, victim assistance, campus judicial affairs, investigator, and prosecution.
3. **Greek Training**
   Training & education is open to Greek organizations throughout the academic year. This program is designed to increase knowledge and understanding of sexual violence; consent; rape myths; the prevalence of sexual assault on college campuses and its effects on both the perpetrator and survivor.

4. **Stuck On You: Realities of Stalking on College Campuses**
   This presentation will help participants understand the dynamics of stalking. Information will be provided on how to cope and seek counseling and/or legal support for victims, friends and family.

5. **Stand Up! Bystander Intervention Training**
   According to the U.S. Department of Justice, about 1 in 4 women will experience a completed and/or attempted rape during their college career. Furthermore, 3% of college men report surviving a completed and/or attempted rape as a child or adult, and at least 50% of college student sexual assaults are associated with alcohol use. Did you know there is something YOU can do about it? Request *Stand Up! Bystander Intervention Training* for your residence hall or student organization to learn ways in which you can interfere in any situation where someone else needs help- including acts of injustice, sexual assault, or verbal assault. Trainings are open to everyone in the Ball State community.

**Passive Programming**

**My Sober Yes is Consent: Just Because I Choose to Drink Doesn’t Mean I Want Sex**
   This is an ongoing sexual assault primary prevention initiative.

In addition to the outreach programs listed above, the Office of Victim Services sponsors many campus-wide awareness events throughout the academic year. Please contact our office at 765-285-7844 or visit our website [www.bsu.edu/ovs](http://www.bsu.edu/ovs) for more information on these events:

- October 2015: Domestic Violence Awareness Month
- January 2016: Stalking Awareness Month
- April 2016: Sexual Assault Awareness Month