



Counseling & Health Services
present

Outreach and Special Programs Guide

Fall / Spring 2011-2012

**Counseling & Health Services
Ball State University
Muncie, Indiana 47306-0895**



COUNSELING & HEALTH SERVICES
present

OUTREACH and SPECIAL PROGRAMS GUIDE

Fall / Spring Semester 2011-2012

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 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 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.

COUNSELING & HEALTH SERVICES
BALL STATE UNIVERSITY
MUNCIE, IN 47306-0895

Counseling Center
Office (765) 285-1736
Fax (765) 285-2081
www.bsu.edu/counselingcenter

Office of Health, Alcohol, and Drug Education
Office (765) 285-3775
Fax (765) 285-9063
www.bsu.edu/healtheducation

Office of Victim Services
Office (765) 285-7844
Fax (765) 285-9063
www.bsu.edu/ovs

I. GENERAL OUTREACH/CONSULTATION PROGRAMS

Contact Ellen Lucas

1. **COUNSELING CENTER SERVICES**
This program can run from 15-50 minutes. Q and A forum encouraged.
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 Ellen Lucas at 285-1736.
4. **DISCOVERING YOUR EXCELLENCE: ENHANCING SELF-ESTEEM**
This workshop will help you 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 what you want for yourself and from others and ways of assertively asking for what you want. Exercises and activities will help you 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, complete with massage chair, relaxation CD's and DVD's, and light therapy. Call 285-4358 for information and to reserve a time.
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

Contact Ellen Lucas

1. **DO WHAT YOU LOVE**
This interactive program helps students assess their interests (or values) as they relate to career. (When requesting this program, please note if you want the focus on interests or values.)
2. **GO FOR THE GOAL**
Whether a student is working toward academic success or career goals, goal setting can make the difference between mediocrity and success. This experiential workshop will provide hands-on practice in helping students set relevant, realistic and timely goals.
3. **I'M ON A ROLE . . . BUT WHICH ONE?**
This is an experiential workshop designed to help participants identify their multiple roles (i.e., student, employee, family member, volunteer), prioritize among those roles that are most important to them, and make career-related decisions based on those roles.
4. **TWO PEOPLE, TWO CAREERS: CAREER DECISIONS FOR PARTNERS**
This interactive workshop explores career decision making, values, and coping strategies for people who are in (or plan to be in) romantic relationships.

5. **MATCHING MY 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.
6. **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.

III. **DIVERSITY**

Contact Jay Zimmerman

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 (LGBTQ) 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. **WEEKLY INTERNATIONAL WOMEN CONVERSATION HOUR**
This program is designed to help female international students practice English, learn studying skills and classroom culture, and make American friends. Through interactive discussion, they can normalize and decrease their isolation, worries, and stress as well as get support from American students. They will also learn different kinds of studying skills to help them succeed at Ball State University.
3. **DATING CULTURES AND FRIENDSHIPS**
The two-hour 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.

4. **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.

5. **ACADEMIC SUCCESS WORKSHOP**

The two-hour 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.

6. **INTERNATIONAL CONVERSATION HOUR NEWSLETTER**

This email newsletter will send tips and information addressing international students' needs. Given that our in person programs could only serve 10-20% of the international students at BSU, emailing tips about learning strategies, campus resources, adjustment skills, dating and relationships and academics will reach all international students at BSU.

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 Jay Zimmerman

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.

Four Corners: This interactive presentation engages the audience in an exercise that encourages them to explore their values related to sexual orientation and gender identity.

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 instructors need to be present.

IV. EATING DISORDERS/BODY IMAGE

Contact Ellen Lucas

1. **NATIONAL EATING DISORDERS AWARENESS WEEK 2012**

Annual awareness week—scheduled in February—of multiple programs designed to provide free and quick screening for your 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 development of an eating disorder.
4. **CAN YOU CRASH DIET YOUR WAY INTO A BIKINI?**
A discussion of the pros and cons of fast weight loss methods and suggestions for a healthy plan for managing weight. Also explores how dieting can inadvertently lead to developing an eating disorder.
5. **MIRROR, MIRROR ON THE WALL**
Looks at the effects that body image has on self-esteem. We will discuss how to create healthy self-images and how to enhance one's body image.
6. **SLIDE SHOW AND DISCUSSION**
Focuses on the cultural ideal for men and women's body size throughout history and the current pressure to maintain a body size that is unhealthy.
7. **MINDFULLY EATING**
A presentation that discusses the slow food movement and how to reverse speed eating which can lead to overeating and unhealthy eating.
8. **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.
9. **THE CHANGING IDEA(L)**
This workshop focuses on the changes in roles for women and men through the decades of the 20th century and connects these shifts with the changes in body shapes and sizes throughout history.
10. **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.
11. **HEALTHY EATING FOR HEALTHY WEIGHT MANAGEMENT**
This program will review why diets don't work and how to manage weight through healthy eating, appropriate portion sizes and exercising.

V. HEALTH & WELLNESS

Contact Julie Sturek

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, and Spring Break Safety Week in March. 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. **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.

3. **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.

4. **PERSONAL HEALTH TWISTER**

Using a standard Twister game mat, participants learn about alcohol and other drugs, sexual health, and skin care while tying themselves up in knots. Prizes, if desired, are the responsibility of the program requestor. Maximum 30 participants.

5. **GOOD NIGHT, SLEEP TIGHT**

This interactive program uses props to teach about sleep hygiene and ways to cope with sleep problems/disorders. The purpose of sleep and sleep recommendations for differing age groups are also discussed.

6. **TO CAFF OR DECAF**

This program discusses physiological and psychological effects of caffeine as well as healthy and unhealthy uses of caffeine. Included is a self-evaluation of one's caffeine use.

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.

8. **NICOTINE ADDICTION: WHAT THE HOOKAH?**

This program discusses the facts on cigarette smoking; second-hand smoke; benefits of and tips for quitting; how to help a friend or family member quit; and how to avoid weight gain. Hookah myths and risks are also addressed.

VI. 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 Insight Game which is also available on the web at: <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.

VII. SEXUAL THREATS OPPRESSION PREVENTION TEAM (STOP)

Contact Michele Cole

The STOP Team provides programming for the campus and community on many violence prevention topics. If you have a specific request this is not listed below, we will tailor a program to meet the needs of your curriculum.

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.

2. QUESTIONING AUTHORITY

The program addresses commonly asked questions regarding the specific roles within the campus and criminal justice arena. The format is typically a panel discussion with representatives from the hospital, victim assistance, campus judicial affairs, investigator, and prosecution.

3. RED FLAGS IN RELATIONSHIPS

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.

4. **YOU CAN MAKE A DIFFERENCE**
Do you feel frustrated and want to help a friend, co-worker, or family member, but don't know how? Learn several safe intervention strategies for addressing situations and set personal goals of intervening.
5. **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.
6. **SEXUAL ASSAULT TALK SHOW**
This program follows a talk show format. Roles include: A talk show host, a victim, an alleged perpetrator, a friend of the perpetrator, 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 stop out of their roles and share insights about their experiences in those roles.
7. **NO IS UNIVERSAL**
This interactive presentation engages the audience in an innovative conversation about intimate partner violence in the GLBTQ community.
8. **GREEK STOP CERTIFICATION TRAINING**
Training is open to Greek Organizations only at this time. The program is designed to increase knowledge and understanding of sexual violence; prevalence on college campuses, and its effect; awareness of rape myths; and consent.
9. **ONLINE PROGRAMS**
 - *Healing Through Creativity*- online exhibit honors the creativity, courage, & challenges of male, female, and transgender survivors and supporters of those who have experienced childhood sexual abuse, rape, domestic, violence, or interpersonal violence.
 - *Ask Before You Act: Communicate Consent*- ongoing information posted with creative and fun ways to ask for consent.
 - *Thankful Thursdays*- informative emails sent out via the email during the month of November offering tips on how to show your friends and family you are thankful.
 - *Thoughtful Thursdays*- informative fun emails sent out during the month of December providing tips on how to make it through the holidays and be thoughtful to those around you.

AWARENESS MONTHS

Programs and workshops offered throughout the following months; check out our website www.bsu.edu/ovs for event listings.

- Domestic Violence Awareness Month – October 2011
- Stalking Awareness Month – January 2012
- Sexual Assault Awareness Month – April 2012

VIII. SEXUAL RESPONSIBILITY

Contact Julie Sturek

1. RED ZONE

The Red Zone is a six-week timeframe in 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. **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.
3. **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.
4. **BATTLE OF THE SEXES**
This new and 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 mixed gender groups.
5. **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.
6. **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.
7. **SEX TAC TOE**
Through this interactive 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.
8. **SEXUAL HEALTH BINGO**
Participants learn about human sexuality, contraceptives, and sexually transmitted infections and associated conditions through the format of the game BINGO. Prizes, if desired, are the responsibility of the program requestor.
9. **SEX IN THE CITY**
This popular, interactive program covers the topics of sexually transmitted infections, abstinence, and contraception. 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.
10. **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.
11. **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.

12. **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. **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. Skills addressed will include energy management, visualization, and removing barriers to successful performances. Performance enhancement is applicable across a broad range of activities, such as sports, music, theatre, 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.

X. **STRESS MANAGEMENT**

Contact Tim Hess

1. **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.

2. **IF ONLY I HAD MORE TIME!**

Hands-on exercises will allow students to identify how they spend their time, clarify their priorities, and organize time more efficiently.

3. **MY STRESS ISN'T LIKE YOURS**

The Stress Management Outreach Team has developed programs for specific groups (women, African Americans, Latina/os, Asian Americans, American Indian, gay/lesbian/bisexual). These programs discuss specific stressors of those groups, such as discrimination, as well as helpful ways of coping with such stressors.

4. **I JUST CAN'T COPE WITH IT**

Do you tend to tackle problems head on or do you prefer to take the "ostrich approach" by sticking head in the sand? This workshop will describe different coping strategies and help you to understand your own coping style. The pros and cons of each style will also be explored.

5. **STRESS-FREE ZONE**

This traveling interactive exhibit includes several props such as a massage chair, toys, and crayons, to help manage stress and improve relaxation. Information about stress and stress management techniques is available. This exhibit is most appropriate for health fairs and other tabling events.

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 responsible sexual decision making, increases the likelihood of acquaintance rape, unplanned pregnancy and STDs. Students can acquire skills to prevent risky sexual behaviors.
3. **DON'T LEAVE DICK FOR DEAD**
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 correcting student misperceptions about peer drinking behaviors and offers specific skills for reducing harm associated with problematic alcohol use.
6. **BSU JEOPARDY**
Formatted after the television show "Jeopardy," this game teaches how to avoid harm if you choose to drink, provides accurate norms about BSU drinking norms and gives pointers on how to help a friend who may have an alcohol problem.

XII. TRAUMA RESPONSE

Contact Robin Lett

The Counseling Center has developed a Crisis Team trained to respond to any trauma or crisis situation that occurs on or off campus that may affect students, staff and/or faculty. Upon request, team members will come and debrief those involved, either directly or indirectly, and provide information about healthy and unhealthy ways to cope.

In addition, the Crisis Team provides the following presentations:

1. **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.
2. **SUICIDE PREVENTION**
This presentation provides information on risk factors, common misconceptions, bipolar disorder/depression and precipitating events associated with suicide. Discussion 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 committed suicide.
3. **RECOGNIZING AND DEALING WITH STUDENTS IN EMOTIONAL DISTRESS**
Often faculty feel frustrated with students and are unsure of how best to deal with them. This presentation is designed to help faculty recognize students in distress and how to deal with problems as they arise.

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