CAMPUS RESOURCES
- Missouri S&T's University Committee for Assistance, Response, and Evaluation (UCARE)
- UCARE
- CARE COORDINATION
- COMMUNITY RESOURCES
- STUDENT EMERGENCY FUND
- COUNSELING SERVICES
- ASK. LISTEN. REFER.
- STUDENT HEALTH SERVICES
- MINER WELLNESS
- TESTING AND STUDENT DISABILITY SERVICES
- EQUITY & TITLE IX
- STUDENT VETERAN RESOURCE CENTER
- STUDENT SUCCESS CENTER
HOW CAN I REPORT?

Staff and faculty are in a unique position to demonstrate compassion to our students who are in distress. Students may feel alone, isolated, or hopeless when faced with challenges. You may be the first person to notice because you have frequent and prolonged contact with them.

SAFETY FIRST

- Don’t hesitate to call for help. Know your limits.
- You aren’t expected to solve the problem.
- Seek support yourself if needed.
- Listen sensitively and carefully.
- Use a non-confrontational approach and a calm voice.
- Don’t criticize or judge.
- Try using the phrase, “I’ve noticed and am concerned. Are you aware that there are resources available to help you?”
- Explain the impact of their behavior. Know your campus resources.
- Be proactive. Engage students as soon as you see an issue.
- Be Direct. Ask students about what you see.
- Follow through.
- Refer the student to the appropriate resource and encourage them to make appointment.
- Consult and document.

CAMPUS RESOURCES

- Care Coordination: 573-341-4211
- Counseling Services: 73-341-4211
- Dean of Students: 573-341-4292
- Equity & Title IX: 573-341-7734
- International and Cultural Affairs: 573-341-4208
- Office of Graduate Studies: 573-341-4141
- Office of Academic Support: 573-341-7276
- Residential Life: 573-341-4218
- Student Health Services: 573-341-4284
- S&T Police: 573-341-4300
- Testing and Student Disability Services: 573-341-6655
- Miner Wellness: 573-341-4225

RESOURCE INFORMATION

ucare.mst.edu/facultystaff
Ask.Listen.Refer.
asklistenrefer.org/mst

CONTACT

ucare.mst.edu
Email: ucare@mst.edu

Krista Morris-Lehman
Care Coordinator
morrislehmank@mst.edu
573-341-4211

Patti J. Fleck
Director - Counseling Services
pfeck@mst.edu
573-341-4211

Barb S. Prewett
Assistant Dean of Students
bprewett@mst.edu
573-341-4209
WHAT ABOUT PRIVACY?

FERPA allows university faculty and staff to share observations about student behavior, student statements, and concerns about students with S&T personnel who have responsibility for the welfare of students, including law enforcement. FERPA and other privacy regulations allow S&T officials to release information to police, parents, or others whose knowledge of the information is necessary to protect the safety and health of the student or others. Consideration for student privacy should be given before information is shared with people other than those suggested above. Questions about when such disclosure is appropriate can be answered by the campus general counsel.

SIGNS OF DISTRESS

- Decline in academic or work performance
- Repeated absences
- Requests for special considerations that aren’t warranted
- Disruptive or disturbing behavior
- Dramatic changes in appearance, behavior, or weight
- Problems at home, work, or with classes
- Making disturbing comments in email, letters, online, or assignments
- Agitation, anxiety, or dramatic mood shifts
- Garbled, tangential, disconnected, or slurred speech
- Problems with alcohol or drugs
- Sad, isolating behaviors
- Excessive fatigue or sleeping in class or at work
- Paranoid or suspicious behaviors
- Frequently angry, easily frustrated, or extreme irritability
- Struggles with mental health or physical health
- Threats to self or others
- Expressions of concern about the student by peers
- Injuries
- Suspected abuse

HOW DO I REPORT?

EMERGENCY
If the student shows reckless, dangerous, or threatening behavior, call 911 or S&T Police at 573-341-4300, then submit UCARE report at ucare.mst.edu.

NON EMERGENCY
If the student is showing signs of distress, but you aren’t sure of the severity, contact Counseling Services or UCARE for a consultation. Submit a UCARE report if needed. If after hours or a holiday, call S&T Police at 573-341-4300.

If the student is having academic or personal problems and could use support or additional resources, refer to appropriate resources and submit UCARE report.
University Committee for Assistance, Response, and Evaluation (UCARE)

CHALLENGE: Available information is often scattered with various individuals having different pieces of the puzzle.

WHEN TO REPORT

If you know a student who appears to be.....

- Experiencing a decline in work or academic performance
- Demonstrating disruptive or disturbing behavior
- Showing dramatic changes in appearance, behavior or weight
- Having problems at home, with classes or work
- Making disturbing comments in email, letters, web or papers
- Hyperactive, anxious or experiencing dramatic mood shifts
- Abusing alcohol or drugs
- Sad or isolating socially
- Acting paranoid or suspicious
- Frequently angry or easily frustrated
- Struggling with health problems

A MULTIDISCIPLINARY APPROACH TO MAKE OUR CAMPUS THE SAFEST ENVIRONMENT POSSIBLE

u care.mst.edu

HOW TO REPORT

REPORT ONLINE
u care.mst.edu

UCARE
u care@mst.edu
341-4209

Krista Morris-Lehman
morrislehmank@mst.edu
341-4211

Resource Information
stuaff.mst.edu/ucare/fac-ultystaff/

Ask.Listen.Refer.
asklistenerrefer.org/mst
UCARE was formed following incidents that highlighted the need for greater communication and preparedness regarding students facing distress. UCARE focuses on prevention and effective response strategies.

**How to Talk to a Student About Your Concern (Non-Emergency)**

**Consult**
- Report online, email ucare@mst.edu or contact the Care Coordinator (573-341-4211), Counseling Services (573-341-4211), or Dean of Students Office (573-341-4209) when in question.

**Be Available**
- Talk to the student in private and give your undivided attention.
- Showing patience and concern may be enough to help the student feel supported.

**Listen**
- Listen in a sensitive, non-threatening way and express concern.

**Communicate**
- Let the student talk and communicate understanding by paraphrasing.

**Give Hope**
- Assure the student that things will get better and suggest options.
- Express use of resources (friends, family, campus).

**Maintain Boundaries**
- Maintain clear and consistent boundaries and expectations.

**Refer to Other Resources When:**
- There is a law or policy violation.
- Problem is more serious than you are comfortable with.
- Personal feelings may interfere with your objectivity.
- Student admits that there is a problem, but doesn't want to discuss it.

### PRIVACY
- FERPA allows university faculty and staff to share observations about student behavior, student statements, and concerns about students with S&T personnel who have responsibility for the health, safety, and welfare of students. FERPA and other privacy regulations allow S&T officials to release information to others when it is necessary to protect the health, safety, and welfare of the student and/or the campus community. Consideration for student privacy should be given before information is shared.

### Referral Statistics

<table>
<thead>
<tr>
<th>Year</th>
<th>13-14</th>
<th>14-15</th>
<th>15-16</th>
<th>16-17</th>
<th>17-18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Referral</td>
<td>45</td>
<td>55</td>
<td>286</td>
<td>372</td>
<td>389</td>
</tr>
</tbody>
</table>

### What does UCARE do?
- Prevention and planning
- Consults and communicates
- Gathers information
- Assesses circumstances
- Develops action plans
- Responds
- Process improvement

Missouri S&T Student Affairs
stuaff.mst.edu | stuaff@mst.edu

Revised July 2018
CARE COORDINATION

carecoordination.mst.edu

Services Include

> Assistance navigating campus and community resources
> Referrals to on- or off-campus resources
> Exploration of and referral for mental health or physical health concerns
> Coordination and follow up during and after hospitalization and/or medical leaves of absence
> Help managing complex medical needs
> Crisis management
> Problem solving
> Strengthen support systems and self-advocacy skills
> Provide support, monitoring, and follow up services
> Identify needs, resources, and support systems

202 Norwood Hall
573-341-4211
cc@mst.edu
Community Resources

Mental Health
- S&T Counseling Services 204 Norwood 573-341-4211
- The Center Clinic 575 Blues Lake Parkway 573-364-2007
- Pathways 1450 E. 10th St. 888-403-1071;
  Triage Hours: Mondays & Thursdays 9am-11am, Tuesdays 1pm-3pm
- Your Community Health 1081 E. 18th St. 573-426-4455
- Suicide Prevention Hotline 800-273-8255
- Crisis Text Line Text HOME to 741741

Health Care
- S&T Student Health Services 910 W. 10th St. 573-341-4284
- Phelps Health 1000 W. 10th St. 573-364-9000
- Mercy Clinic 1605 Martin Spring Dr. 573-458-6300
- Your Community Health 1081 E. 18th St. 573-426-4455
- Tri-Rivers Family Planning 1032 B Kingshighway 573-364-1509

Local Resources (call for more information and qualifying details)
- S&T Student Emergency Fund 202 Norwood 573-341-4211
- S&T Student Diversity Initiatives Food Pantry 605 W. 11th St. 573-341-7286
- GRACE (help with rent, utilities, food) 601 N. Elm St. 573-368-5577
- Phelps County Food Distribution (3rd Saturday of the month) 573-368-3040
- Greentree Mobile Food Pantry (1st Tuesday of the month) 573-364-2649
- The Mission (laundry, meals) 708 N. Main St. 573-308-5474
- Salvation Army (help with rent, utilities, food) 102 E. 4th St. 573-368-4919

*This list is not exhaustive and does not imply endorsement by Missouri S&T. Please contact the Care Coordinator at cc@mst.edu or 341-4211 for more referrals.
The Missouri University of Science and Technology Student Emergency Fund was established by Counseling Services in 2016. The fund assists S&T students by providing financial support with unexpected emergency expenses. Students sometimes have unforeseen circumstances that greatly impact their lives. The fund allows students to meet their needs and continue their education.

**EXPENSES POTENTIALLY COVERED**

- Groceries
- Medical
- Books
- Safety Needs
- Personal Belongings
- Travel

**APPLICATION PROCESS**

1. Complete the Student Emergency Fund application thoroughly and submit any supporting documentation.
2. Meet with the care coordinator to discuss your situation.
3. Committee reviews the application and makes a decision. Criteria for approval will be based on eligibility, documentation of need, and availability of funds.
4. Payments are made directly to vendors and outside parties.

**ONE TIME FUNDING OF**

$25 - $500

**THAT DOES NOT NEED TO BE REPAYED**

For more information visit carecoordination.mst.edu
The Missouri University of Science and Technology Student Emergency Fund was established by Counseling Services in 2016. The fund assists S&T students by providing financial support with unexpected emergency expenses. Students sometimes have unforeseen circumstances that greatly impact their lives. The fund allows students to meet their needs and continue their education.

Students may apply for the fund once they have exhausted other resources. The funding is a one time option and does not need to be repaid. Students who are in need of funds may submit an application and appropriate documentation to the care coordinator. Students set up a brief meeting with the care coordinator to make sure they have appropriate follow up in place. Funds are provided only when there is funding available and are generally awarded in amounts between $25-$500. After submitting the required form and documentation and meeting with the care coordinator, students will be informed of the decision along with follow up instructions. Decisions are made by a three person committee. The committee will receive appropriate information about the situation.

**ELIGIBILITY REQUIREMENTS**

- Applicants must have a financial hardship resulting from an emergency, accident, or other unexpected critical incident. This hardship must have a direct impact on the student’s academic success at the university.
- Applicants must be currently enrolled students. It is strongly preferred that they be in good standing academically and not on disciplinary probation.
- Resources, including emergency loans through Student Financial Assistance, must have been considered and are insufficient, unavailable, or not available in a timely manner. Emergency funds are generally not used for ongoing needs. The student may work with the care coordinator to look at permanent solutions.
- Applicants must complete the form below and submit supporting documentation.

**EXPENSES POTENTIALLY COVERED**

- Groceries
- Medications and other costs related to medical care
- Safety needs (i.e. changing a lock)
- Replacement of essential personal belongings due to fire, theft, or natural disaster
- Travel costs related to a death or illness in the immediate family

**EXPENSES NOT COVERED**

- Tuition and fees
- Parking tickets or other fines
- Non-essential utilities (i.e. cable), household, or furniture costs not related to damage or theft

**APPLICATION PROCESS**

1. Complete the Student Emergency Fund application thoroughly and submit any supporting documentation.
2. Meet with the care coordinator to discuss your situation.
3. Committee reviews the application material and makes a decision. Criteria for approval will be based on eligibility, documentation of need, and availability of funds.
4. Payments are made directly to vendors and outside parties.

**Giving**

The number of students who can be served by this resource is limited by the availability of funds. The fund is sustained by continual contributions from alumni, parents, faculty, staff and friends of the University. To make tax deductible donations, please contact University Advancement at 800-392-4112 or giving.mst.edu (choose Other and write in Student Emergency Fund).

For more information please contact Krista Morris-Lehman (cc@mst.edu or 341-4211) or visit carecoordination.mst.edu
Full Name: ______________________________  Student ID#: __________________________
Email Address: __________________________  Cell Phone Number: ______________________
Local Address: ___________________________  Permanent Address: ______________________

Current Year in School: ___________________  Major: _________________________________
Are you currently enrolled at Missouri S&T?  Yes [ ]  No [ ]
Are you currently receiving financial aid?  Yes [ ]  No [ ]
Please indicate the purpose for the funds (i.e. food, medical bills, etc.): ______________________
Amount of funds requested: __________________
Please explain why these funds are needed. How will the funds be used, if granted?
____________________________________________________________________________________
____________________________________________________________________________________
How may these unexpected expenses affect your ability to remain enrolled at Missouri S&T?
____________________________________________________________________________________
____________________________________________________________________________________
Please explain your efforts to look into other resources for assistance with these unexpected expenses (i.e. family, community, campus resources):
____________________________________________________________________________________
____________________________________________________________________________________
Please attach documentation (i.e. copy of bills, receipts, legal notices, etc.)
Signature: _____________________________  Date: _____________________________

By signing this document I realize information about my situation will be shared with a three person committee made up of the care coordinator and two other S&T staff.

Approved [ ]  Not Approved [ ]  Pending [ ]
Notes: ____________________________________________________________

Name: ___________________________  Signature: ___________________________  Date: ______________
Name: ___________________________  Signature: ___________________________  Date: ______________
Name: ___________________________  Signature: ___________________________  Date: ______________
Our professionally licensed mental health providers offer solution-focused, brief treatment to students and time-limited services to benefit-eligible staff and faculty.

Let us help you with

- Stress management
- Depression
- Family concerns
- Clarifying interests
- Conflict resolution
- Grief
- Motivation
- Selecting a major
Know the Warning Signs
Although most depressed people are not suicidal, most suicidal people are depressed – know the warning signs of depression:

<table>
<thead>
<tr>
<th>Feelings of worthlessness or guilt</th>
<th>Social withdrawal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pessimism</td>
<td>Decrease in sexual drive</td>
</tr>
<tr>
<td>Hopelessness</td>
<td>Fatigue or loss of energy</td>
</tr>
<tr>
<td>Loss of interest/pleasure in formerly enjoyable activities</td>
<td>Diminished ability to think or concentrate, slowed thinking or indecisiveness</td>
</tr>
<tr>
<td>Change in appetite or weight</td>
<td>Thoughts of death, suicide, or wishes to be dead</td>
</tr>
<tr>
<td>Sleep problems</td>
<td>Unrelenting low mood</td>
</tr>
<tr>
<td>Helplessness</td>
<td>Anxiety</td>
</tr>
</tbody>
</table>

There are other signs that someone may be considering suicide

<table>
<thead>
<tr>
<th>Increased use of alcohol and/or other drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recent impulsiveness and taking unnecessary risks</td>
</tr>
<tr>
<td>Current talk of suicide, expressing strong wish to die, or talking about wanting “pain” to end</td>
</tr>
<tr>
<td>Making a suicide plan</td>
</tr>
<tr>
<td>Giving away prized possessions</td>
</tr>
<tr>
<td>Saying goodbye to friends/family</td>
</tr>
<tr>
<td>Purchasing a firearm</td>
</tr>
<tr>
<td>Obtaining other means of killing oneself</td>
</tr>
</tbody>
</table>

Experiencing a suicidal crisis can feel unsettling, painful, and overwhelming. Many students have never directly dealt with a suicidal person, and when such a situation presents itself, they are likely to feel helpless and overwhelmed. The following guidelines are presented to help provide a sense of direction and facilitate the helping process.

Learn more @ asklistenrefer.org!
What to Do

Ask and listen. Talking about the person’s thoughts openly and frankly can help prevent a person from acting on them. This may include asking if the person has a particular plan or method in mind.

You might think mentioning suicide may give the person the idea but this is highly unlikely; if someone is showing warning signs of being suicidal, he or she has, in all likelihood, already thought about it.

Give hope. Sometimes people can’t think of any other solutions to what is causing the distress. You can acknowledge that the person currently feels hopeless but also convey that things can get better and there are other options. You may even be able to offer some alternative actions.

Do not attempt to argue anyone out of suicide. Rather, let the person know you care and understand, that he or she is not alone, that suicidal feelings are temporary, that depression can be treated, and that problems can be solved. Avoid the temptation to say things such as, “You have so much to live for,” or “Your suicide will hurt your family or friends.”

Be genuine. If professional help is indicated, a person is more apt to follow such a recommendation if you have genuinely listened to him or her.

Refer Person to Seek Professional Help

Be actively involved in encouraging the person to see a physician or mental health professional immediately. Individuals contemplating suicide don’t believe they can be helped, so you may have to do more such as offering to go with the person to his/her appointment.

In an Acute Crisis
(If you are still worried the person may harm him/herself)

- Dial 911 if immediate assistance is needed, particularly if you feel the person has already taken action (e.g., swallowed pills) or may do so without quick intervention.
- Find local resources for help by visiting suicide.missouri.edu and navigate to the ‘Looking for help?’ section.
- You or the person about whom you are concerned may call the Mid-MO 24-hour crisis hotline at (800) 395-2132, or the National Suicide Prevention Life-line at (800) 273-8255.

Remember to stay with the person (or on the phone) until help is available.

Resources Available in Missouri

- Mid-Missouri Crisis Hotline: (800) 445-5035
- The Trevor Lifeline: (866) 4-U-TREVOR (866-488-7386)
- Veterans Suicide Prevention Lifeline: (800) 273-8255 ext. 1
- Suicide Prevention Resources Website: suicide.missouri.edu

Want to learn more about how to help a friend?
Visit the Ask Listen Refer website at asklistenrefer.org and click on your campus!

Written by the University of Missouri Counseling Center. 119 Parker Hall, Columbia, MO 65211. (573) 882-6601
This publication is brought to you by Partners in Prevention, a coalition of twenty universities in Missouri.
Partners in Prevention is funded by the Missouri Department of Mental Health.
Our mission at student health is to keep students healthy and reduce the amount of class time missed due to illness. Student Health is here to care for students if they get sick or injured while on campus. Student Health provides non-emergency medical treatment for most illnesses or injuries.

**Services Offered**

- Routine Office Visits
- Preventative Healthcare
- Orthopedics and Sports Medicine
- Travel Medicine
- Procedures
- Laboratory
- Allergy Injections
- Medical Equipment
- ADHD/ADD
MINER WELLNESS

Through health education and promotion, Miner Wellness strengthens the well-being of S&T students and reduces the impact of high-risk behavior.

- Workshops and presentations
- Bystander Intervention (STEP UP!)
- Campus events and student-led programming (Joe’s PEERS)
- Information/awareness tables
- Individual consultations
- Student Health 101 online magazine
- Brief Alcohol Screening & Intervention for College Students (BASICS)
- Cannabis Screening & Intervention for College Students (CASICS)
- Miner Oasis
A disability does not have to be a barrier to your academic success. The SDS office ensures that qualifying students have a level playing field on which to pursue their educational goals.

The SDS staff works individually with students to provide:

- Academic accommodations and support services within resources of S&T
- Equal access to classrooms, course curriculums, and sponsored programs
- Specialized accommodative services based on the student’s needs and documentation
IT'S NOT YOUR FAULT, EVEN IF …

• The other party was an acquaintance or you had some form of relationship with that individual.
• You have been sexually intimate with that person or with others before.
• You were drinking or using drugs.
• You froze and did not or could not respond.
• You were wearing clothing that others may perceive to be seductive.

REPORTING: THE DECISION IS YOURS

A variety of resources are available to assist you in recovering from sexual assault while simultaneously choosing how you wish to move forward. With the following resources outlined, the information will assist you in making an informed decision about your options.

ADMINISTRATIVE RESPONSE

If you would like to report the sexual misconduct in order to seek administrative action within the University, contact the Title IX Coordinator whose role is to assist you in understanding the process.

Title IX Coordinator: 573-341-6038

LEGAL OPTIONS

If you wish to pursue criminal charges, the University Police and/or Rolla Police Department can assist you.

DO YOU KNOW?

Please Health provides rape examinations by specially trained nurses and forensic medical examiners. It is not necessary to make a police report unless they so state.

For additional resources, information, and links to Title IX policies, visit equity.mst.edu.
**CONSENT TO SEXUAL ACTIVITY IS KNOWING AND VOLUNTARY.**

Someone who is incapacitated cannot consent. Silence or absence of resistance does not establish consent. Consent to one form of sexual activity does not imply consent to other forms of sexual activity. Consent to engage in sexual activity with one person does not imply consent to engage in sexual activity with another. Consent must be obtained at the time of the specific activity and can be withdrawn at any time. Lack of consent or withdrawal of consent may be communicated by words or non-verbal cues. Consent and lack or threat of either, are invalid consent.

**INCAPACITATION OCCURS WHEN AN INDIVIDUAL LACKS THE ABILITY TO MAKE RATIONAL, REASONABLE JUDGMENTS AS A RESULT OF ALCOHOL (OR OTHER DRUG) CONSUMPTION.**

An incapacitated person cannot give a valid consent. Having sexual activity with someone you know to be, or should know to be, incapacitated (mentally or physically) is a violation of university policy.

- Sexual contact with someone one knows to be or should know to be incapacitated (mentally or physically) is a violation of policy.
- Incapacitation can be due to the use of drugs or alcohol, when a person is asleep or unconscious, or because of an emotional or other disarray that prevents the individual from having the capacity to give consent.

**SEXUAL MISCONDUCT IS DEFINED AS:**

1. Non-consensual sexual contact involving the sexual touching of the genitals, breast or anus of another person or the non-consensual sexual touching of another person’s own genitals, breast or anus, directly or through the clothing.

2. Engaging in sexual contact with one another under circumstances in which one or both should reasonably have known that the other’s conduct is likely to cause uczlam to alarm.

3. Sexual exploitation.

**SEXUAL DISCRIMINATION OCCURS WHEN A PERSON HAS BEEN TREATED UNFAIRLY BASED ON SEX, GENDER IDENTITY, OR GENDER EXPRESSION.**

Specifically, the UM System prohibits the following forms of sex discrimination: sexual harassment, sexual misconduct, sexual exploitation, stalking on the basis of sex and gender, and gender identity or gender expression

**Examples include:**

- Being denied admission to the University event because you are a man.
- Being denied admission to a University event because you are a woman.
- Being treated in a sexual manner without your consent.

**SEXUAL HARASSMENT IS DEFINED AS:**

1. Unwelcome sexual advances or requests for sexual activity by a person or persons in a position of power or authority to another person or persons, where:

   - Submissions or rejections of such conduct is used explicitly or implicitly as a condition for academic or employment decisions.
   - Such conduct creates a hostile environment for the student or employee.
   - Such conduct is frequent, severe or pervasive and objectively offensive that it interferes with a student’s or employee’s ability to participate in or benefit from educational programs or activities.

2. Other unwelcome verbal or physical conduct of a sexual nature by a person to another person, where:

   - Submissions or rejections of such conduct is used explicitly or implicitly as a condition for academic or employment decisions.
   - Such conduct is frequent, severe or pervasive and objectively offensive that it interferes with a student’s or employee’s academic or employment activities.

3. Get a medical examination to ensure proper treatment. There may be hidden physical injuries.

4. Refer and facilitate access to counseling, medical services and/or mental health services.

5. Limit contact.

6. Adjust course assignments, exam schedules.

7. Adjust work schedules, work assignments, supervisory responsibilities, supervise reporting responsibilities or other work arrangements.

8. Allow on-campus housing assignments, dining arrangements or other campus services.

9. Allow extracurricular activities.

**S&I – A CARING COMMUNITY**

**DO SOMETHING WHEN YOU SEE SUSPICIOUS BEHAVIOR.**

1. If you witness someone trying to lead an intoxicated person into a private room, see someone feeding drugs or酒精 to another person, or acting suspiciously, find a friend to help you and intervene.

2. If you witness someone trying to limit another person’s access to safe space, find a friend to help you and intervene.

3. Get a medical examination to ensure proper treatment. There may be hidden physical injuries.

4. Refer and facilitate access to counseling, medical services and/or mental health services.

5. Limit contact.

6. Adjust course assignments, exam schedules.

7. Adjust work schedules, work assignments, supervisory responsibilities, supervise reporting responsibilities or other work arrangements.

8. Allow on-campus housing assignments, dining arrangements or other campus services.

9. Allow extracurricular activities.

**HERE’S HOW WE CAN HELP.**

**IF YOU EXPERIENCE SEXUAL VIOLENCE:**

1. Go to a safe place, and contact someone who can help you, a friend, family member, or call a resource (campus and off-campus resources are listed at the back cover of this publication).

2. Assist in preserving evidence. Do not change clothes, shower, flush, comb hair, brush teeth, eat, or drink. If possible, do not urinate.

3. Get a medical examination to ensure proper treatment. There may be hidden physical injuries.

4. Request that a rape examination be performed and any evidence be stored.

5. Inform about the risks for HIV, pregnancy and other sexually transmitted infections.

6. Arrange for confidential counseling.

7. Write down everything you can remember happening. This will help with your own healing process and in any legal action you might choose to take.

**DON’T BE AFRAID TO REPORT.**

Rape and sexual assault may feature traftor these incidents because the fear of potential consequences. University S&I has established an amnesty policy. This policy may protect complainants and witnesses from disciplinary action for minor student conduct violations related to the incident. The university will prohibit retaliation against any person for participating in an investigation or providing assistance with respect to allegations of race discrimination, sexual harassment, or sexual misconduct.

Throughout the process, we will do our best to ensure the safety, emotional, and physical well-being of all parties involved. The Title IX coordinator (or other authorized administrator) may provide one or more of the following interim remedies for both the complainant and the accused.

1. Refe and facilitate access to counseling, medical services and/or mental health services.

2. Limit contact.

3. Adjust course assignments, exam schedules.

4. Adjust work schedules, work assignments, supervisory responsibilities, supervise reporting responsibilities or other work arrangements.

5. Allow on-campus housing assignments, dining arrangements or other campus services.

6. Allow extracurricular activities.

**INTERIM PROTECTION**

**DID YOU KNOW?**

Among undergraduate students, 23% of females and 24% of males experienced rape or sexual assault through physical force, violence, or incapacitation (National Institute of Justice 2016).
Missouri S&T does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, age, disability or status as a protected veteran.

Report all incidents of discrimination, discriminatory harassment, sexual harrassment, sexual misconduct, domestic violence, stalking and sexual violence. You may use any or all of the following courses of action:

**SUPPORT (CONFIDENTIAL)**
Trained professionals are available to help with emotional and physical healing.

**Counseling Services**
204 Norwood Hall, 320 W. 12th St., Rolla, MO, 65409
573-341-4211, counsel@mst.edu

**Student Health Services**
910 W. 10th St., Rolla, MO 65409, 573-341-4284, mstshs@mst.edu

**Phelps Health**
1050 W. 10th St., Rolla, MO 65401, 573-458-8899, phelpshealth.org

**ADMINISTRATIVE RESPONSE**
The Title IX Coordinator will help you in understanding the process of seeking administrative action according to university policies. More information about Title IX is available at [equity.mst.edu](http://equity.mst.edu). You can also report online at [equity.mst.edu/reporting](http://equity.mst.edu/reporting).

**Title IX Coordinators**
**Neil A. Outar, J.D., Title IX Coordinator**
Interim Chief Diversity Officer
203 Centennial Hall
300 W. 12th St.
573-341-6038, 573-202-4185 (after hours), naoutar@mst.edu

**Benjamin White, Deputy Title IX Coordinator**
Interim Director of Equity and Title IX
203 Centennial Hall
300 W. 12th St.
573-341-4382, benjamin.white@mst.edu

**LEGAL OPTIONS**
If you wish to pursue criminal charges, S&T Police and/or Rolla Police Department can assist you.

**University Police Department**
G10 Campus Support Facility, 1201 N. State St., Rolla, MO 65409
573-341-4300, police@mst.edu, police.mst.edu

**Rolla Police Department**
1007 N. Elm St., Rolla, MO 65401, 573-308-1213.
Confidential Hotline: 573-364-0111, rollacity.org/police/police.shtml
Equity & Title IX and the Russell House invite you to:

Speak to an ADVOCATE

EVERY WEDNESDAY
11:00 AM - 1:00 PM
Curtis Laws Wilson Library - Rm 313

Russell House advocates are committed to providing confidential support to anyone with questions or concerns regarding bullying, cyber bullying, sexual violence or harassment, dating or domestic violence, healthy relationships, bystander intervention, stalking, etc. Russell House advocates are not affiliated with the university and are not attorneys, but provide information, resources, and support to students, faculty, and staff. All services are free and confidential.

For more information please contact Equity and Title IX at 573.341.7734 or equity@mst.edu.
Enjoy the trip towards academic success!
You served, now let us serve you. We aim to be a one-stop shop. We provide the necessary tools to ensure that all veterans and service members can reach their educational goals. We offer the support and resources you deserve.

• Enjoy our well-equipped facility. Sit down, study, chat, and relax. Let us be your home away from home.

• Seek information and advice from our Student Veteran Advisor and our Veteran Resource Coaches. They will answer your questions about campus and collegiate life.

• Utilize our in-house resource archive for help with: academics, Veterans Affairs, GI Bill, University programs, and more!

Mission Statement
The mission of the Student Veterans Resource Center is to serve all Missouri S&T student veterans and service-members as a campus resource that will provide high-quality customer service, effective information, and support as students persist towards their educational goals.

Flags posted at our Heroes’ Field event, Nov. 2017

“Like” us on Facebook: S&T Student Veterans Resource Center
Email us at: svrc@mst.edu
Check out our website: svrc.mst.edu

M - F: 8 am - 4:30 pm
610 W. 10th St., Rolla, MO 65401
svrc@mst.edu; svrc.mst.edu

Ground Floor of the Baptist Student Union
at the corner of 10th and S. Bishop, across from Kummer Student Design Center
Welcome to the Student Veterans Resource Center (SVRC). This location is designed to serve student veterans and service members as they transition from military life to civilian student life. We are here to help students succeed.

The SVRC offers:
- Study areas & wi-fi
- Visiting veteran parking spots
- S&T computers/printers
- CAC Readers at each computer
- Access to Advisor/Tutors/Consuls
- Relaxation lounge
- Wall lockers/storage
- Free snacks and coffee
- Refrigerator and microwave
- Resource Library and Guidebook
- GI Bill
- VA
- Transition Assistance
- University Programs

Our Programs
- Lunch Councils, featuring special guests from campus and around the community
- Night to Network invitation
- New Student Veteran Orientation
- Re-Spec-T Transition Assistance
- Game Nights
- Veterans Day Event: Heroes Field
- Family and social events
- Professional Development
- Graduation Recognition

Meet the Crew
Garrett Coffey, Student Veteran Advisor
573-341-6117
garrett.coffey@mst.edu

Founder of the Student Veterans Association on campus, a veteran, and an S&T alum, he enjoys his work of ensuring that veterans can reach their educational goals.

Veteran Resource Coaches
Comprised of S&T students and student veterans, the Consuls support the SVRC and its programs and they are trained to help guide others to collegiate success. Ask them about academic resources, campus offices, information on the military and more!

Back from left: Ben Bridges, Jon Parnell, Stefan Kubian, Garrett Coffey
Front: Natalie Rose, Nancy Yegerlehner

SVRC History
The Student Veterans Resource Center (SVRC) was founded in spring of 2016 through the dedicated work of the student veterans on campus and the Student Veterans Association (SVA). This initiative was implemented by the Student Veterans Association's advisor, Steve Tupper, and its then founder and president, Garrett Coffey.

The SVA was founded in 2013 to support student veterans on and off the S&T campus. In the spring of 2015, SVA was awarded a $10,000 grant from the Student Veterans of America (of which their organization is a chapter) and Home Depot to build a veterans center on campus.

S&T supported the work of SVA and the campus service members by funding the SVRC as a permanent campus office, and by providing resources and staff. A location was established off campus, ground floor of the Baptist Student Union at 610 W. 10th Street.

The rest is history. Please feel welcome to visit the SVRC anytime.
Student Success Center
198 Toomey Hall. Mon-Fri 8:00-5:00p.m.

We Are Here To Help You Succeed!

MISSION
The Mission of the Student Success Center is to provide Missouri S&T students with the resources they need, effective information and support as they persist in their journey toward their educational and life goals.

CONTACT US:
Email: success@mst.edu
Phone: 573-341-7590
Website: studentsuccess.mst.edu
Social Media: www.facebook.com/sandtssc

Programs
Faculty Corner
Therapy Dogs
Miners in Motion
Majors & Minors
Sophomore Summit
#FirstGenMiners
Final Countdown
For more info, go to our website!

Additional Services:
• A welcoming & laid back area
• Free coffee, tea, hot chocolate
• Comfy seating
• Study spaces
• Computers

Student Success Coaching
30 minute appointments
Aid you in the following areas & more:
Motivation
Procrastination
Time Management
Accountability
Study Skills
Test Taking
Goal Setting

Individualized Tutoring
Walk-in appointments
Free service
Tutors have to receive an A in course
Covers a variety of freshmen & sophomore level courses
Schedule posted on our website:
studentsuccess.mst.edu

Staff:
Advisor: Jada Wan
Email: wanja@mst.edu
Phone: 573-341-7596