COUNSELING, DISABILITY SUPPORT, AND STUDENT WELLNESS

Counseling, disability support, and student wellness (CDSW) promotes self-awareness and skill development to support individual success and well-being. CDSW offers a variety of services to the Missouri S&T campus community including individual, group, and crisis counseling; consultation; programming on many topics; the StressLess room; the Van Matre resource center of self-help materials; the Employee Assistance Program (EAP); assistance for students with disabilities; wellness education and activities; and case management.

Missouri S&T’s disability support services (DSS) ensures that students with disabilities have equal access to academic classrooms and curricula by coordinating services and academic support. Accommodations can make a difference in academic success.

Counseling/Employee Assistance Program (EAP)

Personal and career counseling is provided on a time-limited basis to Missouri S&T students and benefit-eligible employees. Services, which are provided by licensed counselors and psychologists, are free and confidential within ethical and legal limitations. Concerns commonly addressed in personal counseling include self-exploration, college adjustment, family issues, feelings of depression and anxiety, interpersonal issues, communication skills, and self-esteem. Relaxation strategies and methods to cope with the many stressors of daily living may also be addressed. Overcoming test anxiety or procrastination, improving self and time management, and developing other skills related to success at Missouri S&T may be a focus in counseling.

Individuals wondering about their majors and career options may benefit from career counseling, which typically explores personal and professional goals and how to achieve them.

Group counseling is an interactive, supportive, and interpersonal form of therapy. Counseling offers several groups based on campus need and interest. Some current and past groups are Asperger's support, building social confidence, ADD/ADHD support group, miners for recovery, and test anxiety.

CDSW actively promotes student learning and professional development through its outreach programming services. Staff members offer programs to campus groups on topics such as teamwork, stress management, conflict resolution, and time management.

The Van Matre resource center, a self-help library, contains a wide range of reading materials. Topics range from communication skills to parenting, career exploration to dealing with depression, anxiety, and abuse. Materials are available for checkout.

EAP provides a variety of services for faculty and staff such as counseling, consultation, organizational development, and programming.

Case Management

Case management is designed to support students throughout their Missouri S&T student experience in order to best achieve their academic, personal, and professional goals. Case management helps students face challenges by identifying immediate needs, providing appropriate resources, and partnering with the student to develop an action plan. Case management supports and empowers students to take action and advocate on their own behalf. This is a collaborative process that helps a student evaluate his/her options.

Case management services include:

- Assistance navigating campus and community resources
- Coordination and follow up during and after hospitalization and/or medical leaves of absence
- Crisis management
- Exploration of and referral for mental health or physical health concerns
- Help managing complex medical needs
- Problem solving
- Referrals to campus and other resources

The case manager coordinates with other campus departments and offices to facilitate communication. Every effort is made to ensure privacy and information is shared on a need to know basis. The case manager can refer you to a confidential provider. Signed releases of information are often used.

Contact Information

Case Management
Counseling, Disability Support, and Student Wellness
202 Norwood Hall
Phone: 573-341-4211
Fax: 573-341-4172
E-mail: cm@mst.edu
Web: http://studentcasemanagement.mst.edu

Student Wellness

Student wellness promotes healthy behaviors to create a campus environment conducive to academic, professional, and personal success. Wellness is an active, continuing process of becoming more conscious of and making choices towards a fulfilling and thriving life. S&T’s Student Wellness program takes an environmental approach to address the well-being of the campus community because individuals are influenced both positively and negatively by the behaviors of others and the environment in which they live.

Student wellness topic areas include: alcohol and other drug prevention; stress management and mental health promotion; healthy eating and physical activity promotion; sexual health; and sexual violence prevention. Student wellness, along with assistance from the Joe’s PEERS (the campus health and wellness peer educators) and student wellness educators, provides workshops covering various health and...
wellness topics; social norms and awareness campaigns; Miner Well events and information tables; Brief Alcohol Screening and Intervention for Collegeon-line education; and one-on-one wellness consultations.

The STEP UP! bystander intervention program is one example of a student wellness initiative. It is a behavioral and educational program for college students that aims to:

- Raise awareness of helping behaviors
- Increase motivation to help
- Develop skills and confidence when responding to problems or concerns
- Ensure the safety and well-being of self and others

**Contact Information**
Health Educator
Counseling, Disability Support, and Student Wellness
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**Disability Support Services**
This policy statement relating to otherwise qualified persons with disabilities outlines the roles and responsibilities of students, faculty, staff and the coordinator of disability support services (coordinator/advisor) in making Missouri University of Science and Technology programs and services available to all persons. The university places specific emphasis on accommodating the needs of matriculated students with a disability, providing related services, and ensuring the academic integrity of Missouri S&T. This policy statement is in accordance with Section 240.040 E, Policy Related to Students with Disabilities, Collected Rules and Regulations of the University of Missouri, the Missouri Human Rights Act, Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Act of 1990.

**I. Confidentiality**
A. In accordance with the requirements of the Family Educational Rights and Privacy Act, medical information concerning a disability will be treated with utmost confidentiality. It will be:
   1. treated like other medical information
   2. maintained in secure files under the jurisdiction of the coordinator/advisor
   3. released only on a need-to-know basis within the university community

**II. Responsibilities of the Student**
A. All disabled students seeking reasonable accommodations and provision of disability-related services must:
   1. identify himself or herself to the coordinator/advisor as desiring accommodations
   2. provide current and adequate documentation of his/her disability and of appropriate accommodations to the coordinator/advisor
   3. request needed classroom accommodations and related services of the coordinator/advisor

B. All of the above requirements must be met by the student in a timely manner to ensure full resolution of accommodations and related services prior to the student’s entrance into the program or course of study. The student should provide the necessary documentation at least six weeks prior to the first semester for which accommodations are being requested and should provide the coordinator/advisor with a copy of his/her class schedule as soon as it is available for each semester during which s/he is seeking accommodations. Waiver of these deadlines may be made by the coordinator/advisor on a case by case basis. Failure to meet the specified deadlines and requirements may result in a denial of accommodations.

**III. Documentation Procedure**
A. Documentation of a specific disability provided to the coordinator/advisor must be current and adequate. Diagnosis and evaluation costs shall not be the responsibility of the university.
   1. current medical or other diagnostic documentation of a disability must be provided by a qualified physician or other qualified diagnostician
   2. current documentation of the need for reasonable accommodations and related services must also be provided to the coordinator/advisor
   3. if existing documentation is incomplete or outdated, the coordinator/advisor may require the student to provide additional documentation at the student’s expense

**IV. Collaborative Responsibilities of the Coordinator, Faculty, and Staff**
A. The coordinator/advisor shall review the documentation provided by the student and discuss the accommodation and related services requested
B. The coordinator/advisor shall make an initial determination as to whether requested accommodations and related services are required
C. The coordinator/advisor shall provide the student with a letter describing recommended accommodations and related services
D. The faculty or staff member responsible for a specific class, program, or service shall then determine accommodations of the disability and provision of related services in consultation with the coordinator/advisor if necessary
E. Any disagreement relating to accommodations shall be described in writing and submitted to the chancellor or his/her designee for resolution in a prompt manner. This appeal must specify why the accommodation request is considered unreasonable or unworkable
F. In any disagreement related to IV.5, the chancellor or his/her designee shall take into consideration all relevant factors including but not limited to:
   1. current documentation of the specific disability
   2. the need for the requested services or accommodations
   3. the essential elements of the academic program or course of study being pursued
   4. the fact that no applicable law requires Missouri S&T to substantially alter essential elements of its academic program or course of study or to otherwise compromise its academic standards

G. The written judgment of the chancellor or his/her designee shall be presented to the faculty member or department administrator within ten working days following receipt of the written notice of disagreement.
V. Specific Responsibilities of the Faculty
A. It is the responsibility of the faculty to:
   1. establish curriculum requirements and uphold the academic
      standards of Missouri S&T
   2. determine that the essential elements of these curricula, as well
      as those of an individual course, are being fulfilled
   3. work with the coordinator/advisor to determine the provision of
      reasonable accommodations and related services for disabled
      students when requested by the coordinator/advisor
   4. follow applicable rules with respect to individual privacy and
      confidentiality
B. If the faculty member concerned opposes the determination made by
   the coordinator/advisor, he or she should proceed as follows:
   1. He or she initiates a review of this determination with the
      coordinator/advisor
   2. If after this review the faculty member or department
      administrator still does not agree with the coordinator/advisor’s
      determination, he or she may have recourse to the procedures
      outlined by section IV, subsections 5 and 6

VI. Grievance & Complaint Process
A. A student who believes that the determination of the coordinator/
   advisor for the provision of reasonable accommodations and related
   services is not being fulfilled by a faculty or staff member must
   contact the coordinator/advisor in a timely manner to discuss the
   concerns.
B. A student who is not satisfied with the accommodation plan or the
   initial determination of the coordinator/advisor may contact the
   office of the vice chancellor for student affairs in 107 Norwood Hall or
   573-341-4292, to discuss their concerns.
C. A student who believes he or she has been discriminated against,
   on the basis of a protected class, with regard to his/her disability
   accommodation plan or the determination of the coordinator/advisor
   may pursue the informal and/or formal options as outlined in the
   University of Missouri Discrimination Grievance Procedure for
   Students (Section 390.010). A copy of this policy can be obtained
   from the following sources:
   1. the UM system web page at http://www.umsystem.edu/ums/
      rules/collected_rules/grievance/ch390/grievance_390.010
   2. Human Resources, Equity and Inclusion in 113 Centennial Hall
      573-341-4241
   3. Dean of Students Office, 107 Norwood Hall 573-341-4292

Contact Information
Coordinator/Advisor of Disability Support Services
Counseling, Disability Support, and Student Wellness
203 Norwood Hall
Phone: 573-341-6655
Fax: 573-341-4172
E-mail: dss@mst.edu
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