STUDENT WELL-BEING

Mission Statement: Student Well-Being provides counseling services, health promotion initiatives, and prevention programs to empower the S&T community to thrive and enhance personal, academic, and professional success.

Meet our staff here (https://wellbeing.mst.edu/more/about-us/), and see a general overview of our services here (https://wellbeing.mst.edu/more/about-us/ourservices/). Review all our services in detail below.

COUNSELING SERVICES
Under the direction of a licensed counselor, Student Well-Being provides confidential, brief, solution-focused counseling for all enrolled students, on the following topics:

- Self-Improvement
- Adjusting to Change
- Coping with Stress
- Motivation and Self-Management
- Interpersonal and Relationship Issues
- Depression and Anxiety; Suicidal Thoughts
- Career Development
- Building Social Confidence and Assertiveness; Social Isolation
- Alcohol and Drug Use Recovery
- Test Anxiety
- ADD/ADHD
- Autism Spectrum Disorder
- Sexual Abuse
- Sexual Orientation, Sexuality, and Identity
- Discrimination
- Eating Concerns/Body Image
- General Wellness (and other topics as needed based on needs of students)

Counseling appointments typically last 45 to 50 minutes, and services are short term in nature. Individual counseling is offered as a professional relationship that will empower the student to accomplish their mental health, wellness, educational, and career goals. All individual sessions are confidential. All Counselors on staff are required to maintain confidentiality and are NOT Mandated Reporters.

Group counseling is offered for many concerns, and is interactive, supportive, and gives students a chance to be with their peers who share similar concerns. All group sessions are confidential. Group topics are set based on student need. Current group counseling offers are:

- ADHD
- Anxiety and Stress
- Autism Spectrum Disorder
- Body Image
- Cognitive Behavioral Therapy (CBT)
- Family Issues
- Healthy Relationships
- International Student Support
- LGBTQ+
- Miners for Recovery
- Resilience and Coping
- Safety Group (PTSD and Personal Safety)
- Thriving, Not Just Surviving
- Social Confidence

WELLNESS CONSULTATIONS
Student Well-Being provides wellness consultations to all enrolled students, provided by staff Wellness Coordinators. Consultations are short term in nature but can be more ongoing based on student need and staff availability. Consultations currently offered are:

- BASICS (Brief Alcohol Screening and Intervention for College Students)
- CASIS (Cannabis Screening and Intervention for College Students)
- 21st Birthday Project
- Nutrition
- Nicotine Cessation
- Self Regulation
- SUIP (Substance Use Intervention Program)
- General Wellness

BASICS, CASICS, Self Regulation, and SUIP are all 45-60 minute two-session consultations. Nutrition and General Wellness are 45-60 minute one-session consultations unless otherwise requested. Nicotine Cessation consultations typically last at least a few sessions, with an initial 60 minute consultation with shorter follow-up consultations, especially if a student is receiving Nicotine Replacement Therapy (gum, lozenges, patch, etc.). All sessions are individual and private, but not guaranteed confidential as Wellness Coordinators are Mandated Reporters.

HEALTH AND WELL-BEING COMMITTEE
The Health and Well-Being Committee, currently in partnership with The JED Foundation, fosters a culture of mental well-being at Missouri S&T through the collaborative efforts of faculty, students, and staff. JED Campus is a nationwide initiative of The Jed Foundation designed to guide schools through a collaborative process of comprehensive systems, programs, and policy development with customized support to build upon existing mental well-being, substance abuse, and suicide prevention efforts. The Health and Well-Being Committee assesses and enhances existing work and helps to create positive, lasting, systemic change in the campus community. As part of the process, each school establishes an interdisciplinary, campus-wide team to assess, support, and implement improvements. Current subcommittees of the committee are Policies and Procedures, Faculty Engagement, Marketing/Social Connectedness, Training, Assessment, and Student subcommittees.

BYSTANDER INTERVENTION
STEP UP! (SU!) is Missouri S&T’s bystander intervention program that empowers the campus community to foster a culture of awareness, intervention, and inclusion. It helps students recognize problematic events and increases their motivation, skills, and confidence when responding to problems or concerns. There are many SU! trainings campus members can attend:

- SU! For Mental Well-Being
- SU! For Mental Well-Being + Suicide Prevention
- SU! For Safer Drinking
- SU! For Diversity and Inclusion
• SU! For Sexualized Violence Prevention
• SU! For Faculty and Staff

SU! trainings are reviewed and updated each semester at least, and are often given by request to campus groups, organizations, departments, committees, and more. Presentations are mostly 50-60 minutes in length.

MISSOURI S&T PREVENTION COALITION
The Missouri S&T Prevention Coalition is a network of campus and community partners who utilize S&T specific data to guide wellness initiatives. These initiatives encourage positive choices among students and reduce the impact of high-risk behavior associated with alcohol and other drugs. The Missouri S&T Prevention Coalition collaborates closely with Partners in Prevention (PIP) and twenty other Missouri universities to guide and improve Student Well-Being programming.

PEER EDUCATION
Student Well-Being coordinates a peer education network comprised of two student groups: Joe’s PEERS and Peer Wellness Educators. Through participation in the peer education program, students gain professional development and leadership experience. They also provide education and resources to their fellow S&T students to encourage safe and healthy behavior.

THE MINER SUPPORT NETWORK
The Miner Support Network, a registered branch of “The Support Network”, is a student-led campus organization that works to de-stigmatize mental health through confidential, weekly, peer-facilitated groups, while holistically working to create an inclusive community dedicated to empathy, trust, and relationship building. All groups are 10 students or less, with two trained group facilitators. Students can sign up at any point in the semester.

PROJECT CONNECT
Project Connect is a 6-session peer led program offered on campus aimed at helping students build social connections and community on campus. Students meet in groups of 4-6 over the course of six 1-hour sessions, and engage in a series of thought provoking questions and fun activities, ending with a group event. Sign ups are at the beginning of each semester.

MINER OASIS
The Miner Oasis was created to be a relaxing environment, off the beaten path, for students to enjoy and unwind. The Oasis is equipped with puzzles, board games, a massage chair, mindfulness activities, aromatherapy, crafts, fresh fruit, and free coffee and tea. The Oasis currently offers a food shelf where students can take any non-perishable food items they need. The Miner Oasis is located in 201 Norwood Hall and is open Monday through Friday from 8:00AM to 5:00PM.

CONTACT INFORMATION
Jessica Gargus, M.ED, CHES
Director of Student Well-Being
204 Norwood Hall
320 W 12th St
Rolla, MO 65409
573-341-4225
wellbeing@mst.edu
https://wellbeing.mst.edu
Monday-Friday, 8:00AM-5:00PM

2022-2023