

WELLNESS CONNECTION

for Faculty



LETTER TO THE READER

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FACULTY SPOTLIGHT: AMBER HENSLEE, PHD, ASSOCIATE PROFESSOR, PSYCHOLOGICAL SCIENCE

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THIS MONTH'S EVENTS

Respected Faculty Readers,

As the Director of Counseling Services, I welcome the opportunity to provide information about the mental health resources available to you.

Through S&T's Faculty and Staff Assistance Program (FSAP), our licensed mental health professionals are available to provide up to five, free **confidential individual counseling** sessions to benefit-eligible employees. Issues commonly addressed within our brief-treatment, solution-focused model include dealing with stress, feeling depression or anxious, managing interpersonal relationships, loss and grief, etc. We offer **unlimited consultations** about concerns you may have for a family member, co-worker, or student and work with you to develop an action plan to respond to the situation. We can make **referrals** to community resources.

To arrange FSAP services, call 573.341.4211 or stop by 204 Norwood Hall. Services are primarily provided virtually through secure videoconference, with hybrid options for privacy or internet access if needed. In-person services will be phased in as it becomes safer to do so with the Covid pandemic. [Click here](#) for more information.

Missouri S&T Human Resources and the UM System Office of Human Resources have partnered with ComPsych Guidance Resources to offer supplemental Employee Assistant Program (EAP) services to S&T employees and their families. There is more information regarding EAP services later in this newsletter.

Finally, **Sanvello** is a free app designed to help users manage stress, anxiety, depression, and to build resiliency. To access the full version of the app at no cost, you must create an account using your Missouri S&T email address (mst.edu).

Life in general is often challenging and this last year has been especially difficult both professionally and personally for us all. I hope knowing what resources are available to support you is helpful.

Best Wishes,

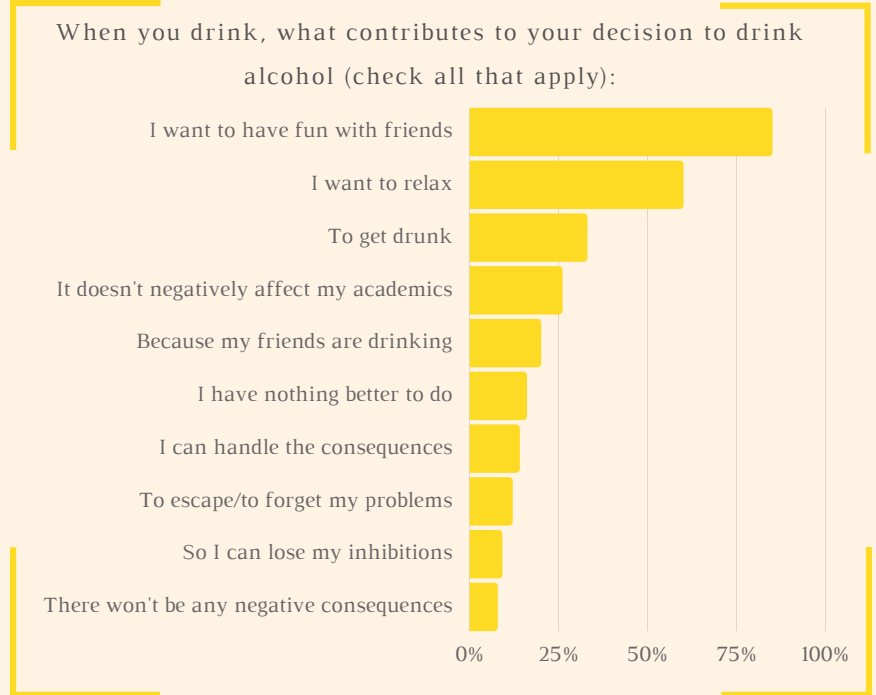
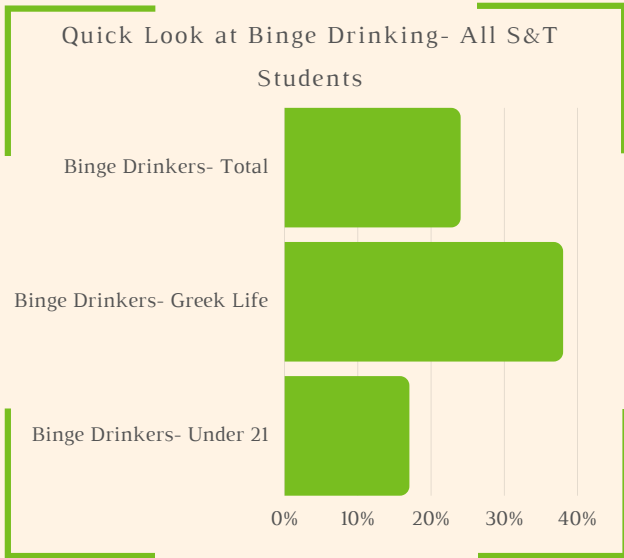
Patti J. Fleck, PhD., Director, S&T Counseling Services

DATA BRIEF

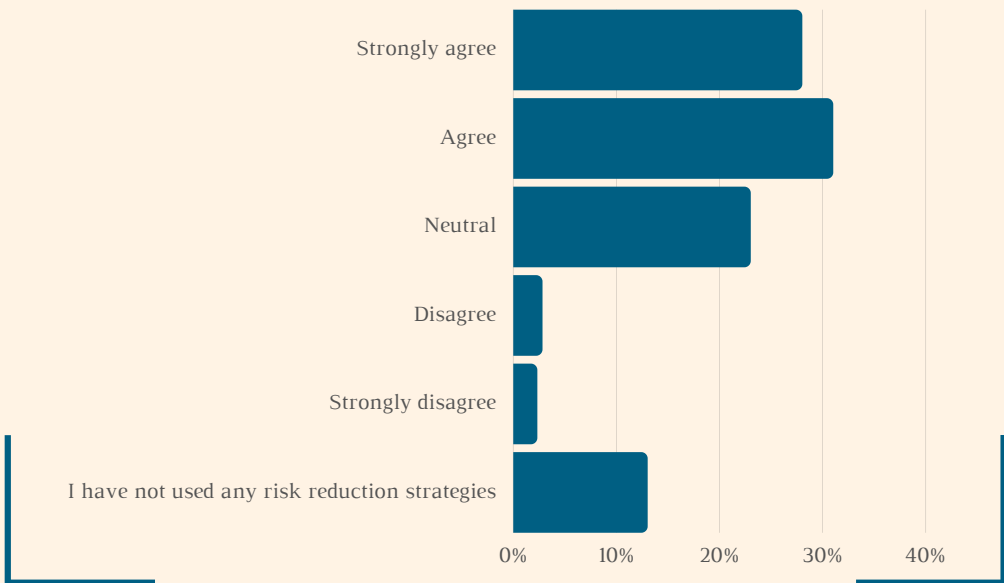
Student Alcohol Use and Effects at Missouri S&T

From 2020 Missouri Assessment of College Health Behaviors (MACHB)

n=456



My personal use of risk reduction strategies (limiting number of alcoholic drinks consumed, using protection during intercourse, abstaining from alcohol or drugs, etc) has positively impacted my academic success



WELLNESS IN THE CLASSROOM



Recognize the Signs of Substance Misuse (and What To Do After)

from Guilford College

It's well known that the average college student uses alcohol and other drugs, sometimes in risky or unhealthy ways, as many see this as part of the natural rite of passage before graduating. While many students can use these substances and still thrive in their academic and personal lives, some students are susceptible to substance abuse or misuse.

As a person that sees students often, it's important to recognize the signs of substance misuse for a few reasons:

- A student misusing substances could also have mental health concerns, such as anxiety or depression, and are using substances to cope.
- Recognizing signs and taking proper steps early could prevent lifelong addiction or misuse.
- Substance misuse can negatively impact academics, personal life, career readiness, and more.

Reviewed in the next column are some signs commonly associated with substance misuse, and resources available to you if you see those signs.

Get in touch with UCARE:

stuaff.mst.edu/ucare
573.341.4209

ucare@mst.edu
107 Norwood Hall

General Warning Signs of Alcohol or Drug Misuse:

- Irritability or extreme mood swings
- Becoming isolated from classmates, friends, and/or family
- Poor performance or excessive absences from class; lack of motivation
- Deterioration of physical appearance or grooming habits
- Sudden weight loss or weight gain
- Tremors, slurred speech, or loss of coordination
- Behavioral concerns in class
- Appearing fearful, anxious, or paranoid, with no apparent reason
- General neglect of responsibilities (academics, work, organizations, etc)
- Physical markings of drug use

Potential Steps After Noticing Warning Signs:

- File a UCARE report- By filing a UCARE report, you can report a student of concern without needing to directly get involved if you are uncomfortable doing so.
- Ask the student directly- find time to have a one-on-one conversation with the student, ask how they're doing, and tell them your concerns. Make sure to use judgement-free and blame-free language, and come from a place of compassion. If the student becomes angry or defensive, let the issue go, and consider filing a UCARE report if you still have concerns.
- When in doubt, ask for help.

Get in touch with Counseling Services:

counseling.mst.edu
573.341.4211

counsel@mst.edu
204 Norwood Hall

FACULTY SPOTLIGHT

What courses do you teach?

General Psychology, Abnormal Psychology, Drugs and Behavior, Clinical Psychology, Health Psychology, Undergraduate Internship

Where did you attend school?

- B.A. from Drury University (majors: Psychology, Biology, Chemistry)
- M.S. from Missouri State University (Clinical Psychology)
- PhD from Auburn University (Clinical Psychology with an emphasis in the teaching of psychology)
- Predoctoral Fellow at Yale University School of Medicine (APA-accredited internship)
- Postdoctoral Fellow at University of Mississippi Medical Center, Division of Psychology

What made you choose this career path?

During my doctoral program all first year students were required to be TAs for our stipend. With the mentorship of Bill Buskist, a master teacher of psychology, I developed my passion for teaching, specifically undergraduate students. Bill was also my research mentor as I began my scholarship of teaching and learning (SoTL). I continued to TA and become an instructor of record after my first year, took additional coursework related to teaching, and completed the Preparing Future Faculty program.



Amber Henslee, PhD

**Associate Professor,
Psychological Science**

Interviewed by Miner Wellness Staff

What are some of your hobbies?

Hanging out with my family and reading Stephen King books.

How do you manage a work/life balance?

Finding a work/life balance is difficult and I have found it particularly so since working from home. I try my best to stay present and in the moment when I'm with my family and get outside for fresh air (taking walks on the trail together, for example).

Provide an example of how you incorporate well-being in the class environment.

I've been teaching online synchronous and the hours sitting in ZOOM start to pile up. I've started taking brief stretch breaks during my lectures. I turn off my camera and mic and take a few minutes to stretch, do squats or triceps dips. I encourage my students to be active during this time as well. When I reconvene lecture I share with them what I spent my time doing and ask them to share too.

FEATURED RESOURCES



Employee Assistance Program

The Employee Assistance Program (EAP), provided by ComPsych and GuidanceResources, offers free, confidential counseling to all eligible employees and their household members.

The EAP provides free short-term counseling with counselors in your area. Other services included are occupational stress programs, organizational consultation, and work-life resources. You may consider using these services if you are:

- feeling overwhelmed by the demands of balancing work and family
- experiencing stress, anxiety, depression, or other mental health concerns
- are dealing with grief and loss
- need assistance with relationship or family concerns
- need support for your loved ones
- have concerns about about substance abuse for yourself or for a loved one

To learn more, contact Counseling Services:

counseling.mst.edu counsel@mst.edu
 573.341.4211 204 Norwood Hall

Or call 833.515.0754 (TTY: 800.697.0353) 24 hours a day, 7 days a week.



CHEERS

CHEERS was designed to increase the number of designated drivers throughout the state of Missouri. Participating locations provide FREE non-alcoholic beverages to the acknowledged designated driver in a group of two or more. It's a way of saying thanks for caring about the safety of your friends and community!

Please support bars and restaurants that participate in CHEERS, and if your favorite place is not a member, encourage them to adopt the program.

Participating locations in Rolla are:

- Alex's Pizza
- Applebee's
- Bandana's
- El Maguey
- Hoppers Pub
- Johnnie's on Route 66
- Meramec Vineyards Winery
- Imo's
- Public House Brewing Co
- Sidney's
- Tater Patch

FEATURED RESOURCES



Well-Being Quick Reference Guide

The Well-Being Quick Reference Guide is a one-stop location for quick referrals regarding health and well-being concerns for yourself, students, fellow faculty, and staff.

The reference guide is broken down into different categories (such as academic concerns, personal concerns, and more), and has resources available based on the severity and urgency of each concern. The guide is useful for both in-person and distanced needs, as it has been updated this semester.

This reference guide can be used as a quick and easy jumping off point if you, a student, fellow faculty member, or staff member are in need of support.

[Using this link](#), you can access both the PDF version of the Well-Being Quick Reference Guide, as well as an on-site interactive version. Both version features links for further information if desired.

Get in contact with Miner Wellness to learn more:
minerwellness.mst.edu minerwellness@mst.edu
 573.341.4225 203 Norwood Hall

BASICS

The goal of BASICS (Brief Alcohol Screening and Intervention for College Students) is to motivate students to reduce risky behaviors associated with alcohol consumption. BASICS will provide students with a structured opportunity to assess their own risk, identify potential changes that could work for them, and help to reduce their risk for developing future problems. BASICS is not an abstinence-only program.

BASICS is non-judgmental and confidential. The program consists of two 60-minute sessions held within two weeks of each other; the first session includes alcohol education and screening, and the second session provides personalized feedback about alcohol use, risk, protective factors, and consequences experienced, as well as norms clarification, ways to reduce future risks, and options to assist in making changes.

There is no charge for students to voluntarily receive BASICS.

If you're interested in learning more or are referring a student to the program, contact Miner Wellness at minerwellness@mst.edu or 573.341.4225

BASICS

BRIEF ALCOHOL SCREENING AND
INTERVENTION FOR COLLEGE STUDENTS

CAFE TIP OF THE MONTH

From CAFE, Center for Advancing Faculty Excellence

Course Organization:

Organizing your course in a logical manner will assist students with their well-being. Everyone is stressed during the semester--especially under the current situation--but providing students with an organized course that makes it easy to find course material helps reduce the stress. There are several approaches:



1. Use modules in Canvas to organize the material by week, by unit, or by exams. You can then create a "Getting Started" module to familiarize students on how the course is laid out.
2. For the advanced user, you can explore using "Pages" to organize the material. Creating buttons with links that take student through the course material provides a unique experience.


Using Canvas grades and syncing with Joe'SS for upcoming midterm:


This semester faculty were encouraged to put their student grades inside of Canvas so that students could see how they are doing in the class. We know there are some elaborate methods for calculating the student grades on this campus. Canvas is probably not going to be able to meet your elaborate needs, but using Canvas does help students see their grades, manage their time, and plan their studying for their courses. [Click here](#) for help regarding using grades in Canvas.

Canvas does have a unique integration with Joe'SS that allows you to import your grades from Canvas into Joe'SS with a simple click. You will sign into Joe'SS and follow the steps in [this document](#) to navigate the procedures.

GET IN TOUCH

 minerwellness@mst.edu

 (573).341.4225

 [@sandtminerwellness](#)

 [@sandtminerwellness](#)

 [@sandtwellbeing](#)

THIS MONTH'S EVENTS

Have an event you want featured? Submit to minerwellness@mst.edu
Go to minerwellness.mst.edu for a list of up-to-date events!

All month: [CAFE Mid-Semester Feedback](#); click [here](#) to see faculty testimonials

March 11 - 14: Spring Recess

March 15 - 19: Advising Week

March 20 - 28: Spring Break

Have something you want included in the next issue? Have questions, comments, or concerns? Want to nominate a faculty member for Faculty Spotlight?

Submit to minerwellness@mst.edu. All submissions must follow University policy. All submitted content will be used at the discretion of Miner Wellness. Content can be published credited to you or anonymously, whichever you prefer.