

## Resources Guide and General Information

### Responding Party

The materials provided with this packet provide information about support services available to students accused of sexual or gender-based violence or harassment <sup>1</sup> under the College's Policy Prohibiting Sexual Harassment (<https://wp.stolaf.edu/title-ix/policy/>). We encourage you and your advisor to review these materials and identify services that may assist you going forward.

While our goal is for these materials to provide useful guidance, we understand that some of the information may be overwhelming or upsetting. Please remember that among the professional and confidential resources available to you are the Counseling Center (507-786-3062 or [counselingcenterboehouse@stolaf.edu](mailto:counselingcenterboehouse@stolaf.edu)), [TimelyCare](#) telehealth services, and the college pastors, Matt Marohl (507-786-3341 / [marohl@stolaf.edu](mailto:marohl@stolaf.edu)) and Katie Fick (507-786-3287 / [fick@stolaf.edu](mailto:fick@stolaf.edu)). Public Safety, which operates 24 hours a day, 365 days a year, may be reached at 507-786-3666. Public Safety is also able to connect a student with the on-call dean from the Dean of Students Office.

We strive to keep the information in this packet current and accurate. If you have questions or concerns about any of these materials, please contact Kari Hohn, Title IX Coordinator, at [khohn@stolaf.edu](mailto:khohn@stolaf.edu) or 507-786-3465. Kari can assist you with accessing any of the resources described in this packet.

We hope these materials will inform and support you during this challenging time.

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<sup>1</sup> As defined in St. Olaf's [Policy Prohibiting Sexual Harassment](#), sexual or gender-based violence or harassment refers to sexual assault, sexual violence, sexual exploitation, sexual harassment, dating violence, domestic violence, and stalking.

## At-a-Glance Resources for Responding Parties

### Confidential Campus Resources

College Ministry 507-786-3092 / [ministry@stolaf.edu](mailto:ministry@stolaf.edu)  
Boe Memorial Chapel Undercroft

The Boe House Counseling Center 507-786-3062 / [counselingcenterboehouse@stolaf.edu](mailto:counselingcenterboehouse@stolaf.edu)  
Rolvaag Memorial Library 225

TimelyCare TeleHealth <https://wp.stolaf.edu/wellness/timelycare/>

Student Health Services 507-786-3063 / [healthservices@stolaf.edu](mailto:healthservices@stolaf.edu)  
Larson House

### Non-Confidential Campus Resources

Title IX Coordinator 507-786-3465 / [khohn@stolaf.edu](mailto:khohn@stolaf.edu)  
Tomson Hall 148

Public Safety 507-786-3666  
Tomson Hall 010

Student Life Office 507-786-3615  
Tomson Hall 148

# Descriptions of Support Resources

## **St. Olaf On-Campus Resources**

### ***College Pastors and Chaplains – Confidential Resource***

<https://wp.stolaf.edu/ministry/>

The College Pastors and Chaplains are confidential resources, trained in pastoral care. This means that they speak with students of any faith, or who don't practice a religious faith, about all aspects of life. They are good listeners, engage thoughtfully in conversation, and have experience with Title IX cases. To set up a meeting, please use the contact information listed below.

- College Pastor Matt Marohl ([marohl@stolaf.edu](mailto:marohl@stolaf.edu); 507-786-3341)
- Associate College Pastor Katie Fick ([fick@stolaf.edu](mailto:fick@stolaf.edu); 507-786-3287)
- Associate Chaplain for Muslim Life M. Tauseef Akbar ([akbar2@stolaf.edu](mailto:akbar2@stolaf.edu))
- Associate Chaplain for Jewish Life Shosh Dworsky ([dworsk1@stolaf.edu](mailto:dworsk1@stolaf.edu))

### ***The Boe House Counseling Center – Confidential Resource***

<https://wp.stolaf.edu/counseling-center/>

Boe House encourages you to seek their support. Boe House counselors are trained professionals who provide free and confidential services on campus and can provide a safe environment to talk about what you're going through. They offer individual and group counseling, among other services.

To schedule a counseling appointment, call 507-786-3062 or email [counselingcenterboehouse@stolaf.edu](mailto:counselingcenterboehouse@stolaf.edu). If scheduling via email, include days and times you're available for a one-hour appointment. The Counseling Center is open Monday through Friday, 8am-noon and 1-5pm.

### ***TimelyCare – Confidential Resource***

*\*see additional handout*

TimelyCare provides St. Olaf students with free, 24/7 access to medical and mental telehealth care. For more information, to set up an appointment, or to access the 24/7 TalkNow option, follow the instructions on this website: <https://wp.stolaf.edu/wellness/timelycare/>.

### ***Health Services – Confidential Resource***

<https://wp.stolaf.edu/health/st-olaf-health-service-patient-portal>

St. Olaf Health Services provides free, confidential, on-campus healthcare visits for students. Medications and testing are available to students during their clinic visit, when appropriate, for a minimal out-of-pocket fee. Appointments can be made to discuss education and questions regarding birth control and Plan B as well as Sexually Transmitted Infection education and testing, and pregnancy testing.

Health Services is located in Larson House. They are available for appointments on weekdays from 9-11:30am and from 1-4pm. Make an appointment at Health Services via your [online student health portal](#).

***Student Life Office – Non-Confidential Resource***

<https://wp.stolaf.edu/deanofstudents/>

The Student Life deans are available to assist you in a variety of ways. They can work with you and your faculty to navigate academic accommodations as necessary. Additionally, they can work with you to provide housing accommodations or adjustments in your student work assignments.

The Dean of Students office suite is located in Tomson 148. To make an appointment or seek their support, call 507-786-3615.

# Common Feelings when Accused of Sexual or Gender-Based Violence

Emotional responses of those accused vary from person to person. Being accused of sexual or gender-based violence can be traumatic and life-changing. It's important to remember that your responses are not abnormal; they are normal reactions to a difficult situation. Below are some common feelings an accused person may experience, and we encourage you to seek support from the resources listed earlier in this packet:

## **Shock and Numbness**

An accused person may experience disbelief or denial about what happened. They may feel emotionally detached or drained. Other reactions to the emotional shock may include: crying, anger, nervous laughter, withdrawing, or claiming to feel nothing or being "fine." A person may feel overwhelmed to the point of not knowing how to feel or what to do.

## **Disruption of Daily Life**

A person may feel preoccupied with thoughts about the incident. It may be difficult to concentrate, attend class or focus on school work. A person may have trouble sleeping, changes in appetite, general anxiety or depression.

## **Loss of Control**

A person accused of sexual or gender-based violence may feel overwhelmed. They may also feel anxious, scared or nervous and often have a difficult time concentrating. Decisions that were made easily before may now feel monumental.

## **Fear**

It's common for someone accused of sexual or gender-based violence to fear what may happen and how their life may change. They may be afraid of what their peers or family may say about them. They may also worry about retaliation being directed at them and they may find themselves not knowing whom to trust.

## **Anger**

A person may have different reasons to feel angry. Each person varies in how they express anger. Anger may be vented in safe and healthy ways or it may be internalized, where it may become irritability, anxiety or depression. Please take care to avoid unhealthy ways of coping with anger such as alcohol and drug use or other self-destructive behavior.

## **Isolation**

A person may isolate themselves for fear of rumors or retaliation. They may not want to bother anyone because of embarrassment and fear of others making judgments, so they don't speak of the incident or of their feelings. Also, a person may withdraw or distance themselves from family and friends.

# **Guidance for Friends and Family**

## **How can friends and family help you?**

- Listen to you from your own point of view.
- Accept you as a person.
- If possible, provide an atmosphere where you can express honest feelings.
- Be honest with you about how much support they can give.
- Help you generate alternatives and options in dealing with the situation.
- Let you make the ultimate decision about what to do.
- Direct you to campus or community resources.
- Realize that they, too, have been affected and seek support/counseling as necessary.

## **What friends and family should NOT do:**

- Try to tell you what to do.
- Offer help and support if that offer is not genuine.
- Blame the reporting party.
- Assume they know how you want to be treated – they should ask you.
- Rely on you to deal with their own feelings about what might have happened.

# Special Concerns for College Students

## **Are you in the same class as the Reporting Party?**

It can be distracting for persons accused of sexual or gender-based violence to attend class with the Reporting Party. Your academic career is important and we want you to feel comfortable attending class so that you may be successful. The Title IX Coordinator may assist you in altering your class schedule.

## **Are your grades suffering because of being accused?**

It may take some time to adjust after being accused and it is common to have difficulties concentrating on studying or focusing on coursework. With your permission, your class dean can contact your faculty on your behalf. Without disclosing details, they can explain that you are experiencing tremendous stress and need flexibility in meeting deadlines. We also encourage students to communicate directly with their faculty in order to limit any possible misunderstandings about expectations and requirements.

## **Do you live in the same residence hall as the Reporting Party?**

If you live in the same residence hall, the Associate Dean for Residence Life (Pamela McDowell, [mcdowell@stolaf.edu](mailto:mcdowell@stolaf.edu)) can help talk through potential options to make your living situation more comfortable.

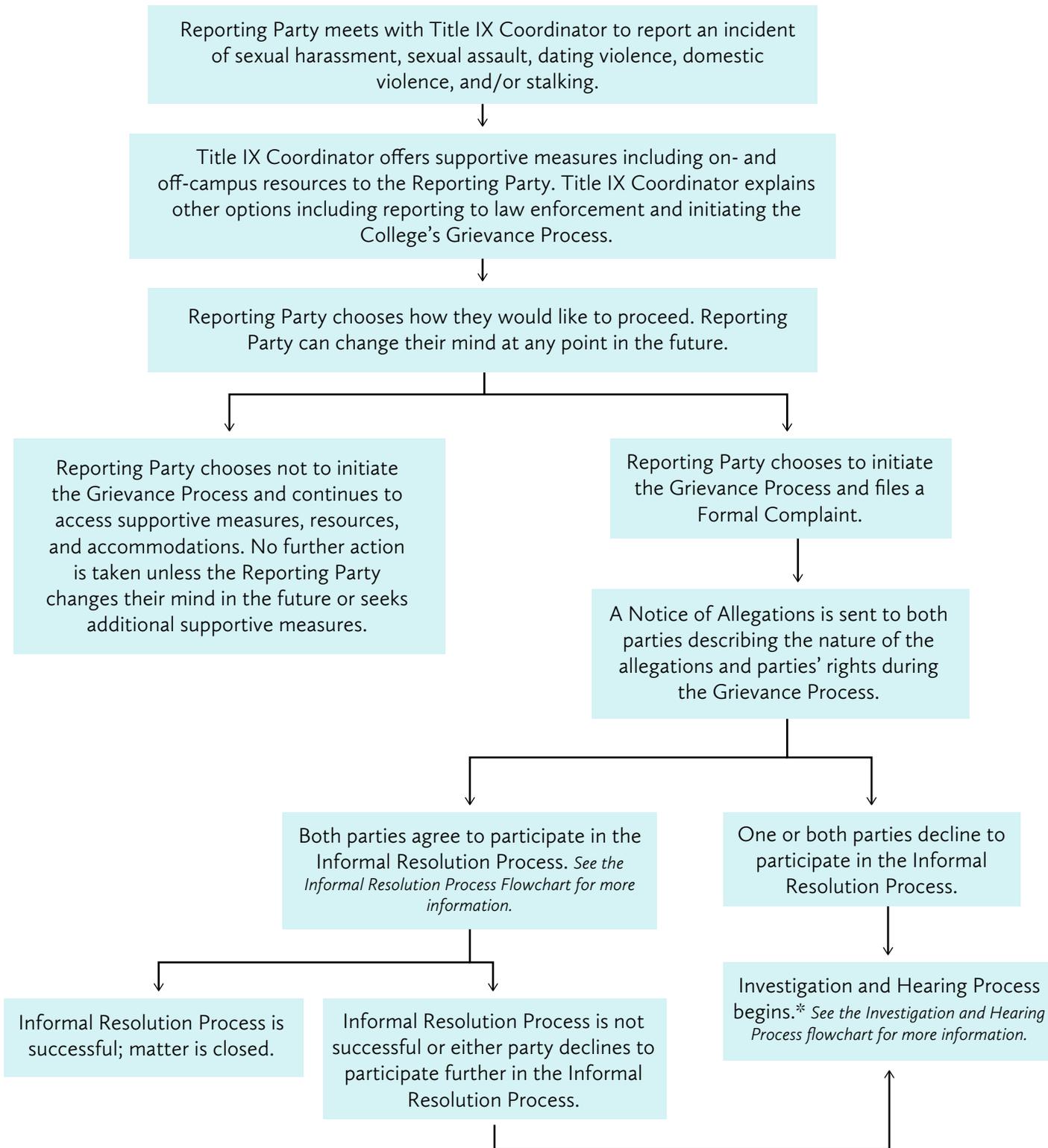
## **If you tell your parents will it be more or less helpful to you?**

This is a very difficult question for persons accused. Many find it hard to disclose to their parents, but ultimately find their parents' support helpful through this process. Some fear that their family may blame them. Only you can decide if and when to tell your family. A counselor from the Counseling Center (Boe House) can help you process this decision and discuss the benefits and risks associated with telling your family.

## **What if you have mutual friends or belong to the same groups as the Reporting Party?**

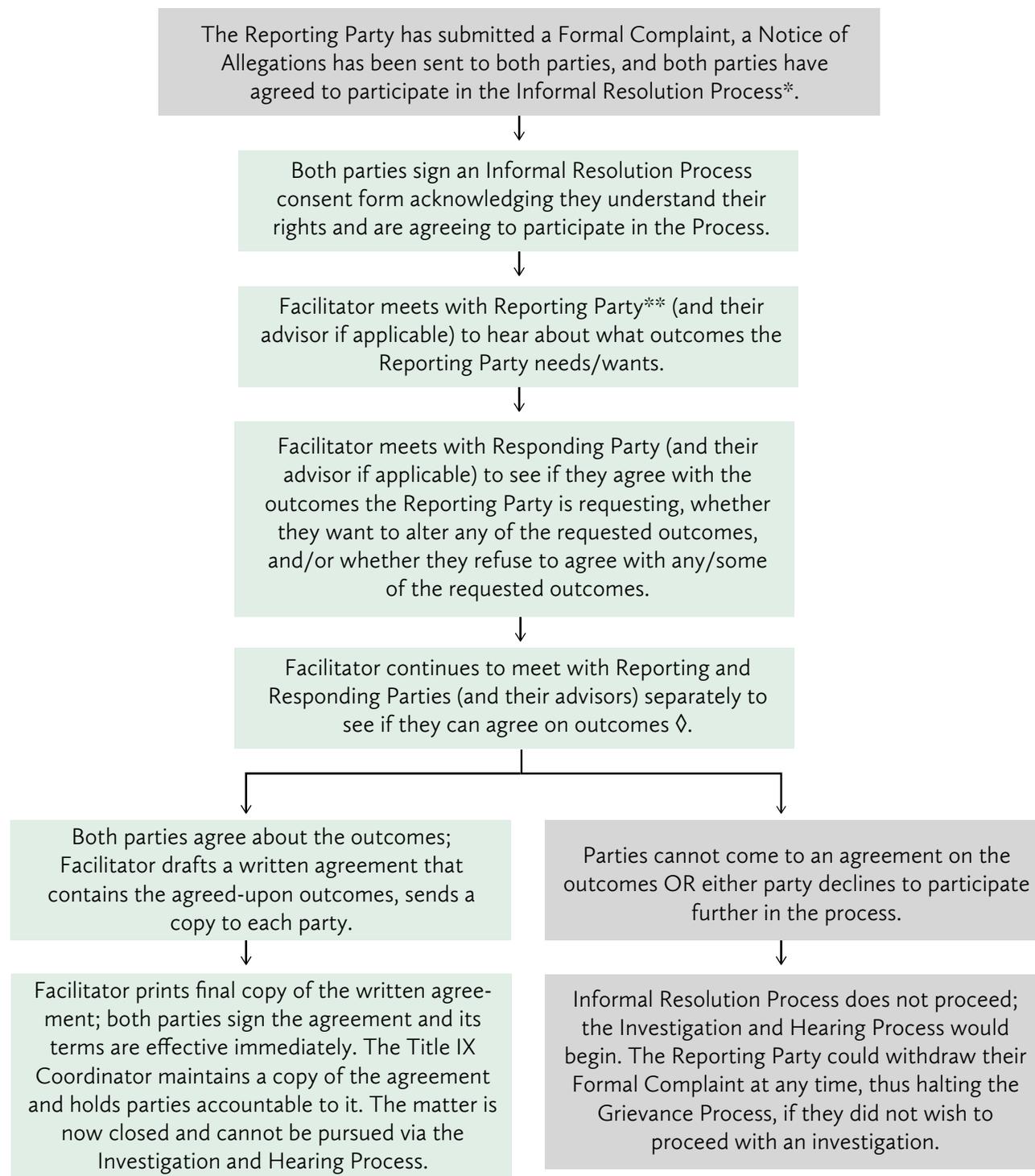
This is a common situation since most sexual and gender-based violence occurs between acquaintances. People will likely take sides and you may find yourself losing friends, which can be very difficult. Surround yourself with people who support and respect you. Seek guidance and support from the support resources outlined earlier in this packet.

## REPORTING PROCESS



*\*Reporting Party can withdraw their Formal Complaint at any time, thus halting the Grievance Process.*

## INFORMAL RESOLUTION PROCESS



\* The College maintains discretion to determine whether a matter is appropriate for Informal Resolution. Only under extremely rare circumstances would the CORE Team decide to overrule a Reporting Party's decision to pursue the Informal Process.

\*\* The Reporting Party and the Responding Party never have to see or have direct communication with each other throughout this process.

◇ At any point during the Informal Resolution Process, either party may decide to stop the Informal Resolution Process and initiate the Investigation and Hearing Process.

### **Communication and Support:**

- Title IX Coordinator offers resources and accommodations to both parties throughout the resolution process.
- Title IX Coordinator serves as liaison throughout the process and provides weekly updates to both parties.
- Title IX Coordinator follows up with both parties after the process has concluded and is responsible for ensuring both parties are complying with their agreement (if an agreement is reached).

## INVESTIGATION & HEARING PROCESS

At any point prior to the Hearing Panel issuing a decision, the parties may request to move to the Informal Resolution Process to attempt to come to an agreement. Both parties must agree to pursue the Informal Resolution Process to move forward with that option.

**Investigation Phase:** External investigator assigned; Investigator collects evidence and conducts party/witness interviews.



**Evidence Review Phase:** Parties and their advisors review and respond to evidence collected by the Investigator.



**Investigation Report Phase:** Parties and their advisors review and respond to the Investigator's Report that summarizes all relevant evidence.



**Hearing Phase:** A Hearing Panel conducts a live, virtual hearing with the parties, their advisors, and relevant witnesses. Parties' advisors may question the other party or witnesses.



**Decision Phase:** The Hearing Panel issues their decision about responsibility and sanctions, if applicable.



**Appeal Phase:** Either/both parties are able to appeal the Hearing Panel's decision to the Appeal Adjudicator. The non-appealing party may respond to the appeal.



**End of Process:** The process is complete once the Appeal Phase is over or if neither party appeals the Hearing Panel's decision. Sanctions and remedies, if applicable, are effective immediately following the end of the process.

### **Communication & Support:**

- Reporting Party and Responding Party are offered supportive measures, including resources and accommodations, throughout the process.
- Title IX Coordinator serves as liaison throughout this process and provides weekly updates to both parties.
- Title IX Coordinator follows up with both Reporting Party and Responding Party after the process has concluded.

# The Role of Advisors

## **Am I allowed to have someone assist me in the Grievance Process?**

Yes, all parties to the Grievance Process (including both the Informal Resolution Process and the Investigation and Hearing Process) are entitled to have an advisor of their choice accompany them to any meetings related to the complaint, including any interviews by the investigator, meetings with the Informal Resolution Process facilitator, and any hearing. A party's advisor may also accompany their advisee in reviewing any investigation report and related information made available to the advisee. However, the advisor may not participate *instead of* the party they are advising during any of these meetings.

## **Can my advisor be an attorney?**

Yes, parties can choose anyone to be their advisor, including an attorney, as long as the individual is not a potential witness to the allegation.

## **What role does an advisor play?**

The advisor may accompany their advisee to meetings to observe the process and provide advice and support. The advisor generally does not speak on behalf of the person they are advising, but may assist their advisee in drafting communications and preparing for interviews with college officials. If a party is involved in a hearing, the advisor may attend the hearing and ask questions of the other party and witnesses on behalf of their advisee during the cross-examination portion of the hearing.

## **How many advisors can a party have?**

Each party is entitled to have one advisor of their choosing.

## **What if I want to change my advisor?**

A party may elect to change advisors during the Grievance Process one time. The party must inform the Title IX Coordinator in writing at least two business days before any meetings where the new advisor will be present. A request to change advisors may not be used to cause undue delay or otherwise disrupt the process.

## **Can my advisor speak on my behalf?**

No, the role of your advisor is to provide you with support and guidance. Unless invited to do so, your advisor is not permitted to communicate on your behalf. Your advisor may assist you in drafting written communications with the college or preparing for any interviews, meetings, and hearings; however, your advisor is not permitted to speak for you, or otherwise communicate directly with the investigator or other college officials, unless they are asking questions on your behalf during a hearing.

## **What if my advisor is not available to attend a scheduled meeting?**

Because the college is legally mandated to complete its Grievance Process promptly, the college

expects that you and your advisor will make yourselves readily available to attend scheduled meetings. The college will strive to find mutually agreeable meeting times; however, the college typically will not change scheduled meetings to accommodate an advisor's inability to attend. The college will strive to make provisions for an advisor who cannot attend in person to attend a meeting by telephone or Zoom. The college reserves the right to proceed with a scheduled meeting even though an advisor is not available to be present. In selecting an appropriate advisor to assist you, we encourage you to consider their availability during the period of time that these proceedings will take place.

**What if an advisor disrupts or interferes with the process?**

The college reserves the right to remove or dismiss advisors who are disruptive or who fail to abide by the restrictions placed upon advisors assisting parties in the Grievance Process. An example of conduct that could result in dismissal may be an advisor who interrupts an interview by interjecting comments and interfering with the investigator's ability to obtain information directly from the party. Conduct that may be intimidating to the other party or a witness in the Grievance Process also could result in removal of the advisor.

## Mutual No Contact Directive Information

St. Olaf Dean of Students personnel, Campus Safety officers and the Title IX Coordinator are authorized to issue a No Contact Directive prohibiting contact between students when there exists a reasonable belief that this action will assist the College in maintaining an orderly and peaceful campus environment. Unless explicitly imposed as a sanction following a disciplinary proceeding, the issuance of a No Contact Directive **is not punitive** and should not be treated as an indication that a party receiving the No Contact Directive has committed a policy violation or other offense.

The College will consider various facts and circumstances in determining whether to issue a No Contact Directive, including the following:

- To minimize a risk of conflict or other disturbance on campus;
- When there are allegations of serious college policy violations;
- In response to allegations of actual or threatened harassment, violence, or other misconduct between the parties involved;
- When there is a credible risk of harm from continued contact between students; and
- Where continued contact between students may adversely affect a disciplinary proceeding.

No Contact Directives identify the specific individuals who may not have contact with one another. "Contact" includes all forms of communication or interaction including: in-person contact, telephone calls, email, texts and other forms of electronic communication, social media-based messages or postings. No Contact Directives cover both direct contact by the student and indirect communications directed through friends, advisors or other individuals acting on the student's behalf.

When deemed necessary by the College, No Contact Directives may include additional restrictions or other terms specific to the security or well-being of the individuals involved and/or the St. Olaf community as a whole. Any additional terms will be expressly stated in the No Contact Directive. Additional measures may include, but are not limited to:

- Restricting a student from attending certain events;
- Restricting a student's access to certain campus locations, including certain residence halls;
- Restricting the times a student may be present in on-campus dining facilities;
- Requiring that the students not be enrolled in the same academic course(s); and
- Requiring that the students not participate in the same co-curricular or extra-curricular activities.

The College will review No Contact Directives on an ongoing basis. A student seeking the modification or discontinuance of a No Contact Directive may make such a request to the Dean of Students. Unless the No Contact Directive expressly provides otherwise or is modified or rescinded by the College, the No Contact Directive will remain in effect until the graduation or withdrawal of the student who is subject to the No Contact Directive.

Violations of No Contact Directives are serious independent violations of the College's Code of Conduct. Such violations could also support a charge of retaliation, stalking or other Prohibited Conduct under the College's policies.

Incidental contact will not be considered a violation of a No Contact Directive. Incidental contact may include unintentional and unexpected encounters on campus or in a campus building or

residence hall. Frequenting spaces on campus with the intention of seeing or being seen by the individual(s) with whom contact is prohibited will not be considered incidental, and will be deemed a violation of a No Contact Directive.

Students who have interpersonal conflicts that do not raise concerns for individual health and safety will not be granted No Contact Directives. These individuals should pursue other forms of conflict resolution. For further information, students are encouraged to speak with the Dean of Students or an Associate Dean of Students.

## Access to Legal Services

***NOTICE** - This resource is not intended to provide legal advice. Individuals with questions about their rights are advised to seek the assistance of a qualified attorney.*

All parties to the college's Grievance Process, whether a Reporting Party or a Responding Party, should consider consulting an attorney. Although the Grievance Process is not a court of law, the process has serious implications for all parties and is governed by complex legal requirements.

An attorney can assist you in better understanding the process, explaining your rights, and serving as your advisor if you wish. An attorney can also apprise you of what rights you have in legal processes outside the college's process, such as criminal prosecutions and civil lawsuits.

One benefit of speaking with an attorney is that everything that you disclose to the attorney is confidential due to the attorney-client privilege. This is true even if you have an initial conversation with a lawyer and then decide not to have the lawyer represent you.

St. Olaf will not pay for or recommend an attorney to represent you. If you are seeking an attorney, there are various organizations that may provide pro bono (without charge) legal representation to students who cannot afford legal counsel. For further information on pro bono legal services, you may wish to contact Southern Minnesota Regional Legal Services (<http://www.smrls.org/#>), the Minnesota State Bar Association's Access to Civil Legal Services (<http://www.mnbar.org/public/public-resources/access-to-civil-legal-services#.WlU18fkrJhG>), or MN Legal Advice Online (<http://www.mnlegaladvice.org/>).

# FAQs on Immigration Issues for International and Undocumented Students

***NOTICE** - International students with questions about their immigration and visa status are advised to seek the assistance of an immigration attorney. This document is a resource to explain certain aspects of the law, but is not a replacement for legal advice.*

## **Does my immigration status affect my ability to access on-campus resources?**

No. Students and other members of the St. Olaf community receive the same rights under our policies, regardless of immigration and visa status.

## **What if I need to take a break from school or decrease my course load?**

Academic accommodations like these are fairly common. To ensure that such changes do not jeopardize your immigration status, be aware that withdrawing or reducing your course load requires additional procedures. If a student needs to drop below a full-time course load, they must receive approval from St. Olaf's Principal Designated School Official (PDSO). Currently the PDSO is located in the Taylor Center for Equity and Inclusion in Buntrock Commons 111. The PDSO can permit students to reduce course load for academic or medical reasons. Students are not required to tell the PDSO about the details for needing a lighter class load. For assistance in making a request, an international student may wish to contact the Title IX Coordinator.

## **If I am an undocumented immigrant, can my status be used against me?**

No, St. Olaf will not tolerate any retaliation against an individual who has reported or participated as a witness or other party in a Grievance Process.

## **Is there an office on campus that can provide me additional information?**

The Taylor Center for Equity and Inclusion (<https://wp.stolaf.edu/taylorcenter>) has information on services to support international students. For questions regarding changes to other visa statuses, or legal options that fall outside of standard F1 and J1 student visas, you should consult a qualified immigration attorney.

## **What is an immigration lawyer and what do they do?**

Immigration lawyers are licensed attorneys who specialize in the field of immigration law. They function as the client's advocate, and can represent them before immigration agencies, both in immigration court as well as in filing applications for immigration benefits. The lawyer can give legal advice and discuss immigration options. Like all lawyers, immigration lawyers are bound by professional ethical and legal requirements, and keep client discussions confidential.

## **Where can I find a local immigration attorney?**

U.S. Citizenship and Immigration Services (USCIS), a bureau of the Department of Homeland Security (DHS), offers two sites to help individuals find free or low-cost legal representation:

- USCIS Find Help in your Community Webpage (<https://www.uscis.gov/citizenship/learners/find-help-your-community>)
- USCIS Find Legal Services Webpage (<https://www.uscis.gov/avoid-scams/find-legal-services>)

The American Immigration Lawyers Association (AILA) also offers an online referral service that can help find an immigration lawyer (<http://www.aialawyer.com/>).

# Virtual care from anywhere.

Get on-demand support from counselors, doctors, nurse practitioners and more, right at your fingertips.

Create your **FREE** account:

1. Visit [timelycare.com/stolaf](https://timelycare.com/stolaf) or download the TimelyCare app.
2. Click "Sign In."
3. Create your profile **using your school email.**
4. Follow the prompts to start your first visit.



## IT'S FOR ST. OLAF STUDENTS.

**FOR FREE.**



**MEDICAL**

Get 24/7, on-demand and scheduled medical visits.



**TALKNOW**

Get 24/7, on-demand mental health support.



**HEALTH COACHING**

Schedule virtual appointments with a certified health coach.



**SCHEDULED COUNSELING**

Access licensed counselors in your state.



**PSYCHIATRY**

Get access to no-cost psychiatry services.

**Options for evening or weekend  
emergency or crisis situations:**

St. Olaf Public Safety  
507-786-3666

South Central Mobile Crisis Team  
877-399-3040

Crisis Text Line—text “MN” to  
741741

National Suicide Hotline  
800-273-TALK (8255)

911

**Cancellation/No Show Policy**

**No show or cancellation with less  
than 24 hour notice.**

**Missed appointments with a counselor:**  
If you miss a scheduled appointment with a counselor, you are responsible for notifying us of the reason and confirming future appointments. We reserve the right to deny services to any student who has missed three or more scheduled counseling appointments during the course of the academic year.

**Missed appointments with our dietitian:** If you miss a scheduled appointment with the dietitian, you are responsible for notifying us of the reason and confirming future appointments. We reserve the right to deny services to any student who has missed two or more scheduled appointments during the course of the academic year.

We realize that circumstances change or emergencies arise and necessitate changing appointment times. We greatly appreciate hearing from you at least 24 hours in advance if you need to reschedule, as other students will likely be waiting for available appointment times.



**COUNSELING  
CENTER**

LOCATION

THE COUNSELING CENTER IS  
LOCATED AT  
RML ROOM 225

HOURS

OPEN DURING THE ACADEMIC  
YEAR FROM 8:00 A.M. TO NOON  
& FROM 1:00 P.M. TO 5:00 P.M.,  
MONDAY THROUGH FRIDAY.  
SUMMER HOURS VARY.

**PLEASE EMAIL OR CALL TO  
SCHEDULE AN APPOINTMENT  
COUNSELINGCENTER  
@STOLAF.EDU  
OR  
507.786.3062**

STOLAF.EDU/COUNSELING-  
CENTER/

*The Counseling Center was established by St. Olaf College to enhance the personal growth and development of its students. The Center supports students in their academic pursuits and facilitates personal and interpersonal learning and growth. The programs it provides are preventive as well as remedial.*

### **Confidentiality**

The St. Olaf Counseling Center policy on confidentiality follows the ethical guidelines of the Minnesota Board of Psychology. Information is released to no one outside the Counseling Center staff without written permission from the student. In rare circumstances, a counselor might be legally required to break confidence.

### **Eligibility for Services**

Counseling Center services are provided without cost to all St. Olaf students.

### **Services**

A variety of services and programs are provided within the Counseling Center; others are held in residence halls or in classrooms.

#### **Individual Counseling**

Any personal concern is appropriate to bring to the Counseling Center. Student concerns typically involve issues

related to relationships, identity, family, depression, victimization, anxiety/panic attacks, academics, grief and loss, socialization/isolation, food/body image or chemical use/abuse.

#### **Group Counseling (when possible)**

In the past these groups have focused on topics such as family issues, food and body image concerns, coping with grief and loss, victimization issues, enhancing relationships, men's issues, women's issues, and personal growth.

#### **Nutrition Counseling**

Nutrition counseling is available, on a limited basis, to students who have concerns about their eating/body image. Students must be referred to the dietitian by a staff therapist.

#### **Presentations**

The focus of these presentations may involve topics such as stress management, depression, adjustment issues, eating and body image issues, healthy relationships, anxiety, and how to help a troubled friend.

#### **Testing**

The Counseling Center offers psychological testing. Students are referred to other offices or agencies when additional testing is desired (ADHD/ADD screening is available but testing is not).

#### **Consultation**

Operating within the guidelines of the Center's policy on confidentiality, coun-

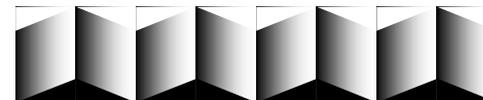
selors are available for consultations with students, faculty, administrative personnel, resident hall staff, and parents.

#### **Let's Talk**

Walk in 10-15 minute consult with a counselor—call us or check our website for time and location.

#### **Referrals**

The counselors will refer students to other campus services, or off-campus professionals and agencies, for services not available at the Counseling Center.





SOUTH CENTRAL  
**Mobile  
 Crisis Team**  
 HORIZON HOMES  
 877.399.3040

### What is a crisis?

- Feelings of stress or being overwhelmed
- Plans or thoughts of hurting yourself or others
- Suddenly finding it difficult to complete normal daily activities due to stress or other symptoms
- Increase or change in symptoms such as mood, anxiety or panic attacks, hallucinations (seeing or hearing things that other people do not see or hear), or delusions (false beliefs)



### SOUTH CENTRAL Community-Based Initiative

BLUE EARTH BROWN FARIBAULT  
 FREEBORN LE SUEUR MARTIN  
 NICOLLET RICE SIBLEY WATONWAN

The regional Crisis Center is operated by Horizon Homes, Inc., a well-established local provider of adult mental health services, including housing, treatment, and rehabilitation options. This is possible through a partnership between Horizon Homes, Inc., the South Central Community Based Initiative, and the Department of Human Services.

SOUTH CENTRAL  
**Mobile  
 Crisis Team**  
 HORIZON HOMES

Caring » Coping » Calming the Crisis  
 IN YOUR NEIGHBORHOOD

## SOUTH CENTRAL Mobile Crisis Team



The Mobile Crisis Team is available to provide support for children, teens and adults who are experiencing a

mental health crisis in the comfort of their own home or other community location.

### SERVICES OFFERED

- Problem solving and coping strategies
- Referrals to other local services
- Family education and support
- Crisis prevention planning
- Brief ongoing support



### Accessing Services and Referral Process

**Call 877.399.3040**

We will gather information about the situation, and if needed, can send two crisis team members to meet with you.



## Frequently Asked Questions

**Q:** When is the Mobile Crisis Team available?

**A:** Between the hours of 4 p.m.-12 a.m., seven days a week.

**Q:** Will I be charged for this service?

**A:** We will ask for insurance information to bill insurance companies, however, if you do not have insurance, you will not be billed directly.

**Q:** Does the Mobile Crisis Team provide transportation?

**A:** No, however, the mobile team can assist in identifying transportation resources.

**Q:** Where can I meet with the team?

**A:** We can respond to a variety of community settings including: private homes, waived service programs, IRTS programs, hospitals, nursing homes, jails, community offices, etc.

**Q:** What areas do you serve?

**A:** The service area includes the counties of: Blue Earth, Brown, Faribault, Freeborn, Le Sueur, Martin, Nicollet, Rice, Sibley, and Watonwan.

**\* If you are experiencing a life threatening emergency, please call 911 or seek immediate assistance. \***