

UNIVERSITY *of* WASHINGTON

FACULTY & STAFF

**WELLNESS RESOURCES**

**FOR STUDENTS**

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## HEALTHY HUSKIES INITIATIVE

The Healthy Huskies Initiative is an interdisciplinary, collaborative effort to build a comprehensive wellness education plan for undergraduate students. Leveraging strategic partnerships across campus and using a variety of media, the initiative's mission is to:

- Enhance every first-year student's understanding of multiple facets of wellness as they affect academic and professional growth and performance.
- Raise student awareness of university resources available to foster their development of wellness goals and plans to achieve those goals.
- Embed student understanding of health and wellness in a cultural and systemic context.
- Work with student leaders to enable contributions to broader change.

The initiative collaborates and enhances new and existing efforts across campus to focus primarily on mental health (emotional wellness and suicide prevention), interpersonal violence (sexual assault prevention, relationship violence, stalking, sexual harassment) and alcohol education with a clear acknowledgment that these and other public health concerns are interrelated and best addressed through a community approach.

Faculty and staff are key partners in achieving and maintaining a strong and healthy community. We hope this guide will provide you with additional information that you can reference throughout the year.



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**87%** of students said more emphasis was placed on being ready academically than being ready emotionally for college.

-Harris Poll, 2015

**68%** of students said that they turn to faculty as a trusted source for information.

-American College Health Association, 2008

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# RESOURCES AT A GLANCE

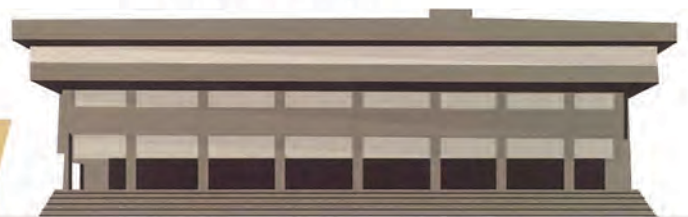
## HEALTH & WELLNESS (in Elm Hall)



- Alcohol and Other Drug Education
- Suicide Intervention Program
- Interpersonal Violence Advocacy
- Prevention Education and Outreach
- Student Care Program

## COUNSELING CENTER

(in Schmitz Hall)



- FREE and confidential, individual, relationship and group counseling
- Same-day crisis appointments
- Light Therapy for Seasonal Affective Disorder
- Career Counseling

## MENTAL HEALTH CLINIC

(in Hall Health Center)



**Available at no further charge:**

- Brief mental health screening, assessment and referral services
- BASICS program to explore alcohol use
- Crisis counseling and intervention

**Available for a fee; insurance can be billed, many insurance plans accepted:**

- Individual counseling
- Group therapy & support groups
- Medication evaluation and management
- Psychiatric services

## DISABILITY RESOURCES FOR STUDENTS

(in Mary Gates Hall)



- Serves students with temporary and permanent disabilities (including injuries and mental health issues)
- Provides academic and other accommodations
- All services are individualized



# EVERYONE IS RESPONSIBLE FOR BEING A HEALTHY HUSKY

## What you can do for students:

You can take action in ensuring the emotional well-being of your students. Make sure your syllabus or materials include a statement about support and disability resources for students. Explore the vast health and wellness resources available on the UW campus. Visit [uw.edu/healthyhuskies](http://uw.edu/healthyhuskies) for syllabus examples.

## Emotional First Aid: Responding to Personal Disclosure:

Most individuals turn to someone they trust when they need support. A student or colleague may share with you that they are in a controlling relationship, they were sexually assaulted, they are being harassed or they are having thoughts of suicide. Your response helps determine whether they feel safe and supported or choose to seek additional help.

## Helpful things to say:

- Thank you for telling me.
- I believe you.
- It's not your fault.
- I'm sorry that happened to you.
- What can I do to help?
- You are a strong person.
- I'm glad you told me.

## Please consider taking these steps when someone discloses to you:

- Validate: Believe them and thank them for sharing.
- Listen: Ask how you can help.
- Connect: Share with them the resources that are available on campus.
- Consult: Call UW resources to determine next steps or share any concerns. You can call SafeCampus (206-685-SAFE (7233)) or Health and Wellness (206.543.6085) as a starting point.
- Self-Care: Take care of yourself and be aware of your own feelings.

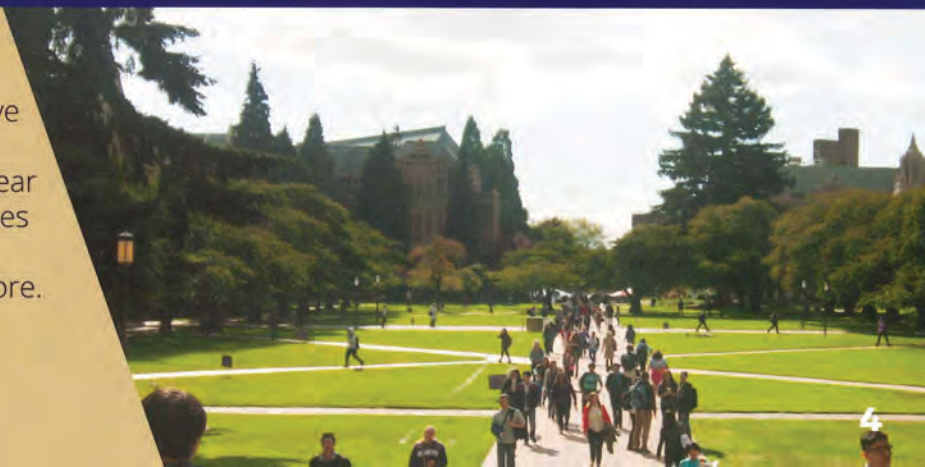
## Increase your awareness and attend one training this academic year:

- Violence Prevention (Safe Campus)
- Suicide Prevention (Forefront)
- Interpersonal Violence, Mental Health and Alcohol and Other Drug Education (Health and Wellness)
- Green Dot Overview Training (Health and Wellness)

Visit [uw.edu/healthyhuskies](http://uw.edu/healthyhuskies) for additional training information, tools and resources.

The **Office of the Ombud** serves the entire university community by providing a collaborative and confidential environment to discuss your situation and consider options for a plan. Last year the Ombud office helped students navigate issues with grading and academic progress, classmate relationships, unclear class expectations and more.

Visit [washington.edu/ombud](http://washington.edu/ombud) for more information.





# SUICIDE PREVENTION

The UW is taking a proactive approach to suicide prevention through the Husky Help & Hope (H3) initiative which provides training for students, faculty and staff, behavioral health promotion activities and advocates for increased behavioral health resources on campus. [intheforefront.org](http://intheforefront.org)

Everyone has a role to play in suicide prevention. Most of the time, individuals who are contemplating suicide will give some warning of their intentions. All suicide threats, gestures, and attempts must be taken seriously. Here are some warning signs that a person may be considering suicide:

- Hopelessness
- Feeling trapped or like there's no way out
- Increased alcohol or drug use
- Withdrawing
- Dramatic mood changes
- Expressing no reason for living or no sense of purpose in life
- Prior suicide attempts

## What you can do:


If you think your student is struggling or thinking about suicide, it's ok to check in and ask if they are contemplating suicide. If they are willing to seek help, walk them to the Counseling Center or Hall Health Mental Health.

If they chose not to go to the Counseling Center or Hall Health you can reach out to the Suicide Intervention Program in Health & Wellness and consult with a Program Specialist. The Suicide Intervention Program Specialist can reach out to the student directly and offer support and resources. If you are concerned someone is at imminent risk and preparing to attempt suicide, call 9-1-1 immediately.

## 18-25

year olds have the highest rates of thoughts of suicide than any other age group.

-Substance Abuse and Mental Health Services Administration, 2015



**Huskies for Suicide Prevention and Awareness (HSPA)** is a mental health registered student organization (RSO) dedicated to mental health advocacy and suicide prevention. HSPA host quarterly Stress Less Weeks during the week before finals (no "Dead" Week!) and an annual Husky Help and Hope (H3) Walk fund raiser. [hspauw.com](http://hspauw.com)

The **Peer Health Educators** are a group of student volunteers based out of the Health and Wellness office in Elm Hall who are committed to promoting student health and safety on campus. The PHEs are available to answer questions and recommend resources to faculty, staff and students about health resources on and off campus. [depts.washington.edu/livewell/phe/](http://depts.washington.edu/livewell/phe/)





# INTERPERSONAL VIOLENCE (SEXUAL ASSAULT) ADVOCACY & SUPPORT RESOURCES

There are resources at UW to support students who have experienced sexual harassment, sexual assault, relationship violence or stalking. The Advocates on campus are safe starting points for students to get support, learn about their options and rights and make a plan for next steps.

**UWPD Victim Advocate** assists students, faculty and staff who have concerns about relationship violence whether or not a police report is filed.  
206.543.9337 • [police.uw.edu](http://police.uw.edu)

**Health & Wellness Advocates** assist students and those who are supporting friends.  
206.685.4357  
[depts.washington.edu/livewell/advocate](http://depts.washington.edu/livewell/advocate)

**Counseling Center** psychologists and mental health counselors provide confidential counseling, assessment and crisis intervention services to currently-enrolled UW students.  
206.543.1240 • [washington.edu/counseling](http://washington.edu/counseling)

**Sexual Assault Nurse Examiners (SANE)** provide specialized care such as a physical exam, emergency contraception, STI testing and evidence collection. UW Medical Center, Harborview Emergency Room and Center for Sexual Assault & Traumatic Stress provide SANE services. Evidence is best collected within 120 hours (5 days) of the assault.

Medical care such as a physical exam, emergency contraception and STI testing can also be received at Hall Health, Planned Parenthood and a local provider.

[washington.edu/sexualassault/support/medical-care/](http://washington.edu/sexualassault/support/medical-care/)

**The University of Washington has designated offices responsible for responding to, investigating and resolving complaints.**

**Title IX Investigation Office:** Conducts investigations of complaints that a University student has violated the sexual misconduct provisions of the University of Washington Student Conduct Code.  
206.616.5334 • [tixinv@uw.edu](mailto:tixinv@uw.edu)

**Community Standards and Student Conduct:** Conducts investigations of complaints that a University student has violated other provisions of the Student Conduct Code.  
206.685.6194 • [washington.edu/cssc](http://washington.edu/cssc)



# HEALTH & WELLNESS

Offering confidential support and advocacy, as well as evidence-based education and training for the UW Community.

**TRAINING & EDUCATION:** We provide presentations, training and education to students, staff and faculty on content from all Health & Wellness programs. Our efforts promote evidence-based prevention services and strategic planning to the campus community. | [tumasm@uw.edu](mailto:tumasm@uw.edu) • 206.221.7187

**PEER HEALTH EDUCATORS (PHES):** Student volunteers who bridge the gap between students and campus resources, health education and research. PHES facilitate workshops and events with students on a variety of health issues. | [phehwdr@uw.edu](mailto:phehwdr@uw.edu)

**SUICIDE INTERVENTION PROGRAM:** We provide early intervention and support for students who may be struggling and are not yet engaged in care. | [hwsip@uw.edu](mailto:hwsip@uw.edu) • 206.543.7454

**SEXUAL ASSAULT, RELATIONSHIP VIOLENCE, STALKING & HARASSMENT ADVOCACY:** We work with students to provide support, advocacy, reporting options and resources. This is a confidential starting point for all students to safely explore their options and receive support. | [hwadvoc@uw.edu](mailto:hwadvoc@uw.edu) • 206.685.4357

**ALCOHOL & OTHER DRUG EDUCATION:** We provide education, consultation and resource referrals around alcohol and other drugs. This is a confidential starting point for evidence-based intervention and prevention practices. | [jkilmer@uw.edu](mailto:jkilmer@uw.edu) • 206.543.7259

**STUDENT CARE PROGRAM:** We advise and support students who are in distress by creating plans to address stressors and the unique needs of each student. | [livewell@uw.edu](mailto:livewell@uw.edu) • 206.543.2684

Find more information about each of these programs at: [depts.washington.edu/livewell](https://depts.washington.edu/livewell)



## Green Dot @ UW

Green Dot is an initiative aimed at encouraging students, faculty and staff to step in, speak up and interrupt potential acts of power-based personal violence. Being a Green Dot bystander is all about making choices that create a culture less tolerant of violence, and oriented toward a safer, more inclusive community. Trainings take place in fall, winter and spring quarters.

[depts.washington.edu/livewell/green-dot](https://depts.washington.edu/livewell/green-dot)







## COUNSELING CENTER

The University of Washington Counseling Center provides no-cost, confidential, and culturally-sensitive counseling, consultation, referral and crisis intervention services for students currently enrolled on the Seattle campus. Services include: individual, couple and group counseling, career counseling and assessment, crisis interventions services, referrals, outreach, light therapy, biofeedback and consultation to faculty, staff, parents and other caregivers that are concerned about a student. Please note that the Counseling Center does not provide excuse notes or documentation for students as a stand-alone service. Students may receive letters of documentation if they have an established, on-going relationship with the Counseling Center.

[washington.edu/counseling](http://washington.edu/counseling)

## Q CENTER

The Q Center is a trans/formational space for advising and gender discussion. The center offers social areas and one-on-one advising for any member of the university community in need of an open, empathetic, confidential and non judgemental space. In addition, the Q Center helps to facilitate and enhance a brave, affirming, liberatory and celebratory environment for the entire university community of all sexual and gender orientations, identities and expressions. For camaraderie, support and a weekly gender discussion group information visit

[qcenter.washington.edu](http://qcenter.washington.edu).

## KELLY ETHNIC CULTURAL CENTER

The Samuel E. Kelly Ethnic Cultural Center has a variety of wellness and culturally relevant resources designed to create a welcoming environment for all students. The mission of the Kelly Ethnic Cultural Center is to provide an inclusive space that supports students and fosters academic success. Resources include the Wellness Room, which is used for relaxation, prayer, napping, meditation and is also used as a private space for nursing moms! The ECC also has Leadership Without Borders, the first community space on campus dedicated to supporting undocumented students at the UW. Whether it means joining one of our many Zumba or yoga classes, grabbing a bag of fresh fruits and vegetables at the food pantry, joining a cultural dance group, or joining a spoken word group in the theatre, there is something for everyone at the ECC: mind, body and soul! [depts.washington.edu/ecc](http://depts.washington.edu/ecc)

More than **1 out of 10** students say they did not turn to anyone for support when needed."

- Harris Poll, 2015





# HALL HEALTH CENTER



In your work as faculty and staff you are in a great position to inform students in your classes that they are eligible for many valuable health services which are available at no further out of pocket cost, because they pay the quarterly Services and Activities Fee (SAF) along with their tuition.

Some of what the SAF covers at Hall Health Center:

- One visit per quarter for medical concerns (this excludes comprehensive physicals, specialty visits and procedures).
- Preventive counseling and contraceptive advice
- Unlimited visits with our Consulting Nurses (206.221.2517), including an after-hours nurse phone line (206.744.2500) for urgent medical problems.
- Advice about HIV and other sexually transmitted disease exposures.
- Brief Alcohol Screening and Intervention for College Students (BASICS), a service for students who want to explore their alcohol use.
- Help quitting smoking.
- Access to light therapy room for Seasonal Affective Disorder.
- Help when you are in crisis.
- Mental Health Services including counseling, therapy groups (billed) and screenings for mental health.

Your students can gain more information regarding Hall Health Center's services and insurance billing procedures by dropping in to see us (across the street from HUB), calling 206.685.1081, or visiting our website: [hallhealth.washington.edu/students](http://hallhealth.washington.edu/students).

## UW POLICE

Sign up for UW Alert to receive official information via email, text messages and telephones. [uwalert.org](http://uwalert.org)

The University of Washington Police Department (UWPD) serves and protects over 68,000 students, staff, faculty and visitors 24 hours per day, 365 days per year.

### We are committed to:

**ACCESS:** Working to create a safe and secure environment in which students, staff and faculty can follow their intellectual, creative and academic pursuits.

**ENGAGEMENT:** Collaborating with the community to maintain a safe environment for the students, faculty and staff who make this University great.

**DIVERSITY:** Striving to reflect the diversity of our community in our hiring practices to better collaborate with, connect with and understand those we serve.

**CARE:** Taking pride in our excellent customer service, rigorous follow-up on cases and quick response time to calls as well as our array of crime prevention services and programs. We see each encounter with members of our community as an opportunity to highlight our commitment to service and accountability.

**STUDENT LEARNING:** Fostering the next generation of leaders by providing learning opportunities within our department (such as our internship program) and the security necessary for students to engage in academic pursuits.

For more information, visit [police.uw.edu](http://police.uw.edu) or visit our office at 3939 15th Ave NE.



# RESIDENTIAL LIFE

Our staff of 33 professionals, as well as over 200 student staff, is charged with facilitating a comprehensive residence education program within the residence hall and apartment communities.

## Residential Life Mission:

Residential Life is committed to supporting students in **creating connections, discovering their purpose and responsible citizenship development.**

How we support student success:

- Develop and maintain residential environments conducive to learning and mutual respect.
- Conduct multiple individual meetings with residents over the course of each quarter, engaging residents to make the most of their Husky Experience through intentional conversations focused on self-reflection, relationships, choices and their trajectory here at UW and beyond.
- Serve as a reliable and supportive resource for residents.
- Facilitate community development activities.
- Uphold community standards, adjudicate alleged violations and facilitate educational sanctions.
- Respond to students in distress or who otherwise need assistance in resolving problems.
- Collaborate with campus partners to ensure students are supported and connected to resources.
- Work in collaboration with the building management teams, which includes desk services, custodial and dining—to ensure the delivery of quality services to our residents.
- Partner with various academic departments and academic support offices in offering educationally purposeful activities and services in the residence halls and apartments, reinforcing student academic success as well as personal growth and development.
- Develop and implement educational and social programs for students living in all residential communities. Over the course of a year we will offer more than 1,000 programs and activities for our residents.
- Manage resident amenity spaces, including Fitness Center West and Area 01 Community Center in Maple Hall.
- Offer involvement and leadership development opportunities: student groups such as the Residential Community Student Association (RCSA), Residence Education Programmers (REPs), hall councils, Students Expressing Environmental Dedication (SEED) and Peer Review Board.

Housing & Food Services provides facilities, programs and services that support the growth and development of UW students—academically, socially and civically—helping prepare them to be global citizens and leaders of the future.

Contact Residential Life Administration:  
[hfs.washington.edu](https://hfs.washington.edu)

**W** HOUSING & FOOD SERVICES  
UNIVERSITY of WASHINGTON







## COMMUNITY STANDARDS AND STUDENT CONDUCT (CSSC)

As part of the UW Community students are expected to uphold the standards of the Student Conduct Code, WAC 478-120. Community Standards and Student Conduct (CSSC) consults with faculty around issues of student behavior. Occasionally a student's behavior becomes disruptive to the teaching and learning environment. Here are some tips to help you and your students have healthy interactions:

1. Address small disruptions quickly- If a student's behavior is disruptive, providing a statement to all students about your expectations can be helpful in redirecting the disruptive student.
2. If the disruption continues ask the student to leave the classroom- The student conduct code allows for faculty to ask students to leave the class in which they are being disruptive. If the issue escalates call 911 and ask for UWPD to respond to your location.
3. Follow up with a meeting with the student-ask the student to come to office hours to discuss the incident. Community Standards and Student Conduct (685-6194) is happy to consult with you about the incident. Send an email recapping the meeting, outline expectations and set consequences for future disruptive behavior such as a referral to Community Standards and Student Conduct (CSSC) for possible disciplinary action.
4. Consult with campus resources-CSSC is happy to consult with you about student behavioral concerns. Additionally, you can refer students to Health and Wellness ([livewell@uw.edu](mailto:livewell@uw.edu)) or the Counseling Center (543-1240) for support.

Community Standards and Student Conduct: (206.685.6194) [cssc@uw.edu](mailto:cssc@uw.edu)

## DISABILITY RESOURCES FOR STUDENTS (DRS)

Disability is an aspect of diversity that is integral to society and to our campus community. DRS works with students individually to establish academic adjustments and auxiliary aids and services — more frequently referred to as academic accommodations — to eliminate barriers impacting a student's equitable access to campus facilities, programs and activities. [depts.washington.edu/uwdrs](http://depts.washington.edu/uwdrs)

NATIONALLY **11-15%** OF STUDENTS ON COLLEGE CAMPUSES HAVE A DISABILITY.



**2000** = THE NUMBER OF STUDENTS WITH DISABILITIES (SWD) SERVED BY THE UW EACH YEAR



# STUDENT-ATHLETE ACADEMIC SERVICES

We offer Academic support, life skills development and health and wellness support to over 650 student-athletes across our 22 NCAA sports. Feel free to contact us with any questions you might have. [washington.edu/uaa/excelling/student-athlete-academic-services/](http://www.washington.edu/uaa/excelling/student-athlete-academic-services/)

## KIM DURAND

Associate Athletic Director for Student Development  
Box 354070 | Graves Annex Room 224  
[durand@uw.edu](mailto:durand@uw.edu) | 206.221.3551

## DR. CASSIE PASQUARIELLO

Counseling and Sport Psychologist  
Box 354070 | Graves Annex Room 231  
[cassiep1@uw.edu](mailto:cassiep1@uw.edu) | 206.616.4565

# HAZING IN STUDENT ORGANIZATIONS

## WHAT IS HAZING?

Hazing includes any method of initiation into a student organization or living group, or any pastime or amusement engaged in with respect to such an organization or living group, that causes, or is likely to cause, bodily danger or physical harm, or serious mental or emotional harm, to any student or other person. Hazing activities may include, but are not limited to, encouraging or promoting the abuse of alcohol; striking another person whether by use of any object or any part of one's body; causing someone to experience excessive fatigue or physical and/or psychological shock; and causing someone to engage in degrading or humiliating games or activities that create a risk of serious **mental, emotional and/or** physical harm. Consent of a victim or victims is not a defense to an allegation of hazing. (UW Code of Conduct. WAC 478-120)

Hazing not only presents the potential of physical and/or mental harm to a student, it can also negatively impact academic performance. Warning signs of hazing can include a sudden drop in quality of work, poor class attendance, changes in behavior or communication, chronic fatigue, symptoms of depression, or describes possible hazing activities as "traditions", "initiations", or "rituals".

If you believe a student is being subjected to hazing, please contact the Office of Fraternity & Sorority Life if it may be related to membership in a fraternity or sorority or the Office of Community Standards & Student Conduct if it may be related to a club, organization, team, etc.

Office of Fraternity & Sorority Life: 206.685.9005 • [ofsl@uw.edu](mailto:ofsl@uw.edu)

**55%** of students involved in clubs, teams, and organizations experienced hazing. This included athletic teams, fraternities and sororities, military groups, honor societies, club sports, performing arts organizations, academic clubs, and other organizations.

-Allan & Madden, 2008





# SAFECAMPUS

## WHY CALL SAFECAMPUS

Here at the University of Washington, faculty and staff members perform many roles. You are a mentor and a teacher to students, you are a colleague to those in your department or unit and you are an employee of the University. Due to the many intersecting relationships you have at the University you may be the first person to see or hear about behaviors of concern in students or colleagues. Your choice to reach out for help is a vital component to ensuring individuals get the support they need. If you are concerned about someone, know that SafeCampus is a safe starting place that can creatively problem solve with you and share campus resources. Call us 24/7 at 206.685.SAFE (7233)

## PROHIBITED BEHAVIORS

The University does not tolerate behaviors that:

- are violent
- threaten violence
- harass or intimidate others
- interfere with an individual's legal rights of movement or expression
- disrupt the workplace, our academic environment, or the University's ability to provide service to the public

Violent or threatening behavior can include relationship violence, stalking, physical acts, verbal or written statements, harassing email messages, harassing telephone calls, gestures and expressions.

## BEHAVIORS YOU CAN CALL ABOUT RELATING TO STUDENTS, PEERS, FACULTY OR STAFF

- Dramatic changes in personality, mood or behavior.
- Crossing boundaries (excessive contact, inappropriate work demands)
- Performance decline and/or attendance problem
- Bullying and harassing behaviors
- Unusual irritability; outbursts of anger, use of violence
- Withdrawing from others
- Making direct or veiled comments about harming one's self or others.
- Substance abuse
- Experiencing a controlling and/or violent relationship

## TAKE ACTION

*Trust your instincts.* Pay attention to cues, comments and your experiences.

*Reach out.* If you notice behaviors that make you or others uncomfortable, you do not have to deal with it alone. Ask for help by calling SafeCampus at 206.685.SAFE (7233). For more information, visit [www.washington.edu/safecampus](http://www.washington.edu/safecampus).

