



The Importance of Building Relationships with Students

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It was once said...

“People don’t care how much you
know,
until they know how much you care.”
- Theodore Roosevelt

The Ethics of Care

- Noddings believes that “Authentic human liberation and social justice can only be achieved by caring people in caring communities” (Bergman, 2004)
- She sees education as being central to the cultivation of caring in society. (Smith, 2004)
- Therefore, caring should be taught in schools.

“As we build an ethic on caring and as we examine education under its guidance, we shall see that the greatest obligation of educators, inside and outside formal schooling, is to nurture the ethical ideals of those with whom they come in contact.” Nel Noddings (Bergman)

Four Pillars to Building Relationships with Students

Connection

How do you connect?

- Digital natives
- Immersed in the internet/ social media since birth
- Competitive
- Instant gratification
- Prefer multiple ways to connect (Email, Phone, Text, Zoom, Teams, In-person etc...)

Authenticity

Who are you?

- Share your story (good, bad, ugly)
- Gen-Z yearns to know **WHO** you are not **WHAT** you do. Titles don't impress them
- They are impressed with how **YOUR STORY**, how did you overcome challenges in college. It makes you "more human"

Respect

Respect is earned not given!

- Gen-Z believes you must respect them **first** and then they will respect you
- They are not respecters of age or titles; instead they appreciate genuine care demonstrated during interactions
- They value relationships built on mutual respect

Emotionally Aware

Very expressive!

- Gen-Z is very aware of their feelings; often referred to as "the most depressed generation"
- It is reported that Gen Z suicide rates are higher than previous generations
- They have a better understanding of mental health terminology and "triggers"

Generation Z (Zoomers) born between
1997-2012
Making the oldest 26 and the youngest 11

- What does your environment/office say to students? Warm? Welcoming?
- How accessible/available are you to students? Are your office hours listed in the syllabus?
- Are you receptive to walk-ins?
- How do you connect with students? Name? Coursework grades? Interactions?

Tips for Faculty

- What does your environment/office say to students? Warm? Welcoming?
- What are your office hours? Do you offer extended office hours?
- Are you receptive to walk-ins? Too busy?
- Do you provide space for students to share their stories with you?

Tips for Staff

QUESTIONS?



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Support for Mental Health

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Today's Topics



Resources for Students

Resources for Students & Faculty

Care Reports



Student Resources

Campus Resources for Students

Career Counseling

Assist with professional development, career counseling & assessments

Title IX/ EOA

Assists with concerns relating to discrimination, sexual harassment and assault.

Counseling Services

Provides short-term counseling for students with a variety of concerns.

ACCESS

Provides academic accommodations to assist students in being successful in classes.

Assoc. VC / DOS Rony Die

Handles violations of the student code of conduct; assists with absence notifications.

Benefits Navigator, Mackenzie Helton

Assists student in connecting to social service resources such as SNAP, Medicaid., etc..

Learning Support Services

Academic Development Courses, Testing Services, Open-Access Tutoring Centers, etc.

COUNSELING SERVICES

- Location: SSC Suite 0222
- Hours: M-F, 8:00 a.m. – 4:30 p.m.
- Phone: (618) 650-2842
- Website: siue.edu/counseling
- Cougarcare.siu.edu



HOW STUDENTS CONNECT TO COUNSELING

- Start with an Initial Assessment (IA)
 - It is designed as a holistic screening to determine where, along the stepped care model, a treatment disposition will be made.
- To schedule an initial assessment with our office, students can either web-book at [CougarCare](#), schedule in our office (SSC Room 0222) or call (618) 650-2842.
- Cougarcare is available 24/7 while the office is open M-F from 8am to 4:30pm.

SIUE is partnered with [BetterMynd](#) to offer our students access to private online therapy sessions from their diverse network of licensed mental health counselors.



Southern Illinois
University-
Edwardsville students,
register here:

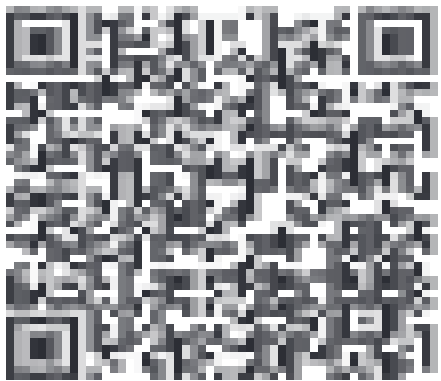




Register today for FREE

Mental health support.
24/7. Confidential.
Online Community.

For more details, please refer to our TCC's during registration.



**SCAN TO JOIN FOR
FREE TODAY**

Southern Illinois University Edwardsville is
partnered with Togetherall a safe, anonymous, online
peer to peer community for mental health support.

COUNSELING SERVICES BLACKBOARD PAGE

- **Self-help resources for common mental health concerns**

Enter through our QR code:



CRISIS RESOURCES

POLICE:
Dial 911 for your local police or (618)650-3324 for SIUE Police



NATIONAL
SUICIDE PREVENTION LIFELINE™
1-800-273-TALK (8255)
suicidepreventionlifeline.org

In Crisis?
Text HELLO to 741741

CRISIS TEXT LINE |

Free, 24/7, Confidential



TRAINED COUNSELORS ARE **STANDING BY.**

FREE CONSULTATION ON ANY MENTAL HEALTH ISSUES, PROBLEMS OR STRESS.

CALL NOW

1 (314) 469-6644



Faculty & Staff Resources

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Phone: 833-955-3400
(TTY: 800-697-0353)

Online: [GuidanceResources.com](https://www.guidanceresources.com)

Web/App ID: Stateofillinois

Mobile App:
[GuidanceNow/myStrength](#)

Administered through
ComPsych

24/7 support, resources,
and information for:

- Relationship & marital conflicts
- Stress, anxiety, and depression
- Financial and legal questions
- Finding child care and elder care

CALL FOR HELP: THE LIVING ROOM



Virtual or In Person

9400 Lebanon Rd.
East St. Louis, IL 62203
(618) 397-0968 ext. 109

- Immediate crisis and mental health support in a calm, comfortable environment.
- Services are free and confidential.
- No appointment necessary.

<https://www.callforhelpinc.org/the-living-room>

PATH

A mental health referral group

Helps find a high-quality therapist who is **in-network** with your health insurance.

Path's services are open to all SIU - Edwardsville, Faculty and Staff, and their families.

They have a broad and diverse network of Illinois therapists that you can select from.

Available 7 days a week to help you feel supported in your search. You can visit **Path's website** or call **618.268.1533** to begin your search.

<https://www.pathmentalhealth.com/siue>



Care Reports

What is a Care Report?

- Electronically submitted forms that share mental health concerns/concerning behavior(s) regarding a member of the SIUE community.
- Routed to Associate Vice Chancellor for Student Affairs/Dean of Students and the Director & Associate Director of Counseling Services.
- The Associate Vice Chancellor for Student Affairs/Dean of Students follows up with all Care Reports received.

NOT FOR IMMINENT RISK OF SUICIDE OR HOMICIDE

How do I Submit a Care Report?

Type “SIUE Care Reports” into your web browser and the above-mentioned “Forms” page should come up in the search results.

Care Reports are reviewed and will be responded to during SIUE business hours, Monday-Friday from 8 a.m. -12:00 p.m. & 1:00 p.m.-4:30 p.m.

[Click Here for Care Report Link](#)

Counseling Services



Online and
Emergency Services

About

Meet the Providers

Student
Services/Resources

Faculty & Staff
Resources

Outreach and
Prevention Services

Student Services & Resources

Appointments

Therapy Groups

Forms

Mental Health Screenings and
Resources

Care Report, Authorizations and Training Application

Below are some helpful forms that are pertinent to counseling services.

Name	Description
Care Report - Concerned For Others Report	If you are concerned about a student that you believe may be at risk of harm, or who may intend to harm others, please feel free to use this form to communicate your concern to someone at the university.

Do not use this form to report an immediate threat. If the person you are concerned about is a danger to themselves or others please stop and call 911 before submitting this form.

If this is a report about sexual misconduct or relationship violence please submit a Sexual Assault, Sexual Misconduct and Relationship Violence Incident Report using: https://cm.maxient.com/reportingform.php?SIUEdwardsville&layout_id=4

The purpose of a Care Report is to share mental health concerns or concerning behavior about a student, staff, or faculty member with the Dean of Students and Counseling Services for them to review to see what, if any, steps should be taken.

Background Information

Since many reports are not seen immediately, please call 911 for any student who is experiencing suicidal ideation or homicidal ideation and/or plan of intent to harm self or others.

Enable additional features by logging in.

Your full name:


Relation to Campus/Individual:

 Learn more

Your phone number:

Your email address:

Date of incident **Required:**

Location of incident **Required:**

Involved Parties

No *Imminent* Risk?

Submit a Care
Report

Provide
Supportive
Resources

Is there Imminent Risk of Suicide/Homicide?

Call 911

Request a welfare
check



- Are you thinking about killing yourself?
- Are you thinking about suicide?

IF YES

- Have you thought about how you would kill yourself?
- Have you decided when you would do it?
- Have you done anything to get the things you need to kill yourself?

IF YES

- **Call 911.** Tell the dispatcher that the person is at risk for suicide. If available, ask for a mental health crisis professional.
- Connect the person to appropriate professional help.

Additional Training Opportunities

Mental Health First Aid

8 Hour Training

Teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders. Focuses on the unique experiences and needs of college students – gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to supportive resources.

Talk Saves Lives

1 Hour Training

Covers what we know about the leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide.

QUESTIONS?



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CULTURE OF CARE IN THE CLASSROOM

Nicole Aydt Klein, PhD MCHES®

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Faculty Ombuds

Undergraduate Program Director

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618.650.3028



WHAT DOES A CLASSROOM CULTURE OF CARE LOOK LIKE?

comradery and inclusiveness, feeling I matter as a student to my instructor and group participant to my peers

Going through this semester with my peers while we're all going through the same stress. Dr. Klein's class definitely brought us together.

Get organized while you can! But most importantly, create those bonds with people in your class because they will understand you the way other people may not.

CREATING A CULTURE OF CARE IN THE CLASSROOM

- Setting it up
- First day welcome
- Connect faces and names
- Pronounce names correctly
- Create culture of care among students Δ

Notes in QR code or here:

<https://tinyurl.com/494aj5nn>

