

**COUNSELING  
&  
WELLNESS CENTER  
Orientation Session  
Tuesday,  
August 16 , 2016**



**COUNSELING  
&  
WELLNESS CENTER**

**ST. JOSEPH RESOURCE CENTER**

**Building # 13**

**SUITE 202**

# **COUNSELING CENTER STAFF**

***SHIRLEY F. LABBE, INTERIM DIRECTOR***

***MS. SHIELA AUGUST, DISABILITY COORDINATOR***

***MS. CHANTEL GANT, COUNSELOR / SOCIAL MEDIA***

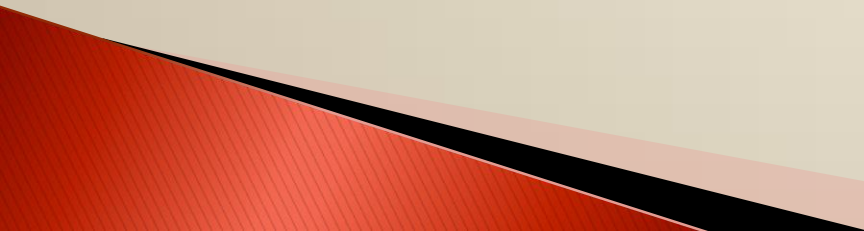
***MS. TONI LABRANCH, ADMINISTRATIVE ASSISTANT II***



# WHAT ARE SOME MYTHS ABOUT GOING TO COUNSELING?

- ❑ You Must Be ..... To Go To Counseling
- ❑ Counselors *discuss* All Your .....
- ❑ Counseling is for people with .....issues
- ❑ Counseling is unnecessary when you can just talk to good friends.
- ❑ Counseling is too expensive

# What is Counseling Like?

- Meet for an intake
  - Meet for individual counseling appointment
  - Develop a treatment plan and set realistic goals
  - Work on goals and monitor progress
- 

# Ms. Chantel Gant

## Academic Issues

Test Anxiety  
Math Anxiety  
Study Skills  
Time Management  
Motivation  
Academic Probation  
Goal Setting  
Grades  
Issues with Math & Science  
Writing Anxiety  
Concentration  
Major  
Learning Difficulties

## Personal Issues

Anger  
Relationships Problems  
Self-Esteem  
Image Issues  
Dating Violence  
Substance Use  
Conflict Resolution  
Anxiety  
Depression  
Eating Disorder  
Physical / Mental / Sexual Abuse  
Sexual Assault  
Health  
Grief & Loss  
Homesickness  
Suicidal Thoughts / Plan  
Body Image  
Social Skills  
Stress

# Behavioral Health Services

Ms. Chantel Gant

Academic Counseling

Personal Counseling

Relationship Issues

Roommate Conflict

LGBTQIA

Veterans /Dependents Support

Suicide Prevention

Outreach to the halls

Commuter students

Referrals



# Veterans / Dependents

- ▶ Transition
- ▶ Resources
- ▶ Behavioral Health
- ▶ PTSD
- ▶ Veterans Education Benefits





# **Disability Services**

## **MS. SHEILA AUGUST**

**1.Services**

**2.Accomodations**

**3.Documentation**

**4. Policies**

**5.Referrals**

# Wellness Programs

## Shirley F. Labbe

- Recovery Programs (September 6, 7 & 8, 2016)
- Wellness Peer Counselors Support Group
- Biggest Losers Program 8 weeks program, starts, Sept. 12, 2016
- Wellness Awareness Week (October 17- 21, 2016)
- Sexual Assault and Domestic Violence Programs
- Behavioral Health Workshops / Forums
- Wellness Day (March )
- Denim Day Activities (April)

# Kognito Training Tool:

This is a simulated interacted tool which can help someone to identify someone going through some challenges.

## To Create an Account for Students:

1. Go to the log-in page, <https://www.kognitocampus.com/login/>
2. Click on "Create a New Account"
3. Use enrollment key hbcu412 to complete the "Your Account" page
4. Complete the registration form and select "Create Account"

**“WE ARE HERE FOR YOU”**

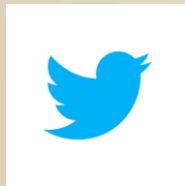
**Counseling & Wellness Center**

**Xavier University Counseling &**



**Wellness Center**

**CounselingXULA**



**Suite, 202**

**#(504) 520-7315**

**Email: [counseling@xula.edu](mailto:counseling@xula.edu)**

# Crisis Numbers

**On Campus: After Hours Call Campus Police**

**504-520-7490**

**Off Campus After Hours Call 911**

**VIA Link 211**

**National Suicide Prevention Lifeline**

**1-800-273-8255**

**Metro Crisis 504-826-2675 (Orleans)**

**Mobile Crisis 504-832-5123 (Jefferson)**

**Trevor Project LGBTQIA 1-866-488-7836**

