



RESOURCES FOR SIUE STUDENTS, FACULTY, AND STAFF

February 22, 2022

Hosted by: Faculty Advisory Committee for the SIU System (FACSS)

BREAKOUT SESSION OBJECTIVES

- 1. Overview of resources available to students and faculty
- 2. Brainstorm ideas for improvement

**OVERVIEW OF
RESOURCES FOR
STUDENTS, FACULTY,
AND STAFF**

**PART
1**

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STUDENT RESOURCES



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

- **Primary Pathway For Entry: Initial Assessment (IA)**
 - The most common entry point is the 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.

MULTIMODAL THERAPEUTIC SERVICES



COUNSELING SERVICES BLACKBOARD PAGE

- **Various self-help resources for common mental health concerns**

Enter through our QR code:



faculty & staff

RESOURCES



Ways to Manage Stress:

Exercise Regularly

Get Enough Sleep

Eat Healthy

Take a “Time Out”

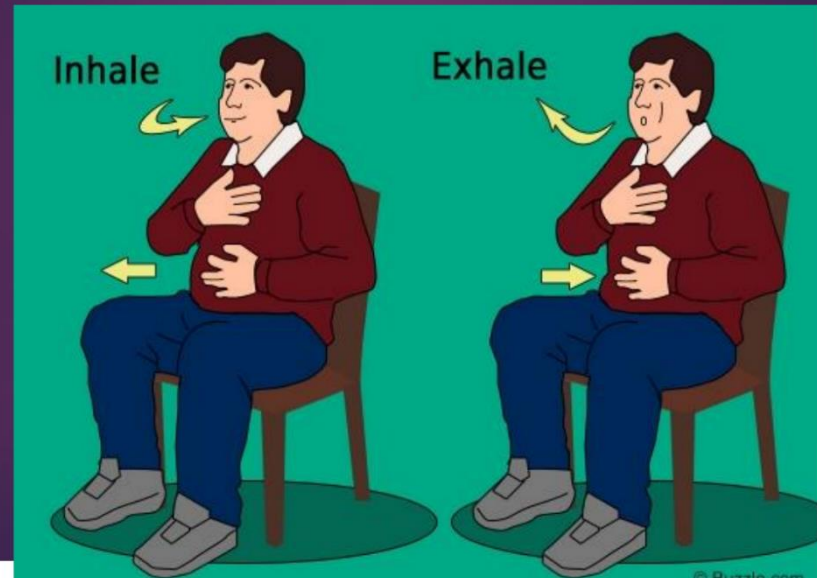
Simple Grounding Exercise



- 5 Things you see
- 4 Things you feel
- 3 Things you hear
- 2 Things you smell
- 1 Thing you taste

Grounding helps with anxiety, anger, and focus.

Diaphragmatic Breathing



EMPLOYEE ASSISTANCE PROGRAM (EAP)

■ Administered through
ComPsych

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

■ 24/7 support, resources,
and information for:

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

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

Web/App ID: Stateofillinois

Mobile App:
[GuidanceNow/myStrength](#)

CALL FOR HELP: THE LIVING ROOM

Virtual or In Person

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

Monday, Wednesday, Friday
8:30 AM - 5:00 PM

Tuesday & Thursday
12:00 PM - 8:00 PM

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



CRISIS RESOURCES

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



In Crisis?
Text HELLO to 741741

CRISIS TEXT LINE |

Free, 24/7, Confidential

FACULTY & WELLNESS RESOURCES

Midweek Mentor on Demand

National Center for Faculty Development & Diversity

Alumni Workshops

SIUE Family Friendly Brochure

Trauma Informed Supervision Toolkit

MIDWEEK MENTOR ON DEMAND

SIUE has a subscription to Magna Commons 20-minute Mentor videos. You'll find many great short videos about working in academia in this collection including those listed below.

- **How Can I Help Students Who are Struggling with Online Learning?**
- **How Can I Build an Antiracist Syllabus?**
- **What Can I do to Manage and Reduce Academic Job Stress?**
- **What Three Things Should I do Each Week to Engage Online Students?**

NATIONAL CENTER FOR FACULTY DEVELOPMENT & DIVERSITY

SIUE has an institutional membership with NCFDD. You'll find many webinars in their library including those listed below.

- **Core Conversations: Managing Stress in Stressful Times**
- **Core Conversations: Protecting Your Boundaries and Wellbeing**

ALUMNI WORKSHOPS

Our Alumni Association is offering some webinars related to wellness also.

- **The Awesome Human Project: How to Struggle Less and Thrive More in Work and Life**
- **Beyond Collaboration Overload: How to Work Smarter, Get Ahead, and Restore Your Well-Being**

SIUE FAMILY FRIENDLY BROCHURE

Background

This material is based upon work supported by the National Science Foundation under Grant Number (1936141). Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the National Science Foundation.

Overview

SIUE understands that a productive faculty member needs to be supported in their work life and their family life. We are committed to providing family friendly policies and we continue to find new ways to improve the work-life balance of our faculty members. This brochure outlines the policies and practices we currently offer. If you have any additional questions or concerns, please contact us at the address or phone number provided on the first page.

WHO IS COVERED?

- Full-time, tenure-track, tenured, and clinical faculty
- Eligible after completing 12 months of continuous employment

Flexible Options

DIFFERENTIATED WORKLOAD

- Redistribution of faculty's time and effort allocations with respect to teaching, research, and service (still account for 100% of assigned time)
- Available for 1 semester, cannot use again for 3 years

MODIFIED DUTIES

- Temporarily reduce effort and pay of faculty member
- Maximum usage of 2 concurrent semesters; cannot use again for 3 years

"STOP THE CLOCK"

- Tenure period extended up to 1 year after authorization by department chair, faculty member, Dean, and Provost
- May be used alone or in conjunction with approved leave

For more information about your Flexible Options, please contact the Office of the Provost in Rendleman Hall, Room 3102 or at (618) 650-3772.

SIUE Faculty Leave

FAMILY AND MEDICAL LEAVE ACT (FMLA)

- 12-week leave unpaid or paid (with accrued benefits)
- Eligible cases: Birth, adoption of child, to care for spouse, child, or parent with serious illness, or treatment of serious health conditions making the employee unable to perform their job duties

PARENTAL LEAVE FOR BIRTH OR ADOPTION

- Must first exhaust FMLA then Parental Leave supplements up to 12 weeks leave paid or unpaid (with accrued benefits)
- Combination cannot exceed 12 weeks

FAMILY LEAVE

- Primary care-giving responsibility for ill family member not covered by FMLA
- Maximum of 16 weeks leave for 9-month appointments & 6 months leave for 12-month appointments
- Paid or unpaid (with accrued benefits)

EXTENDED LEAVE

- May grant up to 9 months leave (for 9-month faculty appointments) or 12 months leave (for 12-month faculty appointments)
- Paid or unpaid (with accrued benefits)



TRAUMA INFORMED SUPERVISION TOOLKIT

Provided by the University of Wisconsin Milwaukee.

- Describes the importance of using a trauma-informed lens in supervising staff. The Toolkit suggests the following:
 - Take an Individualized Approach
 - Build Community
 - Celebrate Successes & Reinforce Purpose
 - Help Employees Manage Reentry Anxiety
 - Small Things to Help Employees

Click on [this link](#) to view more details

ARTICLE: THE CHRONICLE OF HIGHER EDUCATION

**Describes pandemic trauma and working
at the University of Wisconsin Milwaukee.**

Click on [this link](#) to view the article.

IDEAS FOR IMPROVEMENT

PART
2

THOUGHTS & IDEAS?

- 1.
- 2.
- 3.

