Identifying Students in Distress

- Kimmerly Kloeppe, PhD
  Interim Executive Director SHAC
- Stephanie D. McIver, Ph.D.
  Director, Counseling Services SHAC

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Clinical staff with a focus on college health

All medical and mental health staff are licensed and board certified, where applicable.

Comprehensive Health Center
Fully Accredited

Clinical staff provide comprehensive, integrated medical and mental health services on site. Specialty care is coordinated as needed.

Multiple Services Offered

Informative website for all your SHAC questions

$15 medical and counseling visits

Variety of Insurances Taken

Examples:
Aetna, BCBS, Cigna, Tricare, United, etc.
Multiple Services Offered

- Acupuncture
- Allergy & Immunization
- Health Education
- Laboratory & X-Ray
- LBGQ Health
- Massage
- Men’s Health
- Mental Health
- Nutrition
- Pharmacy
- Physical Therapy
- Primary Care
- Trans Health
- Travel Health
- Urgent Care
- Women’s Health

After Hours: Call SHAC 505.277.3136
Option 2: Medical | Option 3: Mental Health
Stresses of Student Life

• Academic Demands
• Group Life/Living
• Extracurricular Responsibilities
• Financial Costs/Insecurity
• Social Activities/Social Media
• Family Demands
• Constant Exposure to News Media, Global Issues
• Students in Distress
  • *Withdrawn, Sad, Upset, Disorganized*…

• Students being Disturbing
  • *Disruptive, inappropriate, scary*…

• Students being Threatening
  • *Presenting likelihood of imminent harm*…
UNM SHAC is located on Main Campus north of Johnson Center and across the mall from (east of) the Student Union Building. (See map below.) SHAC provides quality health and counseling services to all UNM students to foster student success. Fees charged at SHAC are much lower than community rates. SHAC is funded in part by student activity fees. SHAC is accredited by the Accreditation Association for Ambulatory Healthcare (AAAHC).

**Tell Us How We Are Doing**

**Therapy Assistance Online (TAO)**

**Medical**
Learn about services and providers.

**Counseling**
Learn about services and providers.

**SHAC Health Portal**
Access your health record.

**Important #’s**
Appointments, Emergencies / After-Hours, Pharmacy, etc.
SHAC Ask-A-Question Form

This form is NOT to be used to report an emergency. If this is a medical or psychological emergency involving immediate threat of harm or violence, substantial disruption, or a situation requiring immediate action, please contact UNM Campus Police at 9-1-1 or (505) 277-2241.

* = Required

Name *
E-Mail *
Confirm E-Mail *

Phone *
Preferred method of contact? *
- E-Mail
- Phone

I am a: [ ] UNM Student [ ]

Please select one option from drop-down menu.

If you indicated “Other” above, please describe:

Is this for a class assignment? *
- Yes
- No

If yes, what is the assignment deadline? Example: mm/dd/yy

What is your question or the nature of your concern? *
Welcome to TAO Self-Help

TAO Self-Help will help you to manage your own emotional well-being without the help of a counselor. TAO Self-Help includes modules for developing your ability to bounce back from disappointments and setbacks, often referred to as resilience training.

Sign Me Up

What does TAO Self-Help assist me with?
Materials in TAO Self-Help can help with stress, anxiety, relationship problems, anger management, problem solving, communications and evaluating your alcohol and drug use.

How Do I Use TAO Self-Help?
TAO Self-Help can be used as individual modules for focused problems like problem solving or communications or can be used as sets of modules for more in-depth help with a problem area. The sets of modules in TAO consist of 6-7 highly engaging educational modules, typically completed over 6-9 weeks, with interactive activities to help you learn strategies and skills.

Tools in TAO Self-Help
In addition, you will have practice tools designed specifically to work with the educational modules, a mindfulness library, and a progress measure to track change week-to-week.
TAO Self-Help will help you to manage your own emotional well-being. The modules will assist you to develop your ability to bounce back from disappointments and setbacks.
Counseling Services

- Call for Consultation
- Walk-In for immediate services
- Confidentiality
- Assessment Available
- Treatment
- Advocacy for Accommodations
- Case Management
- Collaboration in Academics

Students in Distress
Who to Call?

Counseling Services at SHAC
Call 277-3136
After-Hours – Option 3

Care Team
Lydia Wolberg, Care Coordinator
Call 277-3361

Counseling Assistance and Referral Service (CARS)
Steven Rugala, Director
Call 272-6868