

Mizzou Weekly

March 5, 2015 Volume 36, No. 22

Friday event teaches responses to mental health issues in the workplace

Learn how to recognize signs of emotional distress and mental illness in co-workers. Christy Hutton, outreach coordinator of the MU Counseling Center, will share concrete skills and actions you can take to provide support noon–1:30 p.m. Friday in 2205 Student Center. All are encouraged to attend this free event.

To register, visit [Mizzou Diversity \(http://diversity.missouri.edu/learn/training/workplace-diversity.php\)](http://diversity.missouri.edu/learn/training/workplace-diversity.php). The event, called “Responding to Mental Health Issues in the Workplace,” is part of MU’s Workplace Diversity Series.

For more information, email huttoncc@missouri.edu, or call 573-882-6601.

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Nominate a co-worker for an Excellence in Education Award

Nominations are being accepted for outstanding faculty, academic advisers and academic administrators who have made significant contributions to student learning outside the classroom.

Nominations for the Excellence in Education Award are due by 5 p.m. March 20. Follow a link to the nomination form [here \(http://studentaffairs.missouri.edu/awards/excellence-in-education/nominations.php\)](http://studentaffairs.missouri.edu/awards/excellence-in-education/nominations.php).

MU's [Parent Leadership Council \(http://studentaffairs.missouri.edu/support-student-experience/parents-leadership-council.php\)](http://studentaffairs.missouri.edu/support-student-experience/parents-leadership-council.php) co-sponsors the award and provides a \$100 check to each of the 10 recipients.

Past winners created innovative programs promoting learning outside the classroom, served as organization advisers and mentors, or played a role in helping student organizations grow.

For further information, visit the [Student Affairs website \(http://studentaffairs.missouri.edu/awards/excellence-in-education/index.php\)](http://studentaffairs.missouri.edu/awards/excellence-in-education/index.php), call 884-9933 or email Leslie Gale at [galel@missouri.edu \(mailto:galel@missouri.edu\)](mailto:galel@missouri.edu).

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A pink-hued gymnastics meet Friday supports breast cancer research



Student gymnast Angie Kern makes her entrance Jan. 17, 2014, at the Pink Out meet in Mizzou Arena. Photo by Justin Kelley.

Silent auction proceeds go to Ellis Fischel

Pink, black and gold is quite a color combination, and all for a great cause.

Ellis Fischel Cancer Center is teaming up with MU's women's gymnastics team to support breast cancer research and awareness at the 2015 Pink Out meet, with activities beginning at 5 p.m. Friday in Mizzou Arena.

MU Tiger gymnasts will wear pink leotards to promote breast cancer awareness as they compete against the University of Alabama Crimson Tide. The first 750 fans in attendance will receive a pink rally towel, and the first 1,000 fans will receive a free T-shirt.

A silent auction for both pink and black-and-gold Mizzou gymnastics leotards begins at 5 p.m. Proceeds from the auction benefit breast cancer research at Ellis Fischel Cancer Center.

Tickets cost \$5 for adults and \$3 for children. For every ticket sold, \$1 will be donated to Ellis Fischel for breast cancer research. To purchase tickets in advance, call 1 (800) CAT-PAWS or visit [mutigers.com](http://www.mutigers.com/) (<http://www.mutigers.com/>).

Breast cancer survivors receive a voucher for free entry to the meet. For more information, contact Michael Gett at (573) 884-7238, or email [gett@missouri.edu](mailto:gettm@missouri.edu).

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Recruitment and retention of top faculty high priority, provost says

Garnett Stokes and husband settling in to Columbia



In recent years, February in Columbia has meant bouts of arctic cold and wind-whipped snow. But in Tallahassee, Florida, February typically is sunny and balmy with some days clipping 80 degrees.

Never mind all that. [Provost Garnett Stokes \(../2014/36-14/stokes/index.php.html\)](http://www.mizzoumag.missouri.edu/2014/36-14/stokes/index.php.html) is already comfortable in central Missouri, though she has been shopping for warmer winter clothing.

Stokes, the former provost at Florida State University, started as MU's provost and executive vice chancellor Feb. 2. During a Feb. 25 news conference in the General Services Building, Stokes responded to questions on Title IX, MU's status in the Association of American Universities (AAU), her approach to the provost role, the programs she led at Florida State and her adjustment to frosty Columbia.

Stokes was excited about the hiring of civil rights lawyer [Ellen Eardley \(../eardeley/index.php.html\)](http://www.mizzoumag.missouri.edu/2014/36-14/eardeley/index.php.html) as assistant vice provost and Title IX administrator (Eardley starts April 20.) "It will enable us to expand what we are doing related to Title IX," she said.

She supports the administration's current efforts to raise MU's level of teaching and research. "We want to recruit and retain the very best faculty," Stokes said.

In 2012, when Stokes was Florida State's provost, she launched the Extraordinary Accomplishments Program, which rewards high-achieving faculty with permanent salary increases. Asked if she might develop a similar program at MU, Stokes said it was "worth exploring."

A priority, she said, is raising the profile of MU within the AAU. When pressed for areas that need improvement, she said she wants to "get to know the campus and form my own conclusions."

In his [inauguration address \(http://mizzoumag.missouri.edu/2014/11/ceremony-and-vision/\)](http://mizzoumag.missouri.edu/2014/11/ceremony-and-vision/) Sept. 18, 2014, Chancellor R. Bowen Loftin announced creation of "Looking Forward to 200," a steering committee of administrators, faculty, staff, students, alumni and retirees who are envisioning what MU should be on its 200th birthday in 2039. A report is expected this semester. Since arriving last month, Stokes has been part of the discussion.

"We have a great university," she said. "How do we become better?" The University of Missouri is "always looking to get better."

Joining Stokes in Columbia is her husband, Jeffrey Younggren, a practicing forensic and clinical psychologist.

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Student Health Center's integrative care model benefits students

The center's behavioral team includes social workers, psychologists, psychiatrists and a nurse practitioner



Craig Rooney is director of the Student Health Center's Behavioral Health Services. Courtesy of the center.

About half of primary care patients first speak of their mental health concerns to a primary care physician, not to a behavior health specialist, according to a national study.

This tendency is why a large number of referrals to the Student Health Center's behavioral health team come from MU primary care physicians. The referrals are part of the University of Missouri's integrative care model, built on a platform of integrating counseling, psychiatry and primary care when appropriate. Because MU Health Care, the Student Health Center and the Psychiatric Center are connected, the federal Health Insurance Portability and Accountability Act, or HIPAA, allows professionals within the three units to share medical records with one another. This enhances student treatment.

"We can all openly communicate so that we can make a better assessment" in helping students, said Craig Rooney, a Student Health Center psychologist and director of Behavioral Health Services.

The behavioral team includes five psychologists, two social workers, a nurse practitioner (who is authorized to prescribe medication) and a registered nurse. Working part time are three psychiatrists, who are also faculty in the psychiatry

department, and five supervised third-year psychiatry residents.

“We make recommendations,” psychologist Colton Miller said, which “might be a combination of medication and therapy, or it might be a follow-up meeting to work on some behavioral skills.”

Besides physician referrals, the clientele is generated by queries from parents, campus employees and students. The center is listed on Mizzou Cares Crisis Resource Line (573-882-3970) under the prompt Psychiatric, Counseling or Medical Services.

About 6 percent of the student campus population visits the center’s Behavioral Health Services, located on the fourth floor of the University Physicians Medical Building. Though some cases involve multiple experts from a variety of health care disciplines, other cases are simple.

Miller said he has seen students for only one or two sessions.

The goal is not to solve every potential psychological issue of a client, Miller said. “We are not looking for perfection,” he said. “We are looking for function.”

Social worker Mary Beth Schillinger put it this way: “The whole goal is to help the student be academically successful.”

The health center and the MU Counseling Center in Parker Hall complement each other in behavioral programs and in student counseling. The centers provide different expertise and are based on different treatment models, while being committed to improving the mental health and well-being of their clients.

Students more comfortable with counseling sessions outside primary care might prefer the Counseling Center’s model. Students more comfortable in a primary care setting or in need of medications (which have to be prescribed by a medical provider) might favor the Student Health Center’s model.

“I like that Mizzou students have these kinds of choices,” Rooney said. “With mental health care, it is really important to connect and feel comfortable” with the caregiving professional and the treatment.

[Student Health Center \(http://studenthealth.missouri.edu\)](http://studenthealth.missouri.edu)

Fourth floor University Physicians Building

1020 Hitt St.

(573) 882-7481

Hours: 8 a.m.–5 p.m. Mon–Fri; 9 a.m.–5 p.m. Wed.

[Student prepaid health fee: \(http://cashiers.missouri.edu/costs/fees-explanation.html\)](http://cashiers.missouri.edu/costs/fees-explanation.html)

MU students’ prepaid health fee covers four sessions within each discipline of the Student Health Center’s Behavioral Health Services. After that, a fee is charged that is substantially less than those charged by private practices. Insurance can also be billed. The center is the preferred provider for the university-sponsored Aetna student health insurance plan. The prepaid health fee covers primary care office visits and programs that promote health and wellness.

[Mizzou Cares Crisis Resource Line: \(../36-18/mizzoucares/index.php.html\)](http://mizzoucares/index.php.html)

The Student Health Center is listed on the Mizzou Cares Crisis Resource Line under the prompt Psychiatric, Counseling or Medical Services. Call (573) 882-3970.

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Title IX administrator inspired by parents' commitment to fairness

Ellen Eardley looking forward to educating on Title IX policy



Ellen Eardley credits her parents for instilling in her a commitment to gender equity and fairness.

Eardley, who starts April 20 as MU's assistant provost and Title IX administrator, is fond of a story often told by her mother, Linda, the first woman reporter hired to write for the city desk at the *St. Louis Post-Dispatch*.

In 1969, on her first day on the job, Linda Eardley entered a newsroom made up almost entirely of male editors and reporters. Yet despite the obvious gender bias, she was a success, spending 36 years at the newspaper and being inducted into the print portion of the St. Louis Media Hall of Fame.

My parents "always impressed upon me the importance of treating everyone equally and fairly," Ellen Eardley said. "That shaped the work I've done, whether it's thinking about gender issues, race and civil rights, sexual orientation, or disability."

After earning a master's in women's studies and a law degree from the University of Cincinnati, Eardley worked at the National Women's Law Center in Washington, D.C., where she co-wrote a brief to the U.S. Supreme Court on Title IX.

For the past 10 years, Eardley has been in private practice at Mehri & Skalet in Washington, D.C. Most of her cases involve discrimination, harassment and retaliation allegations. Since 2012, Eardley has been an adjunct faculty member at American University Washington College of Law, where she teaches a course on gender-based discrimination. She also researches developments in legislation and regulations and discusses practical considerations for compliance with gender equity laws.

At MU, Eardley will be responsible for assuring compliance with all Title IX laws, overseeing monitoring of university policy in relation to Title IX, implementing grievance and resolution procedures, and providing educational materials and training for the campus community.

At an open forum Dec. 17 at MU, Eardley talked about her goals as a lawyer in private practice: to give voice to the voiceless, apply the law to remedy inequitable social situations and help clients move forward after resolution. In her role as the Title IX administrator, Eardley said she'll operate with those goals in mind and is eager to add prevention and education to her responsibilities.

"I'm excited to be part of an institution where I can use my skills and also be part of conversations related to solutions and preventing discrimination from happening in the first place," she said.

One of her biggest challenges will be making sure the campus community understands Title IX policies. “I think that transparency and discussion about what those policies are will help people be more comfortable with them,” Eardley said.

During her first few months, Eardley plans to conduct a listening tour with faculty, staff and students and build on the leadership of Linda Bennett, MU’s interim Title IX coordinator.

“We have an opportunity here to hopefully make real, lasting, systematic change,” Eardley said.

— Kelsey Allen

Harassment and Title IX Training Update

All University of Missouri System employees must complete two online training courses. Due to technical glitches, the deadline for completion has been extended to March 31.

Human Resources is reaching out to employees who have yet to complete both training modules.

If problems persist in accessing training, employees can call the Division of IT tech support at 882-5000 or contact their unit’s DoIT professional. IT personnel are also working to ensure that employees’ computers are compatible with the software.

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