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Student wellbeing must be an institutional priority. Below are resources, tools, and campus services that enhances our student wellbeing culture.

- 8 Dimensions of wellbeing
- Collegiate Recovery Community
- Community Resources
  - Community Counseling
  - OCH
- Disability Resource Center
- Health Center FAQ
- Office of Civil Rights Compliance
- Student Counseling Services
- Student Referral Form
- Understanding when a student is in crisis
- University Recreation

CLICK HERE TO REGISTER FOR WORKSHOPS ON HELPING STUDENTS IN DISTRESS AND QPR TRAINING

CLICK HERE TO VIEW MENTAL HEALTH FIRST AID TRAINING SESSIONS
HELPING A
STUDENT IN DISTRESS

As a faculty and/or staff member at MSU, you have frequent and direct contact with students. When students experience college life, they may face numerous stressors causing varying degrees of distress. Given your role, experience, training, and personality, you may become more involved in supporting students during times of stress. The purpose of this information is to build confidence with your personal style to make the best determination of how and when to intervene with students.

As mentioned previously, all students will face challenges or stress during college. Stress can take many forms ranging from relationship problems, family crises, physical illness to the death of a loved one, anxiety, depression, suicidal thoughts, addictions, and even psychotic episodes. What may be stressful for one student may be a full-blown crisis for another. How an individual is able to cope with adversity and how these challenges impact their academic functioning will vary greatly given their life experiences, coping strategies, and individual situation.

SIGNS OF DISTRESS

- Repeated absences
- Sudden decline in quality of work
- Disorganized performance
- Writing that includes disturbing content (death, hopelessness, violence)
- Multiple requests for extensions
- Conduct that interferes with classroom or group work engagement
- Frequently using office hours for personal support instead of academic support
- Marking changes in physical appearance including hygiene or weight loss/gain
- Excessive fatigue/sleep disturbance
- Disoriented or “out of it”
- Intoxication, hungover, smelling of alcohol, evidence of drug use
- Rambling, garbled, or slurred speech
- Bizarre behavior that is out of character for the individual

- Self-disclosure of personal distress (family relationship issues, grief, financial)
- Excessive tearfulness
- Irritability
- Feeling hopeless and helpless
- Concerning communication behavior (withdrawn or agitated, slow to respond, mutters under breath)
- Delusions and paranoia (not in touch with reality)
- Expression of concern about the student from peers
- Signs of physical abuse
- Signs of self-injury
- Unprovoked anger or hostility
- Implying or making a direct threat to harm self or others
- Physical violence (shoving, assault, use of a weapon)
- Stalking or harassing
- Verbal abuse (taunting, intimidation)
- Communicating threats via email and other correspondence
8 DIMENSIONS OF WELLNESS

**PHYSICAL:**
caring for an individual’s physical body; preventing disease through adequate sleep, physical activity and movement, a well-balanced diet, and safety

**FINANCIAL:**
managing financial resources to live within individual means, setting realistic financial goals, and preparing for financial emergencies.

**SOCIAL:**
caring about the environment an individual is in; managing and engaging in positive, mutually beneficial social and intimate relationships with others; caring for others and letting others care for you.

**INTELLECTUAL:**
being curious about the world around you and engaging in life-long learning practices; expanding knowledge and skills

**EMOTIONAL:**
understanding, respecting, and managing individual feelings and attitudes, appreciating other feelings and attitudes, and feeling overall positive and enthusiastic about life.

**FINANCIAL:**
managing financial resources to live within individual means, setting realistic financial goals, and preparing for financial emergencies.

**SPIRITUAL:**
individual morals or values; feeling a sense of purpose and fulfillment in life; can be related to a religious connection or not, it is up to the individual.

**ENVIRONMENTAL:**
understanding how the physical (natural or built) and social environment contribute to health and wellbeing; caring for the environment surrounding an individual.

**OCCUPATIONAL:**
participating in work that brings fulfillment and joy to an individual’s life and contributing skills and abilities to something that is personally rewarding.
<table>
<thead>
<tr>
<th>COUNSELING OFFICES:</th>
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<tr>
<td>MSU Counseling Clinic</td>
<td>Mississippi State, MS</td>
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<tr>
<td>MSU Psychology Clinic</td>
<td>Mississippi State, MS</td>
</tr>
<tr>
<td>Right Track Medical Group</td>
<td>Starkville, MS</td>
</tr>
<tr>
<td>Starkville Counseling Associates</td>
<td>Starkville, MS</td>
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<table>
<thead>
<tr>
<th>MENTAL HEALTH PROFESSIONALS:</th>
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<tbody>
<tr>
<td>Francis Baird, Ph.D.</td>
<td>Columbus, MS</td>
</tr>
<tr>
<td>Lois Boggess, M.S., LPC</td>
<td>Columbus, MS</td>
</tr>
<tr>
<td>Cori Cates, LPC</td>
<td>Starkville, MS</td>
</tr>
<tr>
<td>Kenya Crawford-Walker, MS, NCC, LPC</td>
<td>West Point, MS</td>
</tr>
<tr>
<td>Tyra Edwards Rowell, EdS, NCC, P-LPC</td>
<td>West Point, MS</td>
</tr>
<tr>
<td>Daniel Russel, M.S.</td>
<td>Starkville, MS</td>
</tr>
<tr>
<td>Debbie Wells, Ph.D.</td>
<td>Columbus, MS</td>
</tr>
<tr>
<td>Carrie White, LPC</td>
<td>West Point, MS</td>
</tr>
<tr>
<td>Wendie Woods, NCC, LPC-S, RPT-S</td>
<td>Starkville, MS</td>
</tr>
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<table>
<thead>
<tr>
<th>EMOTIONAL SUPPORT ANIMAL REFERRAL PROVIDERS:</th>
<th></th>
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<tbody>
<tr>
<td>Kelly W. Ferguson, LPC, SAP</td>
<td>Tupelo, Mississippi, 38804</td>
</tr>
<tr>
<td>Savannah Suttle, Pre-Licensed Professional, MAMFT</td>
<td>Tupelo, Mississippi, 38804</td>
</tr>
</tbody>
</table>
Mental Health First Aid For Faculty, Staff & Students

Why Mental Health First Aid?
Mental Health First Aid teaches faculty, staff, and students how to identify, understand, and respond to signs of mental health problems and substance use challenges.

The skills taught in the training include:
- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

What does the training cover?
The training gives you the skills you need to reach out and provide support to someone who may be developing a mental health challenge and help connect them to the appropriate care.

Get Certified for FREE!
In-person certification trainings can be scheduled for groups of 5 or more. Please email Bobbie Jo Bensaid at bjs397@msstate.edu to schedule a training for your group!

Register Today!
Scan the QR code or register at https://tinyurl.com/bdzdda2f

Upcoming Virtual Trainings:
- Thursday, September 8, 8:30AM
- Saturday, September 17, 8:30AM
- Thursday, September 22, 8:30AM
- Tuesday, September 26, 5:30 PM
- Thursday, October 6, 8:30AM
- Thursday, October 20, 8:30AM
- Tuesday, October 25, 5:30PM
- Saturday, October 29, 8:30AM
As higher education practitioners we are charged with supporting students through enrollment to graduation. Below are policies and services that impact students’ academic journey.

- **Academic Advising**
- Career Center
  - STRONG Interest Inventory
- Center for Academic Excellence
  - Bulldog Rebound Program
- First Generation Student Resources
- Math Domain
- SI schedule
- Speaking Center
- Student Referral Form
- Writing Center

- **Policies and Forms**
  - Academic forgiveness
  - Change of Major
  - Grade appeal
  - Satisfactory Academic Progress
Financial wellbeing plays an integral role in student success. If students are unable to navigate the financial aspects of college attendance, they are unable to continue progress toward their degree. These resources are intended to assist students in emergency situations and are generally informative for employees who are assisting students.

- Bulldog Bundle: Inclusive Course Materials Program
- Emergency Aid Information
- Financial Aid
- Financial Literacy Education
- Food Security Resources
- On-campus Employment
- Payment Plans
- Refund Schedule
- Student Referral Form
- Tuition & Fee Schedule

For more information and BCP hours visit: bcp.msstate.edu
<table>
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<th>Type of Aid</th>
<th>Office Responsible</th>
<th>Limits</th>
<th>Guidelines for Availability</th>
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<tr>
<td>Emergency Loan</td>
<td>STUDENT FINANCIAL AID</td>
<td>Up to $300</td>
<td>Available up to 2 times in student’s tenure; must be paid back in current semester.</td>
</tr>
<tr>
<td>ADI Emergency Fund</td>
<td>DIVISION OF ACCESS, DIVERSITY AND INCLUSION</td>
<td>$500-$1000</td>
<td>Funds are distributed based on student’s individual needs. Requests can be made by emailing <a href="mailto:adi@msstate.edu">adi@msstate.edu</a>.</td>
</tr>
<tr>
<td>Student Relief Fund</td>
<td></td>
<td>Varies</td>
<td>Emergency relief for acute needs as result of house fire, household catastrophic or significant life event as examples. This fund typically does not provide money to pay off account balances or for items that are already covered by insurance.</td>
</tr>
<tr>
<td>Block-By-Block Meal Vouchers</td>
<td></td>
<td>Up to 5 meals per recipient</td>
<td>Meals can be requested by filling out the following form: <a href="https://www.students.msstate.edu/resources/msu-food-security-network/">https://www.students.msstate.edu/resources/msu-food-security-network/</a></td>
</tr>
<tr>
<td>Food Pantries Referrals</td>
<td></td>
<td>Referrals only</td>
<td>Call 662-325-1820 or email at <a href="mailto:msufoodsecuritynetwork@msstate.edu">msufoodsecuritynetwork@msstate.edu</a></td>
</tr>
<tr>
<td>Bully’s Closet &amp; Pantry</td>
<td>DEAN OF STUDENTS</td>
<td>Open to all current students with a valid student ID</td>
<td>Visit the closet and pantry at 120 Morgan Avenue on the Starkville Campus.</td>
</tr>
<tr>
<td>Maroon Meals</td>
<td></td>
<td>Open to all current Starkville Campus Students</td>
<td>Steps to sign up: 1. Download myState app and login with net id and password. 2. Under student, faculty, &amp; staff section, go to Notification Sign-up. 3. Turn Maroon Meals slider to on position and press save. Make sure notifications are enabled for myState app on your phone. 4. Be on the lookout for your first Maroon Meals Notification.</td>
</tr>
<tr>
<td>Laptops, cameras, tools and other equipment</td>
<td>UNIVERSITY LIBRARIES</td>
<td>Limited availability of items</td>
<td>Complete forms at <a href="https://msstate.libcal.com/reserve/dmc">https://msstate.libcal.com/reserve/dmc</a></td>
</tr>
<tr>
<td>SNAP (formerly known as food stamps)</td>
<td>USDA</td>
<td>Varies</td>
<td>Guidelines: Students who are Are eligible to participate in state or federally financed work study during the regular school year and/or Have an Expected Family Contribution (EFC) of 0 in the current academic year are eligible to apply. Apply at: <a href="https://www.mdhs.ms.gov/economic-assistance/snap/">https://www.mdhs.ms.gov/economic-assistance/snap/</a></td>
</tr>
<tr>
<td>Affordable Connectivity Program</td>
<td></td>
<td>$30 per month</td>
<td>Students who receive a federal Pell Grant during the current year. Apply at: <a href="https://www.fcc.gov/broadbandbenefit">https://www.fcc.gov/broadbandbenefit</a></td>
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</table>
In student facing roles, we can strengthen a student’s sense of belonging and remind them that they belong at Mississippi State University. This information will help employees understand the connection between student success and belonging and learn about resources to enhance student’s belonging:

- Fraternity & Sorority Life
- Holmes Cultural Diversity Center
- Housing and Residence Life
- Sense of belonging summary/research context
- Student Leadership & Community Engagement
- Student Organizations
- Student Referral Form
- Study Abroad
- University Recreation

CLICK HERE TO REGISTER FOR A WORKSHOP IN SENSE OF BELONGING AND ITS ROLE IN STUDENT SUCCESS
Institutions of higher education are anticipating a demographic contraction in collegegoers that is already impacting regions of the country and is forecasted to go nationwide by 2030 (EAB, 2020). At the same time, higher education disparity gaps in marginalized and underrepresented students across the country are exponentially contributing to rising attrition rates. Universities with a strategic eye on the future understand the implications and are acting. While enrollment management strategies have traditionally placed many of its resources into competitive, zero-sum recruitment efforts, forward thinking higher education policy makers are shifting focus to a more equitable and comprehensive student life-cycle approach with retention at its core. Reforming advising, academic planning, and administrative processes are generally first steps towards reducing student attrition rates at universities. From there, policy makers who are building belonging and academic confidence into their students’ experiences at an early period on campus are seeing the positive effects in increased rates of retention, graduation, and wellbeing. A growing body of research is linking ‘sense of belonging’ to significantly important outcomes including retention, persistence, graduation, and well-being (Supiano, 2018). As the belongingness literature pours in, student success champions are attempting to better understand the ‘sense of belonging’ phenomenon and how best to harness its effects on their campuses. Conventional approaches apply a one-time intervention and hope for (but do not effectively achieve) ‘enduring belonginess.’ More recent strategies better understand the roller-coaster-ride of ‘belongingness’ that is continuously shaped and impacted by the multitude of experiences and activities encountered by college students. These multi-pronged, individual-to-organization-strategies, are more comprehensively applied routinely and consistently across a student’s co-curricular experience with the aim of leading to an ‘enduring’ sense of belonging and ultimately success. As belonging continues to trend in the student success circles, a better understanding of the phenomenon is crucial to holistically integrating it into student experiences. For example, one author reveals the importance of understanding belonging as more of an
ongoing process that takes effort, resources, and shared responsibility by not just individuals but also organizations and institutions (Samura, 2022). Additionally, while a sense of belonging can fluctuate over time based on individual or organizational interactions, an individual’s sense of belonging can also fluctuate based on their changing environment whether it be in the cafeteria, resident hall, or classroom.

As co-creators of student experiences here at Mississippi State University, we all play a role in leaving students with a sense of belonging that will endure through college and lead to graduation and lifelong success.

REFERENCES
Samura, Michelle. 3 Ways to Make ‘belonging’ more than a buzzword in higher ed, The Conversation, (2022).

WORKSHOP: SENSE OF BELONGING AND ITS ROLE IN STUDENT SUCCESS

In student facing roles, we can strengthen a student’s sense of belonging and remind them that they belong at Mississippi State University. This workshop will help employees understand the connection between student success and belonging and learn about resources to enhance student’s belonging at MSU.

WEDNESDAY, OCTOBER 5 AT 10 - 11 AM
COLVARD UNION ROOM 325

THURSDAY, OCTOBER 20 AT 10 - 11 AM
CENTER FOR AMERICA’S VETERANS

FACILITATORS:
Ra’She da Boddie-Forbes, Vice President for Access, Diversity, and Inclusion
Tracey Baham, Assistant Vice President for Institutional Strategy and Effectiveness
Regina Hyatt, Vice President for Student Affairs

INSTRUCTIONS TO REGISTER:
1. Go to http://learning.hrm.msstate.edu/
2. Enter your MSU NetID and password.
3. Under the My Community tab, (near the top of the page), click on Learning Library.
4. Scroll down to “Sense of Belonging and its Role in Student Success”, or type “Student Success” in the Search box.
5. Click on “Select a timeslot” to choose your session.
6. Select your preferred session time/date and select Book.