

Counseling Center Staff

**Main Campus
University Health Center
1735 W. Rocket Drive
Main entrance**



La Tasha Sullivan, Ph.D., LPCC-S
Director



Amanda Jones, MRC, LPCC-S
Associate Director



Heather Schmidt, MSSA, LISW-S
Clinician



Cassie Haas, Psy.D.
Psychologist



Allie Carlson, MA, LPC
HSC Clinician



Hilary Thorpe, MA, LPCC-S
Clinician (SV/DV)



Valerie David, MA, LPC
Clinician



Cathy Flanagan, MSW, LISW
Case Manager

Counseling Center Services

Care Coordination
Consultation (faculty, staff, administration)

Self-Help Tools

Individual / Couples / Group Counseling

Case Management

Crisis Intervention

Outreach Events

Educational workshops

Training
Interns & Externs





**MONDAY – FRIDAY
CLIENT APPOINTMENTS
9AM-5:00PM**

**SELECT EVENING HOURS M & T 5-7PM
VIRTUAL AND IN PERSON SERVICES**

39%

of students

in college experience a
significant mental health
issue

1/2

*mental health
issues*

begin by age 14; 75%
begin by age 24

67%

of people 18-24

with anxiety or depression
don't seek treatment



Clinical Services

FY 23

832 students

5259 appointments

FY 24 (2.26.24)

547 students

2543 appointments

TOP 5 STUDENT CONCERNS

Per Client Report

Anxiety

Depression

Not feeling like “myself”

Stress management

Self-esteem

SDS, 2024

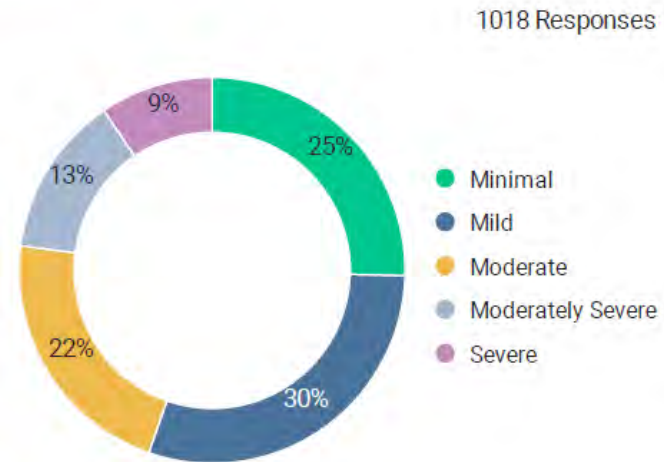


PREVALENCE OF MENTAL HEALTH PROBLEMS

DEPRESSION SCREEN

Depression is measured using the Patient Health Questionnaire-9 (PHQ-9), a nine-item instrument based on the symptoms provided in the Diagnostic and Statistical Manual for Mental Disorders for a major depressive episode in the past two weeks (Spitzer, Kroenke, & Williams, 1999).

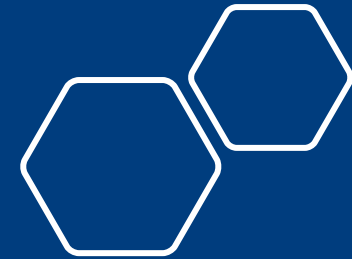
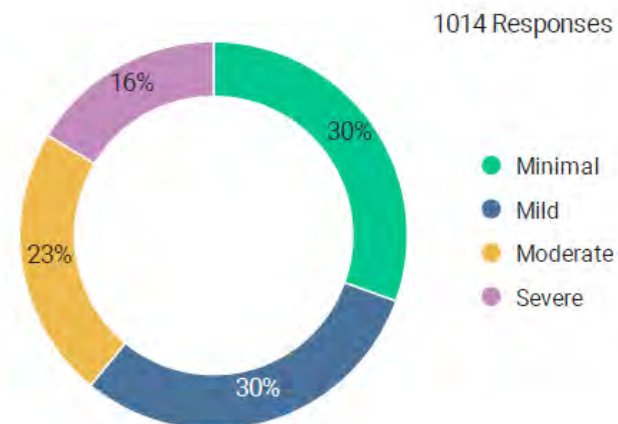
Following the standard algorithm for interpreting the PHQ-9, symptom levels are categorized as severe (scores ≥ 20), moderately severe (scores 15-19), moderate (scores 10-14), mild (scores 5-9). There is no name for the category of scores from 0-4, so we use "minimal."



ANXIETY SCREEN

Anxiety is measured using the GAD-7, a seven-item screening tool for screening and severity measuring of generalized anxiety disorder in the past two weeks (Spitzer, Kroenke, Williams, & Lowe, 2006).

Following the standard algorithm for interpreting the GAD-7, symptom levels are categorized as severe (scores ≥ 15), moderate (scores 10-14), mild (scores 5-9), and minimal (scores 0-4).

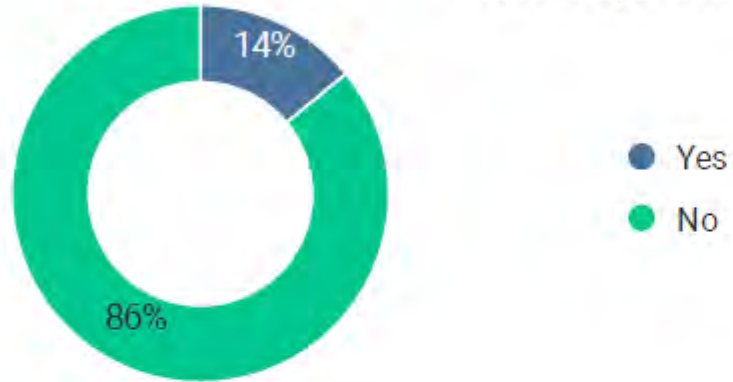


SUICIDALITY AND SELF-INJURIOUS BEHAVIOR

SUICIDAL IDEATION

In the past year, did you ever seriously think about attempting suicide?

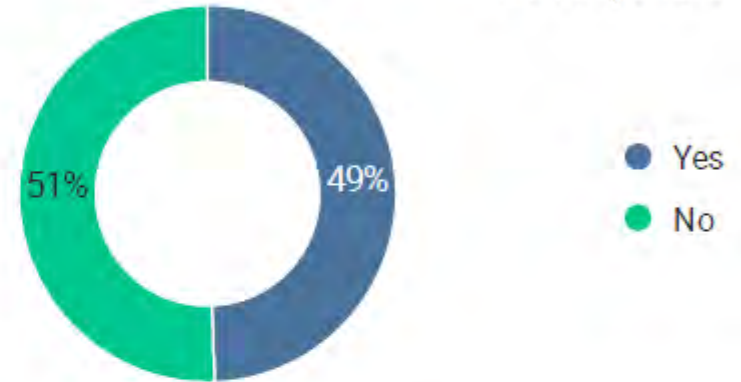
1018 Responses



SUICIDE PLAN*

In the past year, did you make a plan for attempting suicide?

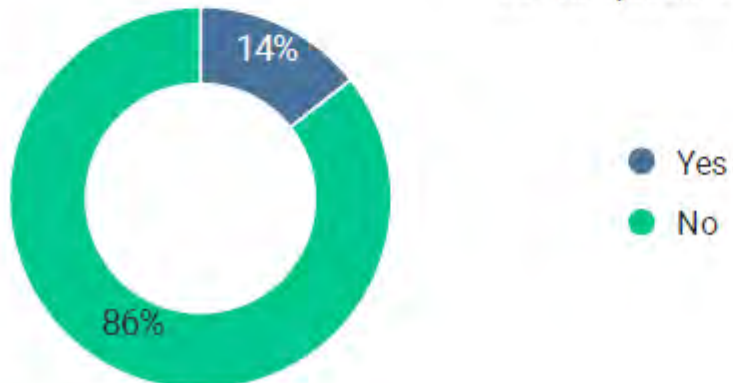
140 Responses



SUICIDE ATTEMPT*

In the past year, did you attempt suicide?

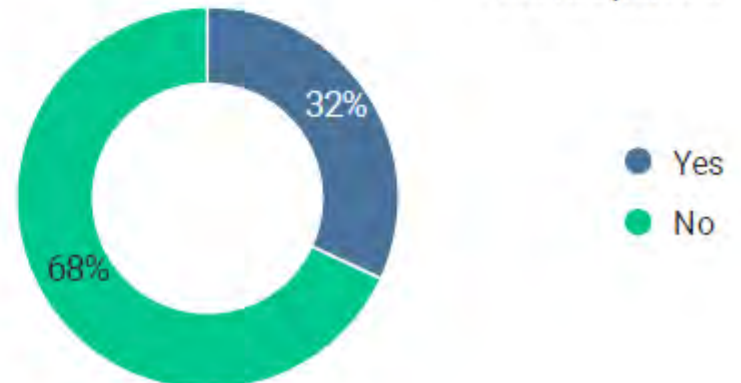
139 Responses



SELF-INJURIOUS BEHAVIOR

Non-suicidal self-injury (past year)

996 Responses



RESOURCES FOR FACULTY

- Workshops – Invonet
- Classroom requests- Website
- Stressbusters- Smartphone App
- Events- Website, Master Calendar, Social Media, and Invonet
- Trainings- Website
- Crisis Hotline (after 5pm & weekends) 419-530-2426 *1
- Consultations



STAR

Suicide Prevention Training



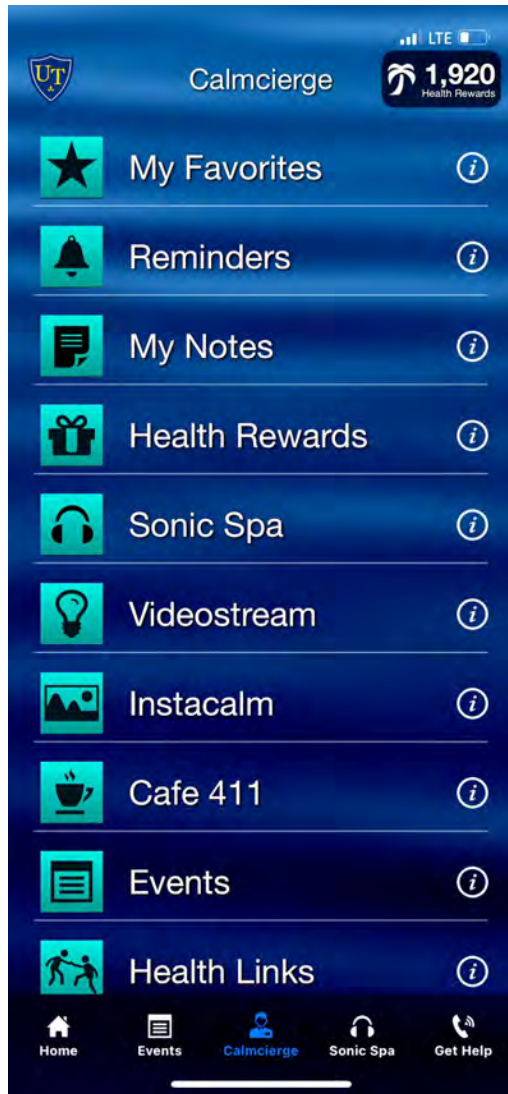
Scan the QR Code above to learn more & register



THE UNIVERSITY OF
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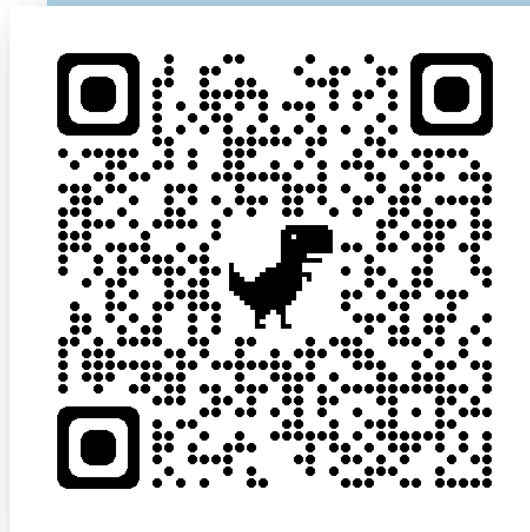
University
Counseling Center

Attend a **STAR training** to learn more about resources, steps to intervene as a helper & ways to take care of your own mental health while having difficult dialogues

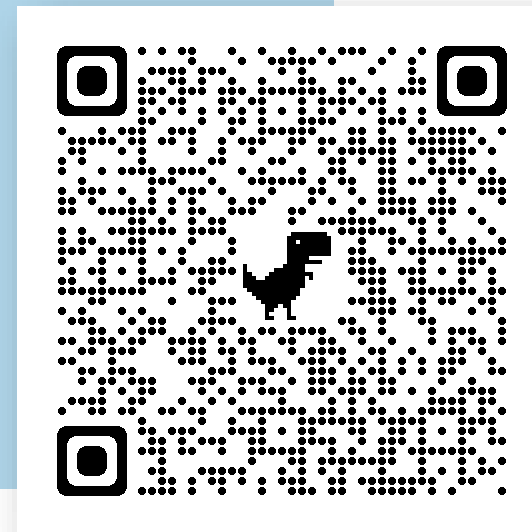


Resource | Stressbusters

iPhone



Android





Coming Soon...

24/7 Hotline Access on campus

UToledo Crisis Textline

Togetherall Peer Platform

Additional Relaxation Stations

Mental Health Awareness Week

Mindful March Madness



March 25th- 29th

Monday
Peer Connection

Tuesday
Substance Use Prevention

Wednesday
Wellness Check and Screening

Thursday
Meals, Movement, and Mental Health

Friday
HSC Wellness Check and Screening



Student Situations & Concerns Relevant to Faculty

Harassment

Hazing

Restriction of access to research opportunities

Overworking

Threats

Stealing their work

Lack of protection from inappropriate peers

Disregard for disability accommodations

Suggestive and inappropriate remarks

TITLE IX

Office of Title IX



THE UNIVERSITY OF
TOLEDO



MEET THE TEAM

Vicky Kulicke (she, her, hers), CAAP, Director – Title IX & Compliance & Title IX Coordinator

Michelle McDevitt (she, her, hers), M.O.L. - Assistant Director and Compliance & Deputy Title IX Coordinator

Zoe Zulakis (she, her, hers), JD, MSW –Title IX & Sexual Misconduct Investigator

Brittany Kupresanin (she, her, hers), MA – Manager, Title IX Compliance, Prevention, and Assessment





MEET THE TEAM

- **Katelyn Rable** (she, her, hers), Graduate Assistant
- **Nathan Johnson** (he, him, his), Student Worker

REPORTING OPTIONS

- Emergency: Call 911 on or off campus
- Online

<http://www.utoledo.edu/title-ix/>

<https://www.utoledo.edu/report/>

- Email

TitleIX@utoledo.edu

- Phone: 419.530.4191

- Vicky Kulicke, *Director, Title IX & Compliance & Title IX Coordinator*

Vicky.Kulicke@utoledo.edu

Phone: 419.530.4930





The University of Toledo is committed to preventing sex discrimination, sexual harassment (including actual or attempted sexual assault; domestic violence; dating violence; and stalking) and retaliation.

University employees are mandated reporters for Title IX¹. As a university employee, if an incident is reported to you, you are required to share the information you have with the Title IX Office. This enables the Title IX Office to follow up with the parties involved to ensure all rights are protected by Title IX.

All confidential resources listed below are available to faculty, staff and students unless otherwise noted. They will not share your information with anyone, including the Title IX Office, without your consent.

CONFIDENTIAL resources for those affected by sex discrimination, sexual harassment and retaliation:

24-HOUR HELP LINE OPTIONS

University Counseling Center

Empowering Hope Hotline

419.530.3431

If the center cannot answer, you may choose to leave a non-urgent message or elect to be transferred to the YWCA Rape Crisis Center.

Ask for a YWCA Center advocate.

YWCA Rape Crisis Center Services

1.866.557.7273

- Phone calls are always answered
- Access to local, trained on-call advocates
- Support referrals to counseling, medical and legal services, shelters and more
- Advocate in-person support for client's forensic exam

ADVOCACY SERVICES

University Counseling Center

Empowering Hope Services, Main Campus, University Health Center 1735 W. Rocket Drive 419.530.2426

- Free and confidential services to assist individuals who have experienced sexual violence, dating/ domestic violence or stalking
- Referral and counseling for mental and emotional needs
- Advocacy and case management support
- Crisis intervention and safety planning
- Information and referrals for on- and off-campus services and resources
- Training and psychoeducation

Bethany House

419.727.4948

- Provides safe shelter and advocacy for domestic violence survivors and their children

¹Refer to the Title IX Policy for exceptions.

MEDICAL RESOURCE OPTIONS

Mercy Health St. Vincent's Medical Center

2213 Cherry St., Toledo, OH 43608

419.251.3268

24-hour sexual assault nurse examiner (SANE)

- Physical injury and preventive medical treatments, if needed
- Forensic exams with patient's consent

ProMedica Toledo Hospital

2142 N. Cove Blvd., Toledo, OH 43606

419.291.4600

24-hour sexual assault nurse examiner (SANE)

- Physical injury and preventive medical treatments, if needed
- Forensic exams with patient's consent

MENTAL HEALTH RESOURCES

University Counseling Center (students only)

University Health Center Room 1030

419.530.2426

(To initiate counseling services, visit the website

to make an appointment at utoledo.edu/studentaffairs/counseling/new or call 419.530.2426 to schedule).

- Trauma specialists provide consultation and counseling services
- Services for survivors of sexual violence, dating/ domestic violence and stalking
- Provides on- and off-campus mental health referrals
- Offers options for group support and psychoeducation
- 24/7 mental health crisis services available

Employee Assistance Program (employees only)

Impact Employee Assistance (24/7) 1.800.227.6007

myimpactsolution.com company code: uteap

- Provides professional, confidential support

NON-CONFIDENTIAL campus resources addressing issues related to sex discrimination, sexual harassment and retaliation:

These resources will share information with the Title IX Office. Your information will be handled sensitively.

The Title IX Office will follow up with you after any sex discrimination, sexual harassment or retaliation reports have been filed.

The University of Toledo Police Department

Main Campus, Public Safety Center

- Emergency: 911
- Non-emergency: 419.530.2600

Center for Advocacy and Student Experience

- 419.530.4357 (HELP)

Office of Student Conduct and Community Standards and Office of Student Advocacy and Support

Main Campus, Lancelot Thompson Student Union

Room 2518, SCCS: 419.530.1258 SAS: 419.530.2471

Center for Student Advocacy and Wellness

Main Campus, Health and Human Services Building

Room 3017, 419.530.2497

Office of Residence Life

Main Campus, Ottawa House West

Room 1014, 419.530.2941

Office of Accessibility and Disability Resources

Main Campus, Rocket Hall

Room 1820, 419.530.4981

Human Resources, Institutional Equity and HR Compliance

Main Campus, Center for Administrative Support

2935 E. Rocket Drive, 419.530.4747

hrcpliance@utoledo.edu

TITLE IX OFFICE

Main Campus, Snyder Memorial Building

Room 1120, 419.530.4191

The Title IX Office can provide or guide those affected by sex discrimination, sexual harassment and retaliation with supportive measures, including:

- Housing information
- Student conduct process information
- Academic supportive measures
- Workplace supportive measures
- Medical resources
- Information for filing a police report
- Guidance in filing a Title IX complaint

- Human resources and faculty labor relations process information
- Pregnancy and parenting resources

RESPONDENT RESOURCES

Contact the Title IX Office at 419.530.4191 or review the Title IX webpage at utoledo.edu/title-ix for resources and guidelines.

TRAINING AND EDUCATION RESOURCES

Bystander Intervention Training

Title IX Training

Specialized Trainings

The University of Toledo does not discriminate in its employment practices or in its educational programs or activities on the basis of sex/gender. The University of Toledo also prohibits retaliation against any person opposing discrimination or participating in any discrimination investigation or complaint process internally or externally. Reports of sex discrimination, sexual harassment, retaliation, discrimination questions regarding Title IX and concerns about noncompliance should be directed to the Title IX coordinator.

Inquiries may be made externally to:

Office for Civil Rights (OCR)
U.S. Department of Education
400 Maryland Avenue, SW
Washington, D.C. 20202-1100

Customer Service Hotline: 800.421.3481

Facsimile: 202.453.6012

TDD#: 877.521.2172

Email: ocr@ed.gov

Web: ed.gov/ocr

Reports of sex discrimination, sexual harassment, retaliation, discrimination questions regarding Title IX and concerns about noncompliance should be directed to:

Vicky Kulicke, Director,
Title IX and Compliance and Title IX Coordinator
The University of Toledo
Mail Stop 137
Snyder Memorial Building, Room 1120
2801 W. Bancroft St.
Toledo, OH 43606-3390
419.530.4191
Email: titleix@utoledo.edu
Web: utoledo.edu/title-ix



QUESTIONS?

La Tasha Sullivan, Ph.D., LPCC-S

Latasha.Sullivan@utoledo.edu

<https://www.utoledo.edu/studentaffairs/counseling/>
419-530-2426

Vicky Kulicke

Director of Title IX & Compliance

Vicky.Kulicke@utoledo.edu

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419-530-4191

