

Counseling Services

We've Moved!

Inside this issue:

Where's Waldo?	1
Who's Who	2
At Your Service	2
What Stress??	3
Look into the Light	3
On the "www"	4
Making Contact	4

Counseling Services has relocated to its own building, located at the corner of Easterday and Meridian (right next to the Health CARE Center) and is staffed Monday–Friday from 8:00 AM–4:30 PM during the academic year.

Deborah, is the first point of contact for most students, faculty, and staff who have a question or concern for Counseling Services. While it's Deborah's third year with Counseling Services, she has over 12 years of experience working as a member of the LSSU community. If she doesn't know the answer to your question, she knows somebody who does!

Kristin, begins her second fall semester with Counseling Services and is looking forward to another great year working with students, faculty, and staff.

This year we are pleased to announce a new addition to our staff, Mary McKay. Mary joins counseling Services as a part-time therapist starting the first week of classes.



Counseling Services

Meet the Staff



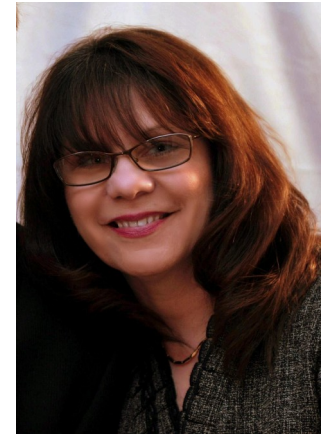
Kristin Larsen

Director of Counseling



Mary McKay

Counselor



Deborah Pietrangelo

Administrative Assistant

Counseling Services: A Resource for Students

LSSU Counseling Services
623 W. Easterday Ave
Phone: 635-2752
www.lssu.edu/counseling

Monday–Friday
8:00 AM–12:00 PM
12:30PM– 4:30PM



We provide a variety of time-limited services to both undergraduate and graduate students. Services include: short-term psychotherapy, group therapy, outreach/education, resources and referrals, and consultation. Students use our FREE and confidential services for many different reasons. Some encounter problems that aren't easy to resolve, or their usual way of handling problems isn't working. Some have family, friends, or faculty who have encouraged them to contact us. Others want support making changes in their lives.

Counseling Services is also an important resource for faculty and staff. We provide training opportunities and links to on-line resources, and we invite faculty and staff to call for consultation or with questions or concerns. We enjoy hearing from faculty and staff and consider this communication vital to the work we do.

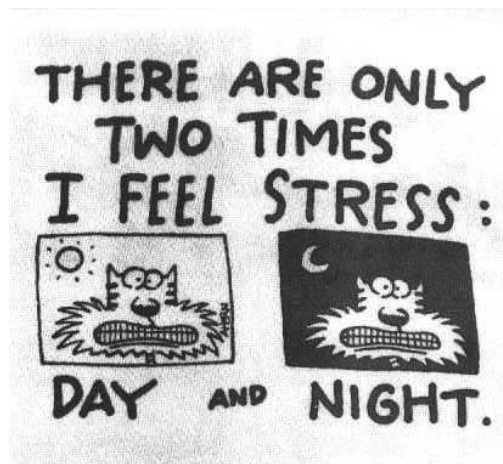
Counseling Services

Recognizing and Responding to Students in Distress

In your role as a faculty or staff member at LSSU, you are often in a position to offer the first helping hand to a student who is emotionally troubled or distressed. A student might directly confide his or her concerns to you, or you might infer that he or she is in distress by observing the student's behavior. Signs of distress can include: loss of academic efficiency, withdrawal, anxiety, depression, dramatic increase in alcohol or drug use, odd or out of the ordinary behavior, and intimidation.

ordinary behavior, and intimidation.

If a student is exhibiting odd or disturbing behavior or is intimidating you or others, you might want to contact LSSU Public Safety



directly at 635-2100 or initiate a StART meeting. If the situation is less severe, you think the student might be open to discussing their concerns with you, and you are comfortable and willing to do this, please know that Counseling Services staff is available as a resource to you. We provide consultation and support to faculty and staff who may be concerned about a student's welfare. If you are concerned about an LSSU student and want support, please give us a call at 635-2752. Or, you can find information under "Faculty & Staff Resources" on our website <http://www.lssu.edu/counseling>.

If you feel that the faculty and staff of your school or department could benefit from a structured presentation on recognizing and responding to students in distress, please know that this is available through Counseling Services. If you have a specific or special presentation request, we are happy to discuss this with you and will do our best to accommodate your need.

Light Box Therapy

Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder (SAD) refers to a pattern of depression linked with seasonal changes. Symptoms of SAD, including: feelings of sadness or depression; hopelessness; anxiety; loss of energy; social withdrawal; oversleeping; loss of interest in activities and difficulty concentrating. For most people with SAD, their symptoms typically begin in the fall or winter and end in the spring. SAD is more prevalent among people in communities located at higher latitudes, therefore it's important to be aware of how SAD could impact the Lake State community.

How Does Light Box Therapy Work?

Light Box Therapy is a proven way to treat seasonal affective disorder (SAD)* by exposure to artificial light. During Light Box Therapy, you sit or work close to a light therapy box that gives off a bright light that mimics natural outdoor light.

The therapeutic level of illumination has several known physiological effects, though its therapeutic mechanism is still unclear. Blood levels of light-sensitive hormone melatonin, which may be abnormally high at certain times of day, are rapidly reduced by light exposure. Depending on when bright light is present, the body's internal clock—which controls daily rhythms of body temperature, hormone secretion, and sleep patterns—shifts ahead or is delayed when stimulated by light. These physiological time shifts may be the basis of the therapeutic response.

How Can I Try Light Box Therapy?

Lake Superior State University has a light box on campus that students are able to schedule appointments to use. Before scheduling an appointment, students are required to undergo a brief screening with LSSU's Health CARE Center or Counseling Service (all students who use the light box must receive a referral to do so). Use of the light box is FREE for LSSU Students.

Counseling Services



Visit Us Online:
[www.lssu.edu/
counseling](http://www.lssu.edu/counseling)

Counseling Services makes every effort to keep our website up-to-date and active with helpful information, links, and resources. Visiting our website, you will find detailed information on our services, links to on-line resources, emergency information, printable material, and more.

It is our goal to make our website a useful tool for students, faculty, and staff who have questions or concerns related to mental health. We have a number of printable brochures (available in PDF), including brochures on our counseling services, diversity, GLBTQ, grief and loss, PTSD, and suicide awareness.

We look forward to hearing from you and welcome your questions, concerns, and feedback!

To schedule an appointment during regular business hours, call
635-2752 or stop by the office.

For assistance after hours please call:

Campus Security @ 635-2100

City Emergency Services @ 911

Hiawatha Behavioral Health @ 800-839-9443

