

# Counseling and Career Services News

## Collin College Prepares for National Depression Screening Day - Oct. 9

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The fall semester can be an exciting time of growth and discovery, but it can also be stressful — leaving some of us feeling overwhelmed. When left unattended, these everyday stressors can lead to more serious problems such as depression, anxiety and unhealthy forms of self-medication. Collin College’s Counseling Services offers an online Mental Health check-up by going to : <http://screening.mentalhealthscreening.org/WHOLEPERSON> as part of National Depression Screening Day\*. This check-up consists of brief, anonymous screening questionnaires designed to provide students with insight into symptoms they might be experiencing and offers helpful treatment and referral information, if necessary.



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### Facts about Depression\*

- Depression affects more than 19 million American adults aged 18 and over each year, representing nearly 10 percent of American adults.
- More American adults suffer from depression than coronary heart disease, cancer and AIDS combined.
- One out of 4 young adults will experience a depressive episode by age 24.
- About 15 percent of the population develops clinical depression at some time in their life. Depression will affect 1 in 10 men and 1 in 4 women.
- Fewer than half of all Americans consider depression to be a health problem and more than 2 in 5 believe it is a sign of weakness.

#### Symptoms of Depression may include:

- Persistent sadness or “down” mood
- Loss of interest or pleasure in usual activities
- Poor appetite or overeating
- Trouble falling or staying asleep or sleeping too much
- Feeling tired or having little energy
- Feelings of worthlessness, self-reproach, guilt
- Trouble concentrating
- Moving or speaking very slowly, or the opposite, being fidgety or restless

\*from American Foundation for Suicide Prevention

### Counseling Services

#### Contact Information

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## OCTOBER: DOMESTIC VIOLENCE AWARENESS MONTH

### What is Domestic Violence?\*

Domestic violence is control by one partner over another in a dating, marital or live-in relationship. The means of control may include physical, sexual, emotional and economic abuse, threats and isolation. Survivors face many obstacles in trying to end the abuse in their lives.

### Who is Affected by Domestic Violence?

Domestic Violence occurs in every culture, country and age group. It affects people from all socioeconomic, educational and religious backgrounds and takes place in same sex as well as heterosexual relationships.

### How Do You Know if You Are Being Abused?

Abusers use many ways to isolate, intimidate and control their partners. It starts insidiously and may be difficult to recognize. Early on, your partner may seem attentive, generous and protective in ways that later turn out to be frightening and controlling.

### Questions to Ask Yourself:

- ♦ Are you ever afraid of your partner?
- ♦ Has your partner ever actually hurt or threatened to hurt you physically or someone you care about?
- ♦ Does your partner ever force you to engage in sexual activities that make you uncomfortable?
- ♦ Do you constantly worry about your partner’s moods and change your behavior to deal with them?
- ♦ Does your partner try to control where you go, what you do and who you see?
- ♦ Have you stopped seeing family or friends to avoid your partner’s jealousy or anger?
- ♦ Does your partner control your finances?
- ♦ Does he/she threaten to kill him/herself if you leave?
- ♦ Does your partner claim his/her temper is out of control due to alcohol, drugs or because they had an abusive childhood?

\*from American Psychiatric Association-[www.healthyminds.org](http://www.healthyminds.org)

Collin College’s Counseling Services offers supportive counseling and referral options for students touched in some manner by Domestic Violence. The Collin County community also offers an array of resources as do national organizations. Some of the resources are listed below:

**Collin College Counseling Services—972-881-5126 or [personalcounseling@collin.edu](mailto:personalcounseling@collin.edu)**

**Collin County Council on Family Violence—ccc-fv.org**

**Hope’s Door Shelter Hotline: 972-422-7233 (SAFE) or [www.hopesdoorinc.org](http://www.hopesdoorinc.org)**

**National Domestic Violence Hotline: 1-800-799-SAFE or [www.thehotline.org](http://www.thehotline.org)**

**The Turning Point (Rape Crisis Center of Collin Co.): 1-800-886-RAPE or**

## UPCOMING EVENTS

### The Dignity Initiative

**From Violence to Dignity-Evolving Through Action**

#### BATTERER’S INTERVENTION PANEL

**1 p.m. - Monday, Oct. 20-SCC Conference Center**

**1 p.m. - Wednesday, Oct. 22- PRC Conference Center**

### 12th Annual Facing Family Violence Conference

**October 23 –24, 2014**

**Spring Creek Campus, Living Legends Conference Center**

Sponsored by Collin County Council on Family Violence, an initiative of Junior League of Collin County

#### Some of cutting edge topics include:

- ♦ Multicultural and gender issues with Family Violence
- ♦ Identifying the Primary Aggressor
- ♦ Trauma Impact Through the Years: From Child to Adolescent
- ♦ The role of Technology in Family Violence
- ♦ Child Sexual Abuse and Sex Trafficking
- ♦ Best Interventions and Treatment in Working with Victim and Survivor Population

**For more information or to register email: [conference@ccc-fv.org](mailto:conference@ccc-fv.org) or call 972-769-0557**

### “The Game Changers—Technologies That will change the way we live and work”

**Wednesday, Nov. 5**

**Noon - 1:15 p.m.**

**SCC Living Legends Conference Center**

November is National Career Month and in celebration, Counseling and Career Services is fortunate enough to have business and innovation leader, Candy Slocum, Executive Director of North Texas INTERLINK as guest speaker. Candy’s presentation “The Game Changers- Technologies that Will Change the Way We Live and Work” will look at the changing workforce, work place trends and growing occupations. She will discuss topics such as drones, 3D manufacturing, smart sensors, robotics, biomedics and more.

INTERLINK is a non-profit business and education alliance founded in 1987. North Central Texas INTERLINK bridges the gap between business and education by providing timely and relevant information on emerging and evolving technologies, labor market trends, high skill/high demand occupations, and education and training needs of employers and employees. The goal is to prepare a quality workforce, with a globally competitive advantage.

Please feel free to bring your classes to the event or offer extra credit to students for attending. If you have any questions please contact Elaine Stewart, [estewart@collin.edu](mailto:estewart@collin.edu) or Matt Geracie, [mgeracie@collin.edu](mailto:mgeracie@collin.edu)

#### Emotional Wellness Seminars

Spring Creek Campus  
D102

All seminars are Noon - 1 p.m.

**Wednesday, Oct. 8 - “From Depression to Well being”**

**Wednesday, Oct. 22 - “Willpower: The Science of Self-Control”**

**Wednesday, Nov. 12**  
“Relaxation...The Antidote to Anxiety”

**Wednesday, Dec. 3 -**  
“Prepare to Pass: Managing Test Anxiety”

Also the first Wednesday of each month look for “Wellness on Wednesdays” table in SCC Atrium

#### Power Hour Career Workshops-D102

**Thursday, Nov. 6**  
“Is this the Right Career for Me?”

**Thursday, Dec. 4 -**  
“Interview 101”

**Resume Hour in SCC atrium, 12 - 1 p.m.**  
Oct. 9 & 23  
Nov. 13

#### Personal Enrichment Seminars

Preston Ridge Campus  
Founder’s Hall, Rm 141

All seminars are Noon–1 p.m.

**Thursday, Oct. 23, 12 – 1 p.m.**  
“Tips for Using Your Emotions Successfully”

**Thursday, Nov. 6, 12 - 1 p.m.**  
“Increase and Project Your Confidence”

**Tuesday, Nov. 18, 12 – 1 p.m.**  
“Managing Stress”

#### STUDY STRATEGIES LAB

Founders 141

**3 - 4 p.m., Thursday, Oct. 2**

**12 - 1 p.m., Wednesday, Oct. 15**

**2 - 3 p.m., Tuesday, Oct. 28**

#### Career Seminars

Founders 141

**Tuesday, Oct. 7, 3 - 4 p.m.**  
“Let’s explore careers!”

**Thursday, Oct. 30, 3 - 4 p.m.**  
“Create your best Resume”

**Tuesday, Nov. 4, 12 - 1 p.m.**  
“Interview Coaching”

### Confidentiality

Collin’s Counseling staff are Licensed Professional Counselors. They may not legally or ethically disclose information about the student without the student’s written consent.

For a complete copy of Faculty/Staff Handbook see:  
[http://www.collin.edu/hr/employee\\_resources/faculty.html](http://www.collin.edu/hr/employee_resources/faculty.html)

This newsletter was submitted by Counseling and Career Services. Questions, comments or to unsubscribe contact: [personalcounseling@collin.edu](mailto:personalcounseling@collin.edu) or 972-881-5126