



**UNIVERSITY OF THE
INCARNATE WORD®**

BEHAVIORAL HEALTH
SERVICES

WHO ARE WE?

Student resource providing **behavioral and mental health services** that foster personal, interpersonal, and academic thriving. We provide students with accessible and diverse mental health services to **promote overall wellness and help them to make the most of their experience at UIW.**



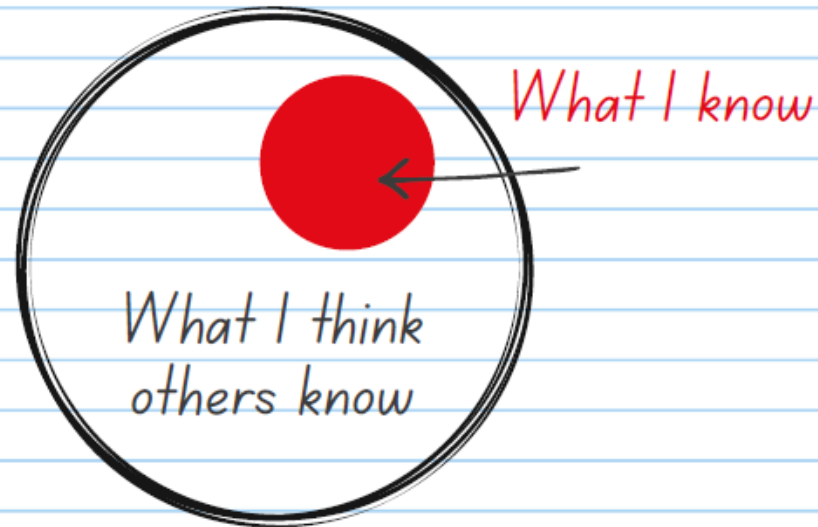
COUNSELING STEREOTYPES



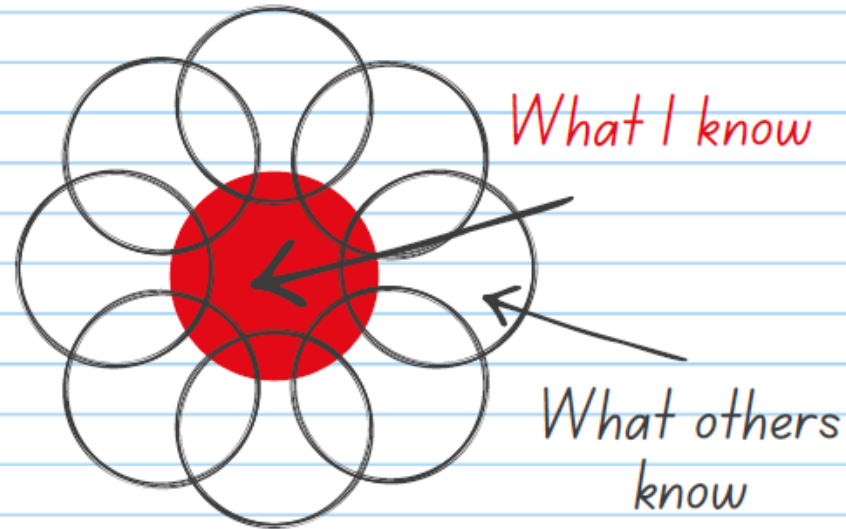
COMMON ISSUES WE CAN HELP WITH

- Anxiety, worry, and stress
- Depression
- Concentration difficulties
- Time management
- Phobias
- Career concerns
- Sleep issues
- OCD
- Chronic pain
- Disordered eating patterns
- Suicidal thoughts
- Test anxiety
- Relationship problems
- Conflict with family or friends
- Anger management
- PTSD
- Panic attacks
- Imposter syndrome
- Couples counseling

Belief



Reality



IMPOSTER SYNDROME

A psychological condition that is characterized by **persistent doubt concerning one's abilities or accomplishments** accompanied by the fear of being exposed as a fraud **despite evidence of one's ongoing success.**

SELF-CARE

"Taking the time to do things that help you live well and **improve both your physical health and mental health.**"

Examples:

- Exercising
- Going to the dentist
- Eating healthy
- Going to counseling
- Having a tough conversation



SELF-SOOTHING

"To bring **comfort, solace, or reassurance** to ourselves. A way to calm ourselves down without the help of others."

Examples:

- Sleeping in
- Listening to music
- Meditating
- Taking a bath
- Making art

Self-soothing is always self-care, but self-care isn't always self-soothing.

BREATHING TECHNIQUES

Deep breathing activates the parasympathetic nervous system, which tells your brain that you're safe and don't need to use the fight or flight response.

Diaphragmatic Breathing

- Inhale through your nose
- Feel your abdomen expand like you're blowing up a balloon
- Hold for a few seconds
- Exhale through your mouth
- Feel your abdomen deflate

Box Breathing

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds
- Repeat

4-7-8 Breathing

- Inhale through your nose for 4 seconds
- Hold for 7 seconds
- Exhale through your mouth for 8 seconds
- Repeat

ANXIETY 101

An emotional state characterized by feelings of tension, worried thoughts, and physical changes.

Physical changes include:

- Increased heart rate
- Rapid breathing
- Sweating
- Shaking
- GI problems
- Trouble concentrating

FIGHT OR FLIGHT

Physiological response to feeling unsafe. Sometimes our brains can't recognize the difference between a life-threatening event and a final exam.

Flight or flight process:

1. Danger perceived
2. Sympathetic nervous system activated
3. Adrenaline and cortisol released
4. Body prepares to fight or flee

HOW TO SUPPORT YOUR STUDENT

Encourage Seeking Help

If your student is showing signs of excessive stress or worry, or seems down and depressed, **encourage them to reach out** to Behavioral Health Services or another mental health professional.

Respect Privacy

Counseling is confidential, so we aren't able to share with parents what the student discusses. This **confidentiality is vital** to encourage students to be honest.

Normalize their Struggle

Mental health challenges are common during college. **It doesn't mean they're "crazy"** or will need counseling for the rest of their life. Consider it another student resource like tutoring or health services.



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Counseling Intern



HOW TO GET STARTED

- 1. Visit our website**
UIW.edu/Counseling
- 2. Complete the forms**
3 easy forms to fill out
- 3. Email the forms**
Send the completed forms to
BehavioralHealthServices@uiwtx.edu

We'll reach out to schedule!

WHAT DO WE DO?

- 1. Assess**
Determine level of care
- 2. Collaborate**
Establish 1-3 goals
- 3. Empower/Build Skills**
Perspective taking, decision making, self-awareness, communication, boundary setting, emotional regulation, and resilience



GOAL-DIRECTED SERVICES

Level of Care Recommended

9. Referral - Off-Campus	Inpatient, residential, outpatient, etc.
8. Individual Therapy	Limited individual sessions (about 8-12 total)
7. Group Therapy	Anxiety, depression, skills building
6. Individual Brief Therapy	Limited individual sessions (about 4 total)
5. Workshops	Workshops/presentations around campus
4. Referral - Peer Support	Student organizations, peer support, etc.
3. Referral - On-Campus	Academic Advising, Career Services, Residence Life, etc.
2. Self-Directed	Handouts/brochures, self-care techniques
1. Screening	Initial screening to assess level of care

OUR INFO

Contact

BehavioralHealthServices@uiwtx.edu

210-832-5656

UIW.edu/Counseling

Location

Main Campus, Administration Building,
Suite 438

Hours

Monday-Thursday: 8 am-5 pm

Friday: 8 am-4 pm

