



# Your Student's Well Being at Carroll

**August 17, 2025**

# Division of Student Engagement

## Associate VP of Student Engagement /Dean of Students

- Student Life
- Saints Success Center
- Title IX Coordinator



**Annette Walstad**

# Division of Student Engagement

## Vice President of Student Engagement

- Enrollment Services & Marketing
- Campus Safety & Security
- Student Life & Student Support



**Kathleen O'Leary**

## Part One: Your Student's Well-Being

We know it is hard to leave your student in someone else's care. We hope that by the end of this session you know that there are wonderful people here, and services in place, to make sure your student has the opportunity - and support - to be well.

- Mind (Counseling)
- Body (Health and Sodexo)
- Spirit (Campus Ministry)
- Holistic (Safety, CARE Team)

**12:30 - 1:30 pm**

## Part Two: Your Student's Success

We hope that by the end of this session, you understand all the programs, people, and policies in place that will make sure your student has every opportunity to succeed

- At home (Residence Life)
- In classes (Academic Support Services)
- In community (Staying Connected)

**2:30 - 4:00 pm**



## Before We Begin

- Restrooms
- Orientation Guide
  - ▷ Schedule
  - ▷ QR Codes
- The Words We Use
- Questions at the end

## Getting To Know You

- Where Are You From?
- Carroll Connection?
- Who Are You Dropping Off?
- Miscellaneous questions...



**Housekeeping and Disclaimers**

The background features a large, dark purple shape on the left side, which tapers to a point on the right. Above this shape is a lighter purple area. In the bottom right corner, there are several overlapping geometric shapes in purple and yellow, resembling stylized steps or a modern architectural element.

**Campus Ministry**

## Campus Ministry - All Saints' Chapel (lower level)

### Campus Ministers

- Fr. Tyler Frohlich, Director
- Deidre Casey, Associate Director
- Chris Yakawich, Assistant Director
- Peer Ministers
- FOCUS team



**The Team**



# “COME AND YOU WILL SEE” JOHN 1:39

## SACRAMENTAL OPPORTUNITIES AT CARROLL COLLEGE

### MONDAY



#### MASS

7 AM | Cathedral  
of St. Helena

### TUESDAY



#### CONFESSION

3-3:45 PM | All Saints Chapel

#### MASS

4 PM | All Saints Chapel

### WEDNESDAY



#### CONFESSION & ADORATION

8-9:15 PM | All Saints Chapel

#### MASS

9:30 PM | All Saints Chapel

### THURSDAY



#### MASS

12:20 PM | All Saints Chapel

#### OVERNIGHT ADORATION

10 PM – 7 AM | All Saints Chapel

### FRIDAY



#### MASS

NOON | All Saints Chapel

### SATURDAY



#### MASS

9 AM | Cathedral  
of St. Helena

*(Confession available from  
9:30-11AM at the Cathedral)*

### SUNDAY



#### MASS

7 PM | All Saints Chapel

**ADDITIONAL CONFESSION BY APPOINTMENT** Fr. Tyler at (406)447-4869 or [tfrohlich@carroll.edu](mailto:tfrohlich@carroll.edu).

# Ministry Opportunities

## ■ Retreats

- Freshmen, Sophomore, Men's & Women's
- Search

## ■ Formation

- Floor Small Groups
- Women at the Well & COR
- RCIA

## ■ Service

- Caritas Immersion Trips
- Service Saturdays
- Weekly community opportunities

## ■ Other

- Connections within the Helena Community & Diocese of Helena
- Hunthausen Center for Peace & Justice
- Pilgrimage

## All Saints' Chapel



**Join Us For Mass Tonight @ 7:00 pm**

# Wellness Center

Health Services and Counseling

**Guadalupe Hall**

# Wellness Center - Guadalupe Hall (lower level)

## Wellness Center Staff

- Kasey Nixon, LCPC, Director/Counselor
- Beth Demmons, LCSW, Counselor/Educator
- Blaine O'Tolls, PCLC, Counselor
- Beccah Larsen, Wellness Center Administrative Asst.



**The Team**

## Wellness Center - Guadalupe Hall (lower level)

### Health Services

- Uwill - Medical Telehealth
- Local Clinics
- Athletic Trainers for student-athletes
- Store required immunization records for students



## Collaboration

- Parents
- Wellness Center Counselors
- Resident Assistants (RA) & Peer Ministers (PM)
- Academic Advising & Professors
- Athletic Trainers
- Doctors, eye doctors, and dentists in Helena/home
- CARE Team

**What Your Student Can Do - What Carroll Does - and What Parents Can Do**

# Health Services

## What Students Can Do

- Exercise
- Eat well
- Good sleep
- Reminders from parents
- Use Uwill Medical Telehealth
- Take Tylenol, Ibuprofen, Sudafed, and Mucinex when appropriate/as directed

## What Carroll Does

- Uwill - Medical Telehealth
  - ▷ 24/7/365 - anywhere in the United States
  - ▷ Urgent care services with Board Certified Physicians
- Local Clinics:
  - ▷ Leo Pocha Clinic - 3 blocks
  - ▷ Pureview Clinic - 6 blocks
  - ▷ St. Peter's Health and Benefis - multiple locations

## What Parents Can Do

- Be open and listen to your student
- Encourage your student to let us know about serious medical conditions
- Encourage your student to utilize Uwill – sooner rather than later!
- Make sure student has a copy of insurance card



## Tobacco-Free Campus

- No Cigarettes, Marijuana, Cigars, Hookahs
  - No Chew
  - No Nicotine Pouches
  - No Electronic Cigarettes
- 
- **For Help Quitting Visit the Wellness Center**

## Confidentiality

- The Wellness Center is a safe place
- Confidentiality – FERPA and HIPAA
- Parents and students are both welcome to come & talk with us

# Counseling Services

Wellness Center

**Guadalupe Hall**

## Student Mental Health Concerns

- Homesickness/Transitional Challenges
- Anxiety/Depression
- Relationships (including Roommates)
- Sleep Difficulties
- Alcohol or Marijuana Use
- Academic Concerns
- Suicidal Ideation

## What Carroll Does

- Prevention skills education within the Carroll Community
- Provide compassionate, competent, no-cost, confidential counseling to Carroll students
- Assess and refer students needing more intensive, on-going therapy
- Collaborate with Health Services and other Student Services with Student consent
- Provide crisis intervention and prevention related to issues such as suicide, sexual assault, and substance abuse

## What Students Can Do

- Just breathe!
- Establish healthy routines: sleep, exercise, nutrition, and spirituality
- Take medication as prescribed
- Identify and access supports starting today
- Don't self-medicate with alcohol or other drugs
- Make safe choices and have a plan when deciding to drink
- Seek assistance early on!

## What Parents Can Do

- Stay open to talking about difficult topics (sex, alcohol, drugs)—even when uncomfortable
- Provide support throughout the year – especially 1st six weeks
- Be supportive of your student if they tell you they want or need to see a counselor, even if it is not something you've done or would do yourself
- If your student is on meds...please, please continue and make sure a local pharmacy has the script
- Seek help if you suspect that your student has a drinking or substance problem
- Be aware of limits of confidentiality per Montana Code – we may not share info about your student with you without written consent from them

### What Carroll Is Doing

- Saints Step Up course: Alcohol education module required of ALL students
- Alcohol-free events
- Alcohol abuse prevention presentations
- Safe Ride Home (reimbursement for Uber/Lyft rides – no questions asked)

### What Parents Can Do

- Parents greatly influence decisions about alcohol
- Talk about the dangers
- Provide support through the year – especially 1st six weeks
- Issues and signs of alcohol poisoning and how to get help for self/others
- Be honest and seek help if you suspect that your student has a drinking or substance problem
- Understand college alcohol policy & Montana law



# Dining Services

STAC Dining Hall & Holy Grounds

# MEET OUR TEAM

Bringing Unique Talents and a Shared Commitment to  
Excellence in Campus Dining.



Carla Essex

General Manager



Clare O'Malley

Catering Manager



Duane Schwen

Admin Assistant



Dayna Ford

Operations Manager



Laurence Shiner

Executive Chef

# Dining Services

- St. Thomas Aquinas Commons (STAC)
- Holy Grounds Coffee Shop
- 4th year / 10 year contract
- Anytime Dining - 3 options
- Open 7:00 am – 11:00 pm
- Some breaks closed or reduced hours (7am-7pm or 11am-7pm)
- FLEX Dollars & Golden Ticket
- Nutrition, Food Allergy, Special Diet



# Meal Plan Options

## Silver

- Unlimited Meals
- Unlimited Coffee From The STAC and Corette Library

## Gold

- Unlimited Meals
- Unlimited Coffee From The STAC and Corette Library
- 3 guest passes
- Monthly Gift From Home

## Platinum

- Unlimited Meals
- Unlimited Coffee From the STAC & Corette Library
- 6 guest passes
- Monthly Gift From Home
- Parents Eat Free
- Birthday Gift
- 15% off student catering

# Golden Ticket & FLEX Dollars

## ■ **Golden Ticket** (\$400/semester)

- ▷ To-Go bottomless mug refills for unlimited coffee and specialty drinks from the STAC and the Corette Library
- ▷ Up to **four** 16 oz. specialty drinks per day from Holy Grounds
- ▷ Takeout container that provides unlimited takeout from the STAC
- ▷ A free concession stand combo at every home sports game

## ■ **FLEX Dollars**

- ▷ Money loaded on the student's ID
- ▷ Preloaded on Gold (\$100) and Platinum (\$200)
- ▷ Add FLEX Dollars on website (\$25 or \$100 increments)
- ▷ Use at Holy Grounds, Dining Hall guests, concessions at sporting events

# STAY UP TO DATE

FOLLOW US ONLINE AND WE'LL KEEP YOU IN THE LOOP



INSTAGRAM



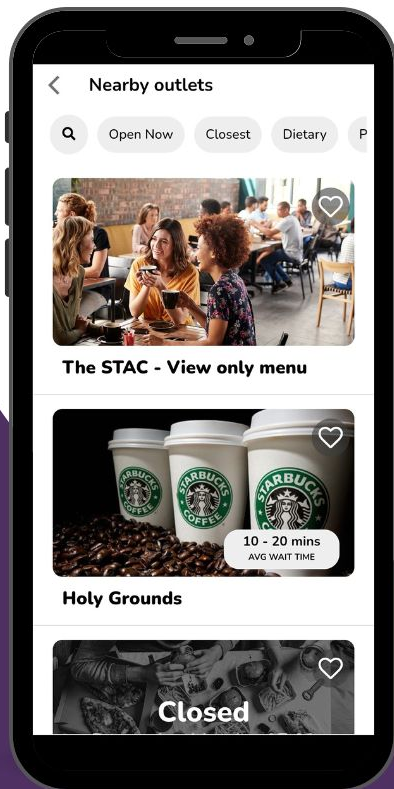
FACEBOOK

@carrollcollegedining

Follow us on Instagram  
and Facebook



everyday



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# Download Our App

Download the EVERYDAY APP  
to check out daily menus and  
hours of operation.



Download Now



# Campus Safety & Security

Jay Nelson, Director



# Campus Safety and Security

- Contract with Securitas
- On-campus from 7pm-7am; Parking 7am-3pm M-F
- Campus Housing –
  - Guadalupe and Trinity: 24/7 Card Key access
  - St. Charles and Borromeo
    - Public door 8am - 5pm
    - Keycard access 5:00pm - 8am
- Campus Housing Room - Accessed by Card Key- PLUS 4-number code
  - Personal Responsibility
    - ▷ Propping external doors
    - ▷ Taping door lock mechanisms



## Campus Safety and Security

- Daily Crime Logs
- Annual Security and Fire Safety Report
- Alerts
  - Timely Warnings
  - Emergency Notifications
  - Public Safety Advisories
- Liaison with the local law enforcement agencies
- Lewis and Clark County Sexual Assault Response Team
- DUI Task Force



**Jay Nelson**


- Student Handbook – Online
- Emergency Protocol Guide – resident hall room, classroom, offices
- Emergency Regroup – All Campus Messaging
- Title IX and Bystander Intervention Training

## Emergency Contacts

At Carroll College


On-Call Res Life

*(This is your first emergency call)*

 406-459-0540

Securitas Patrol Officer

*(Your second call)*

 1-406-461-7611

## Emergency Situations We Discuss with Your Students

- Fire
- Earthquake
- Shooter on Campus
- ByStander Intervention Training
- Sexual Misconduct Prevention
- Alcohol and Drugs

## **Staying Safe**

- ByStander Intervention training - “See Something...Say Something!!!” (8/19/25)
- Visual reminders (Social Media, TV screens, “porcelain press”, etc.)
- Campuswide events (OkSoberFest, Active Shooter training)
- Residence Hall Programming
- Importance of Reporting ALL types of misconduct
- How to Report (form on Carroll website)

**Report an Incident or Concern**

**What Carroll is Doing**

## Education

- “Saints Step Up” using Vector Solutions
- Required of ALL students, started Fall 2021
  - Required student online training
    - ▷ Interactive, thought provoking, and empowering learning platform
    - ▷ Living in and supporting an inclusive community
    - ▷ Understanding consent and preventing sexual misconduct
    - ▷ Understanding alcohol and other drugs
    - ▷ Preventing hazing and intimidation
- Goal: Develop knowledge and skills to become active bystanders

**What Carroll is Doing**

## Title IX

- Colleges that receive federal funding must protect their community against sex-based discrimination, including sexual violence.
  - Title IX Training that addresses sexual assault, dating violence, domestic violence, and stalking
  - Protective Measures: Protect all students so that each student's experience -- activities, academics, living and dining -- are not disrupted
- Title IX Coordinator: Annette Walstad (student) & Karla Weltz (employees)

# CARE Team

Cynthia Thornquist

Academic Support and Retention



# Carroll College CARE Team

**Collect** as much information as possible, from as many sources as possible.  
**Connect** to the student.

C

**Assess** the whole situation, combining information from various areas across campus, and offer the student a Self-Assessment opportunity.

A

**Respond** to both the student of concern and the reporter, balancing the individual needs of the student and those of the greater campus community.

R

**Evaluate:** Continually evaluate the student's progress, and the services needed, making changes to the plan as appropriate.

E

## Carroll College CARE Team

- Deidre Casey: Associate Director of Campus Ministry
- Zack Eckerdt: Director of Res Life & Housing
- Kasey Nixon: Director of the Wellness Center
- Kris Ward: Head Athletic Trainer
- Jay Nelson: Director of Campus Security and Public Safety
- Kelly Zimmerman: Director of Accessibility Services
- Cynthia Thornquist: Director of Academic Support & Retention
- Kevin Sandoval: Assistant Director of Academic Support - Special Populations



## What Parents Can Do


- Remind your student that there are a lot of adults at Carroll who care very much about their well-being
- Suggest that your student contact any adult they trust, and ask for help
- Students should not rely on roommates for support, and don't try to "go it alone" or only get support from home
- Call someone at Carroll College and ask us to check on your student!

## Emergency Contacts

### At Carroll College


#### On-Call Res Life

*(This is your first emergency call)*

 406-459-0540

#### Securitas Patrol Officer

*(Your second call)*

 1-406-461-7611



# Questions?

**August 17, 2025**

**Parent Orientation**

**Stage**

**CARE Team**

**Campus Safety**

**Wellness Center**

Door

Join us back here  
at 2:30  
for Part Two!

**SODEXO**

**Campus  
Ministry**

Door

Door

Door

**August 17, 2025**