

Connecting to Carroll's Guest WiFi

- Connect to Carroll College wifi
- Open a web browser such as Chrome, Safari, Firefox etc.
- Type in join.carroll.edu in the navigation bar at the top(not in search)
- Agree to Acceptable Use Policy and continue.
- Choose Guest Access



Carroll College

Carroll College Wi-Fi

I agree to [Carroll College Acceptable Use Policy](#)

Continue

Please contact Help Desk if you are having troubles.
406-447-4357 helpdesk@carroll.edu

[Start Over](#)



Carroll College

Carroll College Wi-Fi

Guest Access

Register Current Device

Register Chrome / Other

Please contact Help Desk if you are having troubles.
406-447-4357 helpdesk@carroll.edu

[Start Over](#)



Carroll College

Carroll College Wi-Fi

Please login to the network using your access code.

Username

Log In

Contact a staff member if you are experiencing difficulty logging in.

[Start Over](#)

Password: **welcome22**



Parent Orientation

Student Wellness

August 21, 2022

Division of Student Engagement

Dean of Students

- Student Life
- Saints' Success Center
- Title IX Coordinator



Annette Walstad

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 Center and Sodexo)
- Spirit (Campus Ministry)
- Holistic (CARE Team)

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 safe, being smart)

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...

Wellness Center - Guadalupe Hall (lower level)

Health & Counseling Services

- Kerri Rigsby, RN, Director
- Jessica Gruber, Associate Director
- Beth Demmons, Counselor/Educator
- Kacey Nixon, Counselor
- Lindy Coonen, Front Office
- Denise Smigaj, APRN



The Team

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

Collaboration

What Students Can Do

- Exercise
- Eat well
- Good sleep
- Reminders from parents
- Visit the Wellness Center—sooner rather than later
- Take Tylenol, Ibuprofen, Sudafed, and Mucinex when appropriate/as directed

What Carroll Does

- Provides non-emergent medical care for FREE
- Immunizations- Very important!!!
- Tuesday clinic with Denise Smigaj APRN
- Prescriptions
- Lab orders-minimal fee
- Referrals
- Allergy shots
- Flu shots start in October, very important
- Email

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 come and see us – sooner rather than later!
- Make sure student has a copy of insurance card

- Testing kits available locally or from the government
- Isolation in own room for positive cases 5 days, masks for 10
- Please notify PCP or the Wellness Center
- PCP or Wellness Center to inform professors
- Marching Forward webpage for more information

Tobacco-Free Campus

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

This means...

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

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

- Voices For Change course: Alcohol and Other Drugs module required of ALL students
- Alcohol-free events
- Alcohol abuse prevention presentations
- Safe Ride Home: taxi service (coming soon)

What Parents Can Do

- Parents greatly influence decisions about alcohol
- Talk about the dangers of under-age drinking
- Provide support through the year – especially 1st six weeks
- Help students understand the 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

- **Curt Boehm, General Manager**



Campus Ministry - All Saints' Chapel (lower level)

Campus Ministers

- Fr. Marc Lenneman, Chaplain
- Chris Yakawich, Assistant Director
- Deidre Casey, Assistant Director
- Peer Ministers
- FOCUS team



The Team

“COME AND YOU WILL SEE” JOHN 1:39

SACRAMENTAL OPPORTUNITIES AT CARROLL COLLEGE

MONDAY

MASS
4 PM
All Saints Chapel

TUESDAY

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

SATURDAY

MASS
9AM | 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. Marc at (406)447-4869 or mlenneman@carroll.edu.

Ministry Opportunities

- **Retreats**
 - Freshmen, Sophomore, Men's & Women's
 - Search
- **Formation**
 - Floor Small Groups
 - VIA & COR
 - RCIA
- **Service**
 - Headlights Immersion Trips
 - Service Saturdays
 - Weekly community opportunities

More Opportunities

- Connections within the Helena Community
- Hunthausen Center for Peace and Justice
- Headlights Service Trips
- Pilgrimage

All Saints' Chapel



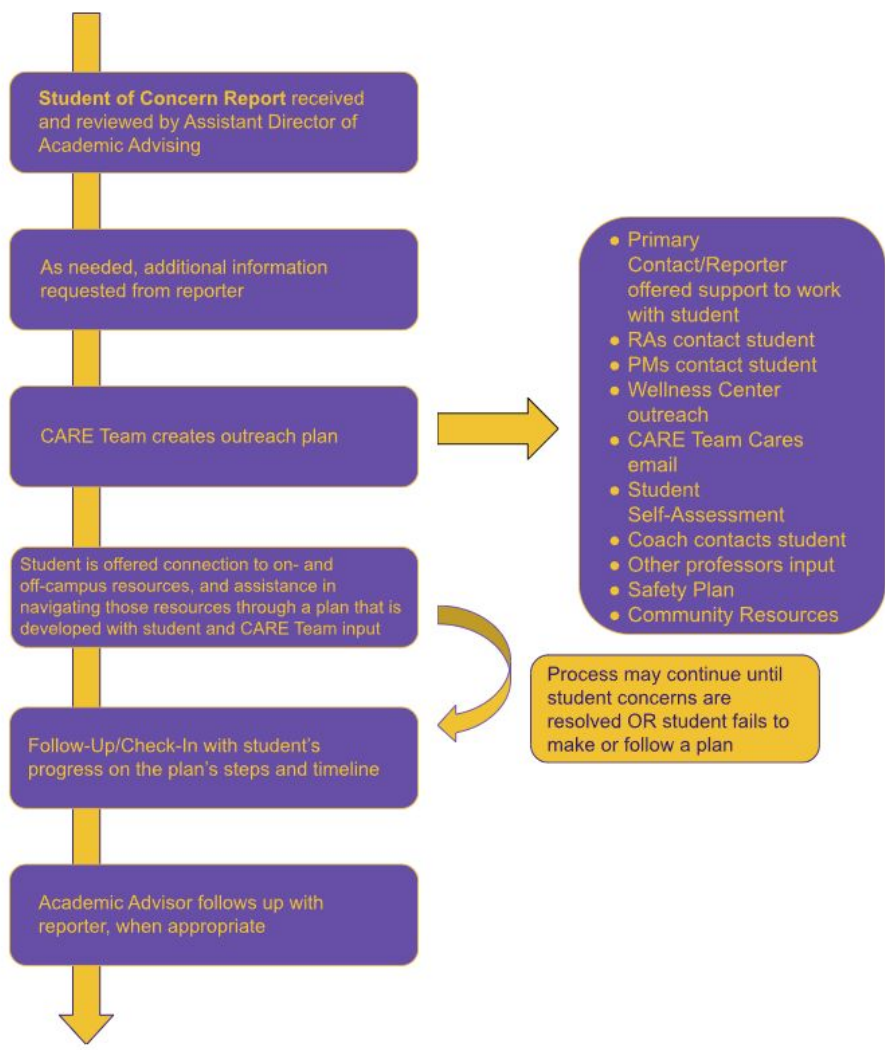
Join Us For Mass Tonight @ 7:00 pm

Carroll College CARE Team

- Deidre Casey: Campus Minister
- Zack Eckerdt: Director of Res Life & Housing
- Jason Grimmis: Director of Campus Safety & Security
- Jessica Gruber: Associate Director of Counseling
- Cheri Long: Assistant Director of Academic Advising
- Annette Walstad: Dean of Students
- Kris Ward: Head Athletic Trainer
- Kelly Zimmerman: Director of Accessibility Services



What Care Team Does



What Parents Can Do

- Remind student that there are a lot of adults at Carroll who care very much about his/her well-being
- Suggest that their student contact any adult they trust, and ask for help
- Don't rely on roommates for support, and don't try to "go it alone" 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

- A federal law that protects the privacy of education records
- Students control access to their information
- Age of 18 or college attendance, regardless of age
- Students may voluntarily waive their privacy by completing FERPA Release forms
- Separate forms for different offices
 - Financial Aid & Business Office
 - Health
 - Counseling
 - Academic Records



Questions?

August 21, 2022

Stage

Counseling

Health Services

CARE Team

Door

SODEXO

Join us back here
at 3:45
for Part Two!

Campus
Ministry

Door

Door

Door