**Mental health, well-being resources at CSU – updated November 2021**

The College of Veterinary Medicine & Biomedical Sciences:

* created an additional orientation for first year Doctor of Veterinary Medicine students at the start of the spring semester, bringing in veterinary leaders to speak to resilience, imposter syndrome and well-being
* provides free and confidential counseling services for anyone experiencing hardships, situational issues, immediate crisis or mental health concerns. Pamela Kemp is a full-time counselor and well-being manager embedded in the DVM program.
* established **​​​​**aCommittee On Resilience​ and Engagement (CORE), which includes representation from each DVM class. This has been in place for several years and is not related to COVID-19.
* created an internal website focusing on health and well-being for current DVM students The site is also not directly related to COVID-19.
* offers targeted academic support and tips from Andrew West, assistant dean of teaching and learning, and other faculty for first-year students entering the spring semester, which is a challenging term. College leaders feel that if they can help alleviate academic struggles, well-being will be positively impacted.
* has an extensive tutoring program which offers free group and individual services to all DVM students. Tutors are students from more advanced years who are coached by faculty as needed. Additionally, faculty and Dr. Melinda Frye, associate dean of veterinary academic and student affairs, monitor academic progress of all students closely, particularly in the first year. Direct and timely outreach to struggling students occurs so that needed resources can be mobilized to optimize opportunities for success.
* have improved services to students with disabilities, providing special day class accommodations to ease their effort in arranging for accommodations and more relaxed attendance requirements, with opportunities to make up exams and other work in light of COVID-19, recognizing that students may become ill, or have loved ones for whom they provide care, or have children at home.

Each DVM class has a well-being representative or a committee and is given $1,000 to support grass roots well-being programming and other resources This is new, initiated in spring 2021.

Dr. Frye meets with class leadership monthly and as needed. She said they often discuss overall well-being and stressors specific to each class. Dr. Frye is a veterinarian, has a doctoral degree and teaches cardiovascular physiology in the first year of the veterinary medicine program at CSU. She worked as a critical care registered nurse prior to earning her veterinary degree.

CSU was the first veterinary school to offer the [Healer’s Art course](https://cvmbs.source.colostate.edu/the-heart-of-medicine-impact/) to first, second and third year veterinary students. Small groups of veterinary students are brought together with mentor veterinarians and medical and counseling professionals in a discovery model that encourages honest and mutually respectful sharing of experience, belief and personal truths. This 15-hour elective course, offered in the spring, is process-based and enables the formation of a community of inquiry between students and faculty. This program originated in medical schools and is currently offered in over 90 medical schools throughout the world, and in two veterinary schools, CSU and University of California Davis.

The University provides:

* counseling services through the CSU Health Network on main campus and through the CSU Department of Psychology (virtual appointments during the pandemic)
* CSU [Tell Someone](http://supportandsafety.colostate.edu/tellsomeone) allows anyone to report concerns about a CSU student or university employee who may be experiencing an emotional difficulty or mental health illness
* support through CSU Police Department (in times of crises)

Through the community and state:

* Anonymous and confidential screenings to determine if you or someone you care about should connect with a behavioral health professional through SummitStone Crisis Center, located in Fort Collins and Loveland
* Connections, a service from Larimer County Health District for anyone with emotional health or substance use concerns
* Crisis Assessment Center in northern Colorado
* Colorado Crisis Services