

# Monday Message

Oct. 11, 2021



## President's Message

Dear all,

Student mental health is fundamental to student success. Nationally, the demand for mental health support among college and university students has been trending upward for well over a decade. We have long provided counseling services at LC State and, in recent years, have participated in the National College Health Assessment. Some of the Assessment responses from our Spring 2020 survey:

- 77.5% of our students felt that they belonged at LC State,
- 60% felt that student health and well-being is a priority at LC State,
- 19% reported moderate psychological distress while 14% reported serious psychological distress, and
- 47% reported that they had been diagnosed with at least one mental health disorder in the prior year.

When asked about impediments to academic performance, 36.5% reported stress, 29% reported anxiety, 25.4% reported depression, and 23% reported sleep difficulties among these impediments.

All of these data remind us that many of our students must overcome significant barriers in order to attend school and succeed. We have been and will continue to respond to this reality. Over the past year we invested some of our Higher Education Emergency Relief Funds (COVID-19) to bolster our counseling services and provide increased support to our students. We used some of these dollars to fund additional staffing (the equivalent of a 1.0 FTE counselor) and invested in a train-the-trainer program called RESPOND, intended to help faculty and staff provide initial assistance to students who exhibit stress, anxiety, or other conditions. This program was specifically requested by faculty through a strong desire to be better prepared to help. We invested in Therapy Assisted Online (TAO), which is a resource that provides self-guided assistance to those who wish to seek counseling services. These resources stand in addition to the individual and group counseling sessions, Student Support Network, and myriad other tactics used by the Student Counseling Center to ensure that students in need of mental health services are not overlooked. **These resource additions and extensions better equip us to meet student needs whether at main campus, one of our satellite centers, the Schweitzer Career & Technical Education Center, and fully online.**

This fall, the Student Counseling Center started offering evening (Mondays and Thursdays), and weekend (Saturday morning) counseling sessions in an attempt to make the services more conveniently available. Students have responded and are taking advantage of these appointments. In fact, student appointments have increased by over 38% compared with this time last year. The Student Counseling Center staff are exploring ways to make this delivery model sustainable into the future.

I am proud of the work of our Student Counseling Center staff and of our entire campus community when it comes to supporting our students. Our collective commitment to helping our students holistically is another example of what sets LC State apart. Individuals DO matter here. We learned long ago that we not only connect learning to life, but also recognize that balance in one's life is connected to optimization of learning.

Carry on, Warriors! We are making a difference that matters.

Cynthia Pemberton, Ed.D.

## Events

- **Sept. 24-Dec. 10 – Center for Arts & History Exhibit** – The Center for Arts & History is featuring [The Land of Persepolis: Introducing Persian Culture to the West](#).
  - **Oct. 12 – Tuesday at Two** – President Pemberton's Tuesdays at Two continue through Zoom (<https://lcsc.zoom.us/j/861031866>). All are welcome to join the conversation.
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## Announcements

- **Coronavirus Updates & Risk Level:** For the latest coronavirus updates and information visit [www.lcsc.edu/coronavirus](http://www.lcsc.edu/coronavirus). In accordance with its [Operational Levels Matrix](#), LC State's current risk level is: Moderate.
  - **Cases Update:** Currently there are **6** active cases and **0** students in isolation in campus housing.
  - **Reporting Line:** If someone believes they were exposed to someone with an active case of COVID-19 or believes they are infected themselves, they should contact the campus COVID-19 Reporting Line at 208-792-2002 for guidance.
  - **Vaccine Availability:** To schedule an appointment with Public Health - Idaho North Central District visit [www.idahoprepmod.com](http://www.idahoprepmod.com) or call 208-799-3100. Because we are delivering education face to face, LC State employees qualify for vaccine booster shots.
  - **Campus Protocol Update:** Reminder to all, the next campus update regarding interior space protocols will be sent Friday, Oct. 15, by end of day and reiterated in the Oct. 18 Monday Message.
- **October is Domestic Violence Awareness Month:** Domestic Violence Awareness Month (DVAM) began in October 1987 as a way to connect and unite individuals and organizations working on domestic violence issues while raising awareness for those issues. Over the last 34 years, much progress has been made to support victims and survivors, bring awareness to the issue, and hold abusers accountable. We all must work together to confront the issue of domestic violence in our communities. In 2019, President Pemberton proclaimed October as Domestic Violence Awareness Month at Lewis-Clark State College. This proclamation provides an excellent opportunity for our campus to learn more about preventing domestic violence, bystander intervention, and to show support for the local organizations and college faculty and staff providing critical advocacy, services, and assistance to survivors. Throughout the month of October, you will see various symbols of support across campus from ribbons and shadow people to information cards about healthy relationships. You are also invited to wear purple throughout the month as a sign of support for victims and survivors of domestic violence. For more information, visit:
  - On Campus: [Office of the Title IX Coordinator | Lewis-Clark State \(lcsc.edu\)](#)
  - In the Community: [YWCA of Lewiston and Clarkston \(ywcaidaho.org\)](http://ywcaidaho.org)
  - Nationally: [Learn to Love Better - One Love Foundation \(joinonelove.org\)](http://joinonelove.org)

- **Surplus Office Supplies:** Before departments order office supplies, they might want to check the surplus office supplies room in the Administration Building to save money. The supply room will be open for collection/donation of office supplies on Monday, Oct. 11; Wednesday, Oct. 13; and Friday, Oct. 15, from 8-10 a.m. ONLY. Contact the President's Office at X2216.
  
- **October is Cybersecurity Awareness Month: Securing Your Mobile Devices:** Mobile devices are an amazing and easy way to communicate with friends, shop or bank online, watch movies, play games, and perform myriad other activities. Since these devices are such an important part of your life, it is essential to keep you and your devices safe and secure. It may surprise you to know that the biggest risk to your mobile device is most likely not cyber criminals but you. You are far more likely to lose or forget a mobile device than have someone hack into it. The number one thing you should do to protect your device is enable automatic screen locking when the device is idle. This means that to use your device, you have to unlock the screen with a strong passcode, your face, or your fingerprint. This helps ensure that it is much harder for anyone else to access your information if your device is lost or stolen. As a bonus, for most mobile devices, enabling the screen lock also enables encryption, helping protect the data stored on the device. Here are several more tips to help protect your devices:
  - **Updating:** Enable automatic updating on your devices, so you are always running the latest version of the operating system and apps. Attackers are always looking for new weaknesses in software, and vendors are constantly releasing updates and patches to fix them. Keeping your devices up to date makes them much harder to hack. When choosing a new Android device, look at the vendor's commitment to keeping the device updated. Apple iOS devices are updated by the company itself, while Android mobile devices are updated by the vendor that sold you the device, and not all vendors actively update their devices. If you are using an old device that is no longer supported or cannot be updated, consider purchasing a new device that is fully supported.
  - **Tracking:** Install or enable trusted software to remotely track your mobile device over the internet. This way, you can connect to it over the internet and find its location if your device is lost or stolen, or remotely wipe all of your information in a worst-case situation.
  - **Trusted Mobile Apps:** Only install apps you need and stick to trusted sources. For Apple iOS devices such as iPads or iPhones, that means Apple's App Store. For Android devices, use Google Play; for Amazon tablets, utilize the Amazon App Store. While you may be able to install apps from other sites, these are not vetted and are far more likely to be infected or outright malicious, either of which could compromise your privacy. Also, check to make sure the app has lots of positive reviews and is actively updated by the vendor before downloading it. Stay away from brand new apps, apps with few reviews, or apps which are rarely updated.
  - **Privacy Options:** Mobile devices collect extensive information about you, especially since you take them everywhere you go. Thoroughly review your device's privacy settings, including location tracking, and make sure sensitive notifications (such as verification codes) don't appear on-screen when the device is locked.
  - **Work:** Be sure any mobile device you use for work is authorized for work use. When at work, be extra careful and never take any pictures or video that may accidentally include sensitive information, such as pictures of whiteboards or computer screens.
  
- **Microsoft Office:** Last October IT sent an announcement informing campus members to upgrade their Windows computers to Office 2019 because support for Office 2016 was ending. Most Windows computers that are connected to the campus network have been upgraded but our records still show some machines are running Outlook 2016. Microsoft has announced that on Nov. 1, Outlook 2016 will no longer be able to connect to our @lcsc.edu email. If you have a machine that is at home or rarely connects to the campus network please follow [these instructions](#) to ensure you won't lose Outlook connectivity. You may also bring your laptop by the Help Desk and we can upgrade it for you.

- **Seeding Our Tomorrows:** Last week, in sync with our wildly successful career fair, we held our first High School Career Expo. There were over 340 individuals in attendance during the career fair; and 57 high school students/ teachers/ guidance counselors attended the High School Expo event, coming from Asotin, Culdesac, LaCrosse, Salmon River, Moscow, Lewiston, Pullman, Colfax, and Troy. Special thanks to Erin Cassetto and the faculty, staff and student volunteers who provided the person-power to the career fair, and Soo Lee Bruce-Smith and the Admissions crew for coordinating and syncing the High School Expo with the Fair. An outline of the expo appears below.
  - Welcome from Idaho Central Credit Union (ICCU), one of the major sponsors.
  - Career fair walk-about.
  - Division breakout sessions, during which students met with division representatives to learn about the degrees needed to meet career goals.
  - Lunch
  - Employer breakout sessions (two 30 minute sessions): Schweitzer Engineering Laboratories (SEL) discussed “How to Prepare Now for the World of Work” and Idaho State Police addressed “Today’s Decisions Can Affect Your Employability.”
  - Employer Panel, with representation from ICCU, SEL, Idaho State Police, and Renaissance Marine Group.
  
- **Campus Song for the Week:** [“Bridge over Troubled Waters”](#) by Simon & Garfunkel.
  
- **I-Time Coding:** Instructions for Columbus Day I-Time coding are posted on the intranet.
  
- **HR Updates:**
  - [September Newsletter](#) | [This week’s PDT/Wellness flyer](#)
  - September WOW Award Winner: Bruce Willis
  - Employee Resource Fair: Thursday, 12-3:30 p.m., Activity Center Mezzanine. Flu shots and COVID-19 vaccines and boosters will be available. Please bring your insurance card.

