

# Student Resource Center Newsletter

May/June 2017

SRC...Removing obstacles for your academic success



**Student Resource Center  
Fall 2017 Funding-  
Scholarship Deadline:  
July 17**

Don't forget to make your fall funding appointment! If you plan on attending WCC in the fall, the SRC may be able to help with expenses like tuition, books, transportation, and childcare. The SRC is open Monday-Friday, 8 am to 5 pm. Call 734-677-5105 to schedule an appointment or drop by our front desk in SC, room 206.

## IMPORTANT DATES

**May 1<sup>st</sup>**  
Winter Semester ends

**May 8<sup>th</sup>**  
Spring/Summer Semester begins

**May 20<sup>th</sup>**  
Commencement

**June 10<sup>th</sup>**  
Application Deadline for Fall  
WCC Foundation Scholarships



**May 29 – College Closed**

**Summer is a great time for volunteering in your community!**

~ WCC has a great volunteer service program ~

**WCC Contact: Lexi Judkins**

**SDA-Student Development and Activities Office**

**1<sup>st</sup> floor SC bldg. - SC 112**

**Email: [ajudkins@wccnet.edu](mailto:ajudkins@wccnet.edu)**

**[Click here](#) for volunteer opportunities**

## 2017 Wellness Series



| MAY |    | 2017 |    |    |    |    |
|-----|----|------|----|----|----|----|
| 1   | 2  | 3    | 4  | 5  | 6  |    |
| 7   | 8  | 9    | 10 | 11 | 12 | 13 |
| 14  | 15 | 16   | 17 | 18 | 19 | 20 |
| 21  | 22 | 23   | 24 | 25 | 26 | 27 |
| 28  | 29 | 30   | 31 |    |    |    |

**5/17** National Mental Health Awareness Month - Features resources on PTSD, depression and anxiety)

## 24/7 EMERGENCY RESOURCES

**STUDENT COUNSELING ASSISTANCE PROGRAM**  
**866-227-3834**  
*(toll free and available 24/7)*

### CRISIS HOTLINES

UM 24-Hour Crisis Hotline  
..... 734-996-4747  
Suicide Prevention Lifeline  
..... 800-273-TALK (8255)  
Safe House (Domestic Violence)  
..... 734-995-5444  
Veterans Hotline  
..... 800-273-8255, press 1

### CRISIS TEXT LINE

**Text HOME to 741741**  
Serves anyone, in any type of crisis. A live, trained crisis counselor will respond quickly.



### Using WCC's Student Resource Center Food Pantry

To be eligible to receive items from the emergency food pantry, students must be currently enrolled in credit classes at Washtenaw Community College. Currently enrolled students can receive two bags of food, twice a semester. At that time, the student will also be provided a current list of active food banks and hot meal availability in the community.

For more information, stop by SC206 or call 734-677-5105.



Washtenaw County Camps

#### How has the WCC Emergency Food Pantry helped you? (Quotes from students utilizing pantry)

- Helps me get sufficient food and nutrition while I study.
- With feeding my family.
- This is my first time utilizing this service of help! I am grateful though for this.
- Helps by saving money for other expenses.

There is still time to register for Spring/Summer 2017 classes. Students may add courses up until 8:00pm the night before a class meets.



There are six clinics in Washtenaw County that offer free or sliding scale services to people needing medical attention at a reasonable price:

[Click here for more information](#)

### Packard Community Clinic - Ann Arbor

Ann Arbor, MI - 48108  
(734) 971-1073

[SEE CLINIC DETAILS](#)

### Packard Community Clinic West - Ann Arbor

Ann Arbor, MI - 48103  
(734) 926-4900

[SLIDING SCALE](#)

[SEE CLINIC DETAILS](#)

### Packard Community Clinic Ypsilanti - Ypsilanti

Ypsilanti, MI - 48198  
734-985-7200

[SEE CLINIC DETAILS](#)

### Washtenaw Dental Center - Ypsilanti

Ypsilanti, MI - 48197  
(734) 480-4250

[SLIDING SCALE](#)

[SEE CLINIC DETAILS](#)

### Hope Medical Clinic Ypsilanti - Ypsilanti

Ypsilanti, MI - 48197  
734-484-2989

[SEE CLINIC DETAILS](#)

### Shelter Association of Washtenaw - Ann Arbor

Ann Arbor, MI - 48107

[SEE CLINIC DETAILS](#)

As an enhancement to the free medical clinic listings, there are also sliding scale treatment clinics. Sliding fee scale are variable prices for services due to customer's ability to pay. Medical and dental fees can be reduced due to many factors, so call the clinic directly on these sliding fee scale clinics. There are also income-based clinics. These clinics are HRSA Health Centers. You pay what you can afford based on your income.

The Campus Assistance Program (CAP) is also a vital resource for WCC students. There is a dedicated toll free crisis line at 1-866-227-3834 or check out the website [www.caplife.hmsanet.com](http://www.caplife.hmsanet.com) using - Username: WCC and Password: myresource.



- The Campus Assistance Program is a confidential, voluntary, free service providing professional counseling and referral services designed to help you with personal, school or family related problems. Your CAP can help you identify, resolve and gain control over personal problems that may be interfering with school and daily life.
- ▶ **Dedicated Toll Free Crisis Line** **1-866-227-3834**
    - o 24 hours a day – 7 days a week – 365 days a year
  - ▶ **Diagnostic Assessment and Problem Resolution Sessions**
    - o Students will receive a total of 3 face-to-face (or telephonic) short-term problem resolution sessions per issue
    - o Referral services coordinated with existing health insurance benefits if longer treatment is recommended. (*deductibles and co-pay may apply*)
    - o Some common concerns the CAP can help with:
      - Stress, Anxiety, Depression
      - Campus Life Transitions
      - Sexual Harassment
      - Relationship Issues
      - Grief & Loss
      - Conflict Resolution
      - Substance Abuse
      - Parent-Child Conflicts / Family Issues
  - ▶ **Legal Consultations**
    - o Students are entitled to one initial 30-minute office or telephonic consultation on an unlimited number of separate legal matters at no cost. (*Some topic exclusions may apply*)
    - o If additional help is needed regarding the issue and the student retains the attorney, the student will receive a 25% discount for services beyond the initial consultation.
  - ▶ **Financial Consultations**
    - o Students are entitled to no cost telephonic consultation on an unlimited number of separate financial issues.
    - o Consultation is generally limited to between 30-60 minutes

[www.caplife.hmsanet.com](http://www.caplife.hmsanet.com)  
Username: WCC Password: myresource  
Services are confidential and free!  
1-866-227-3834

Stress Management Tips for a happier, healthier and more productive life!  
(Source: Helpguide.org)

- Tip 1: Identify the sources of stress in your life
- Tip 2: Replace unhealthy coping strategies with healthy ones
- Tip 3: Practice the four A's – Avoid, Alert, Adapt, and Accept
- Tip 4: Get moving
- Tip 5: Connect to others
- Tip 6: Make time for fun and relaxation
- Tip 7: Manage your time better
- Tip 8: Maintain balance with a healthy lifestyle