

## Resource Fair

Please join the CARE Center on Wednesday, February 15<sup>th</sup> from 11:00am-1:00pm for the annual **Spring Resource Fair!**

This event is an opportunity for students to connect with community services and campus resources related to basic needs such as transportation, food, housing, healthcare, childcare, and much more.

Students will have the chance to personally interact with representatives from a variety of organizations to learn about these topics, ask their questions, and get connected to services to support them with personal and academic success!

- **When:** Wednesday, February 15<sup>th</sup> from 11:00am-1:00pm
- **Where:** Educational Services Building in the LRC Crossways
- **Who:** Open to all students and employees
- **Cost:** Free to attend and there will be some free door prizes!

For questions, please email Ellie McDowell (NHCC Social Worker) at [ellie.mcdowell@nhcc.edu](mailto:ellie.mcdowell@nhcc.edu) or call **763-424-0883**



## Events

NHCC's CARE Center and the Department of Diversity, Equity, and Inclusion (DEI) has partnered to present a series of experiential workshops that demonstrate unique ways to engage in emotional processing and seek peace.

### How Do You Enter Your Peaceful Space?

**Date:** April 11th, 2pm-3:30pm

**Location:** Multi-Cultural Room, Campus Center 244

## CARE Week

### Mental Health Screening

Take a quick, online mental health assessment and chat with a Counselor/Mental Health Therapist.

- Monday, Feb. 13<sup>th</sup>, 12pm-2pm, outside of the CARE Center (ES118)

### Student Appreciation Day

The CARE Center is teaming up with Student Life to show our appreciation to our students with massages and dog therapy!

- Tuesday, Feb. 14<sup>th</sup>, 11am-1pm in the Campus Center

### Resource Fair

Get connected with campus and community resources.

- Wed, Feb. 15<sup>th</sup> 11am-1pm, LRC Crossways

### Breakfast with the CARE Center/Wear Green for Mental Health Awareness

We will have fun breakfast basics you can grab while meeting the CARE Center team.

- Thursday, Feb. 16<sup>th</sup>, 9am-11am, outside of the CARE Center (ES118)

## 8 Tips for Preventing Burnout

From our Mental Health Therapist  
Johanna Gangl, MA, LPCC

### 1. Stay Grounded with Structure

- Consider utilizing routine and rituals to add structure to your day. Ideas to ponder: a consistent wake-up time to set a regular circadian rhythm that helps your body learn when to wake and when to sleep.
- Get dressed every day.
- Take a look at schoolwork every day – aim for a small commitment like 10 min email check. Practice 2 mins of daily gratitude at the end of each day.

### 2. Nourish Your Body

- Nourish your body and your brain with healthy-ish, regular meals.
- Don't ask your brain to tackle calculus on a granola bar and two sips of water.

### 3. Socialize

- Maintain connections with people you care about. 1x a week or month of socialization can be impactful to starve off isolation.

### 4. Shake Productivity Shame

- **Definition:** The act of setting utterly unrealistic goals or schedules for yourself and then beating yourself up when you fail to meet them.
- Check out this article: [How To Stop Feeling Productivity Shame](#)

### 5. Move Your Body

- Find ways to maintain regular exercise. This can be as simple walking a lap around your house a few times a day. It does not need to be a cardio marathon.

### 6. Avoid Psychoactive Substance Use

- Minimize or eliminate the use of alcohol (a depressant) and/or other substances. Seek help if you're struggling to do so.

### 7. Take Screen Breaks

- Take multiple daily breaks from all screens. Seriously. Try out several activities that don't require your phone, computer, or TV.

### 8. Be Kind to Yourself

- Resist the impulse to criticize yourself for any struggles you may have while balancing your responsibilities with your physical and emotional needs
- Speaking to yourself with compassion and understanding like you would for your closest friend can be powerful. I doubt you'd call your friend an idiot for forgetting a deadline. Why do that to yourself?
- Check out [this website](#) for more information and exercises.

## Loaner Laptop Update!!

NHCC is making the computer loaner laptop check out process easier for students!

Technology Services has a limited supply of laptop computers available for students to check out who do not have access to a computer at home to do their coursework. Laptops can only be loaned to enrolled students who are registered for class in the current term and must be returned at the end of the semester.

If you would like to request a loaner laptop, please complete the form below to create a ticket with Technology Services. You will then receive an email sent to your North Hennepin student email account with information on how to pick it up.

[Request a loaner laptop here](#)

## Mental Health First Aid Training

### North Hennepin Has Four New Mental Health First Aid Trainers!

In addition to the training opportunities that Dr. Sean Payton has been providing for years, NHCC now has four more employees who are certified to provide this valuable training to our campus community members.

#### What you will learn:

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

#### Some of the mental health challenges covered:

- Depression and mood disorders
- Anxiety disorders
- Trauma
- Psychosis
- Substance Use disorders
- Mental Health First Aid teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

#### How the training is offered:

This training is offered online and in person, which is 8 hours. There is also a blended option where learners complete 2 hours of pre-work on their own and then meet in person with an instructor for 6 hours. After completion, participants will be awarded a certificate which is a great addition to their resumes no matter what profession they are involved in.

#### How to find out more:

If you are a staff or student who is interested in attending a training or setting one up for your class, student group or department, please fill out the form below and we will add you to the list or contact you to coordinate a training.

Please be aware that if you are in individual, you will be added to a waitlist until we can add you to a larger group training.

**Cost:** Free!!

[Click here to request a training.](#)



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

## Title IX Information

### Notice of Title IX Pregnancy/Parenting & Nondiscrimination

Title IX of the Education Amendments of 1972 (20 U.S.C. § 1681) is an all-encompassing federal law that prohibits discrimination on the basis of sex of students and employees of educational institutions that receive federal financial assistance.

This prohibition includes discrimination against pregnant and parenting students. Students may request adjustments based on general pregnancy needs or accommodations based on a pregnancy-related complication.

*Title IX* prohibits discrimination against a student based on pregnancy, childbirth, false pregnancy, termination of pregnancy, or recovery from any of these conditions.

Under *Title IX*, it is illegal for schools to exclude a pregnant student from participating in any educational program. Schools may implement special instructional programs or classes for a pregnant student, but participation must be completely voluntary on the part of the student, and the programs and classes must be comparable to those offered to other students.

Schools must excuse a student's absences because of pregnancy or childbirth for as long as the student's doctor deems the absences medically necessary. When a student returns to school, they must be allowed to return to the same academic and extracurricular status as before their medical leave began.

Any special services provided to students who have temporary medical conditions must also be provided to a pregnant student.

North Hennepin Community College is committed to creating an accessible and inclusive environment for pregnant and parenting students.

Title IX regulations detail how the law applies to a range of specific activities and policies that affect pregnant and parenting students. These regulations govern activities both in and outside of the classroom.

**Class attendance.** Students may not be prevented from attending class on the basis of pregnancy. Separate programs or schools for pregnant and parenting students must be completely voluntary and must offer opportunities equal to those offered for students who are not pregnant or parenting.

**Excused absences.** Absences due to pregnancy or childbirth must be excused for as long as is deemed medically necessary by the student's doctor.

**Make-up work.** Title IX requires schools to let students make up work missed because of pregnancy or related conditions, including recovery from childbirth.

**Tutoring or other accommodations.** If the school provides tutoring or homebound instruction services to other students with medical conditions or temporary disabilities, it must provide such services to pregnant or parenting students on the same basis.

**Breast milk expression.** Parenting students must be permitted reasonable breaks to express breast milk during educational programming and should have

access to a private space that is not a bathroom in which to do so.

**School activities.** Schools must allow pregnant or parenting students to continue participating in activities and programs outside of class, such as sports, extracurricular activities, labs, field trips, and career rotations.

**Scholarships.** Schools cannot terminate or reduce athletic, merit, or need-based scholarships because of pregnancy.



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### Sexual Harassment

Minnesota State system further defines sexual harassment as a form of sexual discrimination which is prohibited by state and federal law. Sexual harassment includes unwelcome sexual advances, requests for sexual favors, sexually motivated physical conduct, and other verbal or physical conduct of a sexual nature.

Sexual Harassment may involve:

- Repeatedly pressuring an individual for dates or sexual favors
- Repeatedly displaying sexually explicit visual material (calendars, posters, cards, software, and websites)
- Repeatedly giving or sending inappropriate gifts, calls, letters, or e-mails
- Promises or rewards (a better grade, or a promotion) in return for sexual favors.
- Unwelcome physical contact
- Sexual assault, domestic violence, dating violence, or stalking\*

*\*While all hostile environment sexual harassment is against the law, sexual assault, domestic violence, dating, violence, and stalking are also criminal acts and should also be reported to the campus or city police.*

### Sexual violence

A continuum of conduct that includes sexual assault, non-forcible sex acts, dating and relationship violence, stalking, as well as aiding acts of sexual violence<sup>1</sup>.

### Retaliation

Retaliation against members of North Hennepin Community College who exercise their right to report discrimination or harassment is prohibited by the state, the federal government, and college policy. Retaliation includes, but is not limited to, intentionally engaging in any form of intimidation, reprisal, or harassment against an individual. Any individual who intentionally

<sup>1</sup> [Minnesota State Board Policy 1B.3 Sexual Violence Policy](#)

engages in retaliation shall be subject to corrective action as appropriation.<sup>2</sup>

### Prevention and Training

To ensure our students are educated on the importance of sexual harassment and sexual violence North Hennepin Community College provides training to students and employees on our campus. All students, including PSEO students, are required to complete the online D2L Sexual Violence Prevention Training course within the first ten (10) days of classes. Throughout the academic year, programming will be conducted for education and awareness of nondiscrimination, discriminatory harassment, and sexual violence by the college programs and departments.

## Title IX Coordinator

To report an incident of Sexual Violence, Dating Violence, Stalking, Harassment, or Discrimination please contact your Title IX Coordinators.

### Students contact:

**Elton Dahn, Dir. of Student Conduct and Conflict Resolution, Title IX Coordinator**

763-488-0229, ES 118F, [Elton.Dahn@nhcc.edu](mailto:Elton.Dahn@nhcc.edu)

**Lindsay Fort, Interim VP of Student Success, Title IX Deputy Coordinator**

763-424-0736, ES 118E, [Lindsay.Fort@nhcc.edu](mailto:Lindsay.Fort@nhcc.edu)

### Employees contact:

**Victoria DeFord, Chief Human Resources Officer**

763-424-0955, ES 31, [Victoria.DeFord@nhcc.edu](mailto:Victoria.DeFord@nhcc.edu)

Click [here](#) to view North Hennepin's Title IX webpage.

<sup>2</sup> [1B.1 Equal Opportunity and Nondiscrimination in Employment and Education](#)