

# BE THE POWER OF ONE

## Building a Safe Community



The Power of  
**ONE**  
Direct. Distract. Delegate. Delay.

8<sup>th</sup> Edition, March 2020

### Counseling Services Implements New Service Model

Beginning this spring, Counseling Services has implemented a new service model so that students will no longer have to wait for a first-time appointment.

Now any student can have a walk-in, same-day, 30-minute screening with a licensed mental health professional. During this appointment, the counselor will listen to the student’s concerns and then offer recommendations of helpful resources available both on and off campus. If the student’s treatment needs are appropriate for short-term counseling (i.e., less than six sessions), the student may qualify for in-house services. If the student has longer-term or more specialized treatment needs, then the screening counselor will assist the student in connecting with an off-campus provider. They can help to find in-network providers for students with insurance or providers who offer sliding scale for students without insurance, or find a local provider if transportation is an issue, etc.



The goal of this service model is to assess students as soon as possible and connect them to the appropriate resources. This process will help reduce the level of risk for students who are manifesting moderate to acute levels of distress and need to connect with treatment resources as quickly as possible. This model will assist Counseling Services in providing immediate care for students in crises, including students who have experienced gender-based violence.

MTSU Counseling Services also offers groups, crisis services, short-term psychiatric services, and referral services for students with longer-term treatment needs. To learn more, visit [MTSU Counseling Services](#).

**MTSU Counseling Services**

**General Hours:**  
M-F, 8 a.m. – 4:30 p.m.

**Walk-in Hours:**  
M-F, 8 a.m. – 3 p.m.

**Location:** KUC 326-S

**Phone:** (615) 898-2670

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# Sexual Responsibility & Consent Week

This year during Sexual Responsibility and Consent Week, Power of ONE, Institutional Equity & Compliance (IEC), and Health Services collaborated to provide five events aimed at addressing issues related to dating, sexual assault, healthy masculinity, and consent.

On February 11<sup>th</sup>, former Vanderbilt University athlete and professional basketball player Shan Foster hosted three sessions on the topic, “Creating a Culture of Non-Violence and Healthy Masculinity.” Student-athletes and coaches from all MTSU athletic teams, members of the Engaging Men Committee, and 44 students from the general student body attended the events.

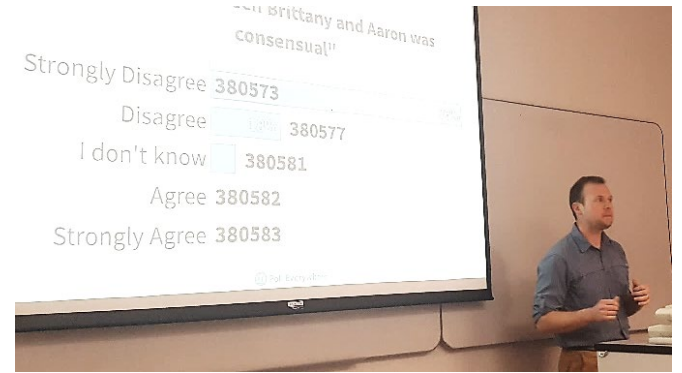
Shan had an overwhelming impact on the students and coaches, with many lingering to meet with Mr. Foster after the event. MTSU Men’s Tennis Coach Ricky Hernandez Tong stated, “[The conversation] helped me further understand the responsibility that we carry as coaches of an institute to look out for the well-being of our athletes. Sometimes what someone shows on the surface is completely different to what is really occurring underneath.” Student-athlete Tom Moonen also stated, “Shan Foster really showed me that all of us carry a higher responsibility to take care of and look out for each other, so that we can create a better and safer life for everyone, especially women.”

On February 12<sup>th</sup>, Health Services presented, “U Up? Deciphering the Language of Consent.” During the workshop, facilitators asked students to determine whether hypothetical scenarios between two fictional characters were consensual. After sharing responses through anonymous polling, MTSU health educator Vincent Black facilitated a conversation about consent. Black emphasized the importance of consent as “a clear, conscious, willing, and affirmative agreement to engage in sexual activity” and continuous communication to prevent misunderstandings or unintentional violation of boundaries.

On February 13<sup>th</sup>, the MTSU Advisor Training Committee chaired by Bryanna Licciardi hosted a panel on the University-wide Power of ONE gender-based violence prevention campaign, and on-campus survivor resources provided by the University. The panel included OVW Campus Grant coordinator Kelly Hill; MTSU victim coordinator, Amy Dean; and MTSU sexual assault investigator, Jon Fehlman. During the presentation Hill, Dean, and Fehlman informed advisors of the supportive resources available to MTSU students to assist them in providing referrals for, and better support of, students.

That same afternoon, Lisa Schrader, MTSU Director of Health Promotion, led another interactive workshop, “Sex and the City.” This workshop provided students with data based on a 2019 survey of MTSU students, and addressed preventative health care strategies, contraceptive trends, abstinence, and how to prevent and treat sexually transmitted infections. Schrader emphasized the relationship of alcohol to consent: When drugs and alcohol are involved, clear consent cannot be obtained; an intoxicated person cannot give consent.

The final workshop for the week, “First Mate: Soul Mate, or Nah?” was presented by Kelly Hill, OVW Grant Coordinator. The workshop used a short film created by the ONE LOVE Foundation, addressing issues such as the warning signs of relationship abuse, why survivors stay in abusive relationships, and ways to support a friend. Students were reminded that consent and mutual respect are a necessary, important aspect even in, and perhaps, especially in long-term relationships.





# English, Spanish, Chinese Translations of MTSU Campus Resources for Survivors

Through OVW Grant funding, Power of ONE has recently revised educational and outreach materials which provide detailed information about confidential university employees, on-and off-campus resources, explanation of rights, and options for reporting, as required by the Clery Act. Brochures and posters are available in English, Chinese, and Spanish on the MTSU [Power of ONE webpage](#). Arabic translations of the materials are currently in the process of being developed. Check out the Power of ONE website to access the new [resources](#).



## Power of ONE Brochure

- [English](#)
- [Spanish](#)
- [Chinese](#)

## Power of ONE Poster

- [English](#)
- [Spanish](#)
- [Chinese](#)

# Group Counseling Opportunities Provided by Counseling Services

Counseling Services is now offering workshops for five or eight weeks aimed to MTSU students. Facilitated by an MTSU counselor, this workshop promotes a warm, safe and inviting environment to enhance your strengths, encourage discussion, and find new ways to manage stressors!

## Love Inspire Fulfill Encourage (LIFE) Workshops

Five-week workshops, of which each will focus on a particular topic. The group will meet Thursdays at 11:00 a.m. in KUC 322. Pre-registration and attendance of all sessions is NOT required. Come to what you need when you need it!

- **Shine a Light on Darkness: Depression Management - March 5, 2020**
- **Building Healthy Relationships - March 26, 2020**
- **Contents Under Pressure: Stress Management - April 9, 2020**

## Mindfulness-Based Stress Reduction Group

Eight-week workshops will teach students to cope with stress, pain and everyday challenges. The group will meet Thursdays from 3 – 4 p.m. in KUC 322. Pre-registration and attendance at all sessions is NOT required.

- **March 5**
- **March 19**
- **March 26**
- **April 2**
- **April 9**
- **April 16**



Sensuality Circle

Sexual Health Hwy

Sexual Identity Street

Power & Sexualization Pike

Intimacy Isle

# Waze We Relate

Thursday March, 5th  
6pm - 8pm  
STU 331, IDA Center





# **BYSTANDER INTERVENTION TRAINING FOR L G B & TRANS LIVES**

The Power of ONE Bystander Intervention Training is the signature training of the MTSU Power of ONE campaign. It outlines the different types of gender-violence, as well as introducing bystander intervention types, the available MTSU resources as well as opening the floor for intimate discussion surrounding relationship boundaries, content and sex.

**MARCH 25, 2020  
7:30PM - 8:00PM  
CKNB N119**

**"TRANSGENDER  
DAY OF  
VISIBILITY"**

**PRESENTED BY MT LAMBDA & POWER OF ONE**





*A collaborative, interdisciplinary Power of One series focusing on the topics of gender roles, relationship expectations, sisterhood, masculinity, & the collective power of healing during Women's History Month 2020.*

## READ THE BOOK.

The MTSU Walker library will have a display of black women authors during the month of March.



## WATCH THE FILM.

Streaming of *The Color Purple* film is available to students, faculty, & staff at [mtsu.edu/powerof1](https://mtsu.edu/powerof1).



## ENJOY THE PERFORMANCE.

March 27<sup>th</sup>, 8pm, Tennessee Performing Arts Center

50 students will receive a scholarship to attend *The Color Purple* performance at TPAC. Faculty, staff, and family members can purchase tickets at a discounted code provided by Power of ONE. Students who receive a discounted ticket are required to attend the Campus Community Conversation or another Power of ONE event during the same semester. Contact [kelly.hill@mtsu.edu](mailto:kelly.hill@mtsu.edu) for more information regarding the purchase of student or faculty tickets.



## JOIN THE CONVERSATION.

### **A Campus Community Conversation**

March 31<sup>st</sup>, 6-8pm, Tom Jackson Building

Students, faculty, and staff are invited to join a multi-generational conversation on themes in *The Color Purple* including gender roles, relationship expectations in past and present generations, signs of healthy and unhealthy relationships, masculinity, male dominance, sisterhood, and the collective power of healing. Conversations will be facilitated in roundtable format, and food and beverages will be provided.



# MTSU - No Closed Door

## Confidential Resources

### **To talk to someone immediately during a crisis**

Sexual Assault 24-hour crisis line, (615) 494-9262  
Domestic Violence 24-hour crisis line,  
(615) 896-2012

### **To talk to someone confidentially**

MTSU Sexual Assault Advocate  
Miller Education Center, 503 East Bell St.  
(615) 715-2870

MTSU Counseling Services  
Keathley University Center, Room 326-S  
(615) 898-2670

MTSU Counseling and Psychological Services  
Miller Education Center, 503 East Bell St.  
(615) 898-2271

### **To receive STI or pregnancy testing**

MTSU Student Health Services  
Health, Wellness, and Recreation Center  
(615) 898-2988

### **To receive medical treatment or rape kit**

Domestic Violence and Sexual Assault Program  
1423 Kensington Square Court  
24-hour crisis line: (615) 494-9262

St. Thomas Rutherford Hospital (SART Program)  
1700 Medical Center Parkway  
615-396-4100

## Non-Confidential Resources

### **To report an incident to the university**

Title IX Coordinator  
Cope Administration Building, Room 116  
<https://www.mtsu.edu/titleix> or (615) 898-2185

### **To report an incident to the police**

MTSU Detective for Gender-Based Violence:  
Cell: 615-692-9264 Desk: 615-494-7607

MTSU Police (615) 898-2424  
Murfreesboro Police (615) 893-1311 or 911

### **To receive academic accommodations**

Disability Access Center (615) 898-2783  
Keathley University Center, Room 107

### **Other resources**

MTSU Student / Judicial Affairs (615) 898-2440



## **Thank You!**

### **Contributors & Featured Collaborators:**

*Mary Kaye Anderson (Counseling Services), Jordan Borchert & Travis Stratton (Engaging Men Committee co-chairs), Amy Dean (MTSU Victim Coordinator), John Fehlman (MTSU Sexual Assault Investigator), Vincent Black & Lisa Schrader (Health Services), Bryanna Licciardi (Advisor Training Committee Chair), Marian Wilson (IEC), Diane Turnham Athletics*

**Technical Editors:** *Bryanna Licciardi & Leslie Merritt*

**OVW Grant Coordinator and Content Editor:** *Kelly Hill*

**OVW Principal Investigator:** *Maigan Wipfli, Director of June Anderson Center*

To read additional editions of the PO1 Newsletter, go to <https://www.mtsu.edu/powerof1/newsletters.php>

For translations, contact [iss@mtsu.edu](mailto:iss@mtsu.edu)

For more information or to get involved, email [kelly.hill@mtsu.edu](mailto:kelly.hill@mtsu.edu)