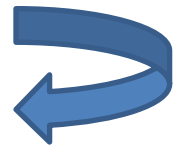


**QUICK REFERENCE GUIDE
FOR STUDENT SERVICES AND COMMUNITY RESOURCES**



**COLLEGE OF SOUTHERN IDAHO
CSI Threat Assessment and Consultation Team (TACT)**

www.csi.edu/tact

Security Supervisor	732-6605	24/7	http://www.csi.edu/security/
Dean of Students	732-6225		http://www.csi.edu/studentActivities/
CSI Counseling	732-6260		http://careers.csi.edu/counselingServices/index.asp

Confidentiality: CSI TACT team and Counseling Services are committed to maintaining confidentiality of student records and information. We only share student/client information as permitted through written permission from students, if there is evidence of potential harm to self or others, or as required by law.

EMERGENCY NUMBERS

911

CSI Security **732-6605**

Twin Falls Police **735-4357**

**Twin Falls County
Sheriff** **736-4040**

Gooding Police **934-8435**

Jerome Police **324-1911**

Mini-Cassia Sheriff **878-2251**

Hailey Police **788-3531**

IMMINENT MENTAL HEALTH EMERGENCIES:

If you suspect an individual is in imminent danger of harming themselves, do not leave the person alone. Please call either CSI Campus Security (208-732-6605) or law enforcement (911) to come to your location and escort the individual to Canyon View or St. Luke's Behavioral Health Clinic.

- Call **911** (9-911 on campus telephones)
- Call **732-6605** for CSI Security
- Call Canyon View Psychiatric Hospital (inpatient)
208-**734-6760**
228 Shoup Avenue West
- Call St. Luke's Behavioral Health Clinic (outpatient)
208-**814-9100**
414 Shoup Ave W. Suite B

SIGNS THAT A STUDENT MAY BE IN DISTRESS:

- Diminished academic performance or attendance
- Changes in emotional responses, mood or behavior (more irritable, anxious, withdrawn than usual; emotions inappropriate to situation).
- Withdrawal from friends, family or activities
- Deterioration in personal hygiene, motivation or energy
- Significant weight gain or loss in a short period of time
- Student complains of rapid heartbeat, chest pain, dizziness, sweating, shaking, nausea, headaches, or irritability; difficulty breathing, sleeping, concentrating or making decisions
- Comments that express hopelessness or thoughts of suicide or self-harm
- Disappearance into bathroom for long periods of time, dieting while bone-thin, obsession with body image, bingeing or avoiding food
- Injuries (bruises, cuts, burns, broken bones)

HOW YOU CAN HELP:

- Request to see the student in private.
- Maintain an atmosphere of concern and respect.
- Briefly share your observations and perceptions. Be honest, direct and non-judgmental.
- Listen. Try to understand the situation from the student's point of view.
- Help the student to identify the problem and the resources available (family, friends, assistance or programs in place already).
- Consult with Department Chair, Counseling Services, or other appropriate resources.
- Encourage the student to access campus resources. If the student is reluctant, and you perceive a pressing need, it is appropriate to call Counseling Services and/or to walk the student to our offices.

ALCOHOL/ADDICTION

If student is believed to be under the influence of controlled substances or alcohol on campus call:
CSI Security 732-6605 available 24/7

Student may exhibit the effects of substance abuse (decline in attendance or academic performance, hangovers, injuries, unpredictable or self-destructive behavior); or the effects of involvement with someone who is addicted (absenteeism related to family needs, financial problems)

Canyon View 228 Shoup Ave. W. 734-6760

http://www.stlukesonline.org/magic_valley/specialties_and_services/mental_health.php

Walker Center 734-4200 Twin Falls <http://www.thewalkercenter.org/>

934-8461 Gooding

800-227-4190

<http://www.thewalkercenter.org/outpatient.html>

Jubilee House

736-2566

<http://www.jubileehousetwinfalls.com/>

Port of Hope

734-7078

<http://www.portofhopecenters.org/content/about-us>

CSI Counseling

732-6260

<http://careers.csi.edu/counselingServices/index.asp>

Proactive Advantage

878-3423 Burley

www.proactiveadvantage.com

12-step meetings

Alcoholics Anonymous

<http://www.idahoarea18aa.org/main/meetings.htm>

Narcotics Anonymous

<http://www.sirna.org/>

Gamblers Anonymous

<http://www.gamblersanonymous.org/mtgdirID.html>

Al-Anon/AlaTeen (support groups for people whose lives are affected by alcohol use of a loved one)

<http://www.al-anon-idaho.org/Meetings/meetings.htm>

TO LEARN MORE:

[Substance Abuse and Mental Health Services Administration](#) - SAMHSA

[Drug Addiction Treatment Centers](#)

[Prevention initiatives for high school and college students](#) - Phoenix House

http://helpguide.org/search/mysearch.php?zoom_query=alcohol

http://helpguide.org/search/mysearch.php?zoom_sort=0&zoom_query=drug+addiction&zoom_per_page=10&zoom_and=1

[The Unabridged Student Counseling Virtual Pamphlet Collection](#)

Take the e-CHUG survey to learn more about alcohol and you. It's free, confidential and takes only a few minutes. <http://interwork.sdsu.edu/echug2/CSI>



EATING DISORDERS:

CSI Counseling Services 732-6260 <http://careers.csi.edu/counselingServices/index.asp>

TO LEARN MORE:

[National Institute of Mental Health](#)

<http://www.nationaleatingdisorders.org/>

Body Image <http://www.mnsu.edu/counseling/students/bimage.html>

Dove Campaign for Real Beauty <http://www.dove.us/Social-Mission/campaign-for-real-beauty.aspx>

<http://www.halfofus.com/>

BODY IMAGE

Dove Campaign for Real Beauty <http://www.dove.us/Social-Mission/campaign-for-real-beauty.aspx>

Dove Campaign for Real Beauty Videos
Behind the scenes with a supermodel <http://www.youtube.com/watch?v=hibyAJOSW8U>

A male perspective on body image and the media http://www.youtube.com/watch?v=-_l17cK1ltY

ANXIETY

Panic attacks, rapid heartbeat, chest pain, dizziness, sweating, shaking, nausea, headaches, or irritability, difficulty breathing, sleeping, concentrating or making decisions.

CSI Counseling Services 732-6260 <http://careers.csi.edu/counselingServices/testAnxiety.asp>

TO LEARN MORE:

[Anxiety Disorders Association of America](#)

[The Unabridged Student Counseling Virtual Pamphlet Collection](#)

<http://www.socialanxietyinstitute.org/define.html>

<http://www.halfofus.com/>



TEST ANXIETY

If a student is studying adequately and comprehending material, but cannot perform in a testing environment, test anxiety is a likely factor. CSI Test Anxiety workshops and individual consultation have led to improved test scores and grades for many students.

CSI Counseling Services 732-6260 <http://careers.csi.edu/counselingServices/testAnxiety.asp>

[Beating the Big Bad Wolf: Conquering Test Anxiety](#) (Austin Community College)

[How Can You Reduce Test Anxiety?](#) - Kansas State University

CAREER/ACADEMIC ISSUES

Free workshops and individual consultation to assist students in making a well-informed choice of occupation and field of study.

CSI Career Center 732-6259 732-6303 732-6306
<http://careers.csi.edu/careerCenter/careerExploration.asp>

TO LEARN MORE:

MyPlan.com <http://www.myplan.com/>

Idaho Career Information System <http://labor.idaho.gov/dnn/idl/IdahoCareerInformation.aspx>

Contact the CSI Career Center for free access to career assessment and individual consultation.



HARASSMENT

Peer harassment can be Verbal (name-calling, teasing); Social (spreading rumors, leaving people out on purpose, breaking up friendships); Physical (hitting, punching, shoving); or

Cyber bullying (using the Internet, mobile phones or other digital technologies to harm others)

CSI Threat Assessment and Consultation Team (TACT) <http://csi.edu/tact/>

Twin Falls Police 735-4357 <http://www.tfid.org/index.aspx?nid=186>

Twin Falls County Sheriff 736-4040 <http://twinfallscoso.com/>

Gooding Police 934-8435 <http://police.goodingidaho.org/>

Cassia County Sheriff 878-2251

Minidoka County Sheriff 434-2320 <http://www.minidoka.id.us/law-enforcement/default.htm>

Blaine County Sheriff 788-3531 <http://blainesherriff.com/>

TO LEARN MORE:

Helpguide.org

http://helpguide.org/search/mysearch.php?zoom_sort=0&zoom_query=harassment&zoom_per_page=10&zoom_and=1

Wheels of Violence, Equality and more http://www.ncdsv.org/publications_wheel.html

[The Unabridged Student Counseling Virtual Pamphlet Collection](#)

SEXUAL HARASSMENT

Any unwelcome sexual advance or request for sexual favor, made by an employee, student, or agent of the College to a student or employee of the College.

CSI Human Resources 732-6267 <http://hr.csi.edu/>

CSI Threat Assessment and Consultation Team (TACT) <http://csi.edu/tact/>

TO LEARN MORE:

Idaho Coalition Against Sexual and Domestic Violence <http://idvsa.org/>

SEXUAL ASSAULT

Victims of sexual assault are not required to report to the police and are entitled to receive a medical exam at no cost. (Insurance may be billed but deductible/copay would be paid by Crime Victim Compensation Funds.)

Sexual Assault Response Team Crisis Center of Magic Valley 733-0100 or 800-882-3236

CSI Threat Assessment and Consultation Team (TACT) <http://csi.edu/tact/>

TO LEARN MORE:

Idaho Coalition Against Sexual and Domestic Violence <http://idvsa.org/>

[Acquaintance Rape](#) - StopViolence.com

[Surviving Sexual Assault and Rape](#) - Kansas State University

[RAINN National Sexual Assault Online Hotline](#)

Sexual Assault such as rape:

St Luke's 775 Pole Line Road W, Twin Falls, Idaho 83301

(208) 814-1000 for urgent matters call 911

DOMESTIC VIOLENCE

Student may exhibit repeated injuries (cuts, bruises, broken bones) or may be struggling academically due to instability at home

CSI Counseling Services 732-6260 <http://careers.csi.edu/counselingServices/index.asp>

Crisis Center of Magic Valley 733-0100 or 800-882-3236 <http://www.crisiscenterofmagicvalley.com/>

Helping Hearts & Hands 934-5101 Gooding <http://hhandh.org/default.aspx>

Helping Hands 878-9149 Burley <http://www.homelessshelterdirectory.org/cgi-bin/id/foodbank.cgi?foodbank=377>

The Advocates 788-4191 Hailey <http://theadvocates-aplacetogo.org/>

TO LEARN MORE:

Wheel of Violence <http://www.domesticviolence.org/violence-wheel>

Wheels of Power and Control, Equality and more http://www.ncdsv.org/publications_wheel.html

<http://www.womenshealth.gov/violence-against-women/>

RELATIONSHIPS

Abusive relationships

<http://www.thehotline.org/>

Wheels of Power and Control, Equality and more

http://www.ncdsv.org/publications_wheel.html

VIOLENCE

If a student, staff or faculty member feels unsafe on campus, Security should be contacted immediately. If violence is an issue off campus, students should contact a TACT member for referral to community resources and contact local police/sheriff authorities.

CSI Security 732-6605 24/7 <http://www.csi.edu/security/>

CSI Threat Assessment and Consultation Team (TACT) <http://csi.edu/tact/>

Twin Falls Police 735-4357 <http://www.tfid.org/index.aspx?nid=186>

Twin Falls County Sheriff 736-4040 <http://twinfallscoso.com/>

Gooding Police 934-8435 <http://police.goodingidaho.org/>

Cassia County Sheriff 878-2251

Minidoka County Sheriff 434-2320 <http://www.minidoka.id.us/law-enforcement/default.htm>

Blaine County Sheriff 788-3531 <http://blainesherriff.com/>

Idaho Care Line: 211

Community Resource, Information & Referral line

STALKING

Stalking may be unwanted and repeated calls, e-mails, texts or letters, following, threatening or becoming physically aggressive with another person.

CSI Threat Assessment and Consultation Team (TACT) <http://csi.edu/tact/>

Twin Falls Police 735-4357 <http://www.tfid.org/index.aspx?nid=186>

Twin Falls County Sheriff 736-4040 <http://twinfallscoso.com/>

Gooding Police 934-8435 <http://police.goodingidaho.org/>

Cassia County Sheriff 878-2251

Minidoka County Sheriff 434-2320 <http://www.minidoka.id.us/law-enforcement/default.htm>

Blaine County Sheriff 788-3531 <http://blainesherriff.com/>

TO LEARN MORE:

Idaho Coalition Against Sexual and Domestic Violence <http://idvsa.org/>

<http://www.womenshealth.gov/violence-against-women/>

Wheels of Power and Control, Equality and more http://www.ncdsv.org/publications_wheel.html

LEGAL ADVICE

Free legal advice is limited almost exclusively to issues of domestic violence.

Idaho Legal Aid 734-7024 <http://www.idaholegalaid.org/>

ID Volunteer Lawyers 888-477-6691 <http://isb.idaho.gov/ilf/ivlp/ivlp.html>

Legal Advice Hotline 877-500-2980

PREGNANCY

CSI Student Health Center 734-6675 <http://www.csi.edu/studentHealth/>
CSI Counseling Services 732-6260 <http://careers.csi.edu/counselingServices/index.asp>

Pregnancy Crisis Center 734-7472 Hotline 308-7472 24/7 <http://pregnancytf.org/>
Twin Falls Health Center (Planned Parenthood) 800-230-7526
<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=2938&a=0&v=details>
Helping HeartS & Hands 934-5101 Gooding <http://hhandh.org/default.aspx>
Family Planning 678-8221 Burley
Wood River Pregnancy Center 788-2429 Hailey <http://www.manta.com/c/mmd0hkx/woodriver-pregnancy-center>
LDS Social Services Burley 208-678-8200 www.itsaboutlove.org

SINGLE PARENTS

Center for New Directions <http://careers.csi.edu/cnd/spdh.asp>

TO LEARN MORE:

Parenting styles http://www.devpsy.org/teaching/parent/baumrind_styles.html

CHILD CARE

Local child care providers Idaho Stars Dial 211, ask for Tammy
<http://www.idahostars.org/ForParents/ChildCareResourcesReferral.aspx>

Child care on CSI campus (Costs are comparable with other local child care providers)

CSI Child Care Center 732-6645 <http://www.csi.edu/prospectiveStudents/studentServices/childCare/>

For financial assistance with child care:

Idaho Child Care Program (ICCP), visit the Department of Health & Welfare office or go to
<http://healthandwelfare.idaho.gov/Children/ChildCareAssistance/tabid/292/Default.aspx>

Child care scholarships:

CSI child care scholarships Mary Jo Church <http://scholarships.csi.edu/>

Mommy & Me/Daddy & Me Mary Hopkins 732-6645
<http://www.csi.edu/prospectiveStudents/studentServices/childCare/>

Rotary Scholarship Center for New Directions 732-6688
<http://career.csi.edu/cnd/index.asp>

Single Parents Center for New Directions <http://careers.csi.edu/cnd/spdh.asp>

Preferred Child and Family Services - Burley, ID 208-678-9114

FINANCIAL EMERGENCIES:

Student should check netpartner.csi.edu to ensure that applications/awards are current.

CSI Financial Aid 732-6273 <http://www.csi.edu/financialAid/>
Financial aid application <http://www.fafsa.ed.gov/> Do NOT use fafsa.com site. Use [fafsa.gov](http://www.fafsa.gov).
Apply for scholarships <http://scholarships.csi.edu/>

Families with children in danger of losing housing may be eligible for emergency assistance.

Idaho Department of Health & Welfare 732-1321 <http://healthandwelfare.idaho.gov/?TabId=59>

Food, homeless shelter, transitional housing, winterization, energy assistance and family education

South Central Community Action Partnership (SCCAP) 733-9351 <http://www.sccap-id.org/>
South Central Community Action Partnership 678-3514 Burley <http://www.sccap-id.org/>
Helping Hearts and Hands 934-5101 Gooding <http://hhandh.org/default.aspx>
Idaho Food Bank/ Ketchum Community Diner 720-8212 Ketchum
Idaho 2-1-1 *IDHW Idaho Careline 2-1-1 or 1-800-926-2588

HOUSING

CSI Housing 732-6221 http://www.csi.edu/prospectiveStudents_/studentServices/housing/
Eagle Hall Dormitory 732-6575
CSI off-campus housing 733-0740

Financial assistance with housing (waiting list is usually > 1 year; priority is given to parents with children)

Idaho Housing 734-8531 <http://www.ihfa.org/ihfa/rental-assistance.aspx>
Twin Falls Housing Authority 733-5765
<http://www.affordablehousingonline.com/housingauthoritydetail.asp?id=ID001>

Homeless shelters

Salvation Army handles intake for Valley House 733-8720
http://www1.usw.salvationarmy.org/usw/www_usw_cascade.nsf/ce952dea4507ee7780256cf4005d2254/21c59cca56e58ebf80256f110073b03e?OpenDocument
<http://www.homelesshelterdirectory.org/cgi-bin/id/shelter.cgi?shelter=9189>

Crisis Center of Magic Valley (domestic violence) 733-0100 or 800-882-3236
<http://www.crisiscenterofmagicvalley.com/>

Helping Hearts & Hands 934-5101 Gooding <http://hhandh.org/default.aspx>

Helping Hands 878-9149 Burley <http://www.homelesshelterdirectory.org/cgi-bin/id/foodbank.cgi?foodbank=377>

The Advocates 788-4191 Hailey <http://theadvocates-aplacetogo.org/>



HEALTH SERVICES

Medical services for all currently enrolled students, part time and full time

CSI Student Health Center 732-6675 <http://www.csi.edu/studentHealth/>

Dental cleaning services seasonally available at reduced cost

CSI Dental Hygiene Program 732-6751 http://hshs.csi.edu/dental_hygiene/

Low-income-based health insurance for children: Children Health Insurance Plan (CHIP)

Idaho Department of Health & Welfare 734-4000

<http://www.healthandwelfare.idaho.gov/Medical/Medicaid/IdahoHealthPlanforChildren/tabid/219/Default.aspx>

Idaho 2-1-1 *IDHW Idaho Careline 2-1-1 or 1-800-926-2588

MEDICATION

On Campus

CSI Student Health Center 732-6675 <http://www.csi.edu/studentHealth/>

If an individual cannot afford medications:

Partnership for Prescription Assistance <http://www.pparx.org/>

Wal-Mart offers some prescriptions at deep discounts 734-2136 <http://www.walmart.com>

MENTAL HEALTH

[National Institute of Mental Health](#)

[The Unabridged Student Counseling Virtual Pamphlet Collection](#)

[Mental Health Screening Tools](#) - Texas Woman's University

[The Internet's largest and oldest independent mental health network](#) - Psych Central

Tips to combat depression http://www.helpguide.org/mental/depression_tips.htm

National Academic Advising Association

<http://www.nacada.ksu.edu/Clearinghouse/AdvisingIssues/Mental-Health.htm>

A+ Solutions Burley 678-3555

GRIEF AND LOSS

CSI Counseling Services 732-6260 <http://careers.csi.edu/counselingServices/index.asp>

TO LEARN MORE:

<http://www.mentalhealthamerica.net/index.cfm?objectid=C7DF9618-1372-4D20-C807F41CB3E97654>

http://helpguide.org/mental/grief_loss.htm

SLEEP DIFFICULTIES

CSI Student Health Center 734-6675

<http://www.csi.edu/studentHealth/>

TO LEARN MORE:

http://www.helpguide.org/life/insomnia_treatment.htm

<http://www.halfofus.com/>

SUICIDE RISK

Canyon View Behavioral Health Services 228 Shoup Ave W 734-6760

National Suicide Prevention Hotline 1-800-273-8255

CSI Counseling Services 732-6260 <http://careers.csi.edu/counselingServices/index.asp>

CSI Threat Assessment and Consultation Team (TACT) <http://csi.edu/tact/>

TO LEARN MORE:

[The Jed Foundation](#)

[How to Help a Suicidal Friend](#) - Texas Woman's University

[ULifeLine](#)

Suicide Prevention Action Network (SPAN) <http://www.spanidaho.org/>

College student suicide <http://www.suicide.org/college-student-suicide.html>

<http://www.halfofus.com/>

SELF-INJURY

CSI Threat Assessment and Consultation Team (TACT) <http://csi.edu/tact/>

TO LEARN MORE:

http://www.helpguide.org/mental/self_injury.htm

<http://www.halfofus.com/>

PERSONAL SAFETY

10 personal safety tips for college students <http://www.safetyxchange.org/training-and-leadership/10-personal-safety-tips-college-students>

(on campus) CSI Security

732-6605



DISABILITIES

Accommodation for disabilities is focused on making equal access available to all students.

CSI Student Disability Services 732-6260 <http://www.csi.edu/Disabilities/>

DISRUPTIVE BEHAVIOR:

Eating, Sleeping or talking with friends in class; arguing with instructors or other students. Rebellious or escalating disruptions need to be addressed through the disciplinary process, while disruptive behavior rooted in emotional distress should be addressed through counseling.

If behavior is a threat to self or others, contact CSI Security 732-6605 24/7
CSI Threat Assessment and Consultation Team (TACT) <http://csi.edu/tact/>

VETERANS: AND ACTIVE SERVICEMEMBERS: All Branches of Service & their Families

24-hour crisis hotline Veterans Crisis Line 1-800-273-8255 24/7
Confidential chat <http://veteranscrisisline.net/>
<http://www.halfofus.com/veterans/>

CSI Veterans support:

Educational Benefits	Carol Carlile	732-6237
	Tara Nunnelley	732-6231
Academic Advising	Scott Lindquist	732-6252
Veterans Club Advisor	Brittney Gray	732-6824
CSI Counseling	Carol Vanhoozer	732-6260
	Kate Woods	732-6260

Military resources

Gowen Field Education Office 208-272-3330 Ext 4158

ESGR (Employer Support of Guard & Reserve): 1-800-336-4590

ESGR provides assistance for National Guard & Reserve Soldiers with education & training of soldiers' rights. ESGR assists a soldier if they are having problems with their employer due to military training, schools, & other duties required of them.

Family Assistance Specialist (Tricare Medical Benefits, legal assistance & referral, crisis assistance, etc)

Sonya Nowland (Twin Falls Armory) **Office:** 208-272-702 **Cell Phone:** 208-404-8770 24/7

Sonya.nowland@us.army.mil

All service branches welcome

DEERS (Defense Enrollment Eligibility Reporting System) / ID Card Facility (Twin Falls Armory)

208-272-7011 or 208-272-7012 or 1-800-538-9552

FREE Counseling available for Active Duty Military, Guard & Reservists & their families:

Military Family Life Consultant (Gowen Field)

Darren Bushee 208-577-1025 Adult & Family

Darren.A.Bushee@healthnet.com

Patricia DeBor 208-697-7872 Children All Ages

Patricia.I.Debor@healthnet.com

Military One Source 1-800-342-9647

(12 FREE sessions per issue per person, adult & youth 14yrs & up)

All branches welcome

Director of Psychological Health (Gowen Field)

Penelope Hansen 208-272-3172

Financial Counseling

MFLC Stephen Stech 208-272-8332

Military One Source 1-800-342-9647 / militaryonesource.com

Active Duty, National Guard & Reserves Transition Assistance Advisor (Gowen Field)

Mary Kelly 208-272-4408, 208-794-5870 marykelly3@us.army.mil

Army One Source online resources: armyonesource.com

VA Counseling for veterans

VA Vet Center (Boise) comes to Twin Falls twice a month 208-342-3612

Military Chaplain (Twin Falls Armory) 208-733-2404

All branches welcome

Health Care Program serving uniformed service members, retirees and their families worldwide.

TriCare (TriWest) www.triwest.com 1-800-TRI-WEST (874-9378)

Twin Falls VA Clinic 260 2nd Ave Twin Falls 208 732 0959

Veteran Service Organizations

Disability claims	Cheryl Ringenberg	733-7610 ext 21
Homeless Vets	Darren Nickerson (Twin Falls)	732-0959 ex 7000
Drugs & Alcohol	Access to Recovery (Twin Falls)	1-877-822-7504
Survivor Outreach Services	Gen Thomas	272-7771, 206-3105
Emergency communication to deployed soldiers	American Red Cross	1-800-696-3873

SARC-Sexual Assault Resource Coordinator (Gowen Field)

CPT Colleen Walker 208-272-8400 colleen.walker@us.army.mil

TO LEARN MORE: ??????????????



