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- Changes in emotional responses, mood or behavior (more irritable, anxious, withdrawn than usual; emotions inappropriate to situation).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.
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_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.halfofus.com/

BODY IMAGE

Dove Campaign for Real Beauty

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=-_I17cK1lY

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

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/  
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 County Sheriff 736-4040  http://twinfallsco.com/  
Gooding Police 934-8435  http://police.goingidaho.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://blainesheriff.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://idvs.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://idvs.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 CounselingServices  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 Hands  878-9149 Burley  http://www.homelessshelterdirectory.org/cgi-bin/id/foodbank.cgi?foodbank=377
The Advocates  788-4191 Hailey  http://theadvocates-aplace2ogo.org/

TO LEARN MORE:
Wheel of Violence
Wheels of Power and Control, Equality and more
http://www.domesticviolence.org/violence-wheel
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 County Sheriff 736-4040  http://twinfallscoso.com/
Gooding Police 934-8435  http://police.goingidaho.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://blainesheriff.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 County Sheriff 736-4040  http://twinfallscoso.com/
Gooding Police 934-8435  http://police.goingidaho.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://blainesheriff.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/
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

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/
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://www.sccap-id.org/
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://www.homelessshelterdirectory.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 Hands 878-9149 Burley http://www.homelessshelterdirectory.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
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 CounselingServices 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/

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**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/

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**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/

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**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/](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/](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://veteranscrisisline.net/)


**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.L.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