



Angela Seguin, M.Ed

**Coordinator of S.O.S.
& Sexuality Education**

Angela coordinates S.O.S. (Sexual Offense Support), UD's 24-hour victim advocacy and crisis support service.

Victim Advocacy & Crisis Support – S.O.S. Victim Advocates assist victims of sexual assault, intimate partner violence, and stalking by answering questions, providing detailed information about options, and listening and providing support as victims make difficult decisions. Victim Advocates make referrals and accompany victims to critical services such as: reporting to police; going to the hospital for medical exam, forensic evidence collection, STD testing or emergency contraception; and counseling.

Follow Up Services: Angela provides follow-up care for survivors of sexual and relationship violence including:

- One-on-one appointments
- Sexual Assault Survivors' Support Group
- Referrals to other resources
- Support & accompaniment for meetings & hearings with the Office of Student Conduct
- Correspondence with faculty regarding classes missed or exam/assignment postponement
- Arranging temporary safe housing on or off campus
- Assistance applying for a Protection From Abuse Order
- Info about financial assistance for victims in Delaware

Education and Support – Angela provides interactive educational programs and one-on-one appointments for students looking for info, referral, or support about:

- Sexually Transmitted Diseases, risk for an STD, the testing process, where to go for testing
- Support & education after STD testing results
- How to have "Safer Sex"
- Sexual decision making, assertiveness, and healthy communication skills
- Healthy Relationships
- Concerns about alcohol and sex
- Sexual Orientation
- Pregnancy
- Sexual Assault, Intimate Partner Violence, & Stalking



SOS: To reach the Victim Advocate on duty 24 hours a day, call 831-2226 and ask to be put in touch with S.O.S. The staff will take a first name & phone number, and you will be called back within 10 minutes. The service is for victims/survivors, their friends, partners & family, R.A.s, T.A.s, faculty & staff

who would like support, information, resources, or referrals. This service is confidential and can be anonymous if wished by the caller. See www.udel.edu/sos. For answers to common questions about UD's Sexual Assault Policy & services for victims, see www.udel.edu/sexualassault.



Pow! Pow! is a student peer education group sponsored by Wellspring. Our student volunteers provide fun, interactive educational programs on all of the topics covered by our office. Our staff also provides educational programming on

all of the topics we address for classes, residence halls, student organizations. See www.udel.edu/wellspring for the full list of programs offered and to electronically submit your program request!



V-8 presents Opt 4: Opt 4 is a student organization formed to facilitate fun and safe alternatives to drinking and drug abuse. Students who don't want to sit home alone but who don't want to go out to

parties where drinking is the main event, can join Opt 4 and be part of a proactive, fun and safe alternative. Read more copland.udel.edu/stu-org/v8/.

We hope that you will refer your students to our services, especially those who have talked with you personally about their experiences with these issues.



www.udel.edu/wellspring



Wellspring

Wellspring Staff and Referral Information:

A Guide for UD Faculty and Staff

Wellspring
231 S. College Ave.
Newark, DE 19716
305-831-3457


www.udel.edu/wellspring

Below you will find descriptions of the services provided by each of our Wellspring staff. We developed this brochure in order to assist you when considering a Wellspring referral. We recognize that you may have experience in dealing with substance abuse assessment, brief intervention, sexual assault victim advocacy, and treatment referrals. *As specialists in these areas, we are here to help!* We hope that you will find this resource useful as you do the important work of providing the best possible care for your students.

 **Nancy Chase, M.Ed**
Director


Along with her duties as Director of Wellspring, Nancy also provides valuable information to students through individual appointments and professional presentations on the following topics:

- Stress Management
- Body Image
- Disordered Eating
- The components of Wellness
- Alcohol Physiology
- Wellness Topics for Women

 **Nicole Solomon, LCSW**
**Coordinator of Alcohol,
Drugs & Other Addictions**

As Coordinator of Alcohol, Drugs and other Addictions, Nicole provides professional presentations, brief intervention and other outreach initiatives.

- Advisor for RSO, V-8/Opt-4 (a resource for alternative social activities for students)
- Resource for health education and information related to alcohol, drugs, gambling and tobacco
- Screening and Brief Intervention for substance use
- Adjunct faculty teaching courses related to substance use and assessment

 **Jessica Estock, MA, LCADC**
Substance Abuse Counselor

Primary substances of focus: Alcohol, Marijuana, Cocaine, Amphetamines, Opiates, Hallucinogens, Benzodiazepines, and over-the-counter medications.

Primary focus: Assessment, intervention, and education for the spectrum of drug and alcohol use/abuse/dependence. Assistance for students concerned about their own substance use or the substance use of a friend or loved one.

Brief intervention and motivational interviewing techniques are used to motivate students to make behavioral changes behavioral changes through:

- Assessment
- Brief Intervention and follow-up
- Education about substance use/abuse/dependence
- Processing the risks of heavy alcohol use/binge drinking and the benefits of moderating use or choosing abstinence
- Reviewing methods/developing skills for achieving abstinence from drugs
- Addressing the need for change, issues and/or concerns affecting change and levels of motivation
- Helping the student gain greater understanding of addiction process and how family, emotional and social factors contribute to the development of substance abuse.

The intervention experience can range from 1-6 sessions (often, but not always, mandated), continuing individual sessions on a voluntary basis, and can be in tandem with ongoing counseling at the Center for Counseling and Student Development.

Brief intervention can be the first step in determining one's path for change, and change is difficult. Support through counseling and education is beneficial during this transition. Students will find a safe and confidential setting to become more informed.

Jessica will also assist in determining level of care options; this includes community referrals when necessary, and assisting students in finding agencies covered by their primary insurance.

 **Amy Richardson, CAC-AD**
Substance Abuse Counselor

Primary substances of focus: Alcohol, Marijuana, Hallucinogens, Amphetamines, Cocaine, Opiates and Benzodiazepines

Primary focus: Assessment, harm reduction, addiction education and behavioral change (not necessarily abstinence, although in many cases, abstinence may be the end goal).

Brief intervention will assist students as they navigate the difficult path of making substance-related behavioral changes through:

- Assessment
- Addiction Education (and helping students learn about the severity of their use)
- Values exploration including a focus on how substance use relates to a student's personal identity development
- Client-driven goal setting
- Individualized harm reduction strategy development

Interventions can be brief (1-2 sessions) or ongoing and can be conducted in tandem with ongoing counseling at the Center for Counseling and Student Development.

Amy also specializes in **brief addiction education** for students who may benefit from learning more about how addiction works, ways to prevent it, understanding withdrawal and cravings as well as coping with the addiction of a close friend or loved one. Students can attend one or two sessions that can address their specific questions in a private, confidential, informal setting.

Detox/Treatment Referrals: Amy will also assist in determining detox and/or treatment needs and making appropriate community referrals as necessary, including assisting students in finding treatment covered by their private insurance.