



UNIVERSITY OF
OREGON

Division of Student Life

2016-17

WHITE STAG
STUDENT
RESOURCES

pdx.uoregon.edu/student-life

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SEE something. SAY something. DO something.

Portland Student Quick Guide

Emergency Response: Immediate Threat	
<p>Emergency Crisis</p> <ul style="list-style-type: none"> any type of attack or physical danger any person who poses imminent danger to the safety of themselves or others a crime in progress any form of sexual violence 	<p style="text-align: center;">Call 9-1-1</p> <p style="text-align: center;">You will be connected to the appropriate emergency services.</p>
Non-emergency Concerns and Consultations	
<p>Mental Health</p> <ul style="list-style-type: none"> debilitating anxiety and/or depression alcohol and/or drug abuse suicidal and/or violent thoughts or behaviors or possible psychosis or mania 	<p>Portland State University Student Health and Counseling (confidential for students): 503-725-2800; pdx.edu/shac</p> <p>University Counseling Center (confidential For Students): 541-346-3227</p>
<p>Conduct or Disruptive Behavior</p> <ul style="list-style-type: none"> inappropriate behavior disruptive in class or at any other campus location 	<p>Student Conduct and Community Standards: 541-346-1140; dos.uoregon.edu/conduct</p>
<p>Sexual Harassment or Sexual Misconduct</p> <ul style="list-style-type: none"> sexual assault dating or domestic violence gender-based harassment or bullying stalking 	<p>Safe Hotline (confidential for students): 541-346-SAFE (7233); safe.uoregon.edu; 24-7</p> <p>Crisis Intervention and Support Services (confidential for students): 541-346-8194</p> <p>Title IX Coordinator: 541-346-8136; titleixcoordinator@uoregon.edu</p> <p>Office of Affirmative Action and Equal Opportunity: 541-346-3123</p> <p style="text-align: center;">Reporting required for all non-confidential university employees.</p>
<p>Personal Safety and Theft</p> <ul style="list-style-type: none"> suspicious objects and/or people threats or hate crimes past crime 	<p>Portland Police Department: 503-823-3333</p> <p>Pacific Patrol Services: White Stag Security 503-710-2084 (building hours); 503-710-8004 (after hours)</p> <p>UO Police Department: 541-346-2919</p>
<p>Other or Not Sure</p>	<p>Division of Student Life Portland: 503-412-3704</p> <p>Office of the Dean of Students: 541-346-3216</p> <p>Office of the Ombuds (confidential for students and employees): 541-346-6400</p> <p>White Stag Facilities: 503-412-3691</p> <p>White Stag Operations: 503-412-3766</p>

Emergency: Call 9-1-1

Call Pacific Patrol Services at 503-710-8004 for non-emergency assistance

Security Escort

- Call 503-710-8004 to report the situation
- Do not physically confront the person or block exits
- Do not let anyone into a locked building or office

Person with a Weapon

- Move quickly to a safe place and call 9-1-1
- Do not physically confront the person

Suspicious Object

- Do not touch or disturb the object
- Call 503-710-8004 to report the situation
- Notify supervisor or instructor if appropriate

Earthquake

- Get under a table or desk or against an inside wall—not in a doorway—until the shaking stops
- After the shaking stops, check yourself and others for injuries and evacuate the building
- Go to your evacuation assembly point
- Do not leave the area before reporting to your instructor or White Stag facility services manager: 503-412-3691

Hazardous Materials Release

- Move away from the site of the hazard to a safe location
- Call the White Stag facility services manager at 503-412-3691 to report the situation
- Alert others to stay clear of the area
- Follow the instructions of emergency personnel, and notify them if you have been exposed or have information about the release

Building Power Outage

- Turn off and unplug computers and other electrical equipment, if possible to do so safely
- Move cautiously to a safe area

Fire

- Evacuate the building
- Go to your evacuation assembly point
- Do not leave the area before reporting to your instructor or White Stag facility services manager: 503-412-3691
- Do not re-enter the building until authorized by emergency personnel

Prepare, Plan, Train, and Stay Informed

- Stay informed: participate in the UO Alert! text notification system
- Build an emergency plan and supply kit for your office and home
- Practice your primary and alternative evacuation routes
- Get trained: ers.uoregon.edu/content/training

Evacuation Information

- Walk, do not run
- Evacuate the building by the nearest usable exit
- Do not use elevators
- Take personal belongings—keys, purses, wallets—if possible
- Secure any hazardous materials or equipment before leaving, if possible
- Follow directions given by White Stag facility services manager or emergency personnel
- Gather outside at your designated assembly point
- Assist persons with disabilities if possible

UO Portland Resources

Below is a list of departments and Portland services you may need to contact during your time at UO Portland. If you need assistance in determining who should be contacted for a service or concern, contact the Student Life Portland office.

Accessible Education Center (disability accommodations)

aec.uoregon.edu
541-346-1155 | uoaec@uoregon.edu

Business Affairs (student billing questions)

ba.uoregon.edu/student
541-346-3165

County and National Crisis Support

Multnomah County Crisis Line: 503-988-4888
National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
Women's Crisis Line: 503-235-5333

Division of Student Life (Portland)

pdx.uoregon.edu/student-life
503-412-3704

Financial Aid

financialaid.uoregon.edu
541-346-3221 or 800-760-6953

Graduate School Admissions

gradschool.uoregon.edu
gradschool.uoregon.edu/international-applicants
541-346-5129

Health and Counseling Services

PSU Student Health and Counseling Center
pdx.edu/shac/psuuo-portland-partnership
pdx.edu/shac/health
pdx.edu/shac/counseling
pdx.edu/shac/cost-billing
pdx.edu/financial-services/payments
1-844-224-3145 | 24-7 nurse advice line
503-725-2800 | askshac@pdx.edu

International Student and Scholar Services

isss.uoregon.edu
541-346-3206 | intl@uoregon.edu

Office of Affirmative Action and Equal Opportunity

Grievances and other issues with university employees
541-346-3123

Office of the Dean of Students (student policies and initiatives)

dos.uoregon.edu
541-346-3216

Registrar

registrar.uoregon.edu
541-346-2935 | registrar@uoregon.edu

Teaching and Learning Center (tutoring services)

tlc.uoregon.edu/
541-346-3226 | tlc@uoregon.edu

Title IX (reporting gender-based harassment or discrimination)

541-346-8136 | titleixcoordinator@uoregon.edu

Transportation: TriMet Passes

White Stag Operations: 503-412-3766

UO Alumni Association

uoalumni.com
541-346-5656


UO Health Insurance

healthcenter.uoregon.edu/insurance
541-346-2770 | uostudentinsure@uoregon.edu

UO Portland Library and Learning Commons

library.uoregon.edu/portland
503-412-3671 | pdxlib@uoregon.edu

Accessible Education Center


 aec.uoregon.edu 541-346-1155

The Accessible Education Center is dedicated to facilitating and supporting accessible education through active collaborations with students, faculty, staff, and the community. The Accessible Education Center is dedicated to facilitating access and full inclusion of students with disabilities into the university environment. This is accomplished through effective collaborations/consultations with faculty/staff, proactive advising, and the fostering of systemic campus change. The Accessible Education Center works to create and sustain physical, curricular, and informational environments that are informed by and responsive to the diverse characteristics and experiences of students with disabilities and variations of ability. The Accessible Education Center focuses on three broad areas: student access and engagement, universal/inclusive design initiatives, and technology access and usability. For more information visit aec.uoregon.edu.

LGBTQ Portland Resources


Lesbian Gay Bisexual Transgender Education and Support Services

The UO main campus staff support all students and help create inclusive communities.

 lgbt.uoregon.edu

Portland State University Queer Resource Center

The Queer Resource Center provides students with support and community.

 pdx.edu/queer

PQ Monthly

A monthly LGBTQ newspaper publication and website covering local Portland LGBTQ news and events. It's distributed free in newspaper racks around town, and can also be found in a rack at the PSU Queer Resource Center main entryway.

 pqmonthly.com


Basic Rights Oregon

Basic Rights Oregon is a political action committee with the goal of ending discrimination on the basis of sexual orientation and gender identity.

 basicrights.org


Northwest Gender Alliance

Northwest Gender Alliance is a social, support, and educational group for individuals who desire to explore.

 nwgenderalliance.org

Parents and Friends of Lesbians and Gays (PFLAG), Portland Chapter

Through support, education, and advocacy, PFLAG unites the voices of parents, family members, straight allies, and LGBT people together to advance fairness, justice, and equality in local communities around the country.

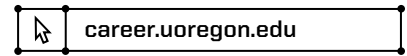
 pflagpdx.org

Q Center

The mission of Q Center is to increase the visibility of and foster connection within metropolitan Portland's Lesbian Gay Bisexual Transgender Questioning (LGBTQ) community.

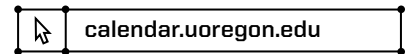
 pdxqcenter.org

Career Center



The Career Center exists to provide career and job search services and resources to UO students and alumni. Our mission is to help you develop long-term career goals and strategies, facilitate self-exploration and discovery, connect with potential employers, and empower and challenge you to fulfill your potential. We look forward to serving as your advocate as you pursue an inspired and fulfilling future. One-on-one career coaching is available to all students and the following 2016–17 calendar of events is available to most students in the White Stag Block. Call 503-412-3701 or e-mail careerpx@uoregon.edu for details.

Fall 2016 Events*



Job Search Group

Tuesdays and Thursdays • September 20 to October 6 • noon to 1:30 p.m.

8th Annual Get Connected: Make Your Net Work for You

Wednesday, October 12, 2016 • 5:00 to 8:00 p.m.

Winter 2017 Events

Job Search Group

Tuesdays and Thursdays • February 7 to 23 • noon to 1:30 p.m.

Women's Roundtable: Women in Careers

Wednesday, March 1 • 5:30 to 8:00 p.m.

Spring 2017 Events

Job Search Group

Tuesdays and Thursdays • April 11 to 27 • noon to 1:30 p.m.

Career Conversations: Interesting Career Paths

Wednesday, May 10 • 5:30 to 8:00 p.m.

A&AA PODS Career Development Opportunities

See PODS website for academic credit opportunities, pods.uoregon.edu/classes

* Check the calendar for most up-to-date information.

Student Conduct Code



The Student Conduct Code is a set of standards and regulations that describes the rights, privileges, and responsibilities of students at the University of Oregon. As a member of our university community—a community where everyone has a right to academic opportunity—you are responsible for knowing and upholding the Student Conduct Code. . The University of Oregon encourages the intellectual and personal growth of its students as scholars and citizens. As an educational institution the university recognizes that the transmission of knowledge, the pursuit of truth, and the development of individuals all require the free exchange of ideas, self-expression, and the challenging of beliefs and customs. To maintain a community where these ideals can be realized, the university has adopted the Student Conduct Code. The Office of Student Conduct and Community Standards acts through this code to promote social and individual responsibility and to establish appropriate standards of conduct.

Office of Student Conduct and Community Standards

The Office of Student Conduct and Community Standards:

- maintains an environment that is conducive to the academic success of all students,
- protects the rights of all members of the university community,
- provides a disciplinary process in which participants experience personal growth and gain an understanding of the responsibilities of community life.

All violations affecting the health and safety of members of the university—acts of violence, threats, or dangerous behavior—are likely to result in suspension from the university.

Academic Integrity Policy

Members of the university community are expected to be honest and forthright in their academic endeavors. To falsify the results of one's research, to present the words, ideas, data or work of another as one's own, or to cheat on an examination corrupts the essential process by which knowledge is advanced.

Violations of the academic integrity policy may result in suspension or expulsion from the institution, a reduced or failing grade, or both.

Forms Of Academic Dishonesty

Plagiarism is the inclusion of someone else's product, works, ideas, or data as one's own work. When a student submits work for credit that includes the product, work, ideas, or data of others, the source must be acknowledged by the use of complete, accurate, and specific references, such as footnotes. Expectations may vary slightly among disciplines. By placing one's name on work submitted for credit, the student certifies the originality of all work not otherwise identified by appropriate acknowledgments. On written assignments, if verbatim statements are included, the statements must be enclosed by quotation marks or set off from regular text as indented extracts. (See UO Policy for further details.)

- Fabrication is the intentional use of information that the author has invented when he or she states or implies otherwise, or the falsification of research or other findings with the intent to deceive. (See UO Policy for examples.)
- Cheating is an act of deception by which a student misrepresents or misleadingly demonstrates that he or she has

mastered information on an academic exercise that he or she has not mastered, including the giving or receiving of unauthorized help in an academic exercise. (See UO Policy for examples.)

- Academic Misconduct is the intentional violation of university policies such as tampering with grades, or taking part in obtaining or distributing any part of an unadministered test or any information about the test. (See UO Policy for examples and “What you can do to protect yourself from being charged with academic dishonesty.”)

Drug- and Substance-use Policies

 dos.uoregon.edu/aod

On July 1, 2015, Oregon state law decriminalized the limited recreational possession and use of marijuana. Using or possessing marijuana in any form remains a crime under federal law.

At the federal level, the Controlled Substances Act states that the growing and use of marijuana is a crime and federal enforcement agencies can prosecute users and growers of marijuana, regardless of state law. In addition to being a federal offense, the use of marijuana in the workplace and on campus is restricted by additional federal laws, such as the federal Safe and Drug Free Schools and Communities Act and the Drug-Free Workplace Act.

The University of Oregon’s receipt of federal funds—including funding for student financial assistance and federal grants and contracts for research—requires the UO continue to prohibit the use and possession of marijuana and other illegal drugs, as defined by federal law, on all University properties or as part of University activities.

These federal laws require UO to prohibit the use and possession of marijuana on campus, irrespective of state law. Consequently, such activity will remain prohibited by UO policy and the UO Student Conduct Code. For additional drug and substance abuse prevention resources go to dos.uoregon.edu/aod.

PSU Center for Student Health and Counseling

Student Health Fee for University of Oregon Portland-Based Students

UO Portland students pay the PSU Student Health Fee and may access the PSU Center for Student Health and Counseling (SHAC). The PSU Student Health Fee goes to the standard operating functions and indirect costs of SHAC. Included in your tuition bill is the mandatory Student Health Fee that all registered students must pay. The Student Health Fee cannot be waived. The Student Health Fee is not health insurance and does not cover charges for some services received at SHAC, such as labs, x-rays, or dental services.

The Center for Student Health and Counseling (SHAC) provides:

- Crisis intervention and response on campus.
- Sexual assault evaluation and counseling.
- Crisis counseling, individual therapy, group therapy, career counseling, and learning disability testing.
- Immediate and routine medical care, including women's annual exams, minor procedures, addressing specific health issues, STI screenings, smoking cessation, health education, travel vaccinations and counseling, and medical triage.
- Emergency and routine dental care, including regular cleanings, periodontal exams, extractions, fillings, root canals, crowns, and teeth whitening.
- Testing services for those with ADA accommodations, proctored academic exams, standardized testing, licensure and employment testing, and psycho-educational evaluative testing.
- Communicable disease management such as measles, H1N1, and TB.

Hours of operation are Monday through Friday 9:00 a.m. to 5:00 p.m. (during academic calendar)

The Center for Student Health and Counseling is staffed by:

- MDs
- Physician's Assistant
- Registered Nurses
- Medical Assistants
- Health Educator
- Licensed Clinical Social Workers
- Licensed Clinical Psychologists
- Psychiatrists
- Mental Health Interns and Residents
- MD Residents
- Nursing Students
- DMDs (dentists)
- Registered Hygienists
- Dental Assistants
- Administrative Support

What about summer term?

If you paid the PSU Student Health Fee in spring you are eligible to use SHAC on a fee-for-service basis. All fees are billed to a PSU account created for you.

How do I pay for services that incur a cost at SHAC?

In order for PSU to give you access to use SHAC, a PSU profile is created in the PSU Banner student information system. You are assigned a PSU ID number. All fees-for-service are billed to this PSU account. You will be sent a bill in the mail. You can pay by mailing a check or by paying directly at PSU Cashiers in Neuberger Hall on the PSU campus (724 SW Harrison, Portland, Oregon, 97201; 503-725-3670; pdx.edu/financial-services/cashiers-office).

Some types of things for which SHAC charges a nominal fee (pdx.edu/shac/cost-billing):

Medications dispensed at SHAC

Procedure fee for things such as, but not limited to:

- Excisions
- Sutures
- Suture removal
- Colposcopy
- Cosmetic cryotherapy of warts (non-genital)
- Ear lavage
- IUD insertion and removal
- X-rays
- Diagnostic lab work (billed to you by Quest Diagnostics)

Vaccinations, immunizations, and injections:

- Tetanus/Diphtheria
- Hep A and Hep B
- Influenza
- MMR
- Depoprovera
- Gardasil (for both men and women)
- Allergy shots (serum must be provided by student)
- Hormone therapy

Durable medical equipment such as, but not limited to:

- Crutches
- Air casts
- Immobilizers
- Large ice packs
- Splints

What if I have private insurance?

SHAC is happy to provide you with a statement of services which can be submitted to your private insurer for possible payment. To request a medical/counseling statement to submit to a private insurer, e-mail shacbill@pdx.edu. Please include your full name, date of birth, PSU identification number, along with the date or dates of service. Please also indicate whether you would like the statement mailed to you or if you would like to pick it up from SHAC. The statement will be mailed to the address that is listed in Banner. You will need to present photo ID if you are picking up the statement at SHAC. A statement can only be requested and given to the student. Requests will be completed within five business days.

Location

Portland State University
Center for Student Health and Counseling
1880 SW 6th Avenue, Suite 200 Portland, Oregon 97201
503-725-2800
pdx.edu/shac

Portland State University Map



PSU Student Health and Counseling (SHAC)

University Center Building, Suite 200
 1880 SW 6th Avenue (at the corner of Hall Street)
 Portland, OR 97207
 503-725-2800

Directions



The MAX Green Line stops near SHAC at the PSU/SW 5th and Mill stop. Cross the plaza to 6th Avenue. SHAC is two blocks south. The nearest MAX Green Line southbound stop from the White Stag Block is at NW 5th Avenue and Couch Street.

Student Health Insurance

To protect your health and financial stability, the UO recommends that all students have health insurance to help cover unexpected medical expenses that may arise. If you do not have health insurance and are not covered on someone else's plan, student insurance is offered through the UO.

Please note the fall term premium payment is due October 5, 2016 for both domestic and international students.

Domestic Students

The UO health insurance plan is voluntary. For current information on coverage, costs, enrollment, and deadlines of the plan, please visit healthcenter.uoregon.edu/insurance.

International Students

All UO international students are required by the UO to have health plan coverage which meets the university's established criteria. International students will be automatically enrolled in and billed for the UO insurance plan. For current information on coverage, costs, waivers, and deadlines of the plan, please visit:

- healthcenter.uoregon.edu/Insurance/International-Student-Health-Insurance-Plan

Insurance Questions

For domestic and international student health insurance questions, contact the UO Student Health Insurance Office at 541-346-2832 or uostudentinsure@uoregon.edu. Inform them that you are a Portland student.

Health Fee

The mandatory student health fee, included in your tuition bill, allows registered UO Portland program students to access to the Portland State University Center for Student Health and Counseling (SHAC). The student health fee is not health insurance and does not cover charges for medical services received at SHAC or health providers in the community. Students are not required to have health insurance to be seen at SHAC.

Fitness Centers

Membership rates vary at these downtown Portland area athletic clubs. Check each club for current membership rates and special promotions for students.

24 Hour Fitness

24hourfitness.com
1407 SW 4th
503-224-2233
1210 NW Johnson
503-222-1210

LA Fitness

lafitness.com
1400 NW Northrup St.
503-928-8892

West Side Athletic Club

westsideathleticclub.com
555 SW Oak
503-222-7800

Hospitals and Urgent Care Centers

It is often less expensive to use a hospital or urgent care center in the preferred provider network of your insurance plan. You are responsible for verifying that a provider or doctor is in your network prior to receiving services.

HOSPITALS

The closest hospitals to the White Stag Block are:

Legacy Good Samaritan Medical Center

1015 NW 22nd Avenue, Portland, 97210
503-413-7711
legacyhealth.org

Providence Portland Medical Center

4805 NE Glisan Street, Portland, 97213
503-215-1111
oregon.providence.org

OHSU (Oregon Health & Science University) Hospital

3181 SW Sam Jackson Park Road, Portland, 97239
503-494-8311
ohsu.edu

Providence St. Vincent Medical Center

9205 SW Barnes Road, Portland, 97225
503-216-1234
oregon.providence.org

URGENT CARE CENTERS

Urgent Care hours often include after-hours care, weekends, and some holidays, but it is suggested to call ahead to verify hours of operation.

Portland Urgent Care Centers are:

The Portland Clinic

800 SW 13th Avenue, Portland, 97205
503-221-0161
theportlandclinic.com

Providence Medical Group Immediate Care

Multiple locations including:
Battle Ground, Bridgeport, Canby, Gateway, Happy Valley, Scholls,
Sherwood, and Tanasbourne
503-215-9900, all locations
oregon.providence.org

American Family Care (AFC)

Multiple locations including:
NW Portland, NE Portland, Beaverton, and Lake Oswego
503-766-5787, all locations
afcurgentcareportland.com

Concentra Urgent Care Center

Multiple locations including:
Beaverton, Lake Oswego, Airport, and Swan Island
1-866-944-6046
concentra.com

Zoom+Care

Multiple locations including:
Pearl District, Downtown Portland, NW 23rd, and East Burnside
zoomcare.com

Take Care of Yourself

Stress Management

Stress has multiple components: the precipitating event or condition, the set of assumptions and belief systems that we carry which determine our perceptions of that event or situation, and our responses—physiological, behavioral, and emotional.

How Can I Lower My Stress Level?

- Exercise
- Relaxation and imagery practices
- Meditation and yoga
- Sleep gives your mind and body a chance to recover
- Laughter—watch a comedy
- Set priorities and learn to say ‘no’ to reduce the sense of being overwhelmed
- Music, dance or other expressive, creative activity
- Assertiveness training—when we can’t assert ourselves, needs go unmet, feelings get hurt, and stress rises
- Reward yourself for work accomplished or hurdles crossed
- Express your emotions to a friend or loved one—bottled up feelings can increase baseline stress
- Avoid using drugs to lower your stress, since they can lead to other problems and limit your opportunity to grow and learn new skills
- Call a close friend
- Take time away from work and school
- Read a good book or watch a movie

How Can I Tackle the Deeper Sources of My Stress?

Chronic stress may reflect deeper issues such as poor self-esteem, a sense of inadequacy or social anxiety. While these can be addressed by the methods described above, sometimes a “healing relationship” with a therapist, mentor, or trusted friend is what brings about a fundamental shift in one’s view of oneself and the world. Remember, while we can’t control all the events around us, we can take charge of our response to them by noticing our reactions, cultivating a sense of inner balance, and redirecting our thoughts toward that which nourishes and inspires us.

Time Management

Time Management Techniques

- Create a work area free from distractions (phone, roommates, tv) and commit to staying there for a one to two hours.
- Recognize that your obligations and resulting stress are as important as other people’s needs, and set limits around being interrupted or rescheduling your work time.
- Break larger tasks, such as papers or projects, into smaller goal steps.
- Create a schedule for yourself and remember the following:
 - Remember to schedule time out every day for sleep, meals, social time, and some exercise or relaxation time.
 - Try your new schedule. It’s okay to fine tune it or adjust it after you give it a try for a week.

Depression

Most likely, everyone will experience feeling depressed one time or another during their lifetime. A person may feel depressed for an obvious reason or no apparent reason at all. At times, these feelings of depression may become overwhelming, intense and prolonged. Daily functioning may become difficult or impossible. Thoughts of hurting oneself in some way, even ending one's life, may appear to be the only option. As a result, it is important to recognize depressive symptoms early on and seek help from others, including professionals.

Although each person may experience a depressive state differently.

How can I help someone else who may be depressed?

- Listen and acknowledge the person's feelings and thoughts
- Reassure the person that you care and want to be supportive
- Do not discount or minimize the person's experience
- Ask the person, "What would be helpful right now? Is there anything I can do?"
- Suggest professional resources
- Offer to accompany the person to an appointment

Suicide Prevention

Are you concerned about someone who might be at risk for suicide?

What to Do

- Convey your interest and sense of caring.
- Listen attentively.
- Use empathy. Reflecting back to the other person lets them know that you understand and care.
 - “It must have felt like the world crashed around you when you were dropped from the team.”
 - “Breaking up with them seems like just about the hardest thing you’ve ever been through.”
- Try to convey a sense of hope.
 - “Things look pretty dark right now, but I feel really hopeful that things will get better. Let me tell you why...”

What Not to Do

- Don’t express anger or blame them.
- Don’t convey a sense of your discomfort or judgment.
 - “You wouldn’t do something crazy, would you?”
- Don’t promise to keep what they tell you confidential; you may need to consult and get support.

Suicide Report Forms

Any concerned party can complete the Suicide Report Form by visiting counseling.uoregon.edu.

The University of Oregon is invested in the welfare and well-being of all students. In its efforts to ensure the general well-being of all students the Division of Student Life has implemented a suicide prevention program. The program’s goal is to assess students that have engaged in suicide-related behavior in order to evaluate their level of risk and offer them professional mental health services.

The Suicide Report Form is used to inform the Suicide Assessment Team that a student has engaged in suicide-related behavior. Such suicide-related behavior can include making suicide threats verbally or nonverbally (e.g., through writing) as well as engaging in intentional self-injurious behavior with the intent to attempt suicide and/or to give the appearance of intending to kill themselves.

Once the Suicide Report Form is completed it is sent to the Suicide Assessment Team for review and disposition. A member of the Suicide Assessment Team will contact the referring party to discuss the situation and explore options for addressing the concern about the student’s risk for suicide. The ultimate goal is to provide the student with mental health services in order to assist the student in developing more adaptive ways to cope and adjust to psychological stress and strain.

Sexual Harassment and Sexual Violence

safe.uoregon.edu 541-346-SAFE (7233)

The University of Oregon is committed to ensuring that all students have access to a quality learning experience and the opportunity to pursue their academic goals in a safe, supportive learning environment. Any form of discrimination or harassment on the basis of sex or gender, that interferes with a student's ability to be an engaged learner is contrary to the community values of the institution. Sexual harassment is a form of discrimination on the basis of sex. The University of Oregon does not tolerate discrimination on the basis of sex or gender—this includes sexual harassment, sexual assault, dating and domestic violence, gender-based stalking and bullying, and other forms of sexual violence.

The University of Oregon is committed to providing a comprehensive and integrated response to students who have experienced any form of sexual discrimination or harassment. Our goal is to ensure that all students who report to the university are met with a caring and compassionate response, and are provided with access to all available resources necessary to continue their academic program.

Questions regarding Title IX may be referred to the University of Oregon's Title IX Coordinator or to the U.S. Department of Education Office of Civil Rights.

Darci Heroy

Title IX Coordinator
541-346-8136
titleixcoordinator@uoregon.edu

US Department of Education,
Western Region Office of Civil Rights
206-607-1600
ocr.seattle@ed.gov

If you have questions about faculty and employee grievance procedures and complaint processes please contact the Office of Affirmative Action and Equal Opportunity at 541-346-3123.

Division of Student Life

Office of the Dean of Students: Provides a broad range of resources and services including confidential support to students who have experienced any form of sexual harassment or violence, information about rights and reporting options, housing, academic, employment, financial aid and other accommodations, assistance with transportation, visa or immigration issues, legal assistance, no contact, restraining and stalking orders, and other external resources.


dos.uoregon.edu

Student Conduct and Community Standards: Administers the university's Student Conduct Code, which governs students conduct and provides the basis for holding students accountable for behavior in violation of the code, which prohibits sexual misconduct, including sexual harassment. The grievance procedures that govern student sexual misconduct and harassment can be found at dos.uoregon.edu/sexual-misconduct.

conduct.uoregon.edu


University Counseling Center, Interpersonal Violence Response Team: Provides confidential personal counseling by a team of professionals with extensive training and experience with trauma treatment for students who have experienced any form of sexual harassment or violence, and ensures that students are aware of on and off-campus resources and available services. Portland UO students also have access to confidential counseling services at Portland State University's Center for Student Health and Counseling (SHAC).

 counseling.uoregon.edu


 pdx.edu/shac/counseling

University Health Center: Provides confidential physical and emotional care following incidents of sexual assault, intimate partner violence and stalking. UO Portland students also have access to Portland State University's Center for Student Health and Counseling (SHAC).

 healthcenter.uoregon.edu

 pdx.edu/shac/health

University Office of the Ombuds: The University of Oregon Ombuds Program provides confidential, impartial, independent, and informal conflict management assistance to the University of Oregon community at no charge. The Ombuds Program works with individual visitors and with groups.

 ombuds.uoregon.edu

Resources for Students

If you are a victim or survivor of sexual harassment, including sexual assault, dating or domestic violence, gender-based harassment and bullying, or stalking and need help, the university has staff available 24 hours a day for confidential advice and assistance. Even if you are unsure what to do, call 541-346-7233 (SAFE) and you'll be connected with somebody who will listen to you and help guide you as you figure out what you want to do next.

You are not required to provide additional information about the incident or participate in a university investigation in order to receive services. Our primary goal is to help, and we will always respect your decision to share, or not share, any aspect of your situation with us.

Responsible Employees and Reporting Obligations

If you share information with a university employee designated confidential, that employee does not have an obligation to report the information to the Title IX coordinator. To provide accommodation(s) requested by the survivor, confidential employees may need to share limited information with those involved with implementing the accommodation(s).

If the person who harmed you is not affiliated with the University of Oregon, the university's response to the report of an incident will be focused primarily on providing services and accommodations to the survivor and addressing any potential safety issues on campus.

All employees of the university, except those designated as confidential, are required to share information about discrimination against students (including GTFs) related to discrimination or harassment on the basis of sexual orientation, gender expression, gender identity, sexual harassment, or sexual assault with the Title IX coordinator (non-confidential) or the Office of Crisis Intervention and Sexual Violence Support Services (confidential). (Note: information disclosed by a student to the Office of Crisis Intervention is confidential; however, information shared with the Office of Crisis Intervention by an employee fulfilling reporting obligations will be shared with the Title IX coordinator.)

Employees designated as confidential resources are not required to report evidence of prohibited discrimination that they obtain while providing confidential services. Further, because of the importance of academic expression and open discussion, disclosures that may occur during the course of academic courses and in the context of academic assignments and classroom discussion, during public awareness events (such as "Take Back the Night" or "Survivor Speak Outs"), or from Institutional Research Board-approved human subjects research protocols focused on prohibited discrimination are not required to be shared with the appropriate authorities.

For more information about employee reporting responsibilities contact the Title IX coordinator at 541-346-8136 or see prevention.uoregon.edu/resources.

Reporting and Support Services

- UO employees have a responsibility to report information about any prohibited discrimination or harassment to their supervisor, the Title IX coordinator, or to the Office of Affirmative Action.
- The SAFE website provides information about the university's response protocol, victim/survivor rights, and confidential resources and services available to students who have experienced any form of sexual harassment or sexual violence.
- A 24-7 hotline, 541-346-SAFE (7233) is staffed by confidential, trained counselors, where students can learn about their options for receiving help and/or reporting an incident.



QUESTIONS

STUDENTLIFEPDX@UOREGON.EDU
PDX.UOREGON.EDU/STUDENT-LIFE



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