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Student Health and Wellness Center

Title IX
Mental Health and Wellness
Addiction Program



Title IX

**Students have a
right to access
and education...**

**Employees have
a right to access
a workplace...**

**...free of violence and
discrimination**

What is Title IX?

Sexual Assault

Sexual Harassment

Dating Violence

Discrimination

Stalking

Quid Pro Quo Harassment



Title IX

If you need to file a report please visit
www.lanecc.edu/sexualrespect

Resources:

↳ Directly to Title IX Coordinator
titleix@lanecc.edu; 541-463-5920

↳ Employees - Chief HR Officer
turners@lanecc.edu

↳ To the MHWC/Title IX
mhwc@lanecc.edu; 541-463-5920

↳ Gender Equity Center Title IX Counselor
oglesbyk@lanecc.edu



Title IX Safe College Trainings

- ☛ Title IX: Regulations and Roles Overview
- ☛ Title IX: Roles of Employees
- ☛ Title IX and Sexual Harassment Prevention for Employees (Full)



Student Health and Wellness Center

Student Mental Health:

- ☛ Oregon's suicide rate = 40% higher than national average
- ☛ Lane County = higher rates of depression than the state
- ☛ 75% of students reported mental health has worsened since beginning of pandemic



Student Health and Wellness Center

Includes:

- ↳ Mental Health Services and Clinical Counseling
- ↳ Health Clinic
- ↳ Title IX (Sexual Assault/Respect)
- ↳ Addiction Program
- ↳ Wellness Education and Promotion

Student Health and Wellness Center

Resources:

- ✔ Mental Health Services, Addiction Services and Clinical Counseling; Virtual Appointments
- ✔ Support Groups
- ✔ Virtual Resources
- ✔ Presentations to classrooms
- ✔ And more!

Mental Health and Wellness

541-463-5920

mhwc@lanecc.edu



Post COVID Mental Health Resources for Employees

Pre-recorded Videos:

- Trauma Informed Yoga
- Tapping
- Mindfulness
- Wellness 101
- Trauma, Relaxation, and the Nervous System
- Self-Care in Returning to Campus
- Preparing to Return to Work Mentally and Physically
- Boundaries for Mental Health Stability
- Skills for Positive Mental Health
- Managing Stress and Depression Toolkit
- Increasing Resiliency and Self-Confidence

Live Classes:

- LCC Employee Wellness Opportunities
- OEBC Wellness Resources

View these resources:

<https://www.lanecc.edu/mhwc/information-faculty-and-staff>

<https://www.lanecc.edu/mhwc/mhwc-supports>