

# Helpful Campus Resources in Times of Need

At CWRU (University wide and here at the SOM), it can be difficult to know what non-academic resources are available to help students with their overall wellness and creating a comfortable environment here. This document was compiled to help source some of the main offices here to help students and some of the services they offer. Keep in mind that these resources are not just for the serious issues you might be facing. If you are stressed, need someone to listen as you vent about a bad day or semester, want to find better coping mechanisms, etc, there are great opportunities here to get those needs met. Too often seeking assistance is left until things get very bad when there might have been an opportunity to help before too much stress and anguish are felt by the student.

If you find yourself wanting to reach out for professionalism help, to discuss an issue with a faculty, staff, student, department, etc. here at the School of Medicine, please feel free to contact us at [som-prof-develop@case.edu](mailto:som-prof-develop@case.edu). We are here to listen and help, whether we can help ourselves or we can help you find the right person/office to further help. All emails will come to Marvin Neiman, PhD, Vice Dean for Graduate Education and Tessianna Misko, PhD, Director of Career & Professional Development.

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# General University Resources

- [University Policies](#)
- [Crisis Intervention](#)- Emergency support available to students, faculty, staff, parents and family members when a crisis occurs or threats of harm arise

## Research Integrity

- *Research Misconduct- Research Misconduct means fabrication, falsification, plagiarism in proposing, performing, or reviewing research, or in reporting research results. All employees or individuals associated with CWRU should report observed, suspected, or apparent misconduct in research to the Research Integrity Officer. If an individual is unsure whether a suspected incident falls within the definition of research misconduct, he or she may contact the Research Integrity Officer to discuss the suspected misconduct informally.*
- *Data Management- The Principal Investigator is the custodian of research data, unless agreed on in writing otherwise, and is responsible for the collection, management and retention of research data. Research data must be retained in sufficient detail and for an adequate period of time to enable appropriate responses to questions about accuracy, authenticity, primacy and compliance with laws and regulations governing the conduct of the research. Questions regarding the management of research data should be addressed to the Associate Vice President for Research.*
- Contact:
  - Research Integrity Officer- Tracy Wilson-Holden
    - 216.368.6131
    - [tracy.wilson-holden@case.edu](mailto:tracy.wilson-holden@case.edu)

## Office of Equity

- [Sexual Harassment & Title IX](#)
  - CWRU complies with Title IX, in part through work of the Office for Equity which supports students and others in the campus community who are experiencing or have experienced sexual harassment, sexual violence or other forms of sex and gender discrimination.

Students, faculty and staff experiencing or who have previously experienced sexual harassment, sexual violence or other gender discrimination (including discrimination based on gender identity, gender expression, sexual orientation, transgender status, and other sex and gender-based identities, and pregnancy and parenting status) can seek support from the Office for Equity. This support

includes access to resources, advocacy, academic accommodations, changes in living arrangements, No Contact Directives, as well as learning about processes for making a complaint of sexual harassment against another person or initiating an investigation and resolution process, among other kinds of support.

- [Definitions of Sexual Harassment](#)
- [Consent, Incapacitation & Coercion](#)
  - Relationships Involving Authority or Power
    - When one party has any professional responsibility for another's academic, job performance, or professional future, the university considers sexual relationships between the two individuals to be a basic violation of professional ethics and responsibility. This includes but is not limited to sexual relationships between faculty (including teaching assistants and laboratory supervisors) and their students or between supervisors and their employees, even if deemed mutually consenting relationships. Because of the asymmetry of these relationships, "consent" may be difficult to assess, may be deemed not possible, and may be construed as coercive. Such relationships also may have the potential to result in claims of sexual harassment. For more information, see [Consensual Relationship Policy](#).
- Contact
  - Rachel E. Lutner  
Senior Associate Vice President for Equity  
2120 Cornell rd.  
Cleveland, OH 44106  
Phone: Direct office 216-368-3066; evenings and weekends urgent matters (312) 504-1786 (call or text)  
[rachel.lutner@case.edu](mailto:rachel.lutner@case.edu)
  - Office Phone: 216.368.3066
  - Office Email: [equity@case.edu](mailto:equity@case.edu)
  - Office Hours: Monday through Friday 8:30 a.m. to 5:00 p.m.
  - Finding the Office of Equity: We are located on the first floor (which is not the ground floor) in the Nursing Research Building (NRB), which is near the BioMedical Research Building (BRB) and Rainbow Babies & Children's Hospital.
- [Discrimination & Harassment](#)
- [Accommodations](#)
- [Prevention & Education](#)

## **Diversity and Inclusion**

- University Level
  - Office for Inclusion, Diversity and Equal Opportunity
    - The mission of the Office for Inclusion, Diversity and Equal Opportunity is to provide support and guidance and to promote equitable and fair treatment in employment, education and other aspects of campus life. The office serves as a resource to the university in the interpretation, understanding and application of federal and state equal opportunity and affirmative action laws and regulations.
  - [Campus organizations and Opportunities](#)
    - [Flora Stone Mather Center for Woman](#)
    - [LGBT Center](#)
    - [Multicultural Affairs](#)
    - [Interreligious Council \(IRC\)](#)
  - [Bias Reporting System](#)
  - Office Information
    - Email: [oideo@case.edu](mailto:oideo@case.edu)
    - Phone: 216.368.8877
    - Fax: 216.368.8878
  - [Staff](#)
- School of Medicine
  - [Office of Diversity, Equity and Inclusive Excellence \(DEIE\)](#)
  - Contact:
    - Tina Lining  
Director Office of Diversity, Equity and Inclusive Excellence School of Medicine  
Email: [tina.lining@case.edu](mailto:tina.lining@case.edu)  
Phone: 216.368.1894

## **University Health and Counseling Services**

- Get help quickly
  - On-Campus Emergencies: 216.368.3333
  - Medical Advice (all hours): 216.368.2450
  - Counselor On-Call (all hours): 216.368.5872
- [Counseling Services](#)
  - Support Space
    - BIPOC
  - Group Therapy
    - Therapy in a group setting can be a productive and supportive way to address common concerns. Students meet as a group with one or more clinicians to explore a specific topic and develop coping skills. Some

groups are time limited, while others are ongoing. Group offerings vary each semester and lists are updated at the beginning of the semester. Additional groups may be developed, depending on student interest and staff availability.

- Current groups:
  - Koru Mindfulness: *Teach mindfulness skills to reduce stress, sleep better, improve self-compassion, etc.*
  - Grief Support- *For those who experienced death of a loved one*
  - In the Company of My Sisters- *Safe space for woman of color*
  - Interpersonal Process- *Help students understand themselves and their relationships with others (managing conflict, communicating directly and assertively, making connections with new people, coping with loneliness, improving trust in others, increasing self-esteem, establishing interpersonal boundaries, etc.)*
  - Moms in Grad School
  - Students of Color- *For those who identify as BIPOC (Black, Indigenous, people of color)*
  - Support for Supporters- *those who grew up in households where chronic illness, mental illness, addiction or other dysfunction shaped their view of themselves and the world*
  - Support Group for Women Earning PhDs
- Psychiatric Services
- Additional services
- Training Positions
- ADHD assessment/treatment
- Advocate
- Grief Resources
- Guided Relaxation
- Prevention and Recovery Services
- Mental health Resources outside of Ohio
- Faculty Consultation
- Health services
  - Please go to [myhealthconnect.case.edu](https://myhealthconnect.case.edu) to schedule an appointment if you are not feeling well (including COVID-19 symptoms), have an injury, need a sexual health visit, or are already followed by a primary care provider for a mental health concern.
  - Services provided
    - General Clinic
    - Prescription Refill
    - Allergy clinic
    - Occupational health
    - Sexual Health
    - Immunizations
    - Medical forms
    - Needle stick and bloodborne pathogen exposure
    - Other Resources

- [Student Wellness](#)
  - Our bodies respond to the way we think, feel and act, an association often referred to as the “Mind-Body Connection.” We strive for wellness in all areas of our lives in order to achieve academically, chart our career paths, and to advance our personal lives and relationships. These programs and services seek to mitigate risk, remove barriers to student success, encourage work-life balance, and create a diverse, respectful environment in which all can learn.
    - Virtual Programs
    - Wellness Programs
    - Wellness Ambassadors
    - Suicide Prevention
    - Alcohol and Drugs
    - Quit Smoking
    - Vaping
    - Resources
    - Resources
    - Student Health Emergency Fund
- [Medical Plan](#)

## **Disability Services**

- [Disability Resources](#)
  - Disabilities that the office can help you get help with include (to learn more about each of these categories and what falls under these categories, please check out this [Defining Disability website](#)):
    - Autism Spectrum Disorders
    - Attention Deficit Hyperactivity Disorder (ADHD)
    - Chronic Illness
    - Hearing Impairment
    - Learning Disability
      - Dyslexia
      - Others
    - Mobility and Dexterity Impairments
    - Psychological and Psychiatric Disorders
      - Depression
      - Anxiety Disorder
      - Obsessive Compulsive Disorder (OCD)
    - Visual Impairment
    - Concussions
  - Provides help with resources and determining [reasonable accommodations](#) a student is entitled to.
  - [Procedures and Information](#) on how to get accommodations

- [How to get started](#)
- If you have any questions
  - Phone: **216.368.5230**
  - Email: [disability@case.edu](mailto:disability@case.edu)
  - Campus Address: 402 Sears Building ([map](#))
  
- Office of Accommodated Testing and Services (OATS)
  - The **Office of Accommodated Testing and Services** (OATS) strives to create the best environment to provide appropriate accommodations for all students testing with us. The following information will guide you through the accommodated testing process.
    - [Assistance includes:](#)
      - Test Seat Reservation
      - Testing Days during the semester
      - Breaks
      - Food/drink Access
      - Room assignments and test timing
      - Alternative time/Date requests
      - Final exams
      - [Notetaking](#)
  - Located in Sears 440, on the Main Quad
  - Main office 216.368.0399
  - Hours are Monday through Friday 8 a.m. to 5 p.m. with extended hours during final exams.
  - Please email us for specific questions using these dedicated addresses.
    - General questions [oats@case.edu](mailto:oats@case.edu)
    - Testing questions [testing@case.edu](mailto:testing@case.edu)
    - Note taking questions [notes@case.edu](mailto:notes@case.edu)