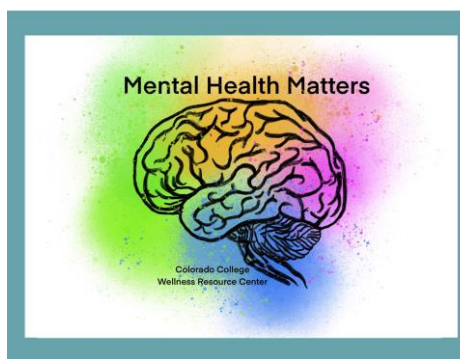


# BULLETIN BOARD LAYOUT- DO NOT POST



It's **OK to NOT be OK**

As we navigate our lives, all of us will sometimes get stuck, struggle, and fail. All of us will lose someone. Half of us will experience a mental illness in our lifetimes, and all of us will experience at least some times of struggle with our mental wellbeing.

**Allow yourself to feel what you feel. Listen to your feelings. They probably have a lot to tell you about what's going on for you. Respond with kindness and compassion—as you would to a good friend.**

If you find yourself feeling stuck in Not-OKness, remember that there are a whole range of resources that can help.

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## How to Choose a Therapist

At some point in everyone's life, they may feel overwhelmed. Therapy can be incredibly helpful. Engaging in therapy can help you look at your problems in a different way, help you gain insight into your thoughts, feelings and behaviors, help you develop new coping skills and strategies, and help you change how you feel.

Psychotherapy is a collaborative process in which the therapist and client work together to help change feelings and attitudes and to develop healthier patterns of behavior. While a therapist has training and expertise in human behavior, mental health assessment, diagnosis, treatment modalities, and behavior change, you know yourself and your experiences best. A therapist cannot just "fix" the problems you are experiencing, but rather works with you to build a shared understanding of those problems and of the solutions that might work best. For therapy to be successful, you must be a willing and engaged partner in this work.

There are a number of factors to consider when choosing a therapist or counselor:

- Your Level of Comfort and Rapport
- Level of Training
- Level of Experience
- Theoretical Orientation
- Gender, Race, and Identity
- Cost

You can find more information about how to choose a therapist:  
<https://www.coloradocollege.edu/other/wellness/pdf/HowToChooseATherapist.pdf>

## Meet the Counseling Center Staff

**Ben Mindes, MSW, LCSW**  
Counselor, Licensed Clinical Social Worker  
B.A., Macarthur College; MSW - New York University; Psy.D. - University of Denver  
Ben is a clinical social worker with a passion for working with the college population. Ben has previously worked at college counseling centers at the University of Northern Colorado and the Juillard School in New York. He enjoys working with depression, anxiety, trauma, interpersonal relationships as well as men's issues. He has done research on the effects of bullying on young adults.

**Anne-Marie Manning, LCSW, LAC**  
Counselor, Licensed Clinical Social Worker  
BA - University of North Carolina at Charlotte; MSW - Colorado State University  
Ann Marie brings a wealth of clinical experience from a variety of clinical backgrounds. She specializes in working with marginalized populations, such as students of color and LGBTQ+ students. She has expertise in both mental health and substance abuse treatment.

**Betty Jo Smith, LPC, CACBI**  
Counselor, Licensed Professional Counselor  
BA - University of Colorado - Colorado Springs; MA - University of Colorado - Colorado Springs  
Betty Jo has worked in the mental health field for over 20 years. She has expertise in somatic psychology. She has worked in cognitive behavioral therapy. She specializes in trauma, mood disorders, healthy coping skills, and substance abuse and dependency issues. She is associated with the "Two Pueblo" love people of Northern New Mexico and acts as a resource to Native-American students.

**Felix Altman, LPC**  
Counselor, Licensed Professional Counselor  
BS - Western Michigan University; MA - University of the Rockies; Psy.D. - University of the Rockies  
Felix specializes in issues of gender identity, LGBTQ+ issues, life transitions, trauma, depression and anxiety. He has previously worked in community mental health and has been a member of a Transgender Consultation Network. He utilizes a number of therapeutic techniques including cognitive behavioral and mindfulness.

## Find The Resources That Best Match Your Needs

**Thrive** (24/7) **Trusted One** (24/7)

**All Students** (24/7) **Students with Concerns/Needs/Challenges** (24/7) **Students with Mental Health Concerns** (24/7)

**Practice Self-Care**

- **Design Self-Awareness:** Wellness Resource Center Learning Series, Self-Help Resources: Wellness, The Wellbeing.org/CC, and [www.wellbeing.org/CC](https://www.wellbeing.org/CC)
- **Connect to Joy:** make art, listen to music, laugh, connect with a friend.

**Build Your Community**

- **Connect with campus organizations:** Student Organizations, Affinity Groups, The Student Center, Residential Community, Community, Spiritual Life Community, Outdoor Education, Arts & Events
- **Connect with the city of Colorado Springs:** Collaborative for Community Engagement
- **Participate in Activities and Events:** Campus Activities, Internships, PAC, Innovation at CC

**Develop Your Skills**

- **Free-to-Go Staff-Facilitated Psychoeducation:** workshops on topics like stress management/emotional wellness, emotional and communication skills, how to have a friend, and self-compassion skills through Wellness Resource Center.
- **Free-to-Go Peer-Facilitated Psychoeducation:** PEPS and M&M On-Campus talking & workshops.
- **Academic Support:** Career Center for Academic Excellence

**Talk About Concerns**

- **Resources:** The Butler Center, SAC, Chaplain, Student Organizations & Advising Staff
- **Facilitated Issue-Specific Groups:** Strong After Hours, Great Expectations, M&M, M&M, Smart Recovery
- **Trained Peer Support:** PEPS, Healing Project, SMART, Residential Advisors
- **On-line Learning:** Wellbeing.org/CC

**Support Resources**

- **Academic Management of Counseling Center or Student Success Center - Accessibility**
- **Disability Related Accommodations:** Disability Accessibility Resource
- **Student Success:** Individual consultation through Wellness Resource Center

**Utilize Campus Mental Health Support Resources**

- **Group Therapy or Counseling Center:** Individual, Psychology or Counseling Center (Specialty short-term, problem-focused)
- **Individual Psychology or Counseling Center or Student Success Center - Accessibility**

**Engage Off-Campus**

- **Off-Campus Referrals for intensive, specialized or long-term treatment:** Referrals can be made by Counseling Center, Wellness Resource Center, SAC, Accessibility Resource, Chaplain, The Butler Center, etc.

**Seek Immediate Help**

- **Emergency Services:** Call 911 (or Campus Safety) (24/7) or 911 (or 911) (24/7)
- **Emergency Off-Campus:** Off-Campus Referrals for intensive, specialized or long-term treatment: Referrals can be made by Counseling Center, Wellness Resource Center, SAC, Accessibility Resource, Chaplain, The Butler Center, etc.

**Find Resources That Best Match Your Needs**

### Campus Confidential Resources:

- **Counseling Center:**
  - [counselingcenter@coloradocollege.edu](https://www.counselingcenter@coloradocollege.edu)
  - (719) 389-6093 (8:00 a.m. - 2:00 p.m.)
- **Sexual Assault Response Coordinator:**
  - [sarc@coloradocollege.edu](mailto:sarc@coloradocollege.edu)
  - (719) 227-8101
  - SACRC Advocate on-call 24/7 at (719) 602-0960
- **Chaplain:**
  - [chaplain@coloradocollege.edu](mailto:chaplain@coloradocollege.edu)
  - (719) 389-6638
- **Gender Identity Development Specialist:**
  - [ngogh@coloradocollege.edu](mailto:ngogh@coloradocollege.edu)
  - (719) 389-6198

### On-line resources:

- **Wellness Resource Center website:** information, activities and links to YouTube videos on mental health, self-care and compassion, and journaling
  - <https://tinyurl.com/y699ykd>
- **Wellbeing:** an online resource for mental health, including self-screening instruments
  - [www.wellbeing.org/CC](https://www.wellbeing.org/CC) just use your CC email to log in.
- **YOU@CC:** a 24/7, anonymous online well-being platform with personalized resources.
  - [you.coloradocollege.edu](https://you.coloradocollege.edu) just use your CC credentials to log in.
- **Identity-based therapy resources:**
  - [TherapyforBlackGirls.com](https://www.therapyforblackgirls.com)
  - [BlackandHealthProject.org](https://www.blackandhealthproject.org)
  - [Wellbeing.org](https://www.wellbeing.org)
  - [LatinTherapy.com](https://www.LatinTherapy.com)
  - [TravelWell.org](https://www.TravelWell.org)
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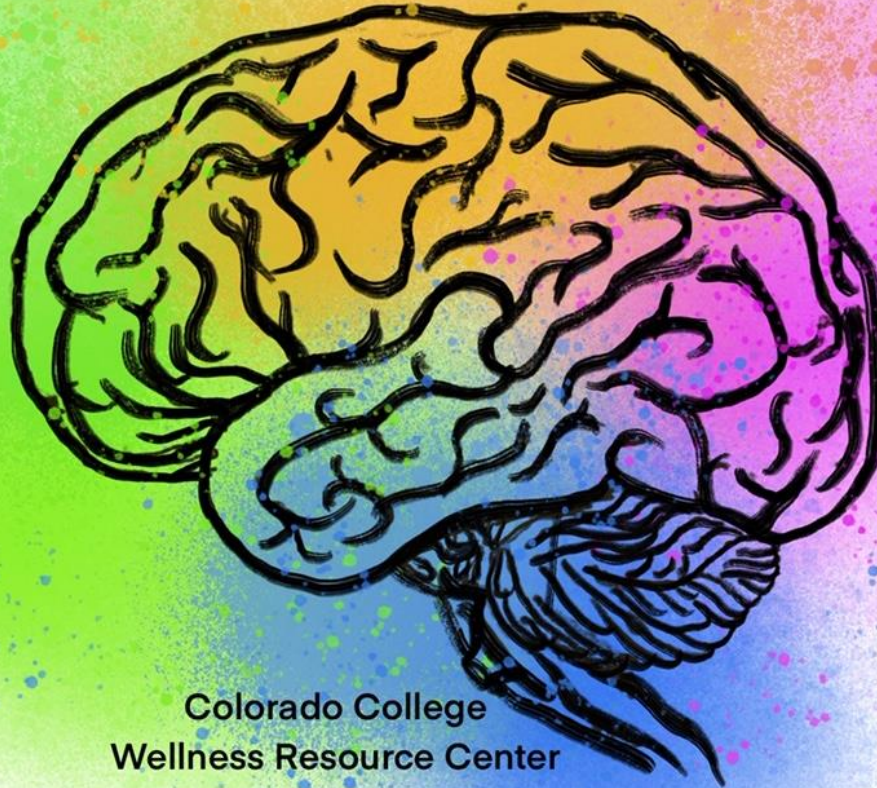
**Ralph Jones, Ed.D., LMFT**  
Counselor  
BA - University of Colorado; M.A. - Columbia University; Ed.D. - Columbia University  
Ralph Jones has a wide variety of clinical interests and has a doctorate in higher education. He brings a strong commitment to supporting students of color in a higher education setting. He utilizes a number of therapy techniques including mindfulness and meditation, as well as some cognitive behavioral approaches.

**Lisa Fry, Ph.D.**  
Psychologist  
BA - Albion College; D.O. - Michigan State University  
Dr. Lisa Fry is a board-certified psychiatrist and comes to us after working in the Counseling Center at Michigan State University. She has a special interest in young adult psychiatry and has previously worked with military veterans.

**Jen Miller, J.D.**  
Senior Practitioner  
BA - Anderson University; MSW - Vanderbilt University  
Jen Miller has been doing family medical practice, student health, and crisis intervention for over 15 years. She specializes in young adult medicine and medication management. Jen works closely with our psychiatrist to coordinate psychiatric medication for students.

**Geocelia Vigil**  
Counselor, Licensed Professional Counselor  
Geocelia began at the Counseling Center in 2016, having worked previously at the registrar's office and at UCCS. She has a strong administrative background and an interest in mental health issues. She does *scheduling* for all the counselors and assists students with questions.

# Mental Health Matters



Colorado College  
Wellness Resource Center

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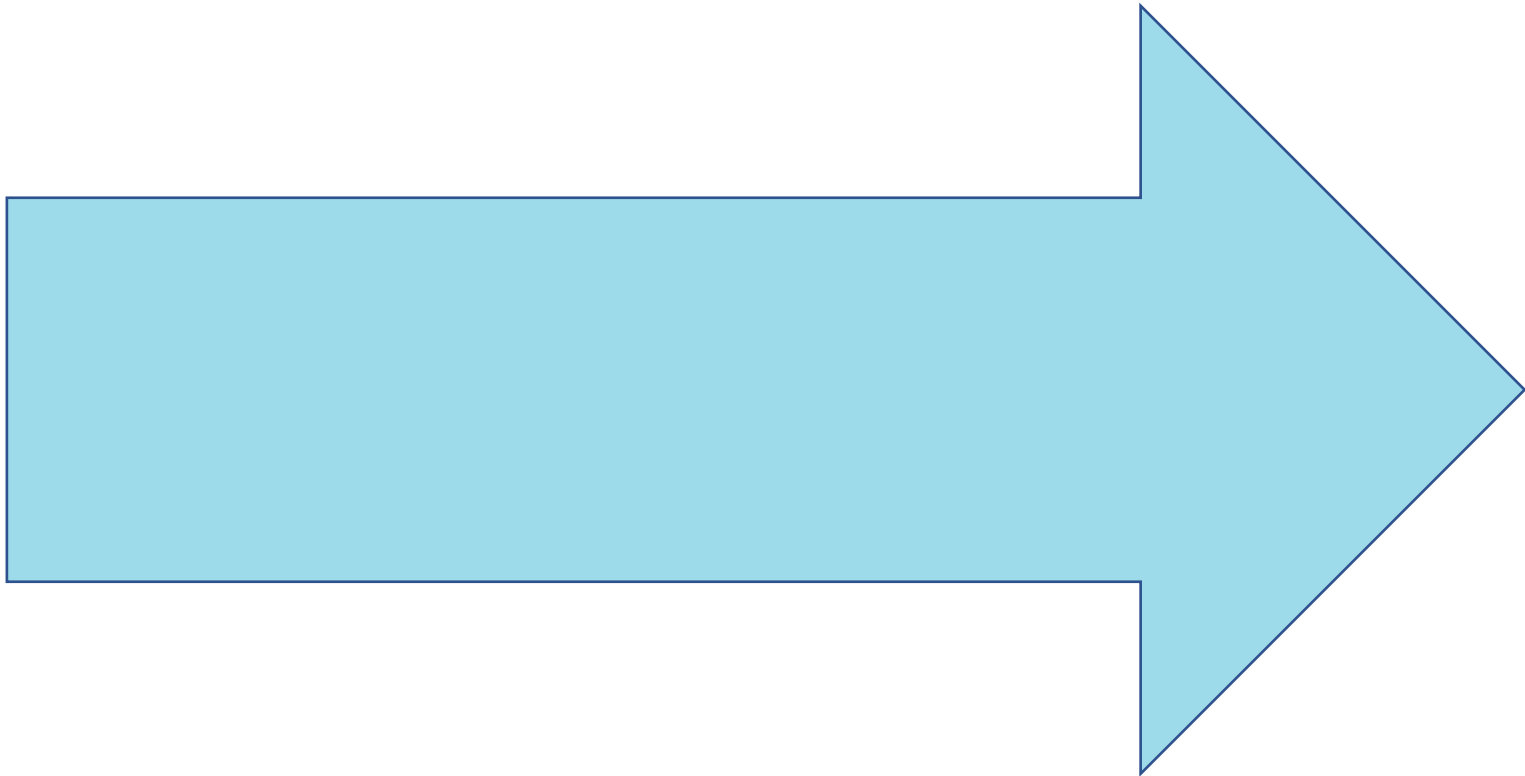
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  - **Translifeline.org**
  - **TrevorProject.org**
  - **Steve Fund Crisis Text Line for Students of Color:** Text STEVE to 741741





# Meet the Counseling Center Staff



**Bill Dove, Ph.D.**

**Associate Director, Licensed Clinical Psychologist**

BA - Colorado College; Ph.D. - University of Denver

Bill Has worked at the Counseling Center for over 25 years. He has a specialty in young adult development and cognitive behavioral therapy. He previously was the supervisor at the local Mental Health Crisis Center and has done research in the areas of complex decision making and adult development.



**Pam Shipp, Ph.D.**

**Counselor, Licensed Clinical Psychologist**

BA - Colorado College; Ph.D. - University of Denver

Pam has worked as a psychologist for over 25 years in the areas of psychotherapy, leadership development, corporate consulting, and has a special interest of working with students of color.



**Brandy Petrie, Pd.D.**

**Counselor, Licensed Clinical Psychologist**

BA- University at Buffalo, The State University of New York; MA- University at Buffalo, The State University of New York; Ph.D.- University at Buffalo, The State University of New York

Brandy specializes in issues of anxiety, depression, young adult development, and cognitive behavioral therapy. She has experience working with students with eating disorders, panic attacks, and academic stress. She has a special interest in working with students who are first generation in higher education.



**Harry Chiang, Ph.D.**

**Counselor, Licensed Clinical Psychologist**

BA- University of South Carolina; M.S.- Nova Southeastern University; Ed.S.- University of Colorado at Denver; Ph.D.- Walden University

Dr. Chiang brings a wealth of clinical experience working with college aged students and especially international students. He is fluent in mandarin and is a faculty member at Metro State College in Denver. His focus is on supporting our international students and helping them cope with adjustments to college.

# Meet the Counseling Center Staff



**Ben Hindell, MSW, LCSW**

**Counselor, Licensed Clinical Social Worker**

B.A.- Macalester College; MSW- New York University; Psy.D. - University of Denver

Ben is a clinical social worker with a passion for working with the college population. Ben has previously worked at college counseling centers at the University of Northern Colorado and the Julliard School in New York. He enjoys working with depression, anxiety, trauma, interpersonal relationships as well as men's issues. He has done research on the effects of bullying on young adults.



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**Eric Attard, LPC**

**Counselor, Licensed Professional Counselor**

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Eric specializes in issues of gender identity, LGBTQ issues, life transitions, trauma, depression and anxiety. He has previously worked in community mental health and has been a member of a Transgender Consultation Network. He utilizes a number of therapeutic techniques including cognitive behavioral and mindfulness.

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**Counselor**

B.A. Kean College; M.A. Columbia University; Ed.D. Columbia University

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**Erin Fry, D.O.**  
**Psychiatrist**

BA- Albion College; D.O.- Michigan State University

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**Jen Miller, NP**  
**Nurse Practitioner**

BSW- Anderson University; MSN- Vanderbilt University

Jen Miller has been doing family medical practice, student health, and crisis intervention for over 15 years. She specializes in young adult medicine and medication management. Jen works closely with our psychiatrist to coordinate psychiatric medication for students.



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