

## CORRECTIONS

The Nov. 12 story “Paino issues a response to Mizzou events” contained several inaccurately transcribed quotes attributed to University President Troy Paino. The correct quotations are as follows.

“I think in some ways, President Wolfe maybe became a symbol [...] for a lot of the frustrations that those students were feeling,” Paino said. “Rightly or wrongly. And in that sense, once you become a symbol of something, it’s kind of hard to change that narrative, and I really sense that President Wolfe, in some respects, the events kind of overwhelmed him, and this kind of took on a life of it’s own. And he had a hard time getting control of that narrative.”

“And whenever students want to express their views are frustrated, whether it’s about something the University is doing or not doing — or some larger societal issue — I think the important thing is to make sure they have a voice and to make sure that they are being listened to,” Paino said. “My experience with students is that if you show them enough respect to listen to them and give them a seat the table, they usually reciprocate in some profound way and show you that respect in working together towards a solution.”

“When I got to know people — especially when I was in graduate school — who were different from me, it really taught me how to value people who were different from me, that they really enriched my own experience on this planet,” Paino said.

“It’s easy for me to sit back on the sidelines and say, ‘Oh, poor University of Missouri, they should have been doing this, they should have been doing that,’” Paino said. “But I think the more important response is for us to look in the mirror and ask ourselves, well, are we as good at this as we think we are?”

“I’m proud of this University,” Paino said. “I do feel that this is a place where students feel they have a voice. And that they have access to not only me, but really to everyone, whether faculty or administration, to express their concerns, and I think as long as there’s that feeling on this campus, whatever problems we might have or whatever differences we might experience, we can work together on this.”

## University Counseling receives record number of service requests

BY ELENA BELLAMY  
TMN Reporter

University Counseling Services has received a record-breaking amount of requests for its services during fall 2015, and some students are waiting longer than ever for an appointment.

A combination of high demand and decreased staff has left some students waiting a month or more for regular appointments. Universities nationwide are struggling to meet student requests for counseling and define the level of responsibility higher level education has to provide mental health care for students. Students at Truman State have brought this subject to the attention of the student affairs office, which said adding to Truman’s counseling staff is a possible, yet complicated, solution. Caps on Truman’s tuition and student fees mean if students don’t vote to increase student fees to raise UCS staff, the money would have to be taken from elsewhere in the budget.

UCS Assistant Director Joe Hamilton said requests for counseling have increased 13 percent from this time last year. Hamilton said students might wait two or more weeks for a screening session and another two to three weeks for regular appointments, though scheduling is handled on a priority basis. Hamilton said UCS staffing has been reduced from five to four counselors for almost all of the 2015-16 academic year because of two consecutive maternity leaves.

Hamilton said when he became assistant director, students would wait nearly a week for a screening appointment, then another week for an intake appointment. He said crisis calls have not increased, and the staff is still able to handle crisis cases without problems.

Hamilton said he thinks the rise in demand mainly is because of a decrease in stigma associated with counseling and increased encouragement for students to seek counseling.

“When I was young, no one at school said that a counselor was going to come talk to you [when something distressing happened],” Hamilton said. “We’ve raised young people to come talk about their feelings when they’re in distress — it’s expected almost, like visiting the doctor’s office when you’re sick.”

Brenda Higgins, Student Health Center and UCS director, said students knowing where and when to seek help is a good thing. Higgins said she wants to continue to encourage students to seek counseling when it might be helpful. Higgins said the increase in demand for counseling is a nationwide trend, and university counseling centers across the country are facing overwhelming requests for appointments. She said she, Hamilton and Lou Ann Gilchrist, vice president for student affairs, teach

a class every semester about mental health first aid, and UCS is using the growing interest of students in group counseling to help meet the mental health needs of Truman. Higgins said she would like to have more staff at UCS, but that decision does not rest with her.

With the reduction to four counselors, Truman currently has a ratio of about 1,500 students to every one counselor, which is lower than some other state schools in Missouri. Northwest Missouri State University has a ratio of approximately 1,700 to 1, Missouri University of Science and Technology has a ratio of approximately 1,500 to 1 and University of Missouri has a ratio of approximately 2,400 to 1, according to their websites. With a full staff of five counselors, Truman would have a ratio of about 1,200 to 1. Higgins said the recommended ratio of students to counselors varies from school to school, and there is no universal ratio. She said being in a rural area could affect the demand for Truman’s counseling services.

**“People outside of Truman try to get in to see our psychiatrist because they can’t see anyone in the community.”**

—Brenda Higgins, Student Health Center and UCS director

“We really have a dearth of psychiatric providers outside the campus,” Higgins said. “It’s generally a lot longer in the community than it is here. People outside of Truman try to get in to see our psychiatrist because they can’t see anyone in the community.”

Dave Rector, vice president for administration, finance and planning, said students currently pay a \$27 student health fee every semester, which goes toward UCS and the health center. Rector said the remaining costs are covered by state funding and general tuition. Rector said there are challenges to increasing UCS staffing, such as the fact that Truman only needs counselors eight months out of the year. He said another alternative would be to contract out to local agencies, such as Mark Twain Behavioral Health or Northeast Missouri Health Council. Rector said increasing the student fee is also an option, but it would have to be voted on and approved by students to avoid caps on tuition and fees based on the consumer price index. He said the best way for students to address this issue would be by talking to Gilchrist or Student Senate.

Gilchrist said after University President Troy Paino sent out a campus-wide email during early November seeking communication about student concerns, Paino received some replies expressing concerns about a lack of counselors at UCS. Gilchrist said she is working to meet with all the students who expressed this concern, and she already has met with some. Gilchrist said whether it is the responsibility of a university to provide mental health care is a difficult question to answer.

“How much do we need to provide in that way, how much will that take from other responsibilities — it’s not an easy job to figure all of it out. It’s not just a dilemma for Truman, it’s a dilemma across the country,” Gilchrist said.

Gilchrist said while Truman might have somewhat skewed results in the Missouri College Health Behavior Survey because of its high proportion of undergraduate to graduate students, its results in the American College Health Association survey do reflect significantly higher rates of anxiety, depression and other mental health concerns than the national average. She said 62.5 percent of Truman students reported feeling overwhelming anxiety, 5.6 percent higher than the national average. Thirty-six percent reported feeling so depressed it was difficult to function, 1.5 percent higher than the national average, and 8.4 percent reported a psychiatric condition, 1.3 percent higher than the national average, according to the ACHA survey. She said the only category in which Truman students had a lower response rate than the average was reported attempted suicides — Truman reported 0.8 percent, 0.6 percent lower than the national average.

Gilchrist said students have expressed a desire for more counselors with more types of expertise, but no one has talked to her about possibly raising the student health fee. She said the trend in counseling requests steadily is increasing.

“There are definitely support activities people can get engaged in — classes might be able to resolve some of these issues, and medical care, but I don’t think that there will ever be a substitute for having an opportunity to receive therapy, at least at some point, or as a part of comprehensive treatment,” Gilchrist said.

Gilchrist said the best option for students wishing to increase the student health fee is to contact Student Senate. She said otherwise, hiring one or more additional counselors likely will mean cuts elsewhere in the budget.

Senior Zach Hollstrom, health, wellness, and safety committee chair, said in an email he has been contacted about this problem, and his committee is aware of the issue and taking steps to address it.

## Commission approves new training standards

BY AUSTIN HORNBOSTEL  
Managing Editor  
index.editor@gmail.com

The Missouri Peace Officer Standards and Training Commission approved rules to strengthen law enforcement training standards Dec. 1.

The POST Commission now will require additional training for several aspects of police tactics, such as de-escalation techniques for potentially violent situations, handling individuals with mental health and cognitive impairment issues, officer well-being, and fair and impartial policing, including implicit bias recognition. The commission also raised the number of continuing education hours officers must receive to retain their licenses from a total of 48 hours every three years to 24 hours each year. These changes meet the standards put forward by Gov. Jay Nixon to the Missouri Department of Public Safety Aug. 6, when Nixon called for these new rules for effective and ongoing training in those areas by Dec. 1.

These updated standards represent the most sweeping changes for continuing education requirements for Missouri law enforcement officers since 1996, according to a press release from the Missouri DPS. The new sanctions also mandate law enforcement officers receive two hours of training each year in four critical training areas laid out by the POST Commission, according to the press release.

Nixon’s directive for determining these new rules also mandates the POST Commission host public meetings across the state to gather input from Missourians, including law enforcement agencies and advocacy groups, according to the press release. Public meetings took place Sept. 1 to Oct. 14 in Springfield, Jefferson City, Ferguson, Sikeston, Kirksville and Kansas City, Missouri, according to the press release.

The new rules will be filed with the Missouri secretary of state and the Joint Committee on Administrative Rules as required by state statute, according to the press release.

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