



# WELCOME AND WELCOME BACK, NSU RIVERHAWKS!!

## FALL 2021

We are so excited to see you! This year is going to be amazing. As we prepare for this upcoming semester remember to check out the calendar for upcoming events at <https://www.nsuok.edu/calendar/>.

There is always so much going on.

Here are some of the highlights from this newsletter:

- Introduction of our new Director of Hawkreach Counseling Services and our new Clinical Coordinator/Therapist - Broken Arrow/Muskogee
- Kelli Simpson-Lembo attended the AHEAD Conference in Austin Texas
- ADHD Disability Highlight: along with some great tips, tricks and resources

If there are topics or information that you would like to see in our newsletters, please feel free to reach out and submit those ideas to [sdsba@nsuok.edu](mailto:sdsba@nsuok.edu) and we will do our best to cover those topics.

## Meet our team

- Dr. Sheila Self, Asst VP, Dean of Students -Tahlequah
- Deborah Graham, Administrative Assistant -Tahlequah
- Donna Agee, Senior Coordinator of Student Disability Services - Tahlequah
- Kelli Simpson-Lembo, Coordinator of Educational Access/Disability Services Broken Arrow/Muskogee
- Leigh-Anna Miller, LCSW-RPT, Director of Hawkreach Counseling Services
- Renee Wilson, MS, LPC-S, Senior Clinical Coordinator/Therapist - Tahlequah
- Terri Frazee, MS, LPC, Clinical Coordinator/Therapist - Broken Arrow/Muskogee
- Elizabeth Mai, Student Advocate/Case Manager-Tahlequah/ Broken Arrow/Muskogee
- Erica Coward, B.S., Counselor-in-Training - Tahlequah
- Skylar Fielder, B.A., Counselor-In-Training- Tahlequah
- Brandon Jones, B.S., Graduate Assistant- Broken Arrow/Muskogee

## Here's the latest news from Student Disability Services/Educational Access

Our Educational Access/Student Disability Services Coordinator, Kelli Simpson-Lembo, from our Broken Arrow/Muskogee campus attended the Association on Higher Education and Disability (AHEAD) 2021 Equity & Excellence Austin In-person (& Virtual) Conference in Austin Texas over the summer. She learned a great deal about different types of companies that provide captioning and accessibility services. She was also able to attend various events, sessions and discussions, such as the Autism Program and Sensory Rooms, Accessible Online Engagement for Deaf Audiences, Faculty/Staff Trainings, Collaborating with Health Science Programs, Supporting our Veterans with Disabilities, and so much more. She is so excited to use the information to help our students, faculty and staff at NSU.

# **HAWKREACH – COUNSELING SERVICES**

## **Counselor's Corner**

HawkReach is pleased to continue offering Teletherapy sessions following the 2020 pandemic. While we realize this is not for every student, this offers a way to reach our students who live in rural areas, have jobs, families, or struggle with transportation, so they too can utilize mental health services. This semester Hawkreach will offer in-person sessions, group sessions, telehealth sessions, and several events. We look forward to serving our RiverHawks for the second half of 2021! Regularly scheduled appointments may be made via phone by calling (918) 444-2042 or by visiting the HawkReach [webpage](#).

## **Walk-In-Wednesday (WIW) Mornings**

HawkReach Counseling Services is also continuing “Walk-In-Wednesday-Mornings” weekly from 8:00 a.m. to 11:30 a.m. These morning sessions are limited to brief interventions and resource referrals and last for approximately 30-minutes. Appointments are offered on a first-come-first-served basis. Below is a list of services that may be available on WIW Mornings:

- Referrals to campus and community resources
- Brief solution-focused therapy, assistance with personal or interpersonal concerns, and
- Scheduling for future sessions with a counselor.

## **Introducing our new Director of Hawkreach Counseling Services**

**Leigh-Anna Miller, LCSW-RPT** - I am an NSU alumnus and proud to be back at NSU as the Director of HawkReach! I earned my Bachelors in Social Work with a concentration in child welfare from NSU in 2013 and worked in child welfare for a time while I earned my Masters in Social Work from OU Tulsa in 2016. I earned my clinical licensure and became a registered play therapist in 2019. After getting my master's, I have had the privilege to work in the nonprofit sector and community mental health. Working with hurting people has always been my interest and moving into an administrative position has not changed that. At NSU I have the privilege of assisting clinical, administrative, and student staff to serve NSU students in a way that is trauma-informed, convenient, confidential, and helpful for their success not only as a student but as an individual. I would be honored to be of service to you as you “Gather Here. Go Far.”

## **Introducing our new Clinical Coordinator/Therapist**

**Terri Frazee, MS, LPC** - I earned my BA in Psychology with a minor in Women and Gender Studies and my MS in Clinical Mental Health Counseling at NSUBA. I am a part-time faculty member, and I teach undergraduate psychology classes. I have experience working as a forensic therapist at the Tulsa County Jail. I also have experience as a domestic violence offender group facilitator, in-patient drug and alcohol rehabilitation, and trauma focused therapy. Before returning to school to earn my degrees, I worked at the Department of Human Services as a Case Manager. I assisted clients in finding services for rental assistance, utility assistance, food banks, medical services, and employment placement. I look forward to being a part of the HawkReach family. I want to provide services to assist YOU in meeting mental health needs as well as preventative care. Come see me! Let's talk!

# STUDENT DISABILITY SERVICES

## How a student applies for accommodations:

1. Complete the Official Request for Services form or go to our website
  - While SDS/EAC can counsel or provide recommendations to the student regarding various accommodations that may be available, it is the student's responsibility to put their needs into writing.
2. Schedule intake meeting and gather supporting documentation
  - SDS/EAC will provide recommendations according to your specific needs. Bring any documentation that you may feel may support your request.
3. Depending on the request, you may be asked to provide further documentation.
  - All information obtained is confidential and is used solely for the purpose of documenting disabilities and identifying appropriate support services.
4. Transferring from TCC?
  - Students can connect with an NSU representative via the TCC Transfer Center to learn more about academic programs, transfer, tuition, and student resources such as Student Disability Services

## DISABILITY HIGHLIGHT: ATTENTION-DEFICIT HYPERACTIVITY DISORDER

Attention-Deficit Hyperactivity Disorder (ADHD) is a neurobiological disorder. (Raymond, 2017) Typically, people with AD/HD have developmentally inappropriate behavior, including:

- poor attention skills
- impulsivity
- hyperactivity

The individual will have difficulty with one or all parts of the attention process, having a short attention span, and being distractible:

- focusing (choosing something to pay attention to)
- sustaining focus (paying attention for as long as is necessary)
- shifting focus (moving attention from one thing to another)

An individual who has symptoms of inattention often:

- fails to give close attention to details, making careless mistakes
- has difficulty sustaining attention to tasks
- appears not to be listening when spoken to directly (American Psychiatric Association, 2013)

## Disability Highlight Tips, Tricks, and Resources

### Making Good Use of Accommodations: Extended Time on Exams

**Do** - Make good use of your time.

- Review the exam before starting to make sure that you understand the directions.

**Don't** - Rush. If you consistently feel rushed or are unable to finish your exams in the allotted time, let your Disability Service provider know. (Barrows, 2013)

## Assistive Technology for ADHD

Assistive Technologies can help individuals in a variety of ways, especially those that are suffering from some kind of disability have proved to be beneficial for any individual, irrespective of whether they suffer from a disability or not and can help live their lives more effectively than they were to live without it. For example, it can help them read, write, walk, listen, read, see, cook, etc. (Disability Credit Canada Inc., 2017)

### **Reading**

- Text-to-Speech (TTS) app
- Learning Ally

### **Writing**

- Ghotit Real Writer and Reader
- Notability

### **Executive Functioning/Organization**

- Notability
- Time Timer

### **Gadgets and Devices**

- Google Keep app
- Pulse SmartPen

## ADHD Test-taking Tips

1. Start Early
  - This will get material into your long-term memory, where it has staying power.
  - Don't try to do it all at once. instead, break studying down into manageable pieces.
2. Understand the Test
  - Outline what you think will be on the test, even if you're not sure.
  - Review and briefly outline your notes, readings, and homework.
3. Create the Right Environment
  - Knowing where and when you study best is as important as studying itself.
4. Energize.
  - Don't forget to stay hydrated with plenty of water.
5. Choose the Right Study Tools
  - Let the format of the exam guide your study-tool choices.
6. Enlist Help
  - Don't hesitate to ask for help.
7. Simplify and Skim
  - Focus on main ideas and read over chapter summaries.
8. Shorten Study Blocks
  - Keep the breaks short, using a timer if necessary.

**For more information on Making Good Use of Accommodations: Extended Time on Exams, Do's and Don'ts, ADHD test-taking Tips, and Assistive Technology for ADHD please visit our website [Student Disability Services](#).**

## Useful links and resources

**Book Share** - an accessible online library - <https://www.bookshare.org>

**Learning Ally** - resources for students with print disabilities, blindness, visual impairment, and dyslexia - <https://www.learningally.org>

**ADDitude** - is the world's most trusted resource for families and adults living with ADHD and related conditions, and for the professionals who work with them. - <https://www.additudemag.com>

**ADDITUDE ADHD College Survival Guide:** This digital publication walks students through the process of selecting a college, applying, and navigating campus life with ADHD - <https://www.additudemag.com>

## Rowdy's Resource Room

Rowdy's Resource Room, this resource provides non-perishable food, gently used clothing and office/school supplies. This donation-based program is a great way for students to give back and support their Riverhawk family.

- Tahlequah Rowdy's Resource Room is located in Leoser Hall, down the hall from Pizza Hut Express and across from the Chatterbox. Contact NSU Community Engagement at [commengage@nsuok.edu](mailto:commengage@nsuok.edu) or 918-444-2255
- Broken Arrow Rowdy's Resource Room is located in the Administrative Services Building, Student Affairs Lower Level Suite BAAS 130. Contact [studentaffairsba@nsuok.edu](mailto:studentaffairsba@nsuok.edu) or 918-449-6136

## References

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