



## The Problem-Solver Fall 2005

"A Student's Guide to Finding the Help You Need"

UM-Western

Campus Counseling Program

Lynn Weltzien, LCSW, Director

Davis Hall, Room 209, phone # '7180, or '7565

### Overcoming the Obstacles

| Need  | Whom To See                                 | Location  | Phone Number         | Comments                           |
|---|---|---|----------------------|------------------------------------|
| <b>Absences from class for illness or death in family</b> | Student Life Office                         | Davis Hall  | 683-7565             | Ask for Lynn or Nicole             |
| <b>Alcohol Recovery</b>                                   |   |   |                      |                                    |
| Peer support  | Alcoholics Anonymous                        | M – 7 p.m., T- 8 p.m., W – noon or 7 p.m., F – 8 p.m. | 683-6408<br>683-9984 | Ask for Rick                       |
| Counseling  | Campus Counseling                           | Davis, Room 209                                       | 683-7180             | Ask for Lynn                       |
| Evaluation  | SW Chem Dep Ctr                             | 730 N. Montana  | 683-4305             | Ask for Sandy                      |
| <b>Accident</b>   |   |   |                      |                                    |
| To get help   | Emergency operator                          |   | 911                  |                                    |
| To inform   | Dean of Students                            | Davis, Room 208                                       | '7565, '9023         | RA or Nicole                       |
| <b>Academics</b>  |   |   |                      |                                    |
| Advisor   | Registrar's Office                          | Adm. Bldg   | '7371                | To get or change yours             |
| Grade report  | Course Professor                            |   |                      |                                    |
| Support   | Retention Specialist                        | EOP, Main, Rm 216                                     | '7322                | Must qualify                       |
| Tutoring  | Tutoring Services                           | Main, Rm 210B   | '7316                | Ask for Christy                    |
| Disability  | Disability Services                         | Davis, Room 208                                       | '7565                | Ask for Eric                       |
| Dropping  | Course Professor                            |   |                      |                                    |
| <b>Activities</b>   | Brooke Erb                                  | SUB, Room 8   | '7211                | ASUMW                              |
| <b>Appeals</b>  |   |   |                      |                                    |
| Gen. Info   | UM-W Handbook                               |   |                      |                                    |
| Academic  | Course Professor                            |   |                      |                                    |
| Disciplinary  | Dean of Students                            | Davis, Room 208                                       | '7565                |                                    |
| Financial Aid   | Financial Aid Office                        | Adm. Bldg.  | '7511                | Get a form                         |
| Parking   | Facility Services                           | OC Basement   | '7142                |                                    |
| <b>Birth Control</b>                                      | Health Dept.                                | 401 Barrett   | 683 - 4771           | Behind ER                          |
| <b>Career Planning</b>                                    | Amy Olsen                                   | IT Bldg, Room   | '7143                |                                    |
| <b>Childcare</b>  |   |   |                      |                                    |
| On campus   | Early Head Start<br>6 weeks 3 y/o           | 434 East Poindexter                                   | 683-6335             | Ask Jeanette<br>Possibly free!     |
|   | Curious Minds<br>Preschool<br>3 y/o – 8 y/o | House on campus                                       | '7320                | Ask Debbie<br>about paym't<br>help |
| Off Campus  | See Dillon Tribune<br>for providers         | You pick caregiver,<br>call for \$ ass't.             | 1-800-749-<br>4061   | Possibly free!                     |

|  |  |                                       |  |   |
|--|--|---------------------------------------|--|---|
| <b>Conflict Resolution</b>                         |  |                                       |  |   |
|  | Lynn Weltzien<br>Ilene Cohen                         | Davis, Room 209<br>Main, Room 216     | '7180<br>'7311                           | Both trained mediators!                     |
| <b>Emergency Shelter from abusive partner</b>      | The Women's Resource Center                          | 2211/2 S. Idaho<br>24 hours, 7 days   | 683-6106 or<br>hotline 683-3621          | Ask for the advocate on duty                |
| <b>Food</b>  |  |                                       |  |   |
| On campus  | Cheri McCarthy                                       | Cafeteria/Mathews                     | '7228                                    | Discounts available for off-campus students |
| Food stamps  | Office of Public Assistance                          | 2 S. Pacific, #9                      | 683-3779                                 | Back of courthouse                          |
| Free   | Food Pantry  | 131 E. Helena<br>Wed. 1-3 p.m.        | 683-2199 or<br>'4560                     | Millie Brown                                |
| <b>Gambling Help</b>                               | State funded program                                 | Butte office                          | 406-494-2130                             | Ask for Judy                                |
| <b>Gay Support</b>                                 | Lambda Alliance                                      |                                       | 683-7665                                 | Ask for Eric                                |
| <b>Health Insurance</b>                            | Alisha Johnson                                       | Financial Aid                         | '7511                                    |   |
| <b>Housing</b>                                     |  |                                       |  |   |
| On campus  | Nicole Hazelbaker                                    | Davis, Room 208                       | '7900                                    |   |
| Off Campus   | Local realtors                                       |                                       |  |   |
| <b>Intern'l Support</b>                            | Janet Jones  | Admissions Office                     | '7331                                    |   |
| <b>Job</b>   |  |                                       |  |   |
| On campus  | Ricki Jones  | Adm Bldg./Fin.Aid                     | '7511                                    | Get hire card                               |
|  | Amy Olsen  | IT Bldg, 217B                         | '7143                                    |   |
| Off campus   | Amy Olsen  | IT Bldg, 217B                         | '7143                                    |   |
| <b>Legal Issues</b>                                | Jeannie James  | 112 ½ S. Idaho                        | 683-6106                                 |   |
| <b>Medical Assistance</b>                          | Student Health Center                                | Medical Prof.<br>Building basement    | Drop in or<br>683-4440                   | Free with ID card !                         |
| <b>Minority Support</b>                            | Dr. Xanthopoulos<br>Jeanna Meier-F                   | IT, Room 211<br>Main, Room 216        | '7018<br>'7314                           | Afro Amer and<br>Hispanic<br>Native Amer    |
| <b>Money</b>                                       |  |                                       |  |   |
| For tuition,<br>books, gasoline<br>to campus, rent | 1. Randy Gustine<br>2. Financial Aid                 | 730 N. Montana<br>Adm. Bldg.          | 683-4259<br>'7511                        | grants<br>loans                             |
| For<br>Childcare                                   | Four C's<br>Resource/ referral                       | 101 E. Broadway<br>Butte, Montana     | 1-800-794-4061                           | Ask for<br>childcare ass't                  |
| <b>Parenting Helps</b>                             | Linda Reiten   | IT 212                                | '7042                                    | Free advice                                 |
| <b>Problems not listed</b>                         | Lynn   | Davis, Room 209                       | '7180                                    | Call me!                                    |
| <b>Sexual Assault</b>                              | Jeannie, Judi, or<br>Therese<br><br>Lynn (on campus) | 112 ½ S. Idaho<br><br>Davis, Room 209 | 683-6106 or<br>hotline 683-3621<br>'7180 |   |
| <b>Study Abroad</b>                                | Student Life or<br>Outreach                          | Davis Hall 208 or<br>Main Hall 215    | '7180 or 7537                            | Go for it! You won't regret it!             |
| <b>Volunteerism</b>                                | Holly Williams                                       | IT bldg, 217B                         | '7916                                    |   |
| <b>Women's Support</b>                             | The Women's Resource Center                          | 112 ½ S. Idaho                        | 683-6106                                 |   |

