

Kicking Off the New Year: A Conversation on Mental Health with FASCCO

Faculty & Staff Counseling & Consultation Office (FASCCO)



Today's Panel



Jill Castro
Senior Counselor

- PsyD in Clinical psychology from Michigan School of Psychology
- Has been with FASCCO since 2016
- Specializes in women's health, life transitions, and empowerment.
- LGBTQ+ Affirming counselor



Janell Kilgore
Senior Counselor

- MSW from Wayne State University, ACSW
- Has been with FASCCO since 1999
- Extensive professional experience working with families, teens, couples, and individuals navigating life's challenges.



Alex Jendrusina
Counselor

- PhD in Clinical psychology, University Illinois - Chicago
- Therapist, researcher, educator, author
- Evidence based, culturally sensitive, approach addressing stress, anxiety, depression, race-related stress, and more.



FASCCO: Info & Clarifications

If I seek counseling at FASCCO, it is part of my employment record and/or my supervisor/HR has access to that information.

If I come to FASCCO, they will just refer me to an external provider/therapist anyway.

**Do I have to have a mental health
concern to access FASCCO
services?**

**If I use FASCCO services, will they
bill my insurance plan?**

**Can FASCCO counselors/therapists
verify I have a mental health
disability or that I need a
sick/medical leave?**

**If I am seeking
counseling/therapy, I need a
referral from my physician to have
it covered by my insurance?**

I can only access my FASCCO sessions once in my time as a staff or faculty member.



Let's Talk about Mental Health

**Why is it important to talk about
mental health?**

**Do mental health conditions
indicate an underlying character
flaw or weakness?**

**If I seek help or
counseling/therapy, it means I will
have to take medication?**

What do I do with strained or tense work relationships or work environments?

**What words of support would you
as a counselors want someone to
hear who is hesitant to reach out
for help?**

What are some tips on setting boundaries with family members and colleagues?

What are strategies for managing feelings of uncertainty and worry?

How will I know when it's time to seek counseling? What if my problems aren't that "bad" compared to other people?

**Does FASCCO do
testing/evaluations for concerns
such as ADHD and autism
spectrum disorders?**

**What tips and considerations
would you give to support a loved
one with depression?**

When someone I know shares that they are contemplating suicide or having thoughts of “not being here anymore”, I should change the subject, give them a “pep” talk, or focus on benefits of living?

**How do I find a therapist in the
community?**



Mental Health Resources

FASCCO Core Services

- Assessment & short-term counseling services & referrals for faculty, staff and their benefit eligible adult family members
 - Up to 5 sessions per concern
 - Confidential & no charge for services
- Emotional/Mental Health Presentations
- Discussion & Support Groups
- Consultations on “Conversations of Concern”
- Grief Education & Trauma Debriefing sessions
- Identification of UM & Community Resources

FASCCO Contact Info

FASCCO: Faculty & Staff on Central Campus, Dearborn, & Flint

- Phone: 734-936-8660
- Email: Fascoco@umich.edu
- Website: Fascoco.umich.edu

Michigan Medicine Employees:

- Office of Counseling & Workplace Resilience 734-763-5409 or email counseling@med.umich.edu

UM Students:

- Counseling and Psychological Services (CAPS) 734-764-8312 or email CAPS-UofM@umich.edu

Mental Health Resources

- Mental Health Web: Provides information on Support groups, counselors by specialty, and clinics in SE Michigan - www.mhweb.org
- Depression Toolkit - [Depression Toolkit | Depression Center | Michigan Medicine](#)
- Mary Rackham Institute (MARI): University Center for the Child & Family - [University Center for the Child and Family - Mary A. Rackham Institute](#)
<https://mari.umich.edu/uccf>
- [The National Alliance on Mental Illness](#) (NAMI): A family support and advocacy organization
- Washtenaw County NAMI: <https://namiwc.org/>
- Psychology Today: <https://www.psychologytoday.com/>

Mental Health Resources Continued

- **National Suicide Prevention Lifeline:** Available 24/7, you will be connected to a confidential counselor, call or text **988**
- **Crisis Text Line** - Text 4UMICH to 741741 to connect with a confidential counselor at the Crisis Text Line
- **For Psychiatric Emergency:** Dial 911 or Call U-M Psychiatric Emergency Services @ (734) 936-5900, or go to the nearest hospital emergency room



Q & A: Ask Your FASCCO Counselors

Q & A

- **Please submit questions using the Q & A feature.**
 - Questions can be made anonymous and “upvoted”.
- **Jill & Alex will respond live to most upvoted questions.**
- **FASCCO Director Tom Waldecker & Administrative Staff Bridget Kerr will respond in text to brief questions in Q & A box, as possible.**