



# Supporting Students' Growth Needs Series: Safety Needs

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How do we climb the mountain to self-actualization?



# Safety Needs

- People want to experience order, predictability and control in their lives. These needs can be fulfilled by the family and society (e.g. police, schools, business and medical care). If these needs are not satisfied the human body cannot function optimally.
- For example, emotional security, financial security (e.g. employment, social welfare), law and order, freedom from fear, social stability, property, health and wellbeing (e.g. safety against accidents and injury).



# Safety Needs

- <https://www.apsu.edu/police/index.php>
- <https://www.apsu.edu/financialaid/student-resources/resources.php>
- <https://www.apsu.edu/health-and-counseling/boyd-health-services/>



# APSU Campus Police

- Chief – Sammie Williams
- Assistant Chief – Kristie Winters
- Lieutenant – Chris Jones
- Sergeant – Danny Elliott, Claudia Silva, Charyl Ramsey
- Corporal – Aaron Liveri, Kyle Cox, Jamarla Patterson



## Police Department

- Chief + 18 Sworn Police Officers
- 5 Security Guards
- 3 Dispatchers
- Tennessee Association Chiefs of Police Accredited
  
- TN P.O.S.T Certified
- Full law enforcement authority
  
- Open 24/7 Never Close
- Dispatch Number – 931-221-7786
- Emergency Always Call 911



# APSU Numbers

In 2022, the Austin Peay Campus Police handled 1037 incidents where a report was completed with 59 arrests and 34 referrals to Student Disciplinary.

Simple Assaults – 11

Forcible Rape/Sodomy- 2

Criminal Trespass- 9

Clery report can be found at <https://www.apsu.edu/police/clery-act.php>

# Public Safety Additional Services

- Safety Escorts
- Jump Starts
- Help Get Fuel
- Air For Tires
- Assist Change Tire
- Lock Smith Numbers Available
- Tow Company Numbers Available





## Programs Offered

- Alcohol Awareness
- Drug Awareness
  
- Personal Safety
- Date Rape
  
- Operation ID
- Identity Theft Program

**BE AWARE**  
  
**BE PREPARED**



# Responding to Physical Safety Issues

- See something; say something- If something doesn't look right or you are uneasy about anything; please contact our department at 931-221-7786.
- Our department offers self-defense tips and techniques along with Date Rape Prevention.
- Emergency Management offers a PEAYpared workshop. This helps community members know what the hazards are, how to be informed, and what to do during a disaster.
- For more information on our Emergency Action Plan, please see <https://www.apsu.edu/emergency-management/files/emergency-action-plan.pdf>

# APSU Counseling & Health Services (Ard Building)

- Counseling:
  - Individual Therapy – brief, solution focused therapy. Each student is eligible for up to 12 sessions an academic year, offered at no cost
  - Group Therapy
  - Crisis Services – available to all students 8 – 4:30 M-F
    - After hours assistance available by contacting Campus Police
  - Let's Talk – counseling "consultations" – various locations across campus
  - Talkcampus – 24/7 peer to peer mental health support application

# APSU Numbers

- Total of 231 individuals seen during Fall Semester (128 last year - 80% increase)
  - 960 total appointments (520 total appointments - 85% increase)
    - 122 Intakes (86 last year – 42% increase)
    - 768 Follow-up appointments (359 last year - 114% increase)
    - 60 Crisis visits (33 last year – 82% increase)
    - 5 Afterhours/On call (4 last year – 25% increase)
- Top diagnoses include: Generalized Anxiety, Depression, Adjustment

# Services Offered Through Boyd Health Clinic

- **High quality, evidence-based health care**
- Primary and Preventative Care
- Acute Illness and Injury care – assessment, treatment, plan of care, prescription as needed
- Family Planning/ Contraception
- STI Screening and Treatment
- Allergy Injections – can continue allergy shots with order from home MD
- Treatment of Mental Illness
- Employment/ Sports/School Physicals
- Immunizations
- Laboratory Testing – UTI, blood tests, PPD testing, Rapid testing for flu and strep throat, PCR testing for COVID-19
- Health education and guidance
- Referrals to local specialists as applicable

# Responding to Emotional and Mental Issues

- Be willing to listen
- Ask direct questions
- Provide resources, if you know them
- Submit BIT form
- Refer to the Counseling Center
- Follow up with the Student



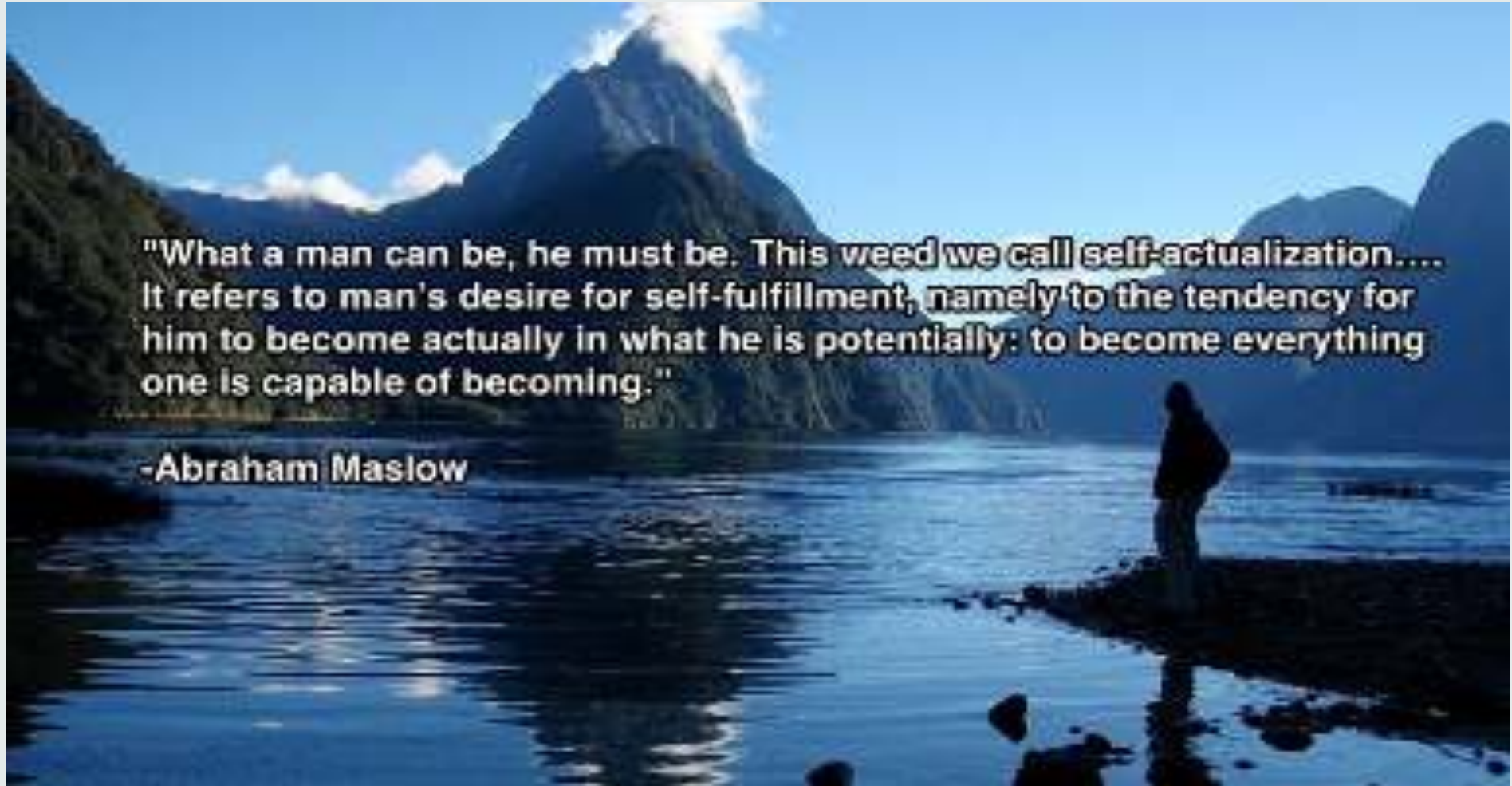
**case studies**

# Question and Answer

- What questions are you left wondering about?







**"What a man can be, he must be. This weed we call self-actualization....  
It refers to man's desire for self-fulfillment, namely to the tendency for  
him to become actually in what he is potentially: to become everything  
one is capable of becoming."**

**-Abraham Maslow**

\*note he can/should be replaced by the pronoun of your choice as needed :)

We will be addressing Love and Belongingness Needs on February 6<sup>th</sup> and we hope you can join us.



# References

<https://www.simplypsychology.org/maslow.html>