

**FACULTY & STAFF
COUNSELING & CONSULTATION
OFFICE**

(FASCCO)

fascco.umich.edu

WHO WE ARE

MASTERS AND DOCTORAL-LEVEL CLINICIANS



Joanne Bernard
Counselor



Jill Castro
Counselor



Andrew Greifer
Counselor



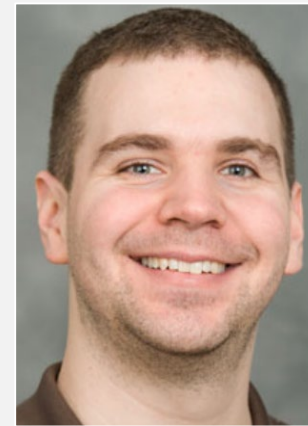
Alex Jendrusina
Counselor



Janell Kilgore
Counselor



Bridget Kerr
Admin



Matthew Penkevich
Admin



Tom Waldecker
Director

CORE SERVICES

- Assistance with issues such as family conflicts, grief and loss, anxiety, depression, stress management, substance abuse, personal and/or workplace stress, parenting concerns, and other emotional issues
- Assessment, referral and short-term problem resolution services for faculty, staff, their spouses/partners, and eligible adult dependents
- Consultation services
- Conversations of concern
- Identification of university/community resources
- Presentations and support groups

FEATURES

- Up to 5 sessions per issue
- Completely confidential
- No charge for services
- Offering virtual services to Central Campus, Flint & Dearborn (OCWR- provides services for Michigan Medicine)
- Ease and accessibility (typically no wait list)

TRENDS

The most recent statistics from FASCCO indicate that individuals approach FASCCO for assistance with issues in the following areas:

- Marital/Partner/Family
- Job Related
- Emotional/Psychological
- Other

Between 2020 and 2022 we've seen a significant rise in instructional staff seeking services for emotional/psychological concerns.

MOST COMMON STRESSORS

- Isolation
- No work/life separation
- Parenting
- Lack of privacy
- Anxiety/fear
- Loneliness
- Relationship challenges
- Depression
- Focus
- Productivity
- Uncertainty

SAMPLE OF PRESENTATIONS/GROUPS

- **Introduction to Stress Management**
- **Creating Healthy Boundaries**
- **Overview of Anxiety and Other Mental Health Conditions**
- **Goal Setting for Success**
- **Sleep Better, Feel Better: Tips to improve your sleep**
- **Constructing a Conversation of Concern**
- **Support Group for New Moms Returning to Work**

QUESTIONS?

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fascco@umich.edu

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