

# Center for Advocacy Resources Education & Support

WELCOME GRADUATE STUDENTS



Center for Advocacy Resources Education and Support

# CARES

## CENTER

- ❖ Located in the Student Union Bldg. Room 328
- ❖ Advocates available main campus and statewide centers
- ❖ Prevention & Awareness
- ❖ Sexual Assault, Domestic Violence, Dating Violence, Stalking, Suicidal Crisis or Emotional Distress
- ❖ Importantly, confidential and free for all NMHU students

# HU CARES Team



*Dr. Ruthy M. Watson*  
HU CARES  
**Director**  
Phone: 505-454-3445  
*ruthywatson@nmhu.edu*



*Latasha Burbank*  
HU CARES  
Advocacy & Education Coordinator  
Phone: 505-891-6930  
*lcburbank@nmhu.edu*



*Jacqueline H. Porter*  
HU CARES  
Advocacy & Education Coordinator  
Phone: 505-454-3037  
*jhporter@nmhu.edu*

# CARES

## Advocacy

- ❖ Provide academic and legal support.
  - ❖ On campus and limited off campus
- ❖ Help with accessing information
- ❖ Advocates can assist with arrangements to be made in housing, academics, student employment, financial aid concerns and other areas of life that can help the student to better cope and deal with their experience.



# CARES

## Resources

- ❖ Provide resources information and support options for all students.
- ❖ Referrals On and Off Campus programs
- ❖ NMHU Student Health Center
  - ❖ Behavioral Health Includes:
    - ❖ Individual, group or family counseling
    - ❖ Mental Health Evaluation/ Diagnosis
    - ❖ Screenings
    - ❖ Medical/ Behavioral Health Integration and Treatment Plan Development.

# CARES

## Education

- ❖ Provides educational and engaging workshops and Trainings
- ❖ Topics include
  - ❖ CARES Program overview
  - ❖ Sexual Assault
  - ❖ Healthy Relationship
  - ❖ Being a responsible Cowgirl & Cowboy
  - ❖ Social Media Safety
  - ❖ Gender Stereotype
  - ❖ Mindfulness




# CARES

## Support

### ❖ Initiatives

- ❖ Men's Initiatives (Men demonstrating change by encouraging healthy masculinity and empowering men as allies in violence prevention)
- ❖ LGBTQ+ (SafeZONE was created to provide a more inclusive and accepting campus climate.)
- ❖ Diversity (Cultural sensitive)
- ❖ Supports students to ensure that those who have been affected by sexual assault, relationship violence, and other troubling life events are provided with the support they need to reduce the impact in other areas of a student's life.

# Let's Stay Connected

- ▶ Office 505-454-3529
- ▶ Crisis Hotline 505-795-3665
- ▶ Email [preventviolence@nmhu.edu](mailto:preventviolence@nmhu.edu)
- ▶    NMHU CARES