Wildcat Welcome Information Session
Families of LGBTQ+ students

Multicultural Student Affairs (MSA)
and
Counseling and Psychological Services (CAPS)

Northwestern
Who We Are

• **Multicultural Student Affairs (MSA)**
  www.northwestern.edu/msa
  • Matt Abtahi, Assistant Director
  • Daviree Velazquez-Phillip, Director

• **Counseling and Psychological Services (CAPS)**
  www.northwestern.edu/counseling
  • Adam Hibma, Psy.D
Why we are here

We care about the social/emotional/psychological wellness of your student

Transitioning to Northwestern can be stressful for LGBTQ students under normal circumstances. This years' incoming class will be dealing with unprecedented challenges as they begin their collegiate career.

By participating in this session you will be able to...
• Understand the unique challenges faced by GSM students
• Understand how MSA and CAPS work to support students' social/emotional/psychological wellness
• Name campus resources available to students
• Utilize strategies to support your student from home
• Put into action strategies to support yourself as you support your student
## COFHE Enrolled Student Survey

### "Your sexual orientation:"

<table>
<thead>
<tr>
<th>Year</th>
<th>Heterosexual</th>
<th>Bisexual</th>
<th>Gay/lesbian</th>
<th>Unsure</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>91%</td>
<td>3%</td>
<td>4%</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>2015</td>
<td>88%</td>
<td>5%</td>
<td>4%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>2017</td>
<td>84%</td>
<td>7%</td>
<td>4%</td>
<td>3%</td>
<td>2%</td>
</tr>
<tr>
<td>2019</td>
<td>77%</td>
<td>13%</td>
<td>5%</td>
<td>3%</td>
<td>2%</td>
</tr>
</tbody>
</table>

Northwestern
## COFHE Enrolled Student Survey

### "Your gender:"

<table>
<thead>
<tr>
<th>Year</th>
<th>Female</th>
<th>Male</th>
<th>Genderqueer, Non-binary, Transgender</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td></td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>2015</td>
<td></td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>2017</td>
<td></td>
<td></td>
<td>1%</td>
</tr>
<tr>
<td>2019</td>
<td></td>
<td></td>
<td>1%</td>
</tr>
</tbody>
</table>

- Female: 56%, 58%, 59%, 59%
- Male: 44%, 41%, 41%, 40%
MSA

• MISSION: Multicultural Student Affairs (MSA) enriches the cultural experience of Northwestern through leadership and education programming; providing opportunities for community engagement and identity expression; and assisting students in navigating the University.

• SPACES: (Currently Closed):
• The Multicultural Center, the Temporary Black House and the Gender and Sexuality Resource Center

<table>
<thead>
<tr>
<th>PROGRAMS</th>
<th>RESOURCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Heritage Celebration</td>
<td>• 1-1 support and advising</td>
</tr>
<tr>
<td>• Community Nights</td>
<td>• Free printing</td>
</tr>
<tr>
<td>• Cultural and holiday celebrations</td>
<td>• Grants for student organizations</td>
</tr>
<tr>
<td>• Book Club</td>
<td>• Weekly newsletter for current students</td>
</tr>
<tr>
<td>• Monthly discussion groups</td>
<td></td>
</tr>
<tr>
<td>• Podcast</td>
<td></td>
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<tr>
<td>• Congratulatory</td>
<td></td>
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</tbody>
</table>
CAPS

Confidential Clinical Support:
- Individual & group counseling
- Medication management
- Outreach and Education

Brief Treatment Model

Personalized referrals for open-ended or specialized care

We can be reached 24/7 for crisis support at 847.491.2151

Online scheduling on our website (non-urgent needs)
Current Stressors that May be Impacting Your Student

- Global health pandemic
- Financial crisis
- Protests/ Riots/ Uprisings
- Remote learning
Factors that May Shape Your Student

- **Evanston/Chicago/Illinois Factors**
  - What happens locally can have an impact on your student

- **Degree of adjustment from high school**
  - What happens locally can have an impact on your student
Factors that May Shape Your Student

• **Identity Development**
  – Questioning/changing/evolving identities
  – Intersecting identities (e.g., racial/ethnic, ability status)
  – Coming home for breaks

• **Takeaway**
  – College is a time of learning/change, which can have an impact on your relationship with your child
Things to Remember

- **Support for Social Justice, Diversity, and Inclusion**
  - Evolving needs
  - Responding to microaggressions, bias, hate
  - Racial battle fatigue, minority stress
Supporting Your Students

- Validate and affirm their experiences
- Display genuine curiosity
- Recognize historic systems
- Practice patience
- Ask them what they need from you
- Know the resources on campus
Supporting Yourselves As Caregivers

• Be aware of your strengths
• Be aware of your own needs
• Find support networks of people with similar experiences
• Connect to professional resources as needed resources
• Model self care for your child
Resources on Campus

*Physical, Mental and Spiritual Well Being Resources*

- Northwestern Health Services (NUHS)
- Religious and Spiritual Life
- Counseling and Psychological Services (CAPS)
- Center for Awareness, Response and Education (CARE)
Community on Campus

- Multicultural Student Affairs (MSA)
- LGBTQ Advisory Board
- Gender and Sexuality Studies
- Rainbow Alliance
- Living In Color
- SHAPE

- Queer Pride Graduate Student Association
- Pride @ Kellogg
- Out LAW
- Northwestern Pride Alumni Club
- Women's Center

Safety & Policy

- Bias Incident Response Team (BIRT)
- Gender Queer, Non-Binary Transgender Task Force
- Office of Equity
- Office of Community Standards
Online Resources

• **PFLAG: Parents, Families, and Friends of Lesbians and Gays**
  – National website with lots of information including resources for both the students and their parents.

• **Multicultural Student Affairs > LGBTQIA Resources**
  – NU Initiatives and Organizations, University Policies and Resources, and Community resources
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Thank you!