A-State recognizes World Mental Health Day

Counseling Center promotes mental wellbeing with anxiety/depression screenings, open discussions and presentations

RACHEL RUDD
NEWS EDITOR

The Arkansas State University Counseling Center recognized World Mental Health Day in a series of mental-health related events from Oct. 3-10. One of these events was a screening for depression and anxiety for A-State students.

"We do this because depression and anxiety are the two most common disorders that people will experience," said Patricia Glascock, associate director of the Counseling Center. "The screening offers a brief way for them to see where they are emotionally and then to briefly talk to a counselor about what their options might be to further help themselves."

The screenings were held online, in which students completed an anonymous questionnaire. The link to the questionnaire is available all year through the Counseling Center's page on the A-State website.

The results of the screening are not an official diagnosis. Instead, they serve as general guidelines for students to see where they are mentally and as recommendations for any future mental health treatment.

Glascock said if a student's scores indicate they are experiencing depression and/or anxiety, the Counseling Center will work to get them in contact with one or more of their specialized groups. Depending on student needs, they may require individual therapy.

She said after the screenings, the Counseling Center saw an increase of students seeking mental health services.

"We do what we can with particularly having either the support groups or the psychoeducation groups," she said when describing how the Counseling Center accommodates the increased number of students.

The screenings also help the Counseling Center improve their outreach programming. Glascock said they use the screening numbers as "a report to help us plan programming and strategies to help our students."

She said the screenings were a success and students reported a range of mild to severe anxiety and/or depression symptoms.

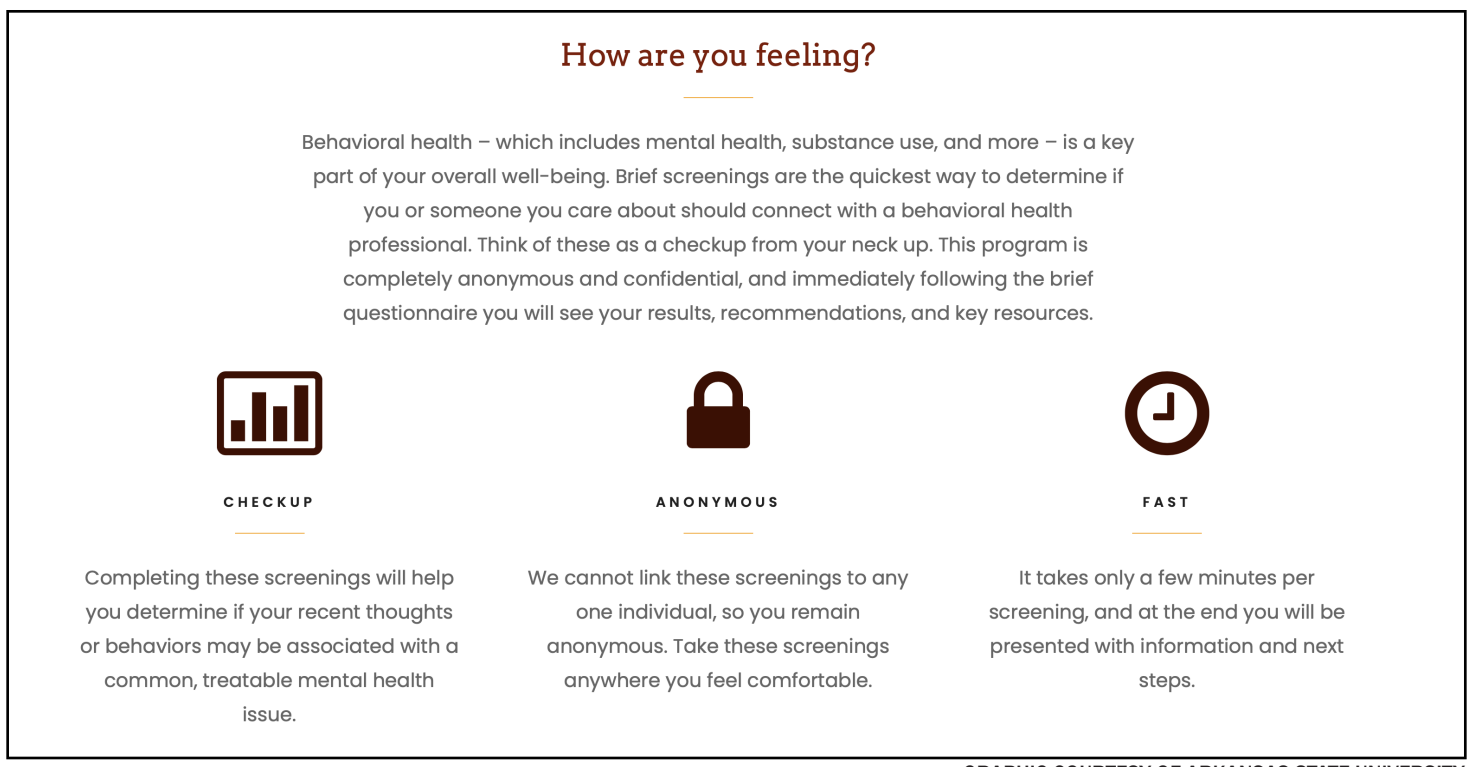
These screenings were not the only events the Counseling Center hosted in recognition of World Mental Health Day.

On Oct. 3, they collaborated with the Multicultural Center with a presentation about self-care. On Oct. 4, the Counseling Center hosted a virtual presentation covering depression.

The events culminated on Monday, which was World Mental Health Day. The Counseling Center had a stand in the food court where people could stop by and get information.

"In the Counseling Center, we're here to be a support to (students) and individuals don't have to struggle alone," Glascock said. "If at any time, they are concerned about their coping or their mental well being, we're here from 8 a.m. to 5 p.m. when the university is open. After hours, contact University Police and they will contact the on-call counselor."

Other counselors within the Counseling Center did not respond for comments.



GRAPHIC COURTESY OF ARKANSAS STATE UNIVERSITY

The beginning of the anxiety/depression screenings, found on the Counseling Center's page on the A-State website.

QR code for the anxiety/depression screening

Dallas Martinez named as new director of Fowler Center

RACHEL RUDD
NEWS EDITOR

Increasing community involvement is just one of Dallas Martinez's goals for the Fowler Center since he was appointed as director.

Other goals include bringing in new theatre performances, national performances and even competitive performances akin to "America's Got Talent."

"It's really about gaining an audience and bringing in energetic and new performances, as well as tried and true performances," Martinez said. "Just bringing in more diversity that's also super fun and exciting to play with."

Martinez joined the Arkansas State University faculty in August. He worked at Eastern New Mexico University-Roswell for 15 years. In addition, he founded and served as artistic director for Neverland Theatre Company.

Dr. Carl Cates, dean of the College of Liberal Arts and Communications, appointed Martinez to the position.

"We are fortunate to have hired a faculty member with a background that is a perfect fit for directing the Fowler Center and managing the Presenter Series," Cates said in a press release.

Martinez asked Cates to be appointed to the position.

"He saw that I had the talent and the background to carry forward for the Fowler Center. I hope I can just keep doing a good job," Martinez said.

Martinez said his previous experience in the eastern New Mexico school system prepared him for the role of director.

"I know what the budgets are like, I know how to read writers and I know how to talk to talent," Martinez said. "I know how to do scheduling and how to work within the schedule and the budget for particular spaces."

Martinez went on to say the only learning curve he has is learning the logistical processes for A-State, as well as meeting new people on campus and in the community.

Martinez views the Fowler Center as the "crown jewel of Arkansas State." He invited the A-State and local community to support the Fowler Center and its performances.

"(The Fowler Center) is a community-driven project and it'd be really great to have more people to understand the things that we offer here," Martinez said. "I would really like more involvement from the community and from the campus to see the Fowler Center the way it is– a beacon– a shining example of how much talent we actually have not just in Jonesboro, but also what we can bring to Jonesboro."



PHOTO COURTESY OF ARKANSAS STATE UNIVERSITY

Dallas Martinez, the new director of the Fowler Center

CAMPUS CRIME

RACHEL RUDD
NEWS EDITOR

Oct. 9 | 1:14 a.m.

Officer Takeem Bowman was assisting Officer Stephen Montgomery on an investigation at 125 Dean St. As Montgomery was attempting to conduct his investigation, suspect one interfered with his investigation and attempted to yell at the individual Montgomery was questioning.

Bowman gave suspect one three verbal direct orders to go inside and quit interfering with Montgomery's investigation. Suspect one refused officer's verbal direct orders stating "No no no, I need to make sure she is okay. What the **** do you mean?"

Bowman gave suspect one another verbal direct order to go inside. Suspect one refused to comply. Bowman attempted to place suspect one under arrest for obstructing governmental operations and she began resisting arrest.

Suspect one was told several times that if she continued resisting arrest, pepper spray would be used. Suspect one continued refusing to comply with Bowman's orders yelling "I didn't do ****."

Bowman gave suspect one another direct order to submit to arrest or pepper spray would be used. Suspect one finally complied and submitted to arrest.

Suspect one was placed in handcuffs. She was secured in the rear passenger seat of Bowman's marked patrol unit.

Suspect one was then escorted to the Craighead County Detention Center.

She was issued a citation for obstructing governmental operation and disorderly conduct. Suspect one was issued a court date of Oct. 24 at 9 a.m.

Oct. 4 | 8:17 p.m.

Officer Chad Hall responded to a single vehicle accident at 2106 E Johnson Ave. Upon arrival he saw suspect one's vehicle had a section of fence from the adjacent property attached to the rear of the vehicle.

Hall met with suspect one who stated he was nervous and refused to go with emergency medical services. Hall informed suspect one that he was going to perform a standardized field sobriety test to determine suspect one's level of intoxication.

While in the instruction stage, suspect one struggled to stand in one spot. Suspect one was instructed to follow the stimulus with his eyes only while keeping his head still. No resting nystagmus and equal pupil size were observed. While observing pupil size Hall noticed that both of suspect one's pupils were restricted.

Hall also noticed suspect one had vertical gaze nystagmus in both eyes.

During the walk and turn test, suspect one was unable to keep his balance while in the instruction position, stopped walking, stepped off line and didn't walk in a heel-toe fashion. He also took ten steps, even though he was required to take only nine.

During the one leg stand test, suspect one swayed during the test, raised his arms to keep balance, hopped in order to remain on one foot and had to put his foot down twice.

Suspect one was given a preliminary breath test with no intoxicants noted.

Due to the results of the tests, Hall placed suspect one under arrest for driving while intoxicated-drugs. Suspect one was placed in handcuffs.

Upon doing inventory of suspect one's vehicle prior to being towed, seven clozapine pills, half a hydrocodone in a black tube, and a marijuana grinder were found. Suspect one was taken to St. Bernard's Hospital for a blood draw and refused to do so after being read The Arkansas Statement of Rights form.

While transporting suspect one, he had a spontaneous utterance that led to him stating that the pills are prescribed to him, so he didn't understand why he couldn't take them and then drive.

Upon arrival at the Craighead County Jail, suspect one was given his citations for driving while intoxicated-drugs, criminal mischief, refusal to submit to chemical test, driving on suspended license, hazardous driving, possession of controlled substance Schedule IV and possession of drug paraphernalia.

He was then informed of his court date, and was turned over to Craighead County jailers.