

Basic Need Challenges of Today's Students: How to Best Support these Needs

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Introductions



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Dr. Jenn Grewe
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Objectives

- Participants will learn to describe the basic needs challenges USU students face and how it can impact their academic success.
- Participants will learn to identify on and off campus programs/services available to support students with food security, housing security, and mental health.
- Participants will become more comfortable addressing student basic needs concerns and connecting students with resources.



Student Basic Needs Poll

Food Insecurity

Food Insecurity Challenges

- 33% of USU Logan campus students are food insecure.
- Negative impact on:
 - Academic performance and success
 - Health outcomes
 - Social connections

Food Insecurity Resources

- SNAC Pantry
- Local food pantries
- Supplemental Nutrition Assistance Program (SNAP)
- Women, Infants and Children (WIC)
- USU's Emergency Hardship Fund



USU SNAC Pantry in the TSC

Mental Health

Mental Health Considerations

- Different levels of care
- Some students do not need therapy-need someone that cares and listens
- Crisis cases can be seen on same day, and others within 2 weeks
- Setting the right expectations

Mental Health Resources

- [USU Student Well Being/Academic Concern Form](#)
- [USU Mental Wellness Services](#)
- [SafeUT app](#)
- [New Crisis Lifeline: 988](#)

Housing Security

Housing Challenges

- Locating Housing
- Housing Affordability
- Eviction
- Homelessness
- Re-entering Housing

Housing Resources

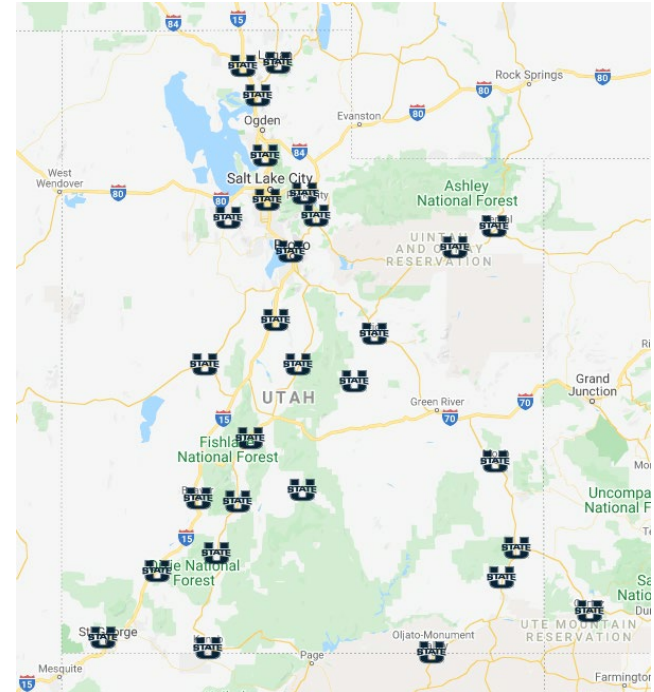
- Rapid Re-Housing
- Faith Leaders
- Section 8
- Utah Legal Services
- Utah Legal Action
- Disability Law Center
- Community Action



USU Distance Campuses

Common Issues Addressed

- Stress and Anxiety
- Sadness and Depression
- Relationship Difficulties
- Work/Life Balance
- Self-Care and Balanced Living
- COVID related stressors and others



Questions?

Thank you!