

# Counseling and Disabilities

## Services

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OFFICE OF  
COUNSELING  
AND  
DISABILITIES  
SERVICES  
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### OCTOBER IS:

DISABILITIES  
EMPLOYMENT  
AWARENESS  
MONTH

DOMESTIC  
VIOLENCE  
AWARENESS  
MONTH

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## About OCDS...

The Office of Counseling and Disabilities Services (OCDS) provides students with an array of services and resources that will assist not only in their academic endeavors, but also their personal and professional aspirations. Committed to success, the following are some of the services OCDS provides:

- Assistance with re-admission processes
- Assistance with Change in Educational Plans and the withdrawal process
- Assistance with acquiring/providing

academic accommodations to students with disabilities

- Academic support

- Crisis triage

Of course, we are also an ear if you need to simply come in and talk! College is a time where students develop into individuals, explore new things, and gain independence.

Sometimes we find that the demands of academics and life pull us in many different directions. Don't get overwhelmed—stop in to talk about it! The key to maintaining a healthy balance between our

academic, professional, and personal lives is to seek out and utilize the resources and support services available to us.



**The Office of Counseling and Disabilities Services fosters an open door policy! We pride ourselves in being available to students, and make every effort to be available when students come in to see us. However, as the semester progresses, it is also important to recognize that schedules fill up, and 'drop ins' may not always be possible, and so, scheduling an appointment may be necessary.**

To schedule an appointment, students may call OCDS at 315.470.6660, or can e-mail [counseling@esf.edu](mailto:counseling@esf.edu), or can stop in to make an appointment in person with our secretary.

### OCDS' office hours:

#### Academic year:

Monday thru Friday: 8:00 am to 4:30 pm

#### Summer:

Monday thru Friday: 8:00 am to 4:00 pm



## Our Services:

*Personal Matters  
Disabilities Services/  
Accommodations  
Crisis Triage  
Academic Support  
Change in Educational  
Plan/Withdrawal  
Readmission*

*For more information, please  
visit us on the web:  
[http://www.esf.edu/students/  
counseling](http://www.esf.edu/students/counseling)*



## Our Staff...

Heather is a native of Central New York, originally from Oswego, New York. Heather graduated from SUNY Oswego with her Master of Science in School Counseling and also completed a Certificate of Advanced Study in Mental Health/Human Services Counseling. Prior to becoming the Senior Counselor at SUNY ESF, Heather worked as a K-12 school counselor. She has practiced Mental Health Counseling at a local human service agency for approximately three years and continues to do so currently while not spending time at ESF. In her spare time, she enjoys running, walking, yoga, and spending time with her family.

## Upcoming Events

October 7th, 12-2pm, Nifkin Lounge: "Exceptionality: 'Isms' and How They Affect Us"

October 18th, 6pm, Skyhall 3 Floor 2 Lounge: Suicide Awareness

November 15th, 6pm, Skyhall 3 Floor 2 Lounge: Insomnia

November 17th, 4-5pm, 110 Moon Library: Anxiety and Stress

# Domestic Violence Awareness Month

In October 1987, the first Domestic Violence Awareness Month was observed. That same year marks the initiation of the first national domestic violence toll-free hotline. In 1989 the U.S. Congress passed Public Law 101-112 designating October of that year as National Domestic Violence Awareness Month. Such legislation has passed every year since with NCADV providing key leadership in this effort. Each year, the Day of Unity is celebrated the first Monday of Domestic Violence Awareness Month.

*"Ask the survivors, they are the experts."*

## Important Numbers:

- **VERA HOUSE, INC.** 315-425-0818
- **National Domestic Violence Hotline / Linea Nacional sobre la Violencia Domestica** 1-800-799-SAFE (797-7233) \*\*\* 1-800-787-3224 (TTY)
- **Rape, Abuse & Incest National Network. (RAINN)** 1-800-656-HOPE
- **U.S. National Center for Victims of Crime (NCVC)** Victim Service Helpline 1-800-FYI-CALL \*\*\* 1-800-221-7996 (TTY/TDD)



*"The ability to be in the present is a major component of mental wellness". - Abraham Maslow*

# Disability Employment Awareness Month!

Americans with Disabilities Act (ADA) Amendments Act of 2008, which was signed into law on September 25, 2008 and became effective January 1, 2009. This law extends workplace protections for the disabled. This change requires employers to address and revise their policies and procedures.

The Act makes important changes to the definition of the term "disability" by rejecting the holdings in several Supreme Court decisions and portions of EEOC's ADA regulations. The effect of these changes is to make it easier for an individual seeking protection under the ADA to establish that he or she has a disability within the meaning of the ADA.

The Act retains the ADA's basic definition of "disability" as an impairment that substantially limits one or more major life activities, a record of such an impairment, or being regarded as having such an impairment. However, it changes the way that these statutory terms should be interpreted in several ways. Most significantly, the Act:

- directs EEOC to revise that portion of its regulations defining the term "substantially limits";

- expands the definition of "major life activities" by including two non-exhaustive lists:

  - the first list includes many activities that the EEOC has recognized (e.g., walking) as well as activities that EEOC has not specifically recognized (e.g., reading, bending, and communicating);

  - the second list includes major bodily functions (e.g., "functions of the immune system, normal cell growth, digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions");

- states that mitigating measures other than "ordinary eyeglasses or contact lenses" shall not be considered in assessing whether an individual has a disability;

- clarifies that an impairment that is episodic or in remission is a disability if it would substantially limit a major life activity when active;

- changes the definition of "regarded as" so that it no longer requires a showing that the employer perceived the individual to be substantially limited in a major life activity, and instead says that an applicant or employee is "regarded as" disabled if he or she is subject to an action prohibited by the ADA (e.g., failure to hire or termination) based on an impairment that is not transitory and minor;

- provides that individuals covered only under the "regarded as" prong are not entitled to reasonable accommodation.

EEOC will be evaluating the impact of these changes on its enforcement guidances and other publications addressing the ADA.

Effective Date:

The ADA Amendments Act is effective as of January 1, 2009

