

DukeReach Resource Guide

Fall 2016

DukeReach, part of the Duke University Dean of Students Office
919-681-2455 / dukereach@duke.edu

Below is a listing of resources to assist you in solving the problem, concern, or conflict you are facing. If you are not sure where to begin and would like to speak to someone during regular business hours, call the DukeReach line at **919-681-2455**. If it is after hours and you are in an emergency, call Duke Police at **919-684-2444** (911 off campus). Additional information on how to assist a student in distress and locate resources can be found on the DukeReach website: <http://studentaffairs.duke.edu/dukereach>

❖ Individual Counseling:

Counseling and Psychological Services (CAPS): Counseling and Psychological Services (CAPS) helps Duke students enhance strengths and develop abilities to successfully live, grow, and learn in their personal and academic lives. Many services are offered to Duke undergraduate, graduate, and professional students, including brief individual counseling/psychotherapy, consultation, couples and group counseling, assistance with referrals, and more. CAPS staff also provide outreach education programs to student groups, particularly programs supportive of at-risk populations, on a wide range of issues impacting them in various aspects of campus life. **Phone: 919-660-1000.** <http://studentaffairs.duke.edu/caps/>

Duke Psychology Clinic: The Duke Psychology Clinic offers short- and long-term individual psychotherapy for adults and adolescents. Occasionally, couples therapy is also available. Therapeutic work is individually focused and respects the uniqueness of the client. The treatment approach is broadly psychodynamic, although principles from a range of evidence-based treatments may be utilized depending on the nature of the client's presenting concerns. To obtain services, anyone interested in entering therapy at the Duke Psychology Clinic should begin by calling a Clinic Coordinator. **Phone: 919-660-5771.** <http://psychandneuro.duke.edu/graduate/training/clinical/clinic>

Duke Psychiatric Outpatient Clinic (DPOC): A hospital-based outpatient clinic, the DPOC features a large multidisciplinary team of clinical social workers, resident-level psychiatrists supervised by Duke Medicine psychiatrists, and psychiatric nurse practitioners. The DPOC offers diagnostic assessments with development of a comprehensive plan for mental health care within the broader Duke Medicine system. Psychiatric medication management is available with the resident-level psychiatrists and psychiatric nurse practitioners. These clinicians may also provide short-term psychotherapy or partner with the clinical social workers to provide this service. The DPOC is a generalized practice addressing a wide range of psychiatric and emotional difficulties. **Phone: 919-684-0105.**

Duke Cognitive Behavioral Research and Treatment Program: The Duke CBRTP provides cognitive behavioral therapies for adults (individuals and couples). Cognitive behavioral therapy (CBT) includes a wide range of specific treatments, all of which are designed to help people learn to think and behave in healthier ways. Some of the treatments that we commonly use are Dialectical Behavior Therapy (DBT), exposure-based therapies for anxiety disorders (PTSD, OCD, social anxiety, e.g.), behavioral activation for depression, and cognitive therapy for anxiety, depression, and other mood disorders (e.g., bipolar disorder). **To set up an appointment, please call 888-ASK-DUKE.** If you have additional questions, you may contact Marissa Morris-Jones at 919-684-6718 or email her at marissa.morris-jones@duke.edu.

Duke ADHD Clinic: The Duke ADHD Clinic offers comprehensive, state-of-the-art assessments and evidence-based treatments for children, adolescents, and adults with attention deficit hyperactivity disorder (ADHD). **Phone: 919-682-9185.**
<https://sites.duke.edu/adhdprogram/>

Private Providers: List can be obtained via DukeReach and/or CAPS Referral Coordinator.

❖ Substance Abuse Services:

DUWELL, the Duke Student Wellness Center: The Duke Student Wellness Center works with Duke students and the Duke administration to promote healthy lifestyle decision making through a variety of efforts. These include campus-wide discussions and programs in concert with faculty and staff with an emphasis on a cultural awareness of the impact that high-risk substance use/abuse has on a community. **Phone: 919-681-8421.**
<http://studentaffairs.duke.edu/duwell>

Duke Child Development and Behavioral Health: CDBH faculty and staff include a child psychiatrist, developmental pediatrician, child psychologists, physician assistant, child psychiatric social workers, and licensed substance abuse counselors. Substance use treatment services are available for patients ages 13-21. **Phone: 919-668-5559.**

Duke Addictions Program (DAP) and Substance Abuse Consult Liaison Program: Duke Addictions Program (DAP) and Substance Abuse Consult Liaison Program has an over 20-year established history of providing evidence-based addiction services. Our clinical services include comprehensive evaluations, medication management, and various types of therapy. **Phone: 919-684-3850.**
<http://psychiatry.duke.edu/divisions/addictions/duke-addictions-program-dap-and-substance-abuse-consult-liaison-program>

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❖ Eating Disorder Services:

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<http://studentaffairs.duke.edu/caps/>

Student Health: Student Health is the primary clinic for all Duke students. Available services range from general medical care, women's health, men's health, sports consultation, and nutrition counseling. Additionally, Student Health provides outreach and education related to stress management, time management, and other health-related topics. **Appointments: 919-681-WELL (9355).**
<http://studentaffairs.duke.edu/studenthealth/>

Student Health Nutrition Services: The Student Health Center's Nutritional Services include dietary intervention for high cholesterol, high triglycerides, diabetes or hypertension, weight management, disordered eating, and sports performance issues, as well as consultations to improve dietary habits. Group counseling sessions are also available upon request. **Phone: 919-681-9355.**
<http://studentaffairs.duke.edu/studenthealth/nutrition>

Duke Center for Eating Disorders: Duke offers personalized treatment for the full spectrum of eating disorders and body image issues, including anorexia nervosa, bulimia nervosa, binge eating, food avoidance, and obesity. The Duke Center for Eating Disorders emphasizes proven methods that get you or your family member back to healthier eating habits. **Phone: 919-668-0398.**
<http://www.dukemedicine.org/locations/duke-center-eating-disorders> and
<http://www.dukemedicine.org/treatments/psychiatry/eating-disorders>

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❖ Health Coaching:

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Duke University Hospital and Medical Center: Opened in 1930, the Duke University Hospital is a full-service academic medical center with 957 licensed beds. The Duke team provides patient- and family-centered care with state-of-the-art technology and cutting-edge research. **2301 Erwin Road, Durham NC 27710.**
Appointments: 888-275-3853
General information: 919-684-8111
Patient information: 919-684-2410

Duke Urgent Care: Walk-in urgent care (no appointment necessary) open 8 A.M.-8 P.M. seven days a week (at the Fayetteville Road location). Duke Urgent Care offers diverse services, including sports physicals, as well as treatment of sprains, strains, and sports injuries; burns; work-related injuries; and colds, sore throats, and infections. Duke Urgent Care accepts most insurance policies (but not BC/BS).

Duke Urgent Care South:

**5716 Fayetteville St.
Durham, NC
(919) 572-1868**

<http://www.dukemedicine.org/locations/duke-urgent-care-south>

Also:

**1821 Hillandale Rd #24a
Durham, NC
(919) 383-4355**

❖ Gender Violence Intervention and Prevention:

Women's Center: Through education, outreach, and advocacy, the Duke University Women's Center fosters diverse learning and living environments that are safe and empowering for all women and men in the Duke community. The staff is committed to a campus culture that provides all students access to a full range of personal and professional choices, fosters agency and self-determination for all, and creates transformative experiences to understand and resist patriarchal oppression in our lives and the world. The Women's Center provides programs and services, resources, publications, and a book exchange for faculty, students, and staff. **Phone: 919-684-3897.** **(After-hours pager, for emergencies: 919-970-2108.)**
<http://studentaffairs.duke.edu/wc>

Gender Violence Services: Gender Violence Services are offered at Duke through the Office of Gender Violence Prevention and Intervention (in the Women's Center, Crowell Building, East Campus). If you are a student at Duke University (of any gender) and are a victim-survivor of gender violence, contact us 24/7 at the Women's Center:
Monday-Friday, 9am-5pm: Call **919-684-3897**, email WCHelp@duke.edu, or walk in – no appointment necessary.
After hours, weekends, holidays: Page **919-970-2108** or email WCHelp@duke.edu.
If this is an emergency situation and you feel you are in danger, call 911 or Duke Police at **919-684-2444**.
<http://studentaffairs.duke.edu/wc/gender-violence>

❖ Disability Access:

Student Disability Access Office: The SDAO is the office on campus that provides support services and coordinates accommodations to meet the needs of students who may have a variety of disabilities including, but not limited to: Attention Deficit/Hyperactivity Disorders (ADHD), Learning Disabilities (a.k.a. Learning Disorders), Psychological Disorders, Visual Impairments, Hearing Impairments, Mobility Impairments, and Chronic Health Disorders. **Phone: 919-668-1267. Email: sdao@duke.edu.**
<http://www.access.duke.edu>

❖ Academic Assistance:

Academic Advising Center: The Academic Advising Center can assist an undecided Trinity College student in making decisions regarding their academic path, and can help students experiencing academic difficulties. All students are assigned an academic dean who, in conjunction with the student and the student's academic advisor, assists the student in planning an academic path. *Undergraduates only.* **Phone: 919-684-6217. Email: advising@duke.edu.**
<http://advising.duke.edu>

Academic Resource Center: The Academic Resource Center assists students with time management and provides peer tutoring as well as special services for students with ADD or ADHD. The Academic Resource Center is available to assist all students, and it is located on the second floor of the Academic Advising Center on East Campus. *Undergraduates only.* **Phone: 919-684-5917.**
<http://duke.edu/arc/index.php>

Trinity College: Trinity College of Arts & Sciences is Duke's liberal arts undergraduate college. Students will find advising information for both undecided and declared students, information regarding requirements (T-Reqs) and academic programs, and a listing of academic deans and their areas. *Undergraduates only.* **Phone: 919-684-6217.**
<http://trinity.duke.edu/>

Pratt School of Engineering: The Pratt School of Engineering can provide assistance related to academic resources for undergraduate and graduate students and offers general academic assistance for Engineering students in need of ongoing support. **Phone: 919-660-5386.**
<http://www.pratt.duke.edu/>

Graduate and Professional School Academic Support: Please contact your department, your Director of Graduate Studies, The Graduate School, or your specific professional school. If you are unsure of whom to contact, contact DukeReach (919-681-2455).

❖ **Peer Support:**

Peer for You: Peer for You is a student-run resource that provides space for undergraduate students to reach out and seek feedback and referrals to overcome times of struggle. Any Duke student can send a message to one of our Peer Responders, and the selected Peer Responder will respond to the message within 24 hours. These conversations facilitate the sharing of personal experiences and encourage students to make use of existing, supportive resources. Peer Responders are selected through a two-part application process and are trained by CAPS personnel. *Currently serves undergraduates only.*

<http://peerforyou.com>

Graduate and Professional School Council: The GPSC serves as the umbrella government organization for Duke's nine graduate and professional schools. GPSC is a vital resource for incoming and returning students in academic and administrative concerns and also as a social network. The GPSC helps students meet other students with similar academic and social interests, get involved in campus life, and navigate diverse concerns about university life.

<http://gpsc.duke.edu/>

❖ **Career Services:**

Career Center: The Career Center provides a wide range of services attending to all aspects of students' career development and life planning. The Career Center can help a student learn about their options and make decisions regarding their future. A student can learn about internships, Career Week, choosing a major, life after graduation, the job search, and career counseling. **Phone: 919-660-1050.**

<http://studentaffairs.duke.edu/career>

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<http://studentaffairs.duke.edu/caps/>

❖ **Financial Assistance:**

Financial Aid: Duke Financial Aid Office provides information and assistance on aid programs and financing options to respond to a wide range of economic circumstances. **Phone: 919-684-6225.**

<http://financialaid.duke.edu/>

Graduate and Professional School Financial Aid: Please contact the financial aid office/officer for your school. If you are unsure of whom to contact, contact DukeReach (919-681-2455).

Duke Medical Center Financial Assistance (including charity care): Patients who do not have insurance and receive treatment at a Duke University Health System (DUHS) facility may receive discounted services under DUHS' charity care policy. Medical treatment that is urgent or provided on an emergency basis is eligible for a charity care discount under the DUHS charity care policy.

<http://www.dukemedicine.org/patients-and-visitors/billing-and-insurance/financial-assistance>

Personal Finance@Duke: This website contains information on financial literacy and responsibility, and helps empower Duke students with financial life skills. Explore here: <http://personalfinance.duke.edu/>

❖ Crisis Support/Assistance:

Dean of Students Office: The Dean of Students Office can answer general questions on a variety of student-related issues. **Phone: 919-668-3853.**

<http://studentaffairs.duke.edu/dos>

Dean on-Call: The Dean on-Call often serves as an initial contact in crises (especially after-hours and weekends). The Dean on-Call is available by pager 24 hours a day, seven days a week. **Dean on-Call pager (for after-hours emergencies): 919-970-4169.** If you need assistance during the business day, you may also contact DukeReach.

DukeReach: DukeReach offers a line for faculty, parents, community members, and students to call when they are concerned for a student's well-being, and our staff ensure that students have the care and resources available to them to help them thrive at Duke. Students can also contact us with questions and concerns regarding their own needs.

Phone: 919-681-2455. Email: dukereach@duke.edu. For emergencies after hours, call the **Dean on-Call pager (919-970-4169)** or **Duke Police (919-684-2444).**

<http://studentaffairs.duke.edu/dukereach>

Police Department: The Duke University Police Department (DUPD) provides comprehensive law enforcement and security services to all components of Duke University including the academic campus, a large medical center complex, an 8,000-acre research forest, and a variety of satellite facilities throughout North Carolina. **Phone: 919-684-2444.**

Emergency Department: The Duke Emergency Department can assist students with emergency medical and/or psychological concerns 24 hours a day. **Phone: 919-684-2413.**

❖ Campus Life Offices:

Center for Sexual and Gender Diversity: The Center for Sexual and Gender Diversity provides education, advocacy, support, mentoring, academic engagement, and space for lesbian, gay, bisexual, pansexual, transgender, transsexual, intersex, questioning, queer, and allied students, staff, and faculty at Duke. The Center for Sexual and Gender Diversity also serves and supports Duke alumni/ae and the greater LGBTQ community. **Phone: 919-684-6607.**

<http://studentaffairs.duke.edu/csgd>

Fraternity & Sorority Life: The Office of Fraternity & Sorority Life advises and assists Greek letter organizations on campus. The Duke Greek community offers undergraduates a fraternal experience that complements the mission of the University. In partnership with faculty, staff, alumni, families, and (inter)national organizations, we challenge and educate students in the areas of leadership, cultural awareness, personal and group development, scholarship, and civic responsibility. **Phone: 919-684-9401.**

<http://studentaffairs.duke.edu/greek>

International House: The mission of the International House is to provide educational services and advocacy to the international population at Duke as well as outreach to the Durham community. The IHouse offers extensive cross-cultural programming and information to enhance the global mission of the university. **Phone: 919-684-3585.**

<http://studentaffairs.duke.edu/ihouse>

Jewish Life at Duke: Jewish Life at Duke strives to enrich the lives of Jewish students through social, educational, religious, cultural, and social action, as well as community service activities. Jewish Life at Duke provides programs, Shabbat and holiday services, and resources for students. **Phone: 919-684-6422.**

<http://studentaffairs.duke.edu/jewishlife>

Mary Lou Williams Center for Black Culture: The Mary Lou Williams Center for Black Culture provides programs and resources for faculty, students, and staff. Programs and services are designed to deal creatively, critically, and supportively with individuals and entities in order to foster consciousness about the significance of Black experiences. **Phone: 919-684-3814.**

<http://studentaffairs.duke.edu/mlw>

Center for Multicultural Affairs: The Center for Multicultural Affairs (CMA) empowers students and their organizations to create a vibrant and inclusive multicultural student community. We promote community engagement, multicultural education, and leadership development through our programs and services. **Phone: 919-684-6756.**

<http://studentaffairs.duke.edu/cma>

Religious Life: Religious Life is part of the Duke Chapel and provides resources and connections to over 25 campus ministries affiliated with Duke University. Additionally, Religious Life provides pastoral counseling and information for participation in mission trips. **Phone: 919-684-2909.**

<https://chapel.duke.edu/community/religious-life>

Duke Catholic Center: A ministry of the Roman Catholic Diocese of Raleigh and the Conventual Franciscan Friars, the DCC serves a Catholic student population that is the largest single denomination on campus. Of the 13,300 students at Duke University, about 20% are Roman Catholic. The ministries of the Duke Catholic Center serve and support the spiritual development of countless students during critical transitional times in their lives. **Phone: 919-684-8959. Email: catholic@duke.edu.**

<http://catholic.duke.edu/>

Duke University Center for Muslim Life: Muslim Life at Duke is committed to enriching the lives of Muslim students and the whole campus through events and activities that cater to the spiritual, social, and intellectual needs of Duke students. Through the combined efforts of the Muslim Chaplain and the Muslim Student Association, Muslim Life at Duke provides a welcoming home to a diverse ethnic, racial, and cultural Muslim community at Duke, and caters to the community through regular religious services. **406 Swift Avenue, Durham NC 27708. Phone: 919-613-6780 and 919-613-6778.**

<http://studentaffairs.duke.edu/muslimlife>

❖ Other:

Student Conduct: The Office of Student Conduct (OSC), formerly Judicial Affairs, oversees the undergraduate judicial process. The OSC strengthens personal responsibility and accountability through investigation and resolution of alleged violations of university policies. The OSC also serves as an advocate for and resource to student victims of crime, illness, harassment, or other crises. **Phone: 919-684-6938.**

<http://studentaffairs.duke.edu/conduct>

New Student Programs: The Office of New Student Programs provides programs and resources that effectively transition Duke incoming students by promoting intellectual curiosity and building community. New Student Programs provides part of the foundation of the undergraduate experience and serve as a resource and support network for new students. **Phone: 919-684-3511.**

<http://studentaffairs.duke.edu/new-students>

Parent & Family Programs: The Office of Parent & Family Programs provides a variety of programs and services to keep parents abreast of life at Duke, including a monthly Parents' Newsletter, occasional email and web messages, and an annual Parents & Family Weekend that offers a constellation of information sessions, performances, athletic events, and other opportunities to engage in all that Duke has to offer. **Phone: 919-684-2577.**

<http://studentaffairs.duke.edu/parents>

Office for Institutional Equity: Under the auspices of the President, the Office for Institutional Equity (OIE) provides institutional leadership in sustaining a respectful and inclusive environment. OIE can provide information for faculty, students, and staff regarding Diversity and Equity, EEO/Affirmative Action, Harassment Prevention, Policies, and Resources. **Phone: 919-684-8222.**

<https://web.duke.edu/equity/>

Housing, Dining & Residence Life: HDRL provides on-campus housing for undergraduates and some graduate students. Undergraduate students can live on East, West, or Central Campus. Additionally, HDRL works with Trinity College to administer the Faculty-in-Residence program. **Phone: 919-684-4304.**

<http://studentaffairs.duke.edu/hdrl>