

In-Person Threat Assessment Transcript

Ella Moreau Case, October 2025

00:00:02 Delcenia: Well, thank you so much for meeting with us. I'm Delcenia Collins-Morrell, Director of Student Support Services, and I'll have my colleagues introduce themselves.

00:00:20 Chris: Hi, I'm Chris Baker. I'm also a lead on the CARE team.

00:00:26 Delcenia: Thank you so much for coming in and spending some time with us. I'm not sure if you were able to record the email, but some concerning behaviors have been brought to our attention as members of the CARE team, and we wanted to talk through some of those concerns, but also really just to chat with you and then kind of go from there.

00:00:58 So let's start here um tell us a little bit about yourself what brings you um to university, just so we can give a chance to learn a little more about you.

Ella: I'm in the mortuary science program. Kep going?

Delcenia: Yeah whatever you feel comfortable sharing it's just a way for us to um get to learn a little bit more about where's your -

00:01:44 So I'm curious to know what - I see you're passionate, you know, about the funeral industry and mortuary science is your major. So how did you become interested.

00:02:01 Ella: Well, it's an industry that I feel like requires a lot of change right now. And I'd like to see, like, what kind of innovative ways I can be involved in that personally. But as a stepping stone, I'd have to be certified in the first place, which is really the reason I'm in this program.

00:02:29 Cassidy: I guess what was all said to you about you and us coming to meet in person.

00:02:35 Ella: I'm in conflict with this professor who I feel very condescended to and belittled by, and I feel like that has been rapidly escalating in class too. I feel like it's starting to affect my grading now. I emailed him recently about a paper that I wrote that I never received a response on an actual breakdown of why I was graded the way that I was, and it feels personal at this point. Um, I know that there's been talk that I've come across as threatening, um, but I, I don't necessarily understand where those claims are coming from or based on.

00:03:14 Delcenia: So tell us a little bit more about the claims of, um, just threatening.

00:03:22 Ella: That's the thing, I'm not really sure, because I know that's why I've been called in. Um, I don't feel like I've been threatening. I feel like if anything, I've just been assertive. I feel like I've just been assertive and been trying to be heard and then speaking about some really uncomfortable truths and I feel like um it feels discriminatory honestly.

00:03:46 Delcenia: Have you spoken to the professor about um some of the concerns you mentioned that you have heard from him regarding you know your paper and just some other things in class? Have you spoken to him?

00:03:57 Ella: Yeah I've actually tried a few times um there's been a few emails that I have sent um, regarding feeling like that he spoke to me in a disrespectful manner that I felt disregarded in the class that I had concerns about the paper being graded um I've even been trying to organize with other students to bring these concerns to like a higher up position of power uh so I feel like I've been vocal I mean I feel like I've been pretty clear.

00:04:31 Cassidy: What's been their kind of perception of everything?

Ella: Um, I feel like a lot of people don't want to make waves, it's kind of been the general vibe that I've picked up on. Um, especially they don't feel as strongly as I do or they just don't want to be associated with the conflict that I'm involved with but um I haven't felt a lot of support there to be honest.

Cassidy: Is that isolating?

Ella: Yes it feels isolating. It's very frustrating. I feel like I'm going through whatever channels I can and I haven't really gotten anywhere with it

00:05:02 Cassidy: Even with that, feeling kind of isolated, I'm sure about this I don't know what's that it's anything for you then, as far as like making it for the class maybe or if you're with your friends or just, Like, not feeling as happy, stuff like that.

00:05:34 Ella: As happy? I mean, my grades are still, I'm still doing well on paper, but I feel like it's hard for me to be engaged and excited about the things that I'm trying to learn about. You know, I feel like I'm being put in a position where I'm disrespected or invalidated.

00:05:54 Cassidy: And, like, with all that, with everything going on, has it ever gotten to a place where you're, like, not wanting to be alive.

00:06:04 Ella: Like, I'm in, like, crisis mode? Yeah. I mean, it's frustrating.

00:06:25 Cassidy: You're talking about feeling frustrated and other people kind of seeing things as threats, um, so you're kind of not feeling that way, but I don't know, I guess is what, what has that frustration done as far as your motivation to push back?

00:06:48 Ella: Um, I feel like in some ways the anger is motivating, but I also, like I said, I felt very, um, sorry, um, invalidated, I guess, like I was saying, um, so that makes it hard for me to really just, like, be, like, be committed to, like, trying to keep showing up when I don't feel like it's getting me anywhere. Does that make sense?

Cassidy: So you're withdrawing?

Ella: Yeah, yeah, I would say so. It's a little shut down.

00:07:31 Chris: How did you get involved in mortuary science? I've never, I didn't even know it was a thing. How did that come about?

00:07:39 Ella: Like I was saying, it's just something that I know a lot about and I feel very passionate about, and an industry that I think really needs to see a lot of change to be sustainable, but the only way to really make changes within that industry is to be certified. So being involved in the program is really more of a stepping stone.

00:07:56 Chris: What kind of changes?

00:07:58 Ella: The funeral industry, as it stands, is very environmentally unsustainable. Embalming fluids leaking into the earth, it poses a really huge pollution risk. The industry definitely capitalizes on grieving people, and I feel like it's very predatory. And all of these things are dressed as tradition, but I don't feel like they're sustainable.

00:08:22 Chris: Is there a solution? I mean, if you get involved in it, what would you think that solution would be?

Ella: Changes more toward green funerals.

Chris: To what?

Ella: Green funerals.

Chris: Give me an example?

00:08:28 Ella: A lot of times it can be like some composting where a body is like buried under a tree and needs to process like the decomposition supports the growth of that tree that would end up resulting in more like forest coverage rather than empty funeral, like graveyard spaces. Cremation, that's a good example. Cremation is a pretty low risk.

00:09:05 Chris: Yeah, I could see that. But then when people like composting, is that being done?

00:09:12 Ella: Yeah, so as a recent change, it's also where basically the body would be dressed in like mushroom spores and then that actually helps transmute harmful chemicals stored in the body. Yeah, yes, there's a lot of options, there's a lot of options, it's just they're not very profitable in the industry, so they're not marketed, and that's why these traditions persist more than anything, I think. Does that make sense?

00:09:40 Chris: Yeah, now it does. I didn't know much about that at all. So, can I ask you one other question? So, when you talk about feeling like you're not being heard, and it angers you, right, do you ever feel like you're the, you want to lash out and hurt anybody? I mean, does it feel like you're in control of yourself, where it sounds like you're not happy with your professor, right? Would you ever consider hurting people or hurting anybody like that?

00:10:13 Ella: I mean, I feel like I think I could be accountable to verbally lashing out, you know, like that is definitely a way of like processing that frustration. But no, I don't have any like, I haven't had any active plans of violence. I don't consider myself a violent person. I don't have history of violence. Like, no, I wouldn't say so.

00:10:33 Chris: Yeah, okay.

Delcenia: I will say some faculty and staff expressed concerns about online, that, you know, you've made over the past few weeks ago. Can you talk a little bit about some of the posts that you know, you've made and maybe the intent or messages behind them?

00:11:00 Ella: Yeah, I mean. I, do you want to give me an example, or?

Delcenia: Sure, so one of the posts, you know, you talked a little bit about mortuary, a little bit, but you also mentioned in one that it's not the end of life, it's not the beginning of our return. Also, there's hashtag death care as well, and so some of those posts, and if you can kind of help us better understand.

00:11:37 Ella: Yeah, I mean, this is kind of. I guess that my frustration with this whole process has been is that I don't feel like I've used threatening language. I feel like I've used assertive language, and I feel tone-policed right now, that I'm talking about things that make people uncomfortable. I mean, death is something we don't really address in our culture in general, so it's already a touchy subject. And I feel like because I am passionate, because I am angry and that's hearing through in my voice, it's being perceived as threatening when it's really just assertive, you know.

00:12:16 And death care, I mean, that is, death care is a thing. Like, you know, there are death doulas, just like there are birth doulas, you know, death care could be hospice care, death care is how we care for the dead after they pass and prepare them, death care is how we support families and loved ones grieving, like, it is an industry that should be based on care rather than profits, and that's the entire crux of my issue.

00:12:36 Delcenia: Yeah. And I think, you know, no one is, at least trying to you know police or um, you know make it seem like there is a concern with posting right because you have that freedom to do so, uh but um for example you know in one of the posts it mentioned that "I may have to find out if any of those embalming chemicals are as harmful as they say" right? And another one was "maybe he should be buried um under the very trees he despises" and so um those are more so um concerning so curious to know more about if you recall those.

00:13:21 Ella: Now that you mentioned them. I mean I think that's just me talking in anger. I mean people you know will use hyperbole when they're angry, it's just a means of expressing you know and just getting it out. Like I guess I can see how to be misconstrued but like it wasn't an actual call to violence.

00:13:43 Delcenia: Thank you for, you know, clarifying that and what that means, but do you know how that can be perceived by some?

00:13:50 Ella: I can see how it would be perceived. I guess I would have appreciated any kind of dialogue about this before having to come to the point of doing a meeting like this, especially when I've opened those lines of communication multiple times and not been met with the effort back.

00:14:05 Delcenia: I think sometimes it just comes down to people feeling comfortable, right, having a one-on-one conversation or confronting someone, right, about how they feel about something, but if anything, we're here to really understand, right, and have a conversation with you, given that it has come to our attention, so I want you to know that's the purpose of this meeting, you know, is for, yeah, to bring it to your attention, better understand them.

00:14:38 So there, right, whether it's providing feedback or guidance or even resources that might be able to help.

00:14:44 Ella: I still don't understand why my professor specifically refuses to have this conversation one-on-one before this point when I repeatedly requested it.

Delcenia: Yeah, unfortunately, I'm going -

Ella: To avoid it.

00:15:02 Delcenia: Sure, unfortunately, I'm not able to speak for the professor, you know. We can definitely follow up to better understand their perspective, but given that it has come to our attention, right, we just wanted to have that conversation with you.

00:15:25 Chris: And you said you've requested to speak with the professor, and like, what about any counselor or anything at the school? Have you spoken to an advisor or something like that about what's happened?

00:15:35 Ella: Um, I mean, I've tried to kind of as a collective group with other students in my program, bring this to the attention of like the dean. But like I said, there's, there's kind of a lack of mobilization behind that. So I haven't really spoken to anybody else. I haven't really known where to go for that.

00:15:56 Chris: Okay. What about the other students? Like when you brought this up, what do they think?

00:15:59 Ella: Um, I think it's more conflict avoidance. I think a lot of people don't want to be involved. You know, um, I think they're worried about the power dynamics and it possibly also affecting their grades or their class experience to make waves.

00:16:14 Chris: Well, it does take a lot of courage to kind of stand up, you know, and push your opinions. You know what I mean? So a lot of people just kind of go down. Right. So I definitely give you credit. A lot of credit. But like Delcenia was talking about too, do you see how those posts, let's put the shoe in the other foot for a second. If you were reading posts that were potentially about you, somebody's going to potentially do harm to you or want something to be done to you, how would you feel about that? Because here's the thing, all of your professors, like brilliant students, like you're a brilliant, brilliant kid, like you've definitely locked on, you know.

00:16:52 So, when you post stuff like that, you know, or if somebody posted stuff like that about you, how would you feel?

00:17:01 Ella: I mean, I can understand how it could be perceived that way. Like I can be accountable to that. I guess for me the main thing that I get hung up on is just the fact that I would have appreciated had they just addressed me one-on-one and I feel like I would have taken the initiative to do that if the shoe was on the other foot especially if somebody has repeatedly tried to open those like communicative pathways but I mean I can't, I can understand the concern. I just, I'm frustrated the lack of communication.

00:17:29 Chris: But we want to make sure more than anything like you, you get the public support that you need and nobody gets hurt. If these things don't - kind of snowball or evolve you know into a situation where somebody can get hurt so like that's you know that's a key especially when you look at some of the posts. Like where'd you come up with that icon? That's, that's unique.

00:17:55 Ella: That's just my hairstyle with a skull I mean people wear skulls all the time. It's an aesthetic choice and I feel like that really means anything.

00:18:06 Chris: I've got one of them too like I, but it means, it means something to me but I think it's interesting though I think with the mortuary science and that

00:18:16 Ella: I'm not intimidated by death you know. I mean death is an interesting fascinating part of life that we all experience and I don't think that fascination is inherently problematic

00:18:28 Chris: But in context with some of those texts that's where it can become a little bit more ominous than it, you know, it sounds like.

00:18:42 Cassidy: You know you're also feeling sounds like we said a couple of times feeling kind of like you don't have a way to speak out about something, So, we can also be here to help offer support. Is there anything that you think would be helpful for support now?

00:19:01 Ella: I guess that I would just tell you my main thing is to feel disrespected and invalidated in the classroom. You know, I feel like I'm spoken to in ways that other students aren't, and I feel targeted, and that is my main concern right now, like, at the center of this. And I'm not necessarily calling for, like, my professor to be, like, reprimanded. But I would like that to be addressed, you know.

00:19:28 Cassidy: What do you kind of imagine, like, how that could be addressed?

00:19:34 Ella: Well, I mean, is he going get a meeting like this?

00:19:37 Delcenia: So he is not necessarily reprimanded, but, like, you've been, in conversation?

00:19:43 Ella: Right, right.

00:19:45 Delcenia: Right, yeah. I heard you say discrimination at one point, so I didn't even know if that was something that you wanted to know more resources about.

00:19:54 Ella: Is there like a specific channel that I should be going through to document this or like, you know? That might be helpful.

00:20:09 Cassidy: Yeah, and there's always, you know, counseling services and other ways to get support too, as you're going through.

Delcenia: Can you talk to me a little bit more? You said targeted. What does that mean? What does that look like from what you're speaking?

00:20:25 Ella: I mean, I feel like I'm the only person in the classroom that seems to be receiving this really disrespectful and like condescending energy from my professor. Like I am frequently shut down, talked over, ignored. I was called naive the other day for challenging, whose traditional ideals about the funeral industry, and I don't see that really happening with anybody else, so it feels personal at this point.

00:20:55 Cassidy: Are there other people that are speaking some of the same things?

Ella: Not as loudly as I am, but you know, I definitely feel there's other people that share those ideals, and I've spoken with other people who share those ideals, you know, I've had people agree with me when I'm speaking on these things.

00:21:13 Cassidy: It seems like you were, you know, asking about like how you think that the the post kind of read from the other side, since you're good at doing that, and like the other perspective there. So I guess you could, thinking about like trying to do that in that context, so if you were teaching a class, and someone was kind of speaking up, as if you are, how do you think you would perceive kind of how you've been?

00:21:35 Ella: Well I think the classroom is specifically designed to be an exchange of ideas and exploration and yeah if your main motivation as a professor is to never be challenged I feel like that makes you a really shitty professor you know.

00:21:53 Cassidy: Yeah yeah I guess even. Sorry. No, like that makes sense. I guess I was just even thinking more of like do you feel like the way that you're kind of challenging like if you were on the receiving end of that how do you think that kind of challenge would feel since you know the way you're talking the best.

00:22:14 Ella: I feel like I could receive that kind of assertive energy. I don't feel like I've necessarily been disrespectful or the disrespect has been delivered to me first. I mean, if anything, I feel like I'm just returning that energy. And I mean, like I said, if you are an educational professional, if you're a professor, I feel like it's kind of your job to be able to handle being challenged, you know? And if you actually are good at your job and are firm in your beliefs, you should be able to face those challenges, and back up your claims rather than being threatened by a 21-year-old girl.

00:22:54 Cassidy: So it sounds to me like it's enough to be tolerated, but there's some awareness there that you are kind of reacting a little bit. Like, I just feel like it's kind of...

00:23:03 Ella: That's fair. I just don't know that that's necessarily warranted.

00:23:09 Cassidy: Thank you for helping us see that.

00:23:16 Delcenia: And we know that you are, you know, passionate about, you know, business, mortuary. I'm curious to know your involvement outside, you know, your career and your major, what you, what hobbies do you have or interests outside of.

00:23:40 Ella: Well, paranormal. I've heard that there's also some things that, I make posts about things based on my spiritualism and witchcraft that also feels discriminatory, by the way. I read tarot. I've been a pagan practitioner for many years. Spiritualism is important to me.

00:24:08 Delcenia: Can you talk a little bit more about that? About the importance of it.

00:24:14 Ella: I mean, it's my spiritual path, so, you know, it's, I don't really understand how you explain that.

Delcenia: Maybe the practice of it.

Ella: Um, I don't feel like it's relevant to this conversation, necessarily, like, I mean, I, I guess my, the reason I bring it up is that it's concerning to me for concern to be placed in my direction

regarding my spiritual practice. That is what it feels discriminatory about it. This would not be happening to a Christian, you know.

00:24:47 Well, does that make sense to you? Like, somebody posting posts about Christianity would not be cited as a concern.

00:24:57 Cassidy: Yeah, I think my point, you know, definitely, you know, speaks to that lack of awareness, even. I think that's what we're kind of, you know, wanting to learn more about, um, and, you know, like, for any spiritual, religious belief. there's kind of the norms but then everyone interprets things but differently that's even kind of like just like I think we're just wanting to learn more about what it really means to you like what how it sounds like you're really passionate about your spirituality. Yeah so just kind of wanting to learn more about since it is such a big part of you, we want to learn more about that piece of you.

00:25:36 Ella: Earth-based spiritual practice which also you know relates to part of why I'm passionate about the green funeral practices too. Like those things definitely interconnect with each other.

00:25:51 Cassidy: Would that even be a part of like, if you open your own practice like kind of being able to talk about that spirituality you kind of keep that separate?

00:25:55 Ella: Discretionary point. Yeah you know if that was something important relevant to them sure but you know I, yeah that would be at the discretion of a client.

00:26:11 Cassidy: Do you get to um open up with your friends about your spirituality much?

00:26:12 Ella: Like in those communities, honestly, mainly online like a lot of my social, interaction has been online you know

00:26:30 Cassidy: I guess that make sense with the post. And it's the same thing like that perspective taking um I guess what kind of like when you're uh we're making the post about your spirituality, um you know, is that something you kind of get something back on in the in the social spaces?

00:26:55 Ella: Oh, honestly, not even online, and it's not really, it's something that I don't really talk about very much in real life, just because it hasn't really been pertinent to class or my interactions with other students.

Cassidy: Yeah, it's a very personal thing.

Ella: Yeah, and I think that is also part of the frustration about feeling discriminated against, one of those comes from, too. It feels a little left-field, to be a concern.

00:27:24 Chris: Do you think it's more... like left field, like when you say I'm more concerned or like because I look at how you dress like with the ouija board on it and when I see that I'm like in the pocketbook, I'm like okay that's interesting yeah right and where I don't know much about it maybe that provokes like - can you tell me about it. You know what I mean like that's interesting that you do read ouija boards.

00:27:54 I know nothing about it other than when I was very young you know when if they first came out I feel like for you to be a practitioner of that is like - tell me about it's interesting you know and it would provoke some sort of conversation.

00:28:09 Ella: Yeah but I think what you're describing is curiosity versus concern which is not what I really feel like I'm receiving.

00:28:16 Chris: Curiosity. Well, okay if that's if that's how you feel I get it, versus like, but curiosity also tells me a little bit about yourself and if I'm sincerely curious like - tell me about the ouija board right and, I think that would be interesting, whether people believe in it or don't believe in it. I would love to, I'd love to hear as well, but I don't know whether you feel comfortable telling and how you would be a practitioner of that. How do you get into it?

00:28:46 Ella: I mean, I feel like everybody gets into it in their own way. Yeah, Ouija boards aren't really something that have like a specific, like mode of practice, like people do it differently depending on like their spiritual calling, just like reading tarot cards, you know, you find what really works for you. I mean, the main thing with Ouija boards, they're just a tool to try and connect to the other side, which is called mediumship. A lot of people practice mediumship in different ways. There's, Ouija boards, there's people, you know, you've probably seen like seances on TV. There's like things that people do, automatic writing, where they try and channel like that spiritual conduit. But there's not, like, one way to do it.

00:29:33 Chris: That gives me a little bit better perspective.

00:29:36 Ella: Yeah, it's just about trying to connect to the other side.

00:29:38 Chris: And you're trying a lot. And you train, like, to be able to do that. How'd you learn how to do that?

[Sound cuts out]

00:29:51 Cassidy: So you've been here for three years. Is this the first time that you're getting negative reactions and pushing back?

00:30:21 Ella: To this extent, yeah. Yeah. know that I can have it like I was saying a pretty assertive personality and I understand how that can be perceived sometimes and like you know make people defensive so like that's not new something but this is the only time that I feel like it's really kind of progressed to being this much of an issue and I feel targeted at this point, you know, but I understand how like I can come off off-putting to some people like that's not something I'm aware of.

00:31:00 Delcenia: Are you familiar with the office or resource where you can support your, you know your concern? Because you shared that it's been going on at least with this particular professor and so are you aware of that?

00:31:14 Ella: I was thinking about that earlier then those resources would actually be very helpful.

00:31:23 Delcenia: So what, you know, we do before we wrap up is make sure you have that information on how you can record and share the experience that you've been receiving from this

particular faculty. I will say it's not okay for a student to be targeted or feel targeted. So there is a space for you to report.

So I guess my question, another question for you is, is there anything we can support or help you with, you know, because you, you've shared feeling isolated, targeted, right?

00:32:04 And I mentioned providing resources there, but anything else that we might be able to assist or support.

00:32:14 Ella: Support could be helpful. Yeah I think that's like a lot of these posts and stuff that come off as like so aggressive, that are just me venting is because I don't really have a lot of other outlets for that in my life right now. So having access to something like that can potentially be helpful.

00:32:35 Delcenia: Thank you for sharing the piece about just not having a lot of outlets. You said not a lot but do you have any right outside of class and if so what does that look like?

00:32:51 Ella: I mean like I said a lot of my social life is online and that's mainly been my support system.

00:32:58 Delcenia: Okay but no one else beyond online? Maybe your family or other - do you have a roommate you know do you live on campus?

Ella: On campus.

00:33:16 Delcenia: Okay so how is that environment? Sorry, I had asked do you have a roommate given that you...?

Ella: Yeah.

Delcenia: Okay.

Ella: I just going to keep to myself in my own space, you know, because it's no conflict there for me.

Delcenia: Okay. That's good. Yeah.

00:33:35 Chris: So when you say you feel targeted, right? Anybody, like, threatening you specifically that we should know about that we can help you with.

00:33:42 Ella: It's not that I feel threatened in the sense that I'm unsafe. It's that, like I said, I feel invalidated, and I feel like I'm being unfairly treated in class. It's starting to also affect my grading. Like, I'm not concerned about a physical threat of safety. It's more a threat to my academics and a threat to my mental well-being. You know, like harassment.

00:34:14 Chris: Okay. And so the invalidation. Like talk to me more about harassment. Harassment by the professor or by your classmates? You reference a post -

00:34:24 Ella: Harassment probably wasn't the right word to use but um like I said I feel unfairly graded on this paper that I did and I tried to open a dialogue about that I never received the response. I never received um clarity on why I was figured the way that I was and it feels personal like at this point, you know.

Chris: And so to carry what Delcenia left off, right, any family that you that you're close up to that you can talk to about what's going on at school?

00:34:52 Ella: Like I said my social life has been pretty much focused online. Um, I don't really have a lot of close connections with family or like a group of friends in real life at the moment, and I really stick to myself for the most part.

Cassidy: Well, how have your online groups supported you through this?

00:35:19 Ella: I've talked to some people here and there about just feeling frustrated and um I've had people be validating and so I think they understand where I'm coming from with that um the engagement on my posts kind of helps me feel a little bit better sometimes too because I can see that there's at least some community out there who understands the things that I'm saying that I feel passionate about, but that's been mainly I guess where I've been feeling that support from which has been limited, to be truthful.

00:35:47 Cassidy: Is that like do you kind of prefer to have more like public connections versus in person or...?

Ella: It's a little easier to maintain, yeah.

Cassidy: When you say maintain, I'm thinking like it's more like keeping the relationships going gets a little difficult.

00:36:12 Ella: I'm really busy with my life, you know, I'm really busy with school, I'm really busy with my activism, and it's just a little bit easier, I think, for me to maintain an online social life, because a lot of my work is already condensed to there, and I can kind of pick up and leave interactions as I need to, rather than trying to maintain a schedule in real life, it that makes sense.

00:36:42 Cassidy: It's nice that you have a space for it, because I was even thinking, you know, offering you some resources, if that was something that you wanted, where there's some connections, so maybe putting in some information about these student groups, and other people, and things like that.

00:36:59 Ella: It's another thing that I would love to do. It's also another thing that I know that I don't have a lot of space for right now, but it's something that I would be open to.

00:37:11 Chris: What so you do for fun?

00:37:13 Ella: I'm a practitioner, a tarot reader, I read a lot, I enjoy film.

00:37:24 Chris: What kind of film?

[laughter]

00:37:27 Chris: Okay, I get it. So, and how's things like eating, sleeping, like how you operate on your post? Does that affect you?

00:37:38 Ella: I feel like more than anything, I have had some sleep disturbance lately, and I feel like a lot of it is honestly stress-related about all of this, so that has definitely been impacting, for sure.

00:37:48 Chris: Any medications or anything that you take? Have you taken them in the past.

00:37:55 Ella: Not at the moment, though. I've been off for probably a couple of years now.

00:38:00 Chris: If you don't mind me asking, what did that help you with?

00:38:04 Ella: I went through a depressive spell for a little bit, and so I was using SSRIs to get through that, and then discontinued them.

00:38:12 Chris: Okay. How'd that work for you? Did it help you out, obviously?

00:38:16 Ella: Fine. I was weaned off of it under the observation of a psychiatrist.

00:38:22 Chris: Okay. And did you ever try to hurt yourself during that period of time?

00:38:27 Ella: No.

00:38:28 Chris: That's good.

00:38:31 Delcenia: Are you currently connected to that psychiatrist?

00:38:35 Ella: I could if I needed to reach out. But not currently. Not currently.

00:38:39 Cassidy: Do you have some history with counseling, too? You've been counseling before?

Ella: Yeah.

Cassidy: And I guess, you know, just, again, trying to get to know you. Is there anything else that's, like, going on in your life that would be good to talk about? Or other events that have happened that have been kind of stressful for you.

00:39:02 Ella: No. I think most of my time, attention, and concerns has really just been tied up in school.

00:39:15 Chris: So you've been here for three years and never not never in a sense like this with any other professor?

00:39:19 Ella: I mean like I said I can understand how I can come off as abrasive and I can put people on the defense like I'm not -

Chris: I don't get that at all, by the way.

Ella: I'm not unfamiliar with conflict but it's just it's never been such an issue that it's actually like impacting, I feel like, my grades and my well-being at this point.

00:39:37 Chris: So do you think that it's time now to maybe talk with the counselor that you had before for them, if they've been able to help you from the past with some of these feelings, I think they'll be able to help you?

00:39:51 Ella: Um, actually I'm not opposed to, I'm not supposed to try that, but I feel like what would really help me out is just not being stuck in this toxic environment that I feel like I'm stuck in my classroom. You know, like there's only so much support can take you when you're stuck in an inherently toxic and unsupportive environment.

00:40:14 Chris: And you need this class.

00:40:15 Ella: Yeah, I mean, I do. Like, I can't be certified without it, so it's kind of an obligation, yeah.

00:40:23 Chris: That's frustrating. Yeah, I get it. I can kind of feel that frustration, too, from my own kid's perspective, because, you know, my daughter had a professor that, like, we had to work with, you know, she needed the class, had to go through it, and she was lucky because she has the support. Okay, so I can kind of appreciate what you're talking about. And then, you know, like, okay, we want to try to get you some support like she had, be able to make it through the class, put that behind it and continue on with.

Ella: Was it a conflict with a professor?

00:41:04 Chris: Well, just, she just wasn't getting it.

00:41:09 Ella: So it was an issue with just the material.

00:41:14 Chris: Yeah, right. Well, no, in the interaction too, because it was kind of dismissed. So I appreciate that. Right.

00:41:28 Ella: So how did you resolve that?

00:41:30 Chris: She worked through it and she she spoke to the professor and finally has a dialogue with her after she stood up for herself.

00:41:34 Ella: That what I'm trying to do, but really not being met halfway like that's my major issue here as well.

00:41:39 Chris: Yeah and that's where I think you know, Delcenia, from the student perspective, can kind of point her at the direction to get you that help.

00:41:50 Ella: Okay, I would appreciate that.

Delcenia: Do you think it would be helpful to at least try to connect you with someone who can help you navigate the situation with the faculty member?

Ella: Okay.

Delcenia: We can definitely do that, yeah.

Cassidy: I think what Chris was speaking to too, is you know trying to find ways where we can find compromises too. You know, so with you know part of it was um, like with our concern more with posts and things, it sounds like once you talk about it you've got the insight there, but you know sometimes people are just concerned to reach out um so definitely want to get you those resources but then also help you to be more aware so we don't have to kind of talk to you again to you know be aware of them.

00:42:36 Ella: So these platforms I do post on social media, like they have community standards too of like what is acceptable content and behavior so I also just kind of feel like if I'm not being flagged inherently, on the platforms and apps themselves for being a threat, then it's kind of inappropriate for me to be called into a professional or academic setting, over my personal pages. Do you understand where I'm coming from there?

00:43:04 Cassidy: But there's a little bit of a difference when you're looking at things from a college versus media. Like what they're looking for in their standards are going to be a little bit different. And because a lot of us bringing you in today is also concern for you and wanting to make sure you're supported, where social media is not gonna do that.

00:43:22 Ella: It feels like censorship, not gonna lie. Especially because like, specifically what I mean is like these community standards do have like regulations on harassment, calls to violence, threatening behavior and if this is not being flagged I feel like it doesn't qualify does that make sense?

00:43:42 Cassidy: I do hear you with that and but I think they're gonna, they're not going to have some of the other contexts too, right? So we have the social media posts and then we have other things which is part of why there's just enough to just check in with you and figure out what's going on there.

Ella: So why is the expectation on my behavior changing, going forward with this?

Cassidy: Sure yeah, that's a great question. I mean I do think that hopefully with us giving you the resources then you're going to be able to advocate for yourself in a way that feels good for you and isn't kind of flagging you in any other ways. And by flagging again just like kind of these enough things to like really.

00:44:19 But yeah I know that to help you be able to um navigate through something in this positive way. So I think um, be mindful kind of how things might be being perceived. I think now that we have some rapport with you too we have awareness but, and then we can definitely get back with you if we kind of go back and have some time to talk with the team and there's some more specific advice or things that we want to make sure you're aware of um or resources you don't want to really follow up with giving you all of that.

00:44:52 Delcenia: And I think what might be helpful and maybe will lessen your frustration to something is someone being able to help you navigate the situation with the faculty member and then, discussing with the appropriate office how you're being targeted, what that looks like.

Ella: [unintelligible]

Delcenia: If the process comes to that and out at the end of the day, I will guide you and point you in the right direction for which office um to reach out to but then they will take it from there.

Ella: Okay.

Chris: [unintelligible]

00:45:31 Ella: I think it kind of depends on where the next steps from here go. Like, being connected to resources is helpful, I'm hoping, but it kind of, I guess, it stands to be seen for me.

00:45:42 Chris: Right. Well, you're connected to three other people, right?

00:45:45 Ella: Yeah.

00:45:46 Chris: Who obviously sit down and are going to have enough, you know, to care about you, to try to help you. You got a year left, let's make sure this semester is successful enough and have you at the final year.

00:46:00 Ella: Yeah. Thank you. Thank you.

00:46:02 Chris: And the candidness as well. Appreciate that.

00:46:10 Ella: Thank you. Yeah.