Connecting the Dots: Mental Health and Its Challenges Across Campus

Student Affairs Division Meeting
October 24, 2018
PANELISTS

- John Carl Cruz, Early Alert Services
- Christiana Molinski, Public Safety
- Kayla Mosko, Housing & Residential Life
- Paige Ramsdell, Disability Services
- Robert Samuels, Counseling Center
- Jacqui Tisdale, Outreach and Intervention
AGENDA

1. Office roles and circumstances for referrals
2. Managing and maintaining staff wellness as student needs increase
3. Staff questions and discussion
QUESTION 1

WHAT IS YOUR ROLE AND HOW DO YOU CONNECT STUDENTS TO MH RESOURCES?
QUESTION 2

WHAT TRENDS ARE YOU SEEING RELATED TO MENTAL HEALTH CONCERNS?
QUESTION 3

WHAT POPULATION SPECIFIC CHALLENGES HAVE YOU NOTICED IN YOUR OFFICE?
QUESTION 4

(HOW) DO CURRENT EVENTS IMPACT YOUR WORK WITH STUDENTS?
QUESTION 5

WHAT’S THE MOST REWARDING PART OF YOUR POSITION?
QUESTIONS FOR ATTENDEES

How do you find balance?
Top 5 self-care activities

Poll is full and no longer accepting responses
How do we create a safe space for students to learn, while still allowing them to build resilience?
5 essential words/elements of a safe space

- sensitive
- anxiety
- ownership
- flexibility
- opportunity
- understanding
- teaching
- skills
- while
- assisting
- equal
- access
- tough
- honest
- tolerance
- confidential
- policies
- active
- love
- supportive
- focus
- centered
- nonjudgmental
- accountability
- dog
- people
- unconditional
- acceptance
- collaboration
- trust
- support
- challenge/success
- readiness
- caring
- empathy
- listening
- support
- loving
- considerate
- culturally
- 2nd
- door
- caring
URI MENTAL HEALTH INITIATIVES

**Know the five signs**
- not feeling like u?
- feeling agitated?
- r u withdrawn?
- caring 4 yourself?
- feeling hopeless?

change direction.org

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**Strategic Planning**
- Develop life skills
- Promote social connectedness
- Restrict access to potentially lethal means
- Identify students at risk
- Follow crisis management procedures
- Increase help-seeking behavior
- Provide mental health and substance abuse services

**JED Comprehensive Approach**

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**Think Big We Do**

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**The University of Rhode Island**
THANK YOU!

QUESTIONS?