



Student Health and Wellness Mental Health

BY

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What am I attempting to do here?

- ▶ Talk about our partnership – connection is prevention
- ▶ Talk about recognizing and understanding the continuum of student distress and ways to respond
- ▶ Talk about the services that we provide
- ▶ Answer any questions

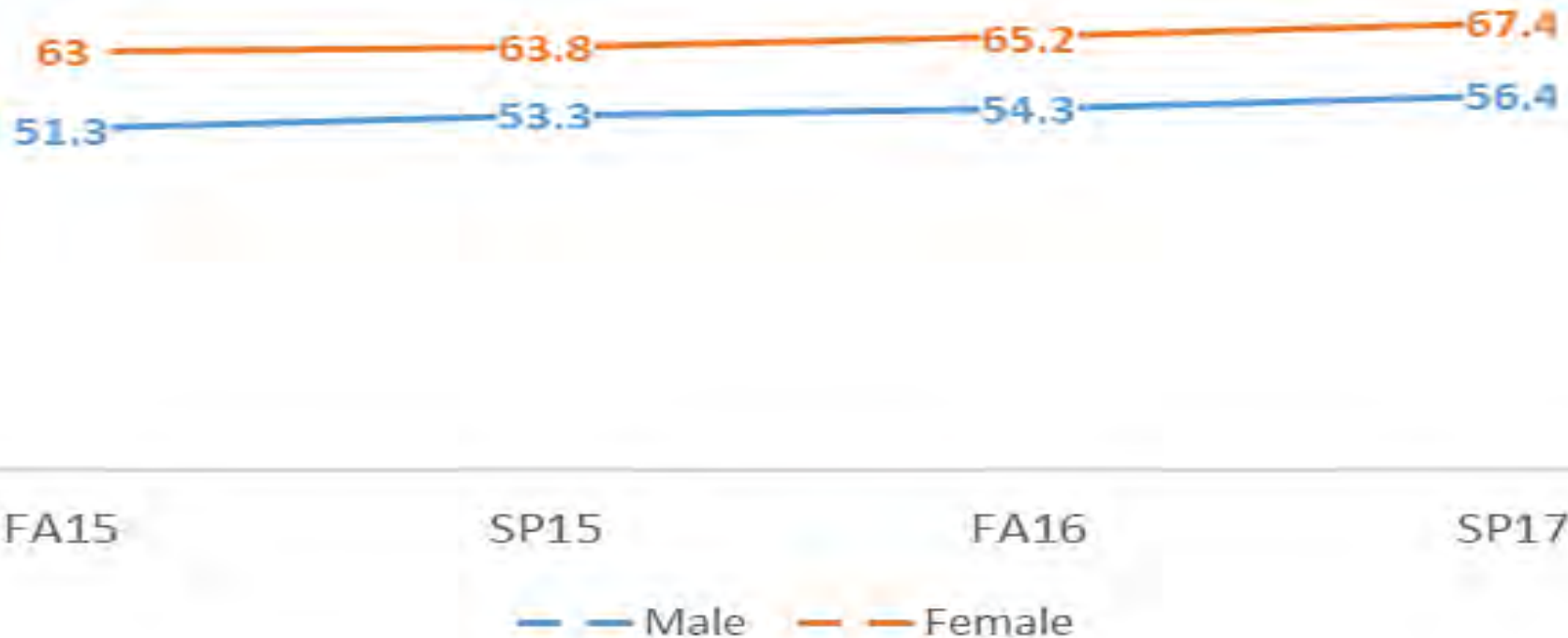
What are students experiencing? Anxiety is primary!!

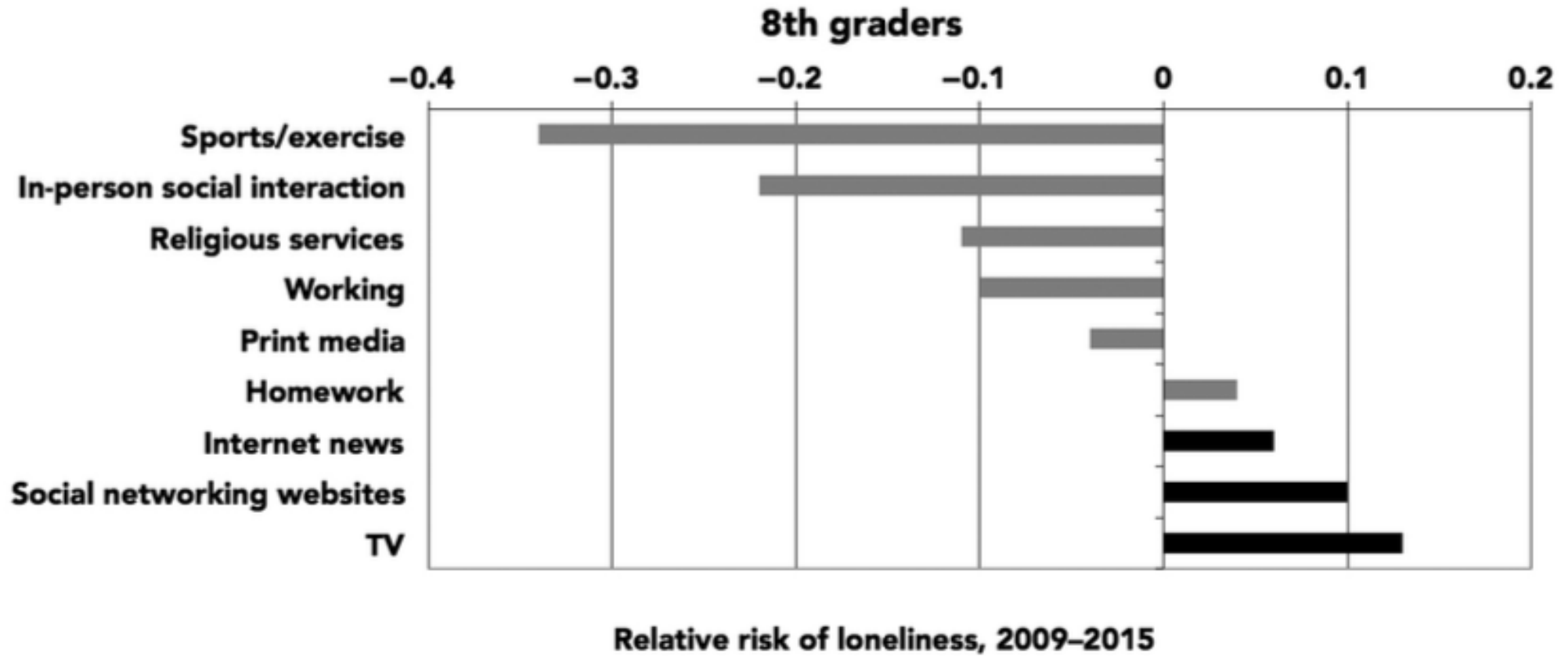


Reetz, D.R., Bershad, C., LeViness, P., & Whitlock, M. (2017). *The 2016 Association for University and College Counseling Center Directors Annual Survey*. CO: AUCCCD

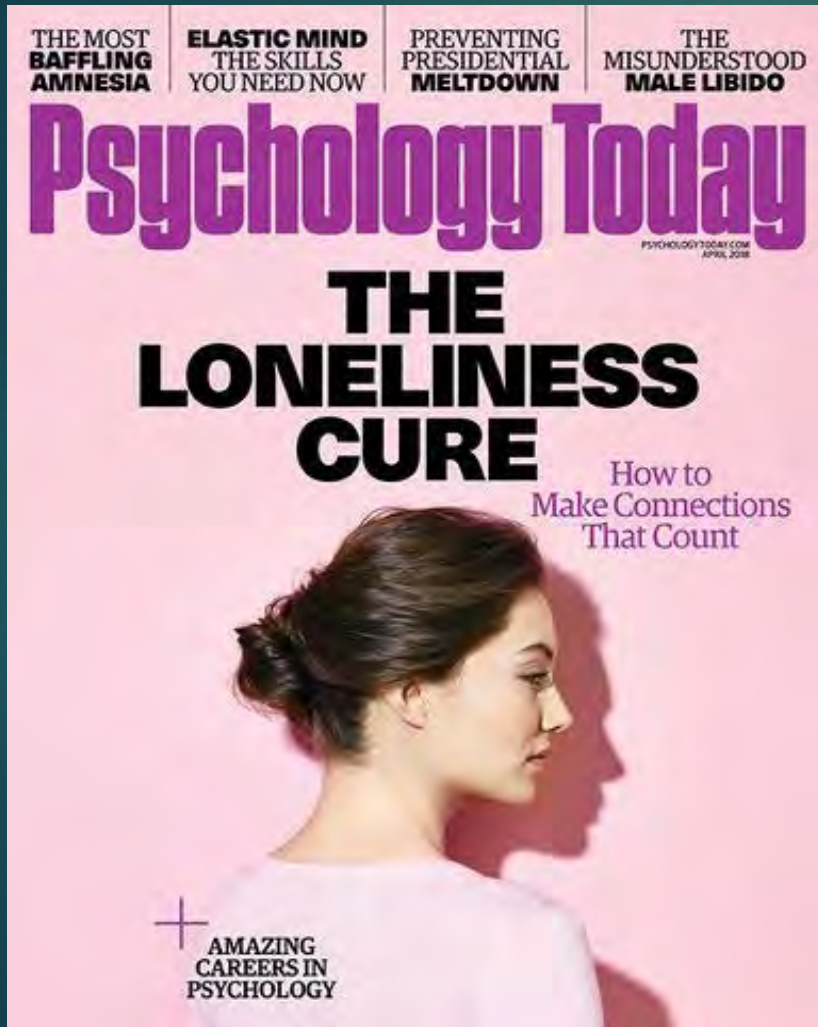
Loneliness

FELT VERY LONELY WITHIN LAST 12 MONTHS NATIONAL COLLEGE HEALTH ASSESSMENT





Loneliness as a public health issue



- Loneliness is the equivalent of smoking 15 cigarettes a day.
- Acts on same parts of brain as physical pain
- Social support is protective
- Loneliness is not being alone- subjective experience independent of the size of network.
- Emptiness
- Worthlessness
- Lack of control
- 16-24 y.o. most likely of all age groups to report feeling lonely

To Summarize

Over the last 10 years, students are presenting with

1. Increased anxiety
2. Increased depression
3. Increased loneliness
4. Increased self- threat indicators

So what has this got to do with me?

- ▶ Students need at least one key individual who, supports them through their college journey
- ▶ Students spend a lot of time with you
- ▶ Students are looking for mentorship and connection
- ▶ Connection is prevention- doing the up-river work- a story

Defining the Problem: Mental Health as a Continuum



Health	Reacting	Injured	Severe/ Persistent Impairment
Informal Self Help Community Supports Coping Family/Friends	Common Reversible Supportive Services Self-Care Skill Building	Significant Functional Impairment Time-Out Course of Treatment	High Risk Duration Difficulty with independent functioning Multidisciplinary treatment

Doing the Up-River Work: Developing a Resilience Focus

Recognize

Admit (normalize) struggles/challenges

Reframe

Setbacks direct innovation and growth

Reflect

Define personal role in success

Reach out

Connect to resources - success doesn't happen in isolation

Focus on Resilience: NORMALIZE the Struggle

Statement on Success

Success in this course program depends heavily on your personal health and wellbeing. Recognize that stress is an expected part of the college experience, and it often can be compounded by unexpected setbacks or life changes outside the classroom. Your instructors and I strongly encourage you to reframe challenges as an unavoidable pathway to success. Reflect on your role in taking care of yourself throughout the term, before the demands of exams and projects reach their peak. Please feel free to reach out to me about any difficulty you may be having that may impact your performance in your courses or campus life as soon as it occurs and before it becomes too overwhelming. In addition to your academic advisor, I strongly encourage you to contact the many other support services on campus that stand ready to assist you.

Making a Referral

Tier 1 = in need of immediate assistance

- ▶ Immediate danger – call 911 or UConn Police 860-486-4800
- ▶ UConn Student Health and Wellness – Mental Health (SHAW- MH)
24/7 On-Call – 860-486-4705

Tier II = in need of support / consultation

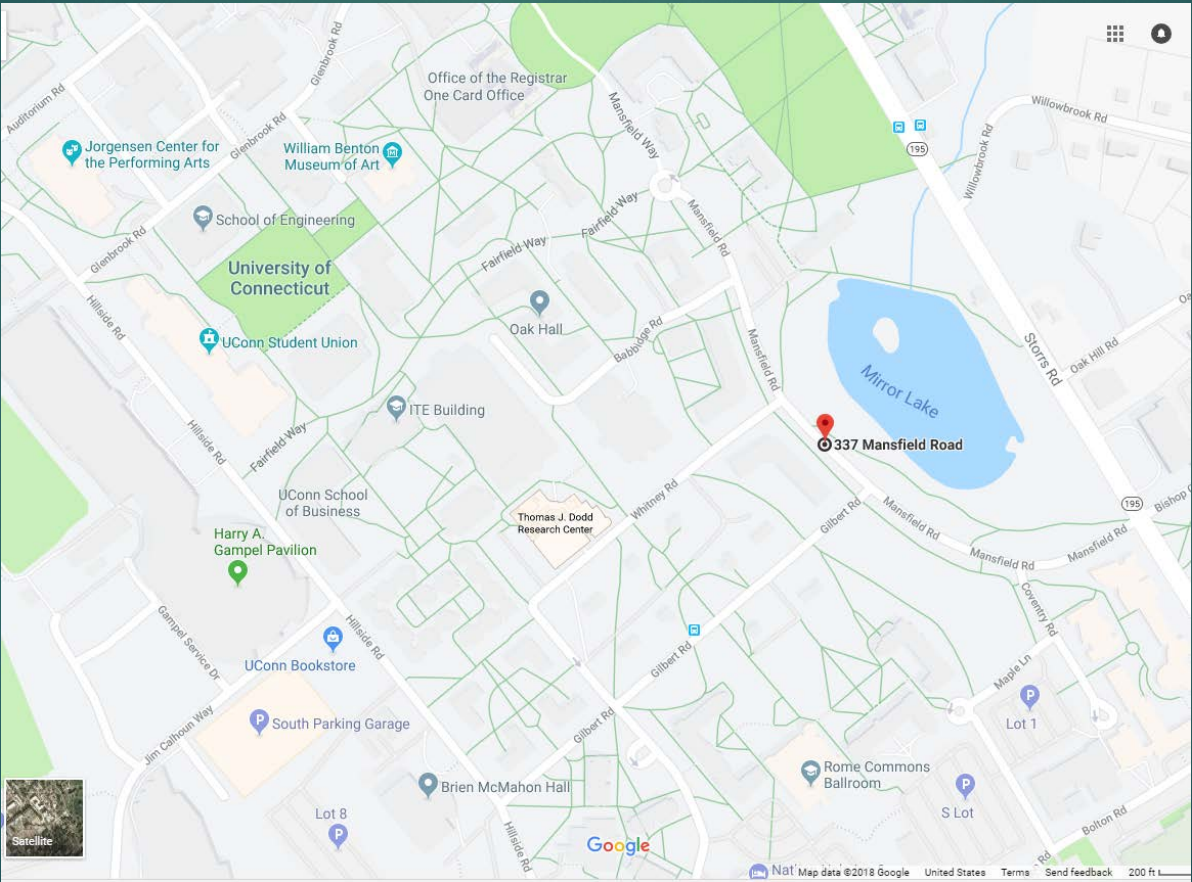
- ▶ SHAW –MH: 860-486-4705
- ▶ National Suicide Prevention Lifeline – 1-800-273-8255
- ▶ Crisis Text Line – Text “HOME” to 741741

SHAW-MH

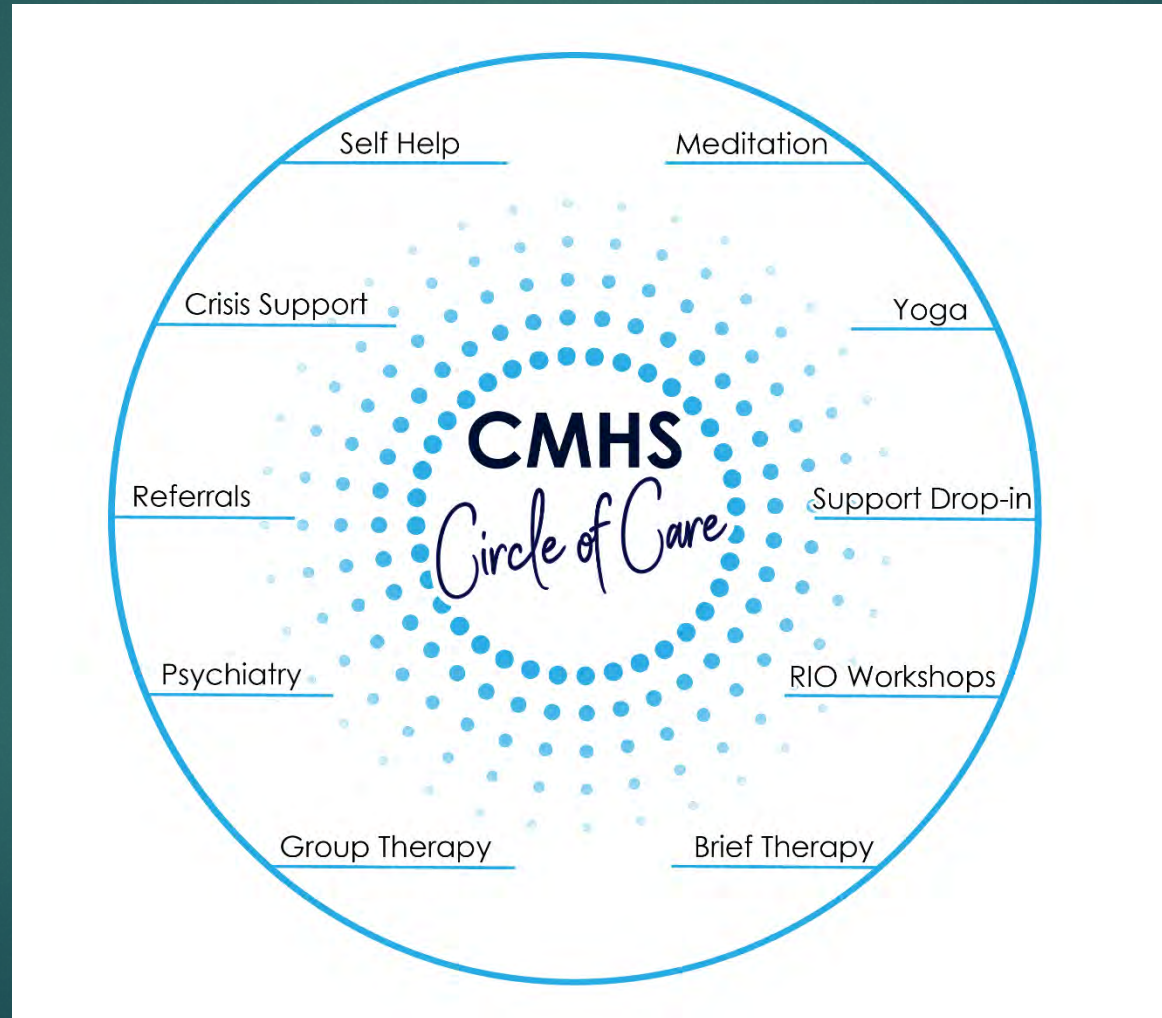


SHAW-MH

Arjona – 4th Floor



SHAW- MH Circle of Care





**CONSULTATION
& SUPPORT
DROP-IN HOUR**

*Feeling stressed?
Overwhelmed?
Concerned about a Friend?*

Stop by for FREE, confidential
consultation with one of our therapists.

Fall semester:

Monday through Friday, 1-3pm at SHAW-MH
Tuesdays, 10am-12pm in Student Union 410



Meditation & Neurofeedback



WEDNESDAYS AT 12PM
ARJONA 403
FREE!

Meditation class is 12-12:30pm.
Neurofeedback info session is 12:30-1pm (must
first participate in the meditation class).

To learn more, visit:
counseling.uconn.edu

UConn
COUNSELING AND
MENTAL HEALTH SERVICES

YOGA FOR STRESS RELIEF

Classes Offered Weekly Throughout the Semester



Thursdays

11-12 pm

&

12:15-1:15 pm

counseling.uconn.edu

UConn

COUNSELING AND
MENTAL HEALTH SERVICES

Contact Us



SHAW - MH

- 860-486-4705
- counseling.uconn.edu

Suicide Prevention Lifeline

- 800-273-8255
- suicidepreventionlifeline.org

THANK YOU!!!