Ohio Program for Campus Safety and Mental Health
One Hour Twitter Special @neomedopcsmh
#campuspowerhour #opcsmh

OHIO PROGRAM *for*
CAMPUS SAFETY & MENTAL HEALTH
A NEOMED CCoE

Thursday
April 21st
2-3 p.m.

Campus Community Chat:

Helping Students to Cope & De-Stress

Thursday, April 21st, 2-3 pm

2:00 pm: @neomedopcsmh: Welcome to Ohio Program for Campus Safety and Mental Health's third #CampusCommunityChat. We are joined with @abraham_sculley from @Active_Minds and are excited to have this important conversation. Tweet us back so we know who's joining us.

Replies:

Black / Latinx Employee Resource Group at NEOMED - @BlackLatinxERG: We are here! Black/Latinx ERG at NEOMED.

BeST Center at NEOMED - **@bestneomed:** Hi, I am Carole from the Best Practices in Schizophrenia Treatment Center. Good afternoon, everyone!

Abraham Sculley - @abraham_sculley: Abraham Sculley - excited for this conversation! Tweeting from sunny Pensacola, FL ☀

Amber Wallace - @TheRealAmmpamm: Amber Wallace here for the first time.

Child and Adolescent Behavioral Health - @candahealth: Hello - C&A is here

2:03 pm: @neomedopcsmh: Disclaimer

2:07 pm @neomedopcsmh: Q1: How do healthy relationships and friendships support students in managing stress?

Replies:

@neomedopcsmh: A1: Stress is common in relationships but it can also negatively impact them. Relationships and friendships can provide support to others when experiencing stress and it can come in between and impact our relationships with others. Check out Active Minds resource V-A-R (Validate-Appreciate-Refer) if you want to provide support to someone but not sure how: https://www.activeminds.org/about-mental-health/var/

@abraham_sculley: Statistically, students feel more comfortable reaching out to a friend when struggling, and we all have an innate desire to feel connected with others. Having a healthy support network makes coping with stress and seeking help a bit easier.

2:10 pm: What does it mean to maintain a healthy relationship with yourself? And how can someone take steps toward achieving self-care?

Replies:

@neomedopcsmh: A2: Self-care is anything you do to take care of yourself physically, mentally, and emotionally. 3 tips for self-care:

1. Keeping yourself as your number 1 priority.
2. Knowing when it's time to take break.

E Check out these self-care tips and skills from students at Stark County's colleges and universities during Collegiate Mental Health Week. @candahealth is a CPDG grantee this year and students from Malone, Walsh, Stark State, KSU, MU participated in this video series engaging in activities or habits that allow you to take a mental or physical break.

https://www.youtube.com/watch?v=J43wOIs6uQU&list=PLXuvOjyAS6For_9IMLnmWSsk_jPVzEawH&index=2

@abraham_sculley: It means embracing your journey and offering yourself the same grace that you would give to others. Self-care is a discipline that starts in our minds. Reciting positive affirmations and challenging negative self-talk is a good place to start!

Here's a podcast episode where I share 7 ways to take care of your mental health

https://open.spotify.com/episode/78ssV0AARdqIHw7G0E67hU?si=3_MGRW6kTjGoW1oBzZGjaQ

@TheRealAmmPamm: Wow, treat yourself like a person! Extend grace, compassion, empathy and the like. Sounds so simple, though, I don't know that I have ever attempted it myself. I will definitely keep this in mind during my future dealings (with myself).

@candahealth: Great self-care tips include healthy routines, eating properly, getting plenty of rest, listening to music

2:15 pm: What are some best practices and strategies for maintaining relational health in a social and academic environment?

Replies:

@neomedopcsmh: Strategies for fostering positive connections in a social or academic environment can give empowerment by; Allowing open communication between a peer, student, or colleague.

Educating faculty in how to identify students in need and refer them to campus support services and resources

Entering into partnerships with community organizations in the larger health care system when on campus resources are limited

@abraham_sculley: Amazing question!!! I think it's about creating and maintaining healthy boundaries and communicating them often. When it's time to say "no" don't be afraid to say it.

There's a GREAT book about establishing healthy boundaries called Boundaries by Dr. Henry Cloud and Dr. John Townsend.

@BlackLatinXERG: Boundaries are important in maintaining our mental wellness.

@bestneomed: A great book indeed!

@BlackLatinXERG: Maintaining a sense of community is helpful and uplifting. We are trying to create safe and welcoming spaces by honoring individuals accomplishments, creating environments that honor our humanity and where members don't have to constantly explain themselves.

@abraham_sculley: YES!!

2:20 pm: What ways do you engage students' staff and faculty to de-stress at your organization?

<u>Replies:</u>

@neomedopcsmh: Here at NEOMED the Center for Student Wellness & Counseling Services prioritizes self-care by equipping students with access to workshops, activities, resources and 30-minute emergency walk in sessions. https://www.neomed.edu/cswc/ Additional ways individuals can destress themselves is to exercise, listen to music, meditate, pray, and even discover how having a pet can be positive in stressful situations. Many colleges and universities allow for "therapy pets" during finals week to de-stress.

@abraham_sculley: Everyone should prioritize their mental health, and this looks different for everyone. Take some time off when needed, or make it a habit to have a "mental health day". - Controversial School Policy: Should Students Take Mental Health Days? https://speaks2inspire.com/should-students-take-mental-health-days/

@BlackLatinxERG: Good question. Save the Date for our panel on Healing in the Workplace on 5/19 at 12:00 pm EST. More information coming soon. #CampusCommunityChat

2:25 pm: What are the typical signs and symptoms of an individual who may need outside intervention to manage their stress?

Replies:

@neomedopcsmh: Stress before a major exam or athletic event can help your body and mind focus and perform but too much of it can lead to negative effects. If it does not

resolve and you experience physical symptoms It may be best to reach out. Active Minds provides a great graphic here: https://www.activeminds.org/about-mental-health/stress-or-anxiety/

Beyond burnout, and overperformance related stress an individual can develop characteristics following an extreme traumatic event (war, terrorism, natural disaster). Post-traumatic stress syndrome or PTSD can develop when someone is unable to heal from a single traumatic event or a series of unfortunate experiences. Many post-trauma sufferers have not had the opportunity to grieve losses or even grapple with what has happened to them. One should keep in mind that the path out of PTSD can take time and the involvement of professional help. To access a list of service providers in Ohio, click the link above: https://mha.ohio.gov/get-help

@abraham_sculley: Each individual is different, but signs of fatigue, lack of focus, missing deadlines or classes, agitation, anxiety, or trouble sleeping are a few signs that we can observe.

@TheRealAmmpamm: Thanks for pointing out individuality. I imagine that the weight placed on these signs is also determined by past experiences and cultural influence.

@BlackLatinxERG: There is equitable and accessible help for those that might need additional support. Learn more here: https://mha.ohio.gov/get-help/understanding-

behavioral-health/early-serious-mental-illness#:~:text=SAMHSA%20defines%20Early%20Serious%20Mental,5%20(APA%2C%202013)

2:30 pm: How can peers support one another in taking the first step to seeking help to manage stress, anxiety, etc.?

Replies:

@neomedopcsmh: Peers can be extremely supportive during stressful times and building connections can alleviate loneliness and provide students with a sense of belonging on campus. Remember these helpful tips for support: Do not try to 'fix' the issue or rush to the solution, listen to one another before using your own experience to relate to them & avoid saying things like "its not that bad" or "At least…"
Check out this OPCSMH Webinar as a resource: Peer webinar- PASS: A Peer Coaching Program for College Students with Mental Health Conditions:
https://www.youtube.com/watch?v=itwgnLHhQlw&t=4s

@abraham_sculley: Peers help peers by listening and being present. We can also create safe, judgment-free spaces for honest conversations about stress and mental health. It's always good to have a resource to share as well. Check out @Active_Minds Stress Less Toolkit https://www.activeminds.org/programs/stress-less-week/

@candahealth: Peers can set time aside to socialize and talk to each other; eat together; or plan to do activity such as exercise, draw or journal.

2:35 pm: What's the difference between productive stress vs. problematic stress?

Replies:

@neomedopcsmh: Stress can be a motivator, but also debilitating. Productive stress can help you stay motivated and work towards goals. The duration to stress over a considerable period is unhealthy. Not only can the effects be detrimental to the body, but it can stretch an individual beyond physical, mental, and emotional limits that are healthy. A helpful tip to consider with stress- If nothing else can be added, something needs to be eliminated!

@abraham_sculley: Stress = stimuli. Problematic stress drains our mental capacity and affects us physically and emotionally. Productive stress gives us a boost. It motivates and inspires creativity and innovation. Look up the word "eustress" for more info about positive stress.

2:40 pm: What are the general signs and symptoms of stress that faculty/staff should look for in their students?

@neomedopcsmh: There are many warning signs of stress including physical signs. Faculty and staff may want to look for students experiencing isolation from peers, lack of attention during lectures, and restlessness. Signs and symptoms can differ from

student to student it's important to notice if a student is acting out of their general behavior. Educating faculty in how to identify students in need and refer them to campus support services and resources supports an overall culture of care.

@abraham_sculley: First of all, take ALL signs seriously. If a student seems "off", it may be an opportunity for you to check in. Other signs to look for: missing classes or withdrawing from class activities, irritability, drastic mood changes, falling asleep in class, and poor grades.

2:45 pm: How can faculty and staff ensure an equitable and inclusive environment for students in marginalized groups when seeking ways to reduce stress and anxiety?

Replies:

@neomedopcsmh: Faculty and staff can support activities or engage in conversations that promote diversity and inclusion with discussions on improving the student experience for marginalized groups.

- Promote campaigns that reduce stigma and create a campus culture that normalizes the discussion around mental health issues and challenges for BIPOC Students

- Understand and recognize that BIPOC students may respond and react differently to stressful situations.

The OPCSMH YouTube page provides a video on Creating Healing Spaces for BIPOC Students: https://www.youtube.com/watch?v=Ml9t67hDbjg&t=25s

@abraham_sculley: Be intentional about providing support that is actually supportive. Ask students what they need. Share accessible coping tools. Be aware of any obstacles they may have to accessing campus resources, i.e. stigma. Empathy is key!

Here's a great podcast EP where I interviewed @LCHAT1 "Black Student Mental Health: Practical Ways to Support During This School Year" https://open.spotify.com/episode/67n5jdyGbzSPd61P4HSBrE?si=7DQin4CJRFWW6gu6n5QmbQ&nd=1

@BlackLatinxERG: Faculty have to be intentional about equity and inclusion. Examining policies and practices is crucial. The responsibility has to be on the institution to provide resources students need such as Black and Latinx mentors and MH providers. #CampusCommunityChat

2:50 pm: How can faculty/staff be supportive of students experiencing stress (I.e., final exams, COVID-19 social isolation, financial hardships) while still staying on track with course deadlines and objectives?

Replies:

@neomedopcsmh: Stress can become opportunities to evaluate our lives and values. By simply acknowledging stress and the excessive wear and tear, it can help one to take actions to help conquer it. A helpful tip to remember: Demonstrate the importance of mental health by prioritizing your own. @Active_Minds provides additional information here: https://www.activeminds.org/about-mental-health/be-there/your-students/

@abraham_sculley: Create a safe space for students to communicate their struggles. Have an open-door policy and share mental health resources in your syllabi, or during orientation. Also, teach your students how to communicate with you in a timely manner if any challenges come up.

2:55 pm: Here are some additional resources. What additional questions do you have?

Replies:

@neomedopcsmh: Register for the upcoming 988 webinar: What the Launch of 988 means for Crisis Care

https://neomed.zoom.us/webinar/register/9416451248751/WN_cJhBzpP4RKe5hshZ3tJj3w

Register for Drs. Fred and Penny Frese Lecture, "Community-Building and Collaboration Among Students With Psychosis"

https://neomed.zoom.us/webinar/register/WN_K4G669L3S66ls9ZrD2oO6g

Stay tuned for the OPCSMH May Campus Community Chat: Recognizing and

Responding to a First Episode of Psychosis

@BlackLatinxERG: Thank you @neomedopcsmh for your ongoing dedication and for your out the box vision to keep moving the needle forward.

@abraham_sculley: I wrote a book about mental health, stigma, and ways to cope with mental health conditions. "Unlearn The Lies" https://www.abrahamsculley.com/shop

Ohio Program for Campus Safety and Mental Health
One Hour Twitter Special @neomedopcsmh
#campuspowerhour #opcsmh

Thursday
April 21st
2-3 p.m.

OHIO PROGRAM *for*
CAMPUS SAFETY & MENTAL HEALTH
A NEOMED CCoE

Resources

V-A-R: Validate, Appreciate, Refer

https://www.activeminds.org/about-mental-health/var/

College Week Video:
https://www.youtube.com/watch?v=J43wOIs6uQU&list=PLXuvOjyAS6For_9IMLnmWSsk_jPVzEawH&index=2

7 Ways to take Care of Your Mental Health with Abraham and Fani Sculley
https://open.spotify.com/episode/78ssV0AARdqIHw7G0E67hU?si=3_MGRW6kTjGoW1oBzZGjaQ

NEOMED Center for Student Wellness & Counseling

https://www.neomed.edu/cswc/

Controversial School Policy: Should Students Take Mental Health Days?

https://speaks2inspire.com/should-students-take-mental-health-days/

Understanding our Stress & Anxiety

https://www.activeminds.org/about-mental-health/stress-or-anxiety/

OhioMHAS Learn and Find Help

https://mha.ohio.gov/get-help

Early Serious Mental Illness

https://mha.ohio.gov/get-help/understanding-behavioral-health/early-serious-mental-illness#:~:text=SAMHSA%20defines%20Early%20Serious%20Mental,5%20(APA%2C%202013)

PASS: A Peer Coaching Program for College Students with Mental Health Conditions

https://www.youtube.com/watch?v=itwgnLHhQlw&t=4s

Stress Less Tool-Kit

https://www.activeminds.org/programs/stress-less-week/

Creating Healing Spaces for BIPOC Students in Ohio Colleges/Universities Experiencing Racial Trauma

https://www.youtube.com/watch?v=Ml9t67hDbjg&t=25s

Black Student Mental Health: Practical Ways to Support During This School Year with Dr. Lawrence Chatters

https://open.spotify.com/episode/67n5jdyGbzSPd61P4HSBrE?si=7DQin4CJRFWW6gu6n5QmbQ&nd=1

Be There for… Your Students

https://www.activeminds.org/about-mental-health/be-there/your-students/

What the Launch of 988 Means for Crisis Care registration
https://neomed.zoom.us/webinar/register/9416451248751/WN_cJhBzpP4RKe5hshZ3tJj3w

Drs. Fred and Penny Frese Lecture, "Community-Building and Collaboration Among Students With Psychosis" by Cecilia McGough, Founder & Executive Director, Students With Psychosis (SWP), and SWP Members registration

https://neomed.zoom.us/webinar/register/WN_K4G669L3S66ls9ZrD2oO6g

References

National Academies of Sciences, Engineering, and Medicine; Health and Medicine Division; Policy and Global Affairs; Board on Health Sciences Policy; Board on Higher Education and Workforce; Committee on Mental Health, Substance Use, and Wellbeing in STEMM Undergraduate and Graduate Education; Scherer LA, Leshner AI, editors. Mental Health, Substance Use, and Wellbeing in Higher Education: Supporting the Whole Student. Washington (DC): National Academies Press (US); 2021 Jan 13. 3, Environments to Support Wellbeing for All Students. Available from: https://www.ncbi.nlm.nih.gov/books/NBK567369/

The Health and Mood-Boosting Benefits of Pets Retrieved from: https://www.helpguide.org/articles/mental-health/mood-boosting-power-of-dogs.htm