Connection is Prevention

Counseling and Mental Health Services
Fall 2018

JED Foundation Model of MH Promotion and Suicide Prevention

- Develop Life Skills
- Promote Social Connectedness
- Restrict Access to Potentially Lethal Means
- Comprehensive Approach to Mental Health Promotion and Suicide Prevention
- Identify Students at Risk
- Follow Crisis Management Procedures
- Increase Help-seeking Behavior
- Provide Mental Health Services
DEFINING THE PROBLEM: MENTAL HEALTH AS A CONTINUUM

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<th>Health</th>
<th>Reacting</th>
<th>Injured</th>
<th>Severe/Persistent Impairment</th>
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<td>Informal</td>
<td>Common</td>
<td>Significant Functional Impairment</td>
<td>High Risk</td>
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<td>Reversible</td>
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<td>Duration</td>
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<td>Community Supports</td>
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<td>Coping</td>
<td>Self-Care</td>
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<td>Family/Friends</td>
<td>Skill Building</td>
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WHAT ARE COMMON CONCERNS?

- “How do I know when someone is really in distress?”
- “I don’t want to make it worse.”
- “I don’t know what to say.”
- “I don’t want anyone to get in trouble.”
- “I may not want to get involved.”
WHY SHOULD I CARE?

• What is goal of intervening with a distressed student?
  – Preserving the living/learning environment
  – Promoting student retention and success
  – Ensuring campus safety

RECOGNITION

• Symptoms of Distress:
  – Significant Changes in Mood and Attitude
    • Irritability
    • Sadness, Helplessness
    • Acting-out Behaviors
  – Changes in academic performance
    • Strange or Alarming Comments or Writings
  – Change in Hygiene
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
- Personal threat
- 16-24 y.o. most likely of all age groups to report feeling lonely

FRAMEWORK FOR RECOGNITION

- If you think it is odd, it probably is!
- Your worry is "smoke" for what may be fire: This behavior may be just a glimpse of a larger pattern
- If you have any concerns, ask about it
- Within the boundaries of your role, it is better to do too much than too little
You don’t have to have the right answers, being there to LISTEN might be all someone needs.
4 COMPONENTS OF STIGMA

1. Labelling
2. Link label to stereotype – (self-fulfilling prophecy)
3. Separation – us vs them
4. Loss of status or discrimination


Making a Referral

**Tier 1: In need of immediate assistance**
- Immediate danger – call 911 or UConn Police 860-486-4800
- UConn CMHS 24/7 On-Call – 860-486-4705

**Tier 2: In need of additional supports**
- UConn CMHS – 860-486-4705
  - Consultation & Support Drop-In, therapy services, 24/7 On-call
- National Suicide Prevention Lifeline – 1-800-273-8255
- Crisis Text Line – Text “HOME” to 741741
COUNSELING & MENTAL HEALTH SERVICES

Services available in English, Spanish, Mandarin, Hindi, and Marathi

Arjona Building, 4th floor
CONSULTATION & SUPPORT
DROP-IN HOUR

Feeling stressed?
Overwhelmed?
Concerned about a Friend?

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

MONDAY—FRIDAY
1-3PM @ CMHS

TUESDAYS
10AM-12PM @ 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
Counseling & 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

On-Call 24/7 for mental health crises (Free!)

Psychiatry

INDIVIDUAL THERAPY
CONTACT US
COUNSELING & MENTAL HEALTH SERVICES
860-486-4705
counseling.uconn.edu
facebook Instagram @uconnmhs

SUICIDE PREVENTION LIFELINE
800-273-8255
suicidepreventionlifeline.org

GET TRAINING
UCONN HELPS
Helping Everyone Learn to Prevent Suicide
ask listen refer
Online Suicide Prevention Training
SUNSET YOGA
ON HORSEBARN HILL
AUG 31, 2018 6:30 PM

Busses run from UConn
Bookstore at 5:30 pm
Parking available by Dairy Bar
All skill levels welcome
BYO Yoga Mat or Towel
Only service animals permitted
Suicide Prevention Week Keynote Speaker

WHO: Wade Davis  
Former NFL player, UN Women’s Global Champion for Innovation, NFL’s first LGBT Inclusion Consultant  

WHEN: Thursday, September 20th, 7pm  
WHERE: Jorgensen

Wade Davis is an outspoken feminist, and well-known public speaker on issues of gender, race, and the impact of masculinity on mental health. He launched the #BlackMenAndFeminism campaign and has collaborated with the Time’s Up and #MeToo movements.