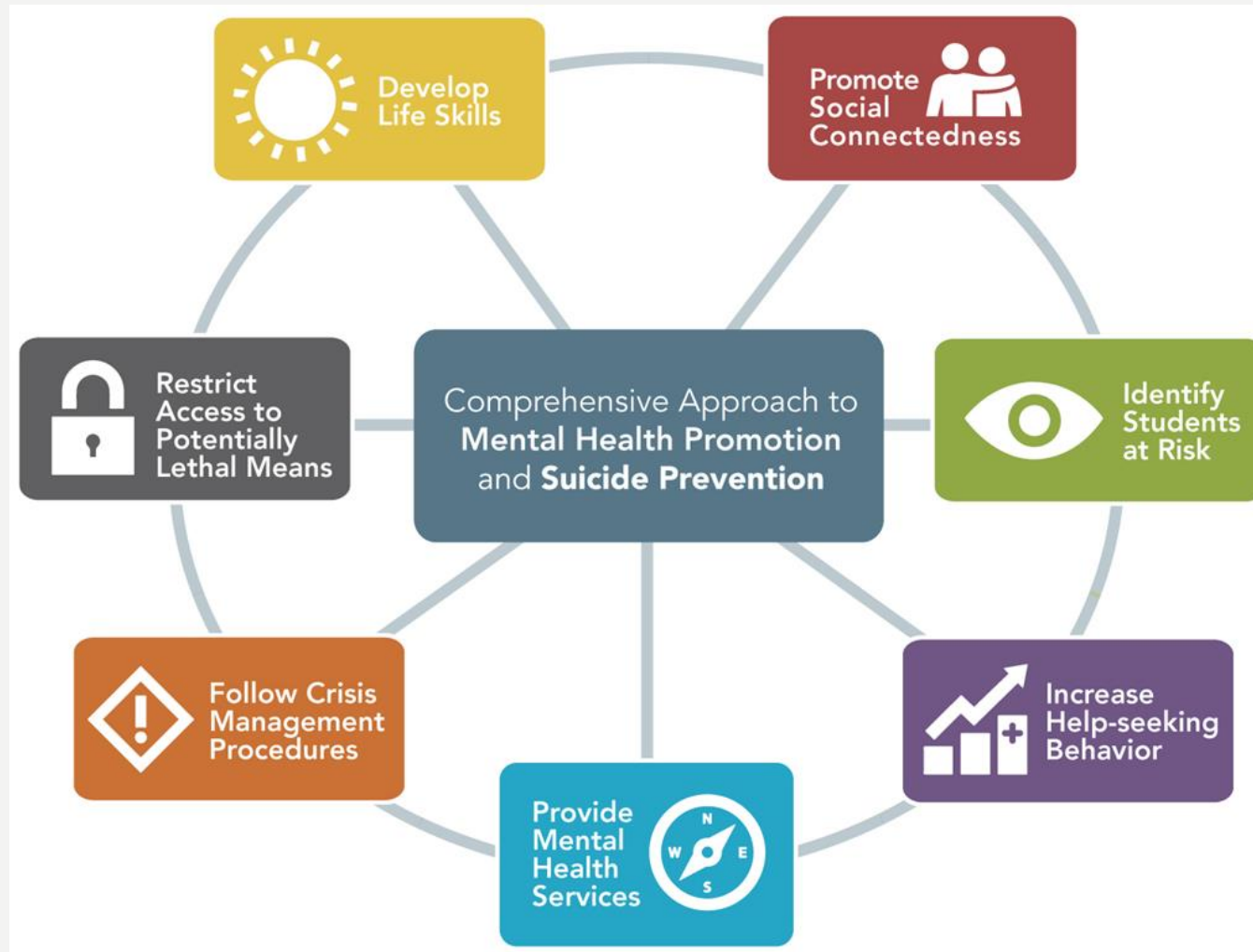




CONNECTION IS PREVENTION

**COUNSELING AND MENTAL HEALTH SERVICES
FALL 2018**

JED FOUNDATION MODEL OF MH PROMOTION AND SUICIDE PREVENTION



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

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

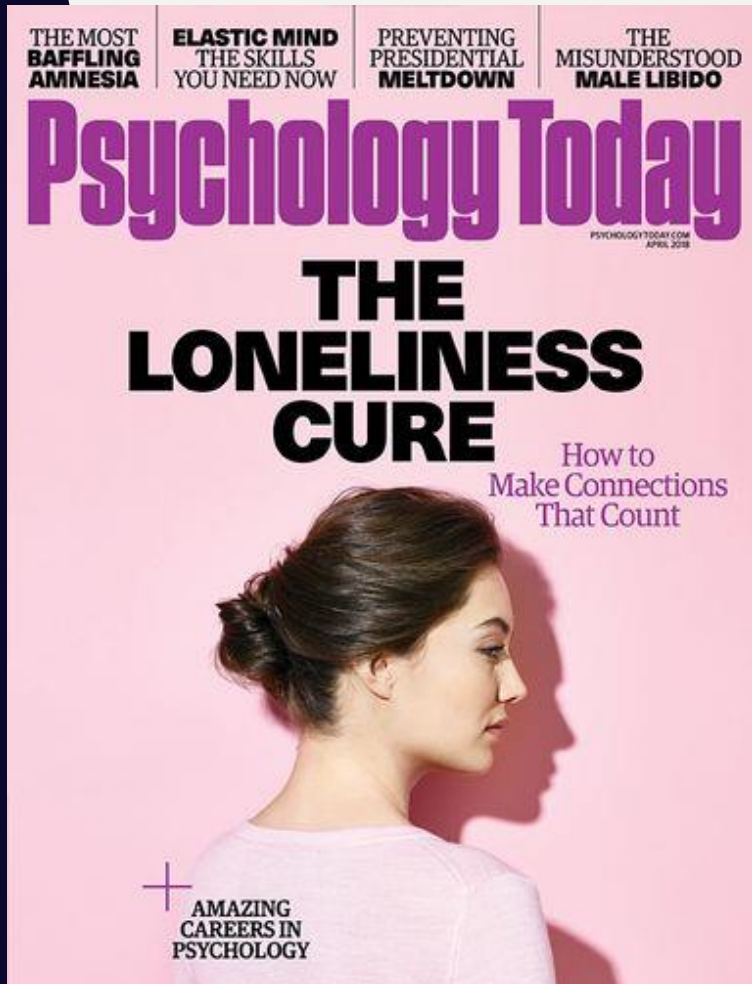
RECOGNITION

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 whatsoever, 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.



THAT'S NOT MY JOB



4 COMPONENTS OF STIGMA

- 1) Labelling
 - 2) Link Label to Stereotype – (self-fulfilling prophecy)
 - 3) Separation – Us vs Them (Behind the Mask)
 - 4) Loss of Status or Discrimination
- Hatzenbuehler, M.L., Phelan, J.C., and Link, B.G. (2013). Stigma as a Fundamental Cause of Population Health Inequalities. *American Journal of Public Health*, 103(5), 813-821.



Making a Referral

Tier I = in need of immediate assistance

- **Immediate danger – call 911** or UConn Police 860-486-4800
- UConn CMHS 24/7 On-Call – 860-486-4705

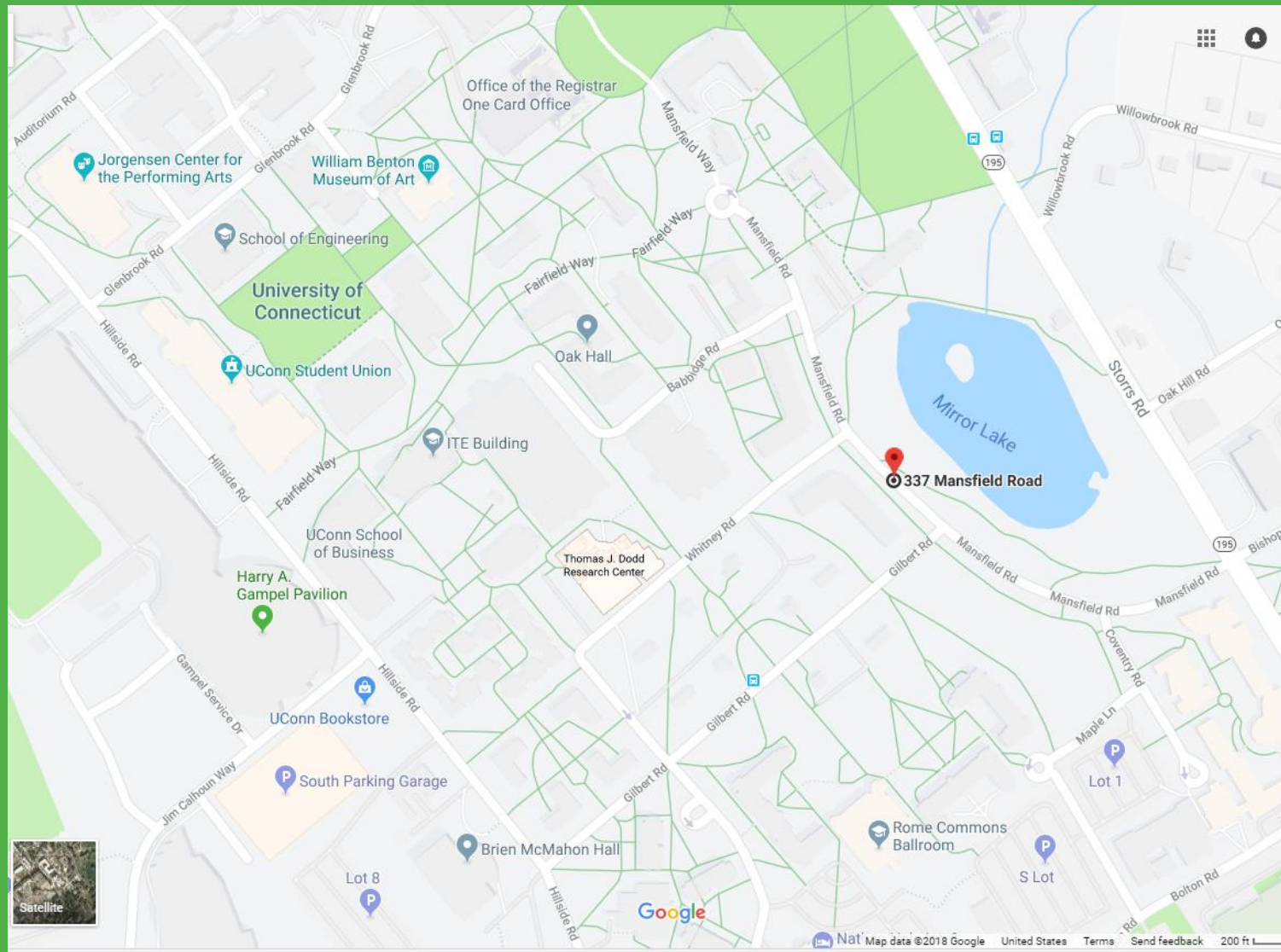
Tier II = in need of additional supports

- 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, Hindi, Mandarin, Marathi, and Spanish



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.

Fall semester:

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

Counseling & Mental Health Services

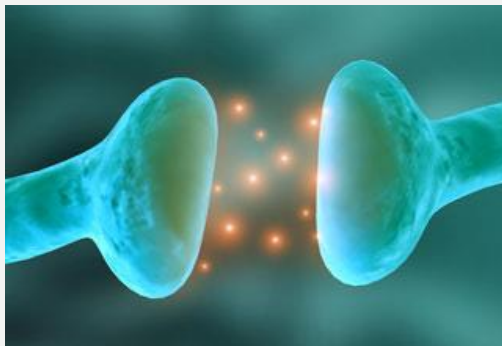


*On-Call 24/7
for mental health crises
(Free!)*

GROUP THERAPY



Psychiatry



INDIVIDUAL THERAPY



Contact Us

Counseling & Mental Health Services

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

Suicide Prevention Lifeline

- 800-273-8255
- suicidepreventionlifeline.org

GET TRAINING



ask listen refer

Online Suicide Prevention Training

U C O N N
H E L P S

Helping Everyone Learn to Prevent Suicide

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.