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
- Identify Students at Risk
- Follow Crisis Management Procedures
- Increase Help-seeking Behavior
- Provide Mental Health Services

Comprehensive Approach to Mental Health Promotion and Suicide Prevention
DEFINING THE PROBLEM: MENTAL HEALTH AS A CONTINUUM

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<th>Reacting</th>
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<td>Common Reversible Supportive</td>
<td>Significant Functional Impairment</td>
<td>High Risk Duration</td>
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<td>Supports Coping Family/Friends</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
• 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

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!)

Psychiatry

GROUP THERAPY

INDIVIDUAL THERAPY

[Image of a therapy session]
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

UCONN HELPS
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.