

Wellness and Prevention with Champagne Dreams on a Beer Budget

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ACCA 2019



Who we are:

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What We Hope You Get Out of Today!

1. Ways to grow your own wellness prevention program while maintaining a balance of self-care.
2. New ways to get administrative, staff, and faculty engagement for supporting new and innovative ideas.
 1. A vision for maximizing resources at your own college or university.
 2. What do you hope to get out of today?

The Trailah' (that's Mainer for modular)



What the National Research Says:

- Students attending college have increased complex mental health needs (National Council on Disability, 2018).
- More than half of students identify feelings of depression after arriving on campus (Hundrieser J., & Dautcher T., 2018).
- One in three freshman have had mental health problems within the past year (Bruffaerts R., et al., 2018).
- Anticipated use of college counseling centers has increased from a low of 3.5% in 1991 to an all time high of 13.9% of freshman in 2016 (CIRP, 2017).

National Research Continued...

- Strong supports on campus increase students' success and likelihood of graduation (National Council on Disability, 2018).
- A recent study (Xiao, H. et al., 2017) indicated that students seeking counseling services annually is more than four times the rate of institution annual enrollment growth.
- Research indicates that mental health disorders among college students are likely to persist two years or more (Pedrelli, P., 2015).
- Funding for mental health services is limited and wait lists are long.
- Community and rural colleges and universities are the most impacted by lack of funding and resources.

What does this all Mean?

- Inadequate staff and funding and significant increase in usage could lead to:
 1. Less time for outreach
 2. Waitlists
 3. Shortened appointment times or session limits
 4. Staff burnout
 5. Decreased quality of care

Before Trailer (BT) Background

- 1 FT Director and 2 PT Staff in 2012 - in 2013 1 PT staff became FT
- Outreach was minimal - Motto **“Just do something”**

BT Background

The screenshot shows the homepage of the Husson University Wellness Center. At the top, the Husson University logo is displayed in a dark green box. Below the logo is the title "Wellness Center - Counseling and Health Services". A search bar is located below the title. A horizontal menu of navigation links is provided, with "Welcome" highlighted in green. On the left side, there is a "Quote of the Week" section featuring a quote by Theodore Roosevelt and an "Announcements" section with the heading "Finals Approach!". The main content area features a large "Welcome" heading and a prominent "WELCOME TO THE WELLNESS CENTER" message in green, underlined text.

HUSSON UNIVERSITY

Wellness Center - Counseling and Health Services

Search this site

Welcome | Services | Staff | Immunization Requirements | Contact Us | Hours | Frequently Asked Questions | Campus Resources | Emergency/Crisis | Mental Health Topics A-M | Mental Health Topics O-Z | Veterans | First Generation Students | International Students | Commuter/Non-Traditional Students | On Your Own/No Support | Parent Resources | For Faculty & Staff | Class to Professional Environment | Sleep | Bystander Intervention | The Hub Radio Show | Audio Files

Quote of the Week:
"Believe you can and you're halfway there."
--Theodore Roosevelt

Announcements
Finals Approach!

Welcome

WELCOME TO THE WELLNESS CENTER

BT Background

- Started giving out Care Packages week before finals

**A Treat For You From
Counseling Services @ the Wellness Center**

As the struggle begins
And you think, "I can't win."
Remember these words,
You have what it takes,
Don't forget to take breaks
Enjoy these treats
And you can't be beat.

Our Favorite Apps To Help You Through


- **Meeting Guide** —Locates local AA meetings and gives the topics of that days meetings.
- **Head Space**- Meditation made simple
- **Quizlet**—Helps you study and gets you organized for those exams.
- **Easy Bib**—For those research papers and making sure you have the correct citation format.

<https://sites.google.com/a/husson.edu/counseling-center>

BT Background

- Produced Mental Health Radio Show - “The Hub”

Season 1




Husson_University
The HUB on 89...
SOUNDCLOUD

41:21

Cookie policy

▶ 20

Switching Gears Show - We all have to change our pace and our focus from day to day. Listen to hear more about how to manage the challenges and make switching gears a little easier.



Husson_University
The HUB on 89...
SOUNDCLOUD

45:24

Cookie policy

▶ 21

Power and Control in relationships - When do we assume responsibility and authority in our relationships. When is it healthy and when is it not? Casey Faulkingham of Spruce Run Womancare Alliance joins the conversation.

BT Background

- Started to build relationships with the Freshman Seminar Classes
- Created a short interest survey for students in all departments related to what they wanted from Counseling Services.
- Took over the Zen Den
- Started to build relationship with Athletics
- Started working with local massage school
- We even had a “Happy Week”



THE ZEN DEN

A quiet, stress-free place to relax & take a break
Self-serve tea, quiet music, & comfy pillows

8AM-4:30PM Monday-Friday 12/10-12/14
Located in Commons 215



BT Stats - Outreach

In the combined Academic Years of 2012 to 2015 Husson Counseling Services provided 24 Outreach Events. Reaching a total of 509 students.

In the 2017/2018 Academic year we provided 71 Outreach Events. Connected with 1,323 students.

Points of Interest

- In Fall of 2016 - Staff: 1 FT Director, 1 FT counselor and 1 PT Counselor
 - Total students seen 136
- 2 years later - Staff: 1 FT Director 2 FT Staff
 - Total students seen 206 - 51% increase
- There was a 61% increase in appointments from Fall 2016 to Fall 2018
- In Fall 2018 Husson Counseling Services had 73 crisis appointments. Key peaks occurred mostly during a transition period of some kind.

During the Trailer (DT): Motto “Our Beer Budget”

- Change happens! July to November...
- Process of staffing: Collected national and local statistics
Approved for a half-time counselor (did not fill, so..)
THEN approved for a full-time counselor!
- Business as usual - continued to focus on 4 areas:
BUILDING RELATIONSHIPS
OUTREACH
ADVOCATING WITH DATA

DT - Building relationships

Collaboration: Health Services “warm handoffs,”
Wellness projects

Consultation: Athletics
- embedded counseling hours
- participated in substance abuse
awareness series, etc.

Trainings: Safety and Security, RA’s, our Student Services
Staff,
our first generation students & their peer mentors
Faculty Forum

Teaching: Husson Experience classes - offered to do all



DT - Outreach Activities

Peer Educators
Paths of Wellness
Hammocks



DT - Outreach Activities



Walk With Wellness!
Join the Wellness Center for weekly
wellness walks around campus
Wednesdays at 8am, Noon, & 3pm
Meet in Furman Student Center

freshcheckday[®]
checkin'-in with college students

WEDNESDAY • 11:00AM-1:00PM

MARCH 21, 2018

#freshcheckdayhusson
freshcheckday.com/husson

A MENTAL HEALTH CHECK-IN WITH
INTERACTIVE BOOTHS, FREE FOOD,
PRIZES & MORE

SPONSORED BY COUNSELING SERVICES
& STUDENT ACTIVITIES

DT - Outreach Activities



DT - Outreach Marketing



Monday Afternoon RAW!

[Resolve Adulging Worries Workshops](#)

4:15-5:15

Peabo

9/10	Round 1
9/17	Social U
9/24	How to Adult like a Bad A\$\$
10/1	Kick IT! (Stress, that is...)
10/15	TBA
10/22	Relationship Roadblocks
10/29	FIT 1
11/5	FIT 2
11/12	FIT 3
11/19	Holiday Throwdown
11/26	Why Pencils have Erasers
12/3	Resilience for Muggles/Magic Folk

Come meet us and play!
New place, new friends!
Adulting at its 'best!
Learn new ways to destress!

How to stay or move on...
Knowing what keeps you stuck
Insight into thinking patterns
Transforming unhelpful/problematic patterns
How to survive the holidays
How to Perfect Failure
Identifying your grit!

"It's not selfish to love yourself, take care of yourself, and to make **YOUR happiness** a priority. It's necessary." — *Mandy Hale*

Outreach on FB



DT - Advocating with Data

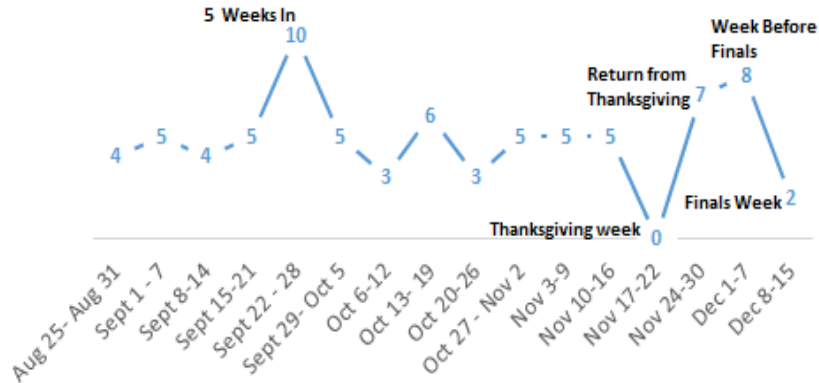
- Statistics, Statistics, Statistics
- Process of statistics increased
 - Weekly counseling stats per counselor
 - Titanium statistics
- Online Needs Assessment Survey for all campuses / online students
 - Results: Individual counseling and online self-help needs
 - Tao Connect? Not in our beer budget.....
 - Increased collaboration with the Director of Online/Extended

Learning

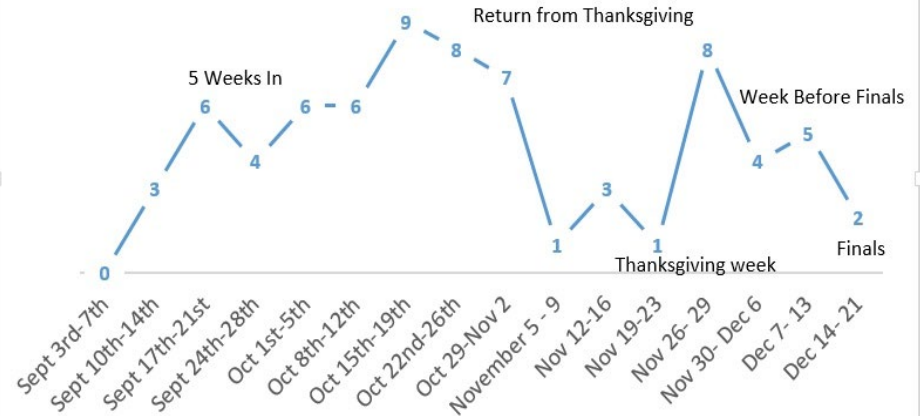
Created online self-help modules

Crisis Appointments - Fall Comparison

NUMBER OF CRISIS APPOINTMENTS FALL SEMESTER 2017



CRISIS APPOINTMENTS FALL 2018 - TOTAL 73



DT - Self Care

- Walking planning meetings
- “Walking loops” between sessions
- Off campus retreats - during student vacations
- Humor
- Increasing supervision time as our collaboration time decreased
- Maine College and University Counselors United! (2018)

Where are we now?

Fall 2018

- 61 Outreach events with 1825 students contacts
- 14 Workshops were offered to students
- 10 trainings to students/staff
- 80 Faculty/Staff Consultations
- 17 classes (Husson Experience/Social Media)

- Cost: a little tiredness and much excitement!

TOP 10 - Fall 2018

Anxious Symptoms:	79%
Stress:	75%
Intrusive Thoughts:	65%
Depressive Symptoms:	63%
Isolation:	49%
Affected Other dynamics:	44%
Low Self Esteem:	44%
Family Issues	43%
Partner/Relationship:	

After the Trailer (AT): Champagne Dreams

First we will get cozy in our new building!



Champagne Dreams....

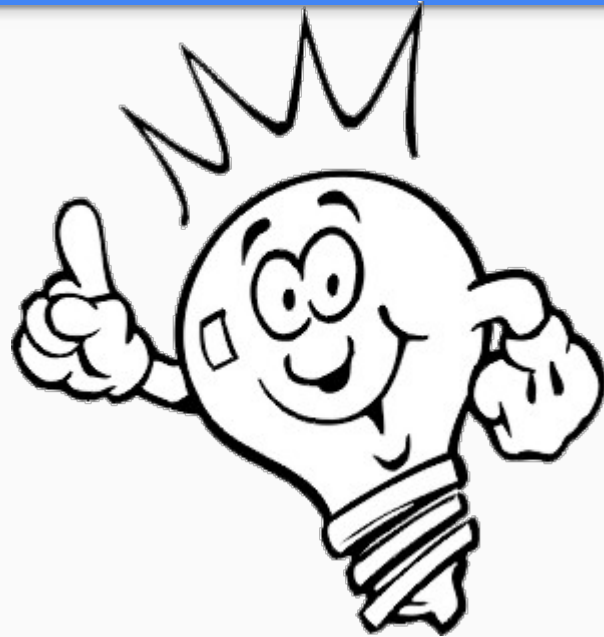
- Continue building relationships with staff and faculty to reach more students and have a counselor embedded in a department(s).
- Have a Director of Wellness and open opportunities for interns/grad assist.
- Increase outreach through an expanded Peer Educator program, additional pop-up outreach activities, health and sexual education, Paths of Wellness, and yoga and meditation classes, build relationship with local Massage School to create a clinic in Wellness Center.
- Increase staff self-care to include four day work weeks and staff retreats as well as advocate for more staff.

Activity : It's your turn to dream!

- What are your dreams for wellness and prevention?
- What resources do you already have to aid in this process?
- What is getting in your way?

- What can you do first?

Tips and Tricks



Sinkholes



Questions?



Research Citations

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