

THE STUDENTS WANT TO HELP

Empowering Students to Participate in
Your College Mental Health Response

Eric Rose, Ph.D., Ying Xiong, Ph.D., Diane Sosa, M.A., L.P.C, N.C.C. & Paula Sands, Psy.D.

Stevens Institute of Technology

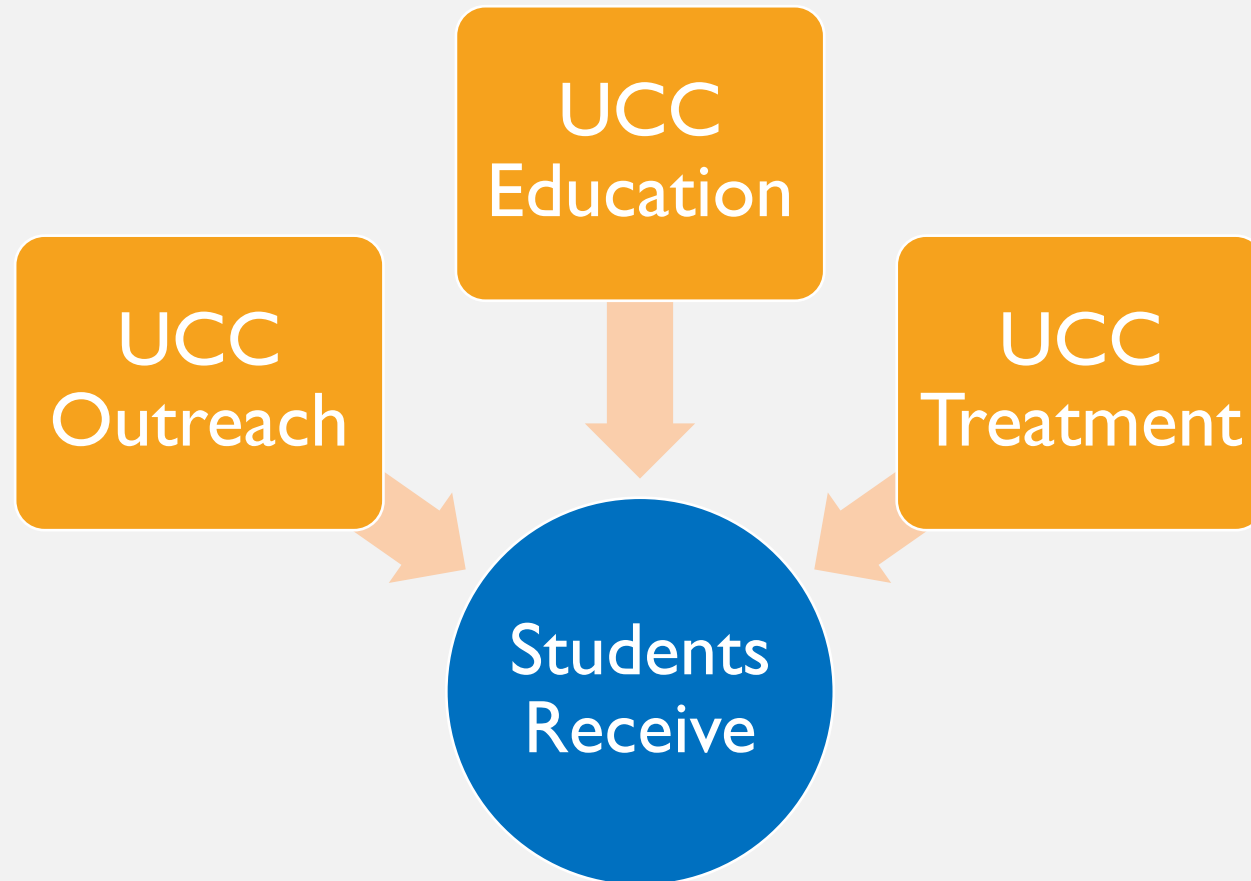
ABOUT STEVENS

- **50% Undergraduate** (N = ~4000)
 - STEM Focus
 - Active Greek Life and Athletics
 - Small School of Humanities Arts & Sciences
- **50% Graduate** (N = ~4000)
 - Large portion international students

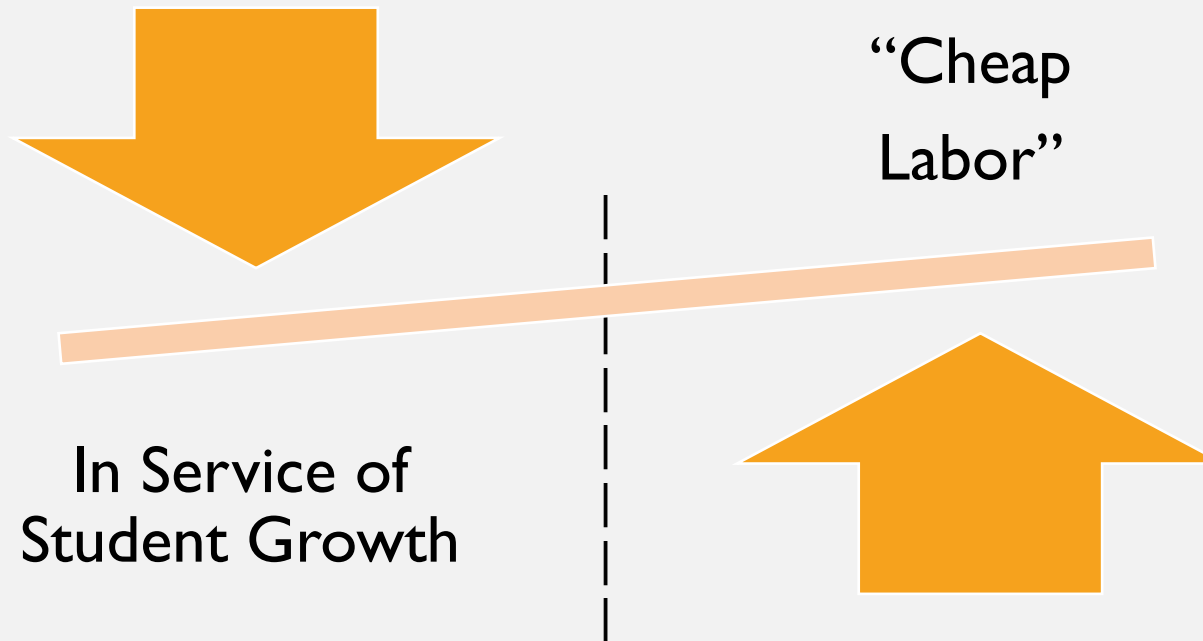
Students are **career and academics** focused.
And they are **busy!**

BACKGROUND

TRADITIONAL MENTAL HEALTH DELIVERY MODELS AND ROLES



P2P MUST BE IN SERVICE OF STUDENT
GROWTH AND DEVELOPMENT



WHY FOCUS ON A VARIETY OF P2P INITIATIVES?



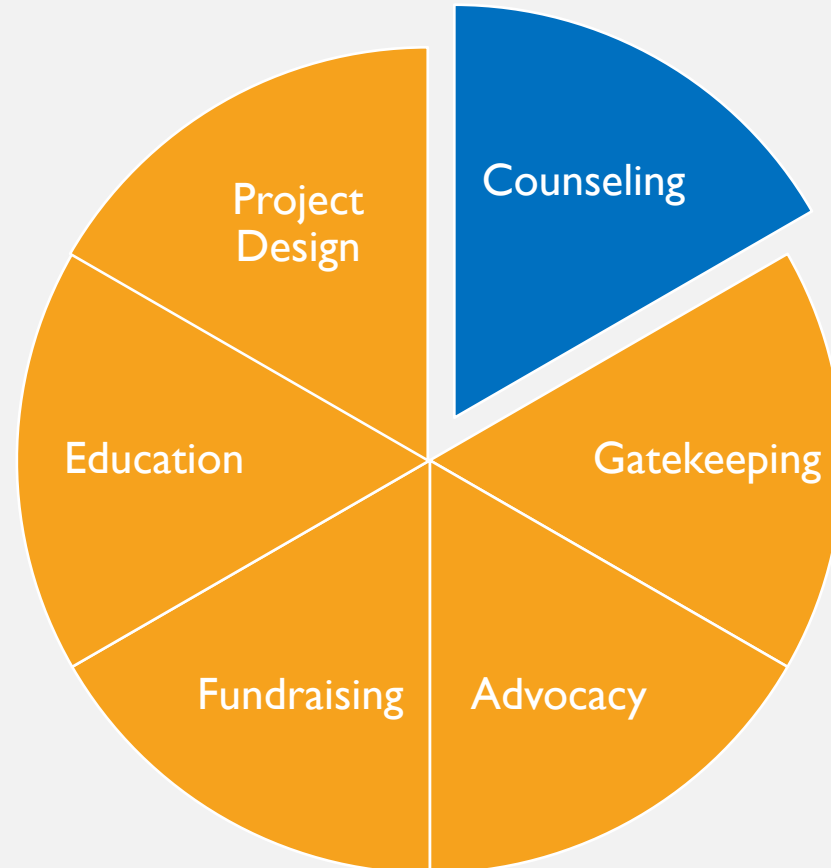
WHY FOCUS ON A VARIETY OF P2P INITIATIVES?

- Capitalizes on unprecedented student engagement around the issue of mental health
- Inherent value in having a student body more actively involved in their own health
- Student have different strengths! Some are great listeners; others have ‘woo’; others can code.
- Students have **reach!** (Late night events; access to spaces normally hard for staff to access; social media natives)
- Reduces student perception that mental health decision making on campus happens “to” them, rather than *with* them.

AN EXPANDED PEER-TO-PEER MODEL

Beyond Peer Counseling

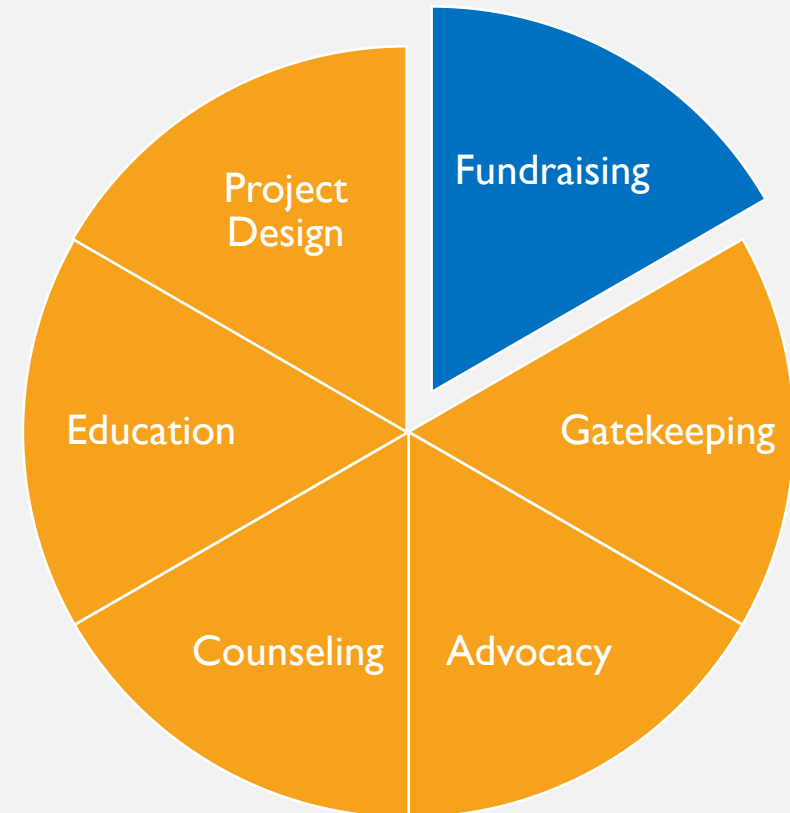
P2P



FUNDRAISING

NEON NIGHTS: *LET'S GLOW FOR MENTAL HEALTH*

- Fundraiser
- Year-one support from JED
- Students gain skills: leadership & fundraising.
- Opportunity to have **fun** while raising money for a good cause.
- Students **build campus affinity** for the cause of student mental health.



“Upon my arrival at Stevens, I found myself struggling with the significant shift in lifestyle that accompanies living away from home and adapting to a new academic environment... Neon Nights presented an invaluable chance to enhance student involvement, break down the stigma surrounding mental health, and contribute to the admirable cause of supporting the JED Foundation. Working alongside an exceptional team has been a source of immense gratitude...” -A.Z.

"Neon Nights was such an unexpected success to me. Not only was it something that I didn't initially think I would be much involved in, but I also wasn't sure how much people would be willing to donate to the cause... I've learned just how important the cause of supporting student mental health is, and how much our community strives to support it." -J.G.

NEON NIGHTS AT STEVENS

SPRING 2023



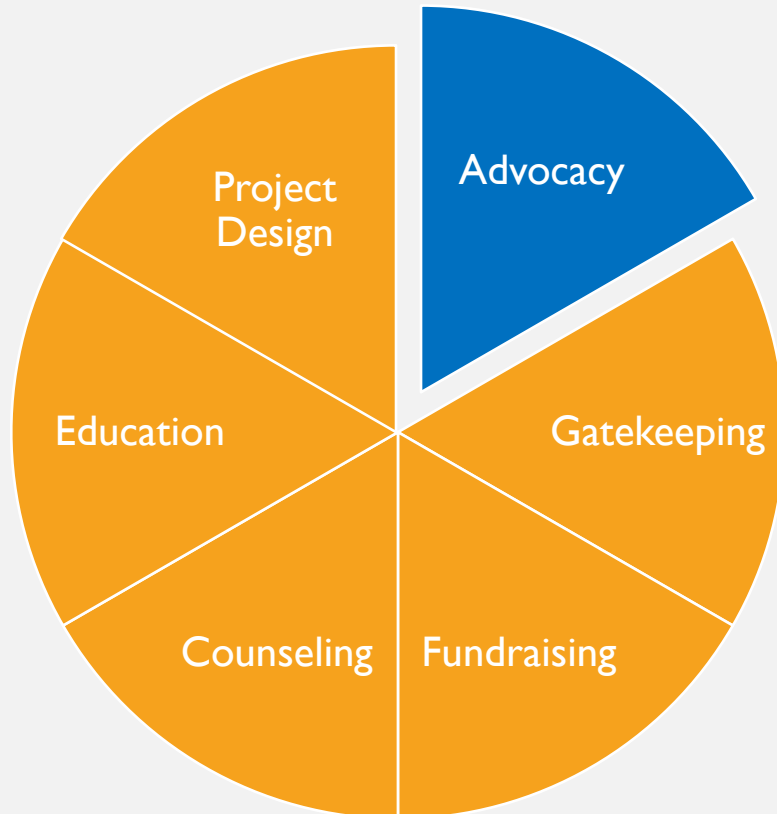
OUT OF THE DARKNESS WALK



- Fundraiser for the AFSP
- Student create teams and raise money for suicide prevention
- Community walk – town / gown activity
- AFSP gives back
 - Event sponsorship
- Fun, high energy event!
- Student Athletes get highly involved – love the competition of raising most money.

ADVOCACY

ACTIVE MINDS

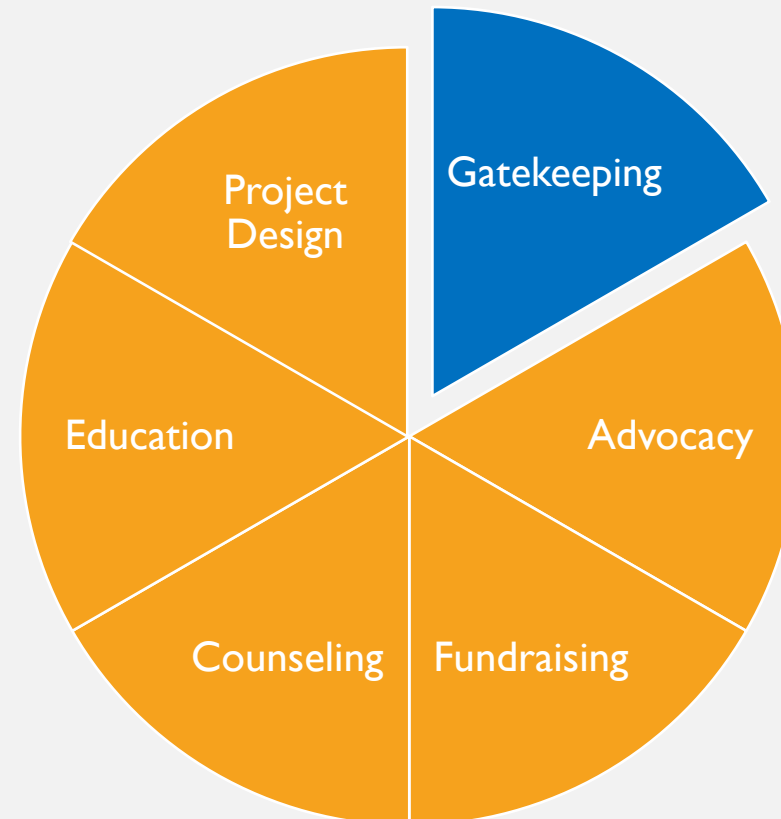


- Send Silence Packing
- Student panels are major goal
- Our Office of Disability Services has had a lot of success in this area
- Shifts culture from stigma / shame to pride and voice

GATEKEEPING

PEER SUPPORT MODELS

- 2019 Steven's president convened a mental health task force which recommended the start of a peer support network
 - Students shared an interest in Mental Health First Aid specifically
- Met with Sabrina Rebecchi at WPI to discuss their model for a Student Support Network



MENTAL HEALTH FIRST AID

- What is it:
 - 8-hour training that provides certification as a Mental Health First Aider
- Stats:
 - 5 sessions taught to date
 - 36 staff members & 14 students
- Allows students to become gatekeepers and support their peers (Duck Support Network)

MENTAL HEALTH FIRST AID

- Nominations and sponsorship proved an opportunity to *reel* in and incentivize student leaders to become certified
- Leading MHFA allows CAPS staff to engage with students in a new way, and strengthens students' belief in their ability to support their peers
- "The most helpful part of this course was to practice asking if someone is thinking of committing suicide, knowing the signs of various mental disorders, and keeping in mind self-care." - student

DUCK SUPPORT NETWORK



EDUCATION

PEER EDUCATION PROGRAMS AT STEVENS

- The Peer Education Program started as a component of the SIT Counseling and Psychological Services (CAPS).
 - The goal of the Peer Educators is to offer diverse programming that will enhance the education, skill building, and personal growth to further fellow students' wellbeing, coping, and resilience.

Yoga Class!

Join us in Skyline for livestreams of Asana Soul's yoga classes. Limited mats supplied.

Hosted by CAPS & Wellness Peer Educators



Class times:

- 12/5 - 6:30 pm - Open Soul
- 12/6 - 12pm - Open Soul
- 12/13 - 7:15 pm - Open Soul
- 12/14 - 9 am - Open Soul
- 12/15 - 12 pm - Flow and Let Go

All classes are in Skyline!



PUPPIES AND PIZZA

Friday, November 10
1PM - 3PM
Babbio Atrium



Pizza will be served!

Meet Therapy Dogs!

Learn about

Alpha Phi Omega x CAPS

HOSTED BY CAPS



FENTANYL + SUBSTANCE ABUSE

AWARENESS

UCC LOBBY 2-3 PM 4/26/23



De-Stress with

APHI X THETA PHI X SIG DELT

Co-Hosted by CAPS

Join the sisters & the CAPS team in de-stress coloring before finals!

Come relax + learn about the Panhellenic community + sisterhood @ Stevens

Grab some relaxation goodies courtesy of CAPS!

December 12th @ 9:15 pm

Babbio 104

Questions?

@stevensalphaphi @thetaphistevens @sit_sigdelt

PRESENTED BY CAPS & WELLNESS PEER EDUCATORS

BOOK DONATION DRIVE

Got lots of old books? Donate them to CAPS to be used in future events!

Wednesday the 18th to Friday the 20th, 9:30am-4pm

Drop-off point: CAPS (Wellness Center 2nd Floor)



Book Swap

Hosted by CAPS & Wellness Peer Educators



Swap Books, Share Smiles:
Book Exchange for Mental Wellness!

Swap your favorite book with other readers on campus and discover your next read.

10/24 FROM 12-2, UCC FIRST FLOOR

HALLOWEEN BOO-ST YOUR SPIRITS

STOP BY UCC TABLES FOR SOME HALLOWEEN TREATS AND MORE!

MONDAY OCTOBER 30TH, 2-4 PM

Hosted by CAPS and Wellness Peer Educators



Colors of Self Care

WANT TO DESTRESS BEFORE FINALS?

COME PAINT YOUR OWN PLAQUE AND LEARN MORE ABOUT SELF CARE!

Hosted by the Wellness Peer Educators

December 6th
Babbio 210
@3pm













PEER EDUCATION PROGRAMS AT STEVENS

- New Initiative/Direction

Collaboration with other departments - General Wellness Model

- CAPS
- Student Support
- Student Health Services
- Office of Disability Services

BREAKOUT

BREAKOUT

- Share best ideas with others at your table
- What's been experience at your school? What pieces of the pie graph need some attention?
- Strengths, limitations
- How does size of your school, population of school play into what is possible?

KEY TAKEAWAYS

- **Generational momentum** around peer mental health support
- High value in effort to shift student body from **passive to active**
- Opportunities extend **beyond peer-to-peer counseling**
 - No need for an undergraduate psychology program
- To be effective focus on student development > students as labor
- Increasing P2P focus can foster new avenues of connection with staff and faculty

THANK YOU

PROJECT DESIGN

SENIOR DESIGN CONSULTATION



- Student senior design projects
- Students provided consultation services
- Branding, social media, polling
- Weekly meetings
- Final project / report