

Supporting Your Student's Mental Health

**New Student & Family Programs &
Health Promotion**

DU Family Webinar Series



New Student & Family Programs
UNIVERSITY OF DENVER



Today's Webinar

- New Student & Family Programs Overview
- Coaching Your Students for Using Campus Resources with Student Success Coaching
- Learning Effectiveness Program (L.E.P.)
- Facilitated Q&A



Welcome!

- Feel free to say hi and put where you are zooming from in the chat!
- Take the welcome poll
- Use the Q & A feature for questions.
- The chat is open for us to share links and for connections.
- Email families@du.edu with any follow up questions.

Where to Find Slides and Recording:

- All webinar slides and recordings will be accessible on our [website](#) and in [DU Family Experience](#)
- Slides and Recording will be posted by end of day the following day from webinar
 - Today's slides/recording will be available Friday by 5pm MT



New Student & Family Programs



New Student & Family Programs
UNIVERSITY OF DENVER

Meet the New Student & Family Programs Team



Amber Cardamone
Executive Director



Brie Jutte
Director



Taylor Meneley
Assistant Director, Family
Programs



Allie Tookmanian
Assistant Director, New Student
Experience

Office Overview

New Student and Family Programs (NSFP) is committed to the successful transition of new students and families into the University of Denver campus community and the ongoing support of student success.

***Our Parent & Family Philosophy:**
We view parents and families as partners in your student's education journey. We want to work together to support your student's success.*



Family Programs



Website

DU Family
Experience

Facebook
@DUNSFP

Webinars &
Videos

Events

Week 8 Trends on Campus

Halloween Safety:

- Health Promotions Team – Hosted multiple events promoting events and resources for a safe Halloween

Preparing for Finals:

- [Tutoring resources](#) leading up to finals
- [Student Success Coaching](#)

Winter Interim:

- Housing over break:
 - Residence Halls Close 9am on November 22nd
 - Winter quarter move-in is January 5th
 - Must apply to stay over break – Dining Hall closed for renovations



Family Weekend 2025



Friday, April 25th – Sunday, April 27th

- Registration opening late January
- Multiple package options to access range of events
- Previous schedules, updates, and lodging information available on [Family Weekend website!](#)

Supporting Your Student's Mental Health

Health & Counseling Center



Health & Counseling Center
UNIVERSITY OF DENVER



New Student & Family Programs
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Stress is normal & can be helpful!

- Body's warning system: fight, flight, freeze, or fawn response
 - Physical and psychological changes to deal with threats
- Stress, in healthy doses, can help:
 - Motivate us
 - Boost memory
 - Strengthen immune system
- Too much unmanaged stress can contribute to:
 - Weakened immune system
 - Risk for chronic disease
 - Mental health conditions



Remember, it's ok to feel a range of emotions

- Mental health means embracing the full range of emotions: both positive and negative
- As a college student, learning healthy coping skills and resilience are important life skills and are part of the holistic 4D student experience:
 - Promoting well-being
 - Character growth
 - Pursuing careers and lives of purpose
 - Intellectual growth



Common College Stressors

- Major life transitions
- Adjusting to the demanding and success-driven environment of college
- Family expectations or pressure
- Difficulty forming friendships & social life
- Constantly connected, overly-saturated by media, ads, posters, social media
- Financial situations
- Time constraints/management



Heightened College Stressors

- Having gone through pandemic times/years of virtual school
- Experiencing trauma or traumatic event
- Chronic health challenges or conditions
- Housing insecurity or food insecurity
- Experiencing discrimination, microaggressions, racism, homophobia, oppression, etc.



What about here at DU?

- In our most recent college health survey, students were asked *what health factors* impacted their academic performance:

STRESS ranks #1; Depression & Anxiety ranked within the top 5

- **79.5%** rated their levels of stress in the last 30 days as **moderate or high**. Only **0.7%** indicated they had no stress
- *Previous* DU surveys have shown **90%** felt overwhelmed by all they had to do and **88.5%** of DU students felt exhausted (not from physical activity)



Look for Signs of Mental Health Challenges

- Chronic or sudden downturns in mood or affect
- Changes in typical communication plan
- Changes in self-care
- Changes in sleep or appetite
- Frequently expressing feelings of hopelessness, frustration, or sadness
- Having trouble concentrating or remembering things
- A sudden change in grades or interest in classes
- Withdrawing from friends or family



How to check in with your student(s)

- Reach out, plan a time to talk if possible
- Check-in: "How are things going for you?"
- Point out specific signs you've observed
 - *"I've noticed lately you haven't been as interested in [normal activity]"*
- **Practice active listening, avoid giving advice unless explicitly asked**
- Validate and empathize; change = stress
- Remind them of resources on campus, encourage them to speak with their RA if living on campus
- ***Continue mental health conversations with each other***



HCC Counseling Services

Our mission is to enhance overall student well-being and success through inclusive physical and mental healthcare, prevention, education, advocacy, and recovery support services

- Confidential individual, couples, and group counseling (groups are free)
- Same Day Access appointments (M-F from 1-3 pm)
- Crisis services - no cost (24/7 Counselor on Call)
- Referrals to community resources
- Appointments: call or use MyHealth Portal: <https://myhealth.du.edu/>



📄 Election Resources/Supports

- Tips for **cop**ing with election stress: <https://studentaffairs.du.edu/health-counselingcenter/promoting-health-wellbeing/mental-health>
- Increased DU **HCC** (www.du.edu/hcc) Counseling drop-in options
 - Same-Day consultations at the HCC Ritchie Center:
 - Wednesday 11/6 and Thursday, 11/7, from 9am-5pm, and Friday 11/8 from 9am-3pm
 - BIPOC Support Drop-in Hours in the Student Inclusion and Belonging Suite (CCOM 1200) on Wednesday 11/6 and Thursday, 11/7, from 1-3pm
- <https://pardot.whatisessential.org/partisan-conversation-guide> = Tools for how to have conversations over the political divide pre-election. Site also includes a self/group curriculum and other resources.



A NEW CALLING CODE FOR MENTAL HEALTH EMERGENCIES

In 2020, Congress designated **988** as the new **free, 24/7** and **confidential** calling code for the Suicide & Crisis Lifeline.

CONNECT



Call or text 988 or chat on 988lifeline.org

GET HELP



Be connected to a trained crisis counselor

FIND HOPE



Find the help and hope you need

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, call 988 for compassionate support. **There is HOPE. You are not alone. Just call, text or chat 988.**



For more information, visit 988lifeline.org →



About Health Promotion

We are a team of professionals, graduate students, and undergraduate students of the Health & Counseling Center who help cultivate a **safer and healthier** community where students have the **knowledge, skills, and support**



We focus on:

- Alcohol and other drugs
- Mental health
- Suicide prevention education
- Interpersonal violence prevention
- Sexual health
- Health masculinities
- Overall well-being

What we provide:

- Workshops and outreach
- Peer education
- Campus-wide events
- Well-being information and resources

Health Promotion: Mental Health

Fall Quarter Events:

Nov. 4th, MOVE FOR MOVEMBER

(Ritchie fitness center-all day)

- **Nov. 6th**, 11am-1pm: Movember Resource Fair
Community Commons 1700
- **Nov. 13th**, 10:30 am-1:30pm: End of Quarter Stress Relief Event
Community Commons 1700

Workshops & Trainings:

- Mental Health Toolkit
- Suicide Prevention workshop
- Mental Health First Aid (available to faculty, staff, & students)

<https://studentaffairs.du.edu/health-counseling-center/promoting-health-wellbeing/mental-health-resources>



Other DU Resources

- Health Promotion: du.edu/thrive
Suicide prevention and mental health promotion programs
- CAPE: du.edu/cape
Free & confidential services for survivors of sexual assault, relationship violence, stalking, and sexual harassment
- Collegiate Recovery Community (CRC): du.edu/crc
Support for students in recovery
- Student Outreach & Support: du.edu/student-support
SOS referral form, Student Assistance Fund, medical leaves and reentries
- Academic Resources
du.edu/studentlife/academicresources
Academic Advising and Student Success Coaching
- Career & Professional Development
career.du.edu
Help with resumes/cover letters, internship & job search, grad school applications and more
- Food swipes - Student Outreach and Support



Questions?

Please use the Q & A feature for our facilitated

Question and Answer time.



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Fall Webinars

- **Tuesday, November 5th at 3pm:** Second-Year Families: Introduction to Study Abroad Process
- **Thursday, November 7th at 2pm:** Spiritual Life at DU

Recordings from summer webinar posted [here: https://studentaffairs.du.edu/new-student-family/content/du-family-webinar-series](https://studentaffairs.du.edu/new-student-family/content/du-family-webinar-series)



Stay Connected with New Student & Family Programs!

Phone: 303-871-6080

Email: families@du.edu

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Join the DU Family Experience!

