Supporting Your Student's Mental

Health

New Student & Family Programs & Health Promotion DU Family Webinar Series

New Student & Family Programs JNIVERSITY OF DENVER



Today's Webinar

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

Campus Resources with Student Success





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 <u>families@du.edu</u> with any follow up questions.



Where to Find Slides and Recording:

 All webinar slides and recordings will be accessible on our <u>website</u> and in <u>DU Family</u> <u>Experience</u>

 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



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Meet the New Student & Family Programs Team







Amber Cardamone **Executive Director**

Brie Jutte Director





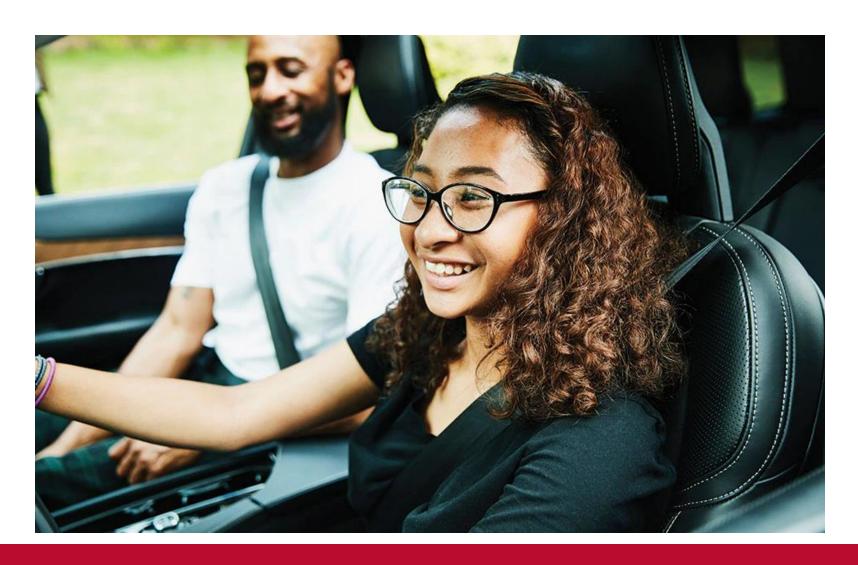
Taylor Meneley Assistant Director, Family **Programs**

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



Week 8 Trends on Campus

Halloween Safety:

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

Preparing for Finals:

- <u>Tutoring resources</u> leading up to finals
- <u>Student Success Coaching</u>

Winter Interim:

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



Family Weekend 2025



Friday, April 25th – Sunday, April 27th • Registration opening late

- January
- website!



• Multiple package options to access range of events • Previous schedules, updates, and lodging information available on Family Weekend

Supporting Your Student's

Mental Health

Health & Counseling Center





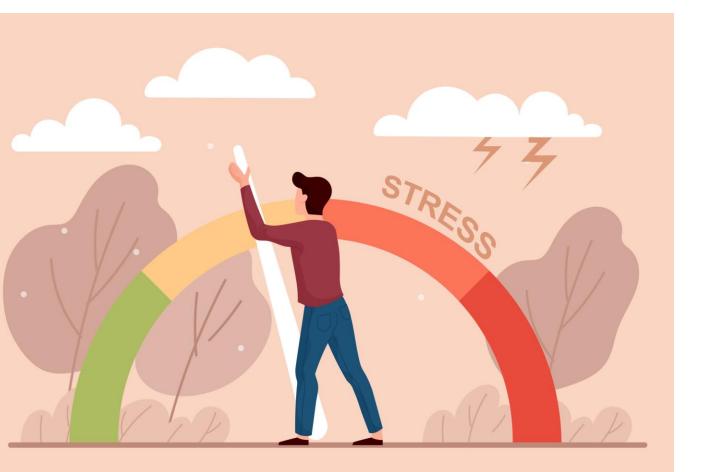
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Stress is normal & can be helpful!

- 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 successdriven 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 <u>academic performance</u>:

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

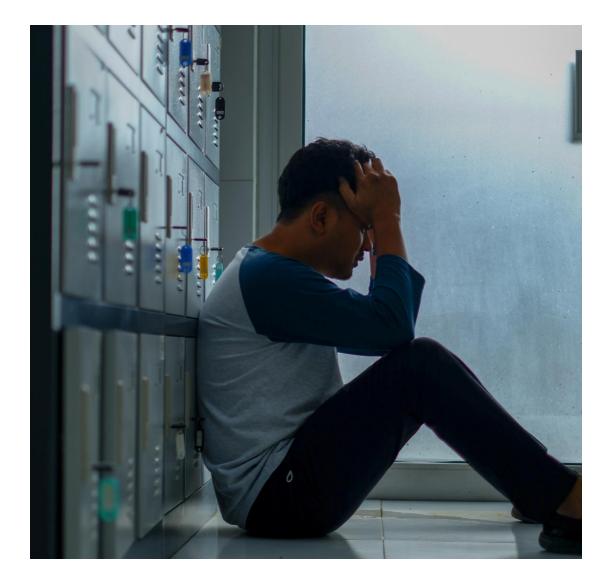
- 79.5% rated their levels of stress in the last 30 days as moderate or high. Only 0.7% indicated they had no stress
- *Previous* DU surveys have shown 90% felt overwhelmed by all they had to do and 88.5% of DU students felt exhausted (not from physical activity)



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)

du.edu/hcc

- 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: <u>https://myhealth.du.edu/</u>





Election Resources/Supports

- Tips for coping with election stress: https://studentaffairs.du.edu/health-counselingcenter/promoting-healthwellbeing/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.whatisesessential.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

GET HELP







Call or text 988 or chat on 988lifeline.org

Be connected to a trained crisis counselor

you need



For more information, visit 988lifeline.org

HOPE. You are not alone. Just call, text or chat 988.

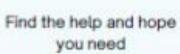
If you or someone you know is having thoughts of

suicide or experiencing a mental health or substance

use crisis, call 988 for compassionate support. There is







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 Rd VE

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:

- Peer education
- resources





• Workshops and outreach • Campus-wide events • Well-being information and

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-healthwellbeing/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): <u>du.edu/crc</u> Support for students in recovery
- Student Outreach & Support: <u>du.edu/studentsupport</u> 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-familywebinar-series







Stay Connected with New Student & Family Programs!

Phone: 303-871-6080 Email: <u>families@du.edu</u>

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Join the DU Family Experience!

