

Peer 2 Peer

Having the capability, confidence and knowledge to help when someone is in need

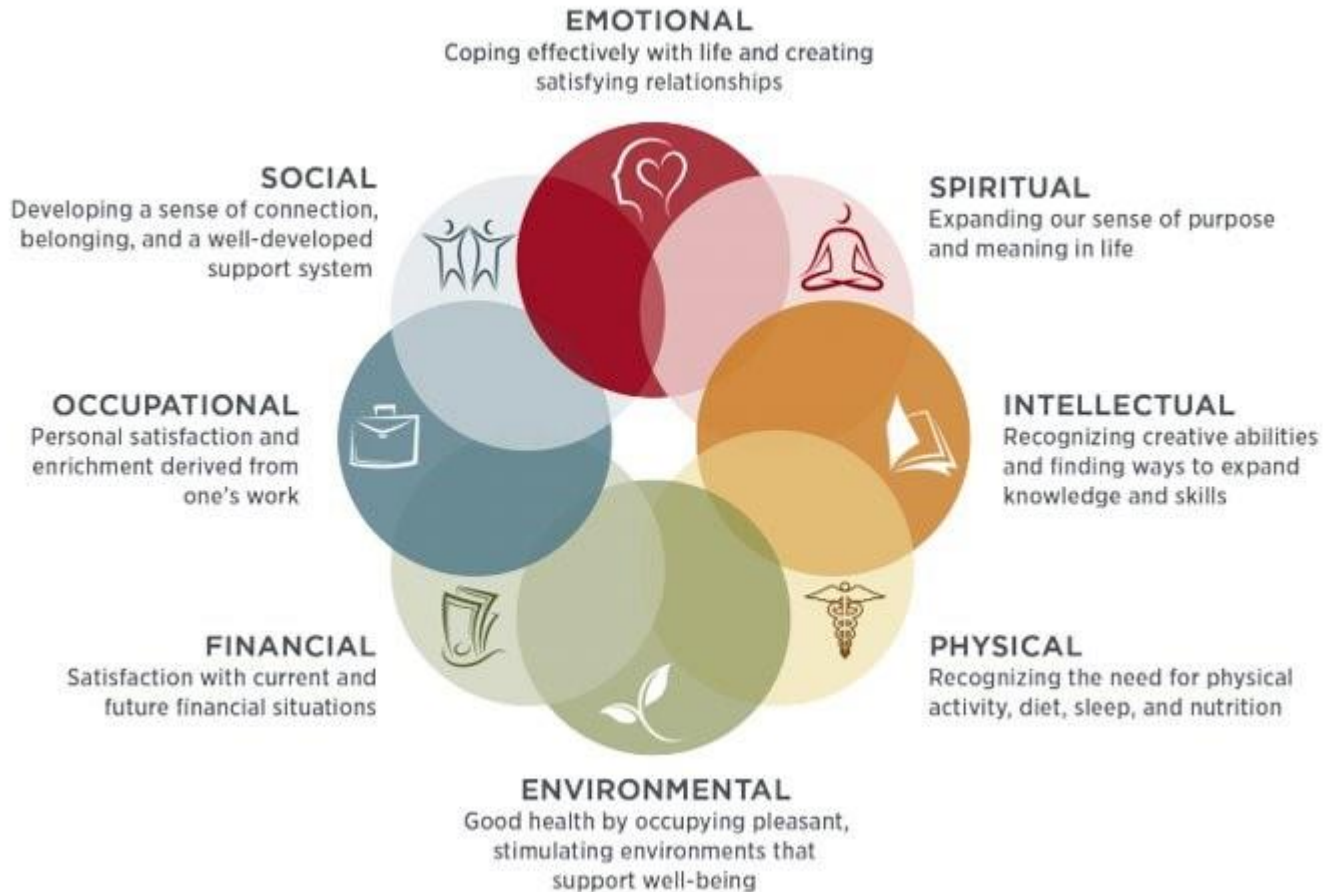
Richard Miccio, LCSW (He, Him, His)



Introduction and Expectations

What do you hope to get out of today?

Personal Wellness



Mental Health Data

Mental health issues do not discriminate:

- 1 in 4 individuals live with a mental health issue
- Individuals of color, those who identify as LGBTQ+, lower SES have higher rates of mental health issues
- 30% will seek out support for these struggles
- In Colorado, suicide is the 2nd leading cause of death for 15-44
- College students more likely to seek out peers, family before professionals for mental health concerns

What is stressing you out?

ACHA Survey on Stress:

Primary Stressors with highest rate of occurrence between all individuals

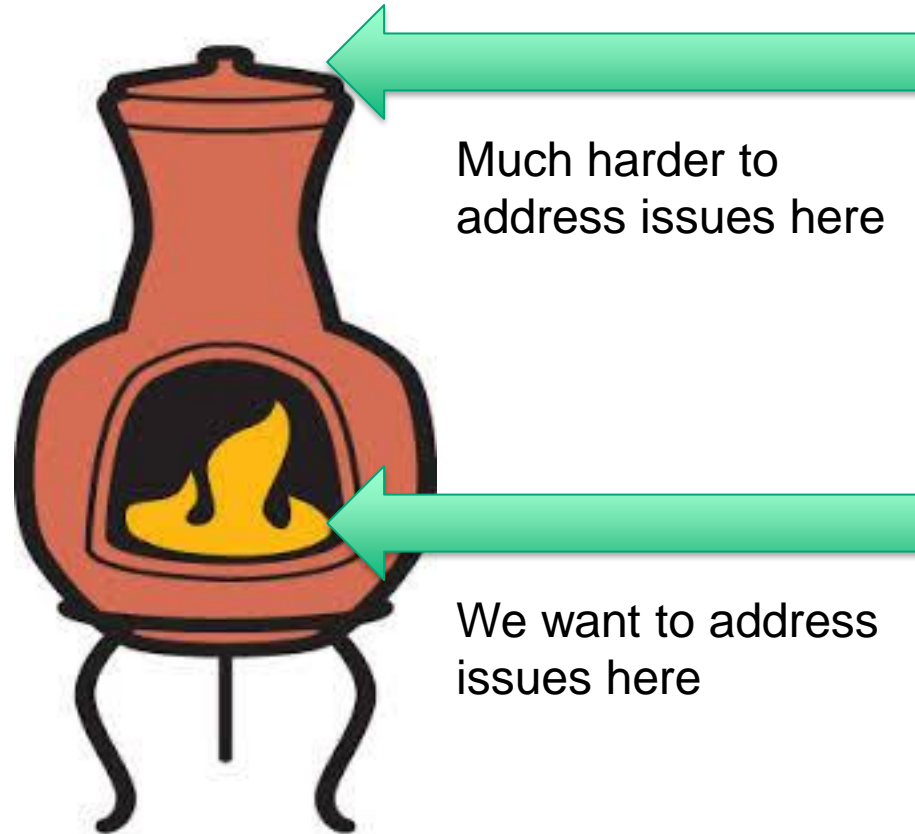
1. Finances
2. Academics
3. Dating
4. Sleep Difficulties
5. Career Related Difficulties



10 Common Warning Signs

1. Feeling very sad or withdrawn
2. Extreme difficulty in concentrating or staying still
3. Out-of-control or risk-taking behaviors
4. Sudden, overwhelming fear for no reason
5. Significant weight loss or gain; not eating or throwing up to lose weight
6. Seeing, hearing or believing things that are not real
7. Increased or repeated use of drugs/alcohol
8. Drastic changes in mood, behaviors, personality
9. Intense worries or fears impacting daily functioning
10. Self-harm or suicidal talk and/or behaviors

Early Intervention Is Key



Dr Dan Siegel's Hand Model of the Brain

Prefrontal Cortex:

- our THINKING brain lives here
- helps us calm down
- helps us make 'good' choices
- helps us tune into each other

Limbic Area:

- our BIG EMOTIONS live here
- our SAFETY RADAR lives here

Brain stem:

- controls breathing/heart beat
- our PROTECTOR brain lives here
- if there is a threat it helps us react to keep us safe



@holisticparentcoaching

How can I provide support?

- ✓ Keep your voice calm
- ✓ Listen to the person
- ✓ Express support and concern
- ✓ Ask how you can help
- ✓ Be patient
- ✓ Express why you are concerned
- ✓ Recognize your limits
- ✓ Consider cultural factors
- ✓ Have important contacts readily accessible
- ✓ Don't make promises*

*There is no university policy on reporting responsibilities for student employees. Take the mindset of “Why wouldn't I?” or “This is the right thing to do.”

Questions to Ask

Additional questions that could be asked:

1. Can we talk about what's going on right now? If not, is there someone you would feel more comfortable talking to?
2. What do you want me to know about what you're going through right now?
3. Have you thought about getting help? If so, what kind of support would be helpful to you right now?
4. Given my role, what can I do to support you through this?

Scenario

Chris has been doing fine in school, but has a few absences and fails to hand in assignments on time. Most recently Chris was absent for a mid-term exam. Later that day you receive an email from Chris that reads:

“I’m feeling totally overwhelmed by everything and not sure how much more I can take. My job is taking more time than I expected. I’m supposed to work 15 hours a week, but lately they want more hours from me, and now it’s more like 25 hours a week. I’m behind in all my classes, not just one, and I have another exam next week. Besides that, I had a fight with the person I’m dating, so I need to move out of my apartment and find another place. I’ve been busy trying to figure out how to move my stuff. Now, on top of everything else, I have this chest cold- I feel terrible. I just don’t know where to start, or what to do next. I feel like dropping out of school.”

How can I support myself?

- ✓ Do more of what you enjoy
- ✓ Maintain personal and/or professional relationships
- ✓ Grounding and mindfulness exercises
- ✓ Establish a sleep routine to encourage better sleep habits

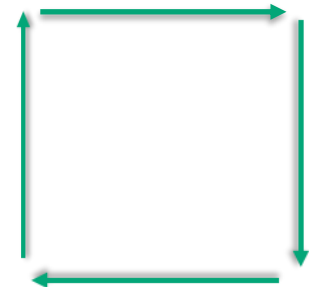
Progressive Muscle Relaxation



Break Down Tasks



Square Breathing



Health Center Services



Primary Care, Walk-In Care and Mental Health Services

(medical and preventive care for illness, injury, chronic conditions and mental health)

Staffed by physicians and medical personnel in Family Practice, Orthopedics, Sports Medicine, Psychiatry and Gynecology

On-site medications, x-rays and laboratory services



Scheduled Appointments

303-615-9999

Walk-In Appointments

Plaza Building, Suite 150

Services at No Charge



Mental Health & Victim Assistance

303-615-9911

Text **TALK** to **38255**

Other Campus Resources

1. MSU Denver Counseling Center

- individual therapy, groups, workshops, walk-in services (virtual)
 - 303-615-9988

2. MSU Denver Care Team

- early assessment and referral when a student's behavior is flagged as concerning, risky, or potentially harmful to self, others, or the community (virtual)
 - 303-615-0220
 - <https://msudenver.edu/care/>

3. Auraria Campus PD

- 24/7 fully-functioning police department
 - 303-556-5000
 - 911 from any campus phone
 - Text-a-tip: 720-593-8477
 - New mental health clinician embedded with APD

Survey



https://msudenver.qualtrics.com/jfe/form/SV_3lvcocWNEKZOsq9



Plaza Building, Suite 150 • 303-615-9999