



THE RISE OF *Mental Health Issues*

Students come to UCCS from various backgrounds and with many diverse experiences and needs. Recent surveying of the campus (ACHA-NCHA, 2019) showed mental health was a key issue for many students. Nationally, this spike in mental health issues is on the rise.

CARETAKER, NOT CLINICIAN

Although administrators and professors are often not clinically trained in behavioral sciences, they are frequently in situations that can impact student mental health and well-being. This brochure discusses 6 key components to integrate into your work.

KEY COMPONENTS IN STUDENT WELL-BEING

1. Social Connectedness
2. Mindfulness and Stress Management
3. Mindset Shifts (optimism, growth mindset, and gratitude)
4. Inclusivity
5. Fostering Self-Compassion and Empathy
6. Developing Life Purpose

Each of these components are directly related to the work of faculty and administrators. Investing in your students' wellness will have meaningful impacts on them and your work!



RESOURCES

Clyde's Cupboard

Campus food pantry
719-255-3829

Dean of Students

Student advocacy & code of conduct
719-255-3091

Financial Aid

Student scholarship management
719-255-3460

MOSAIC

Multicultural support and LGBT+ student resource
719-255-3319

Office of Institutional Equity

Sexual misconduct, discrimination and harassment investigation
719-255-4324

Public Safety

Law enforcement, crisis management and welfare checks
719-255-3111

Wellness Center

Confidential mental health and health services
719-255-4444



QUESTIONS?

Contact Katie Gordon for more information and additional resources.

kgordon4@uccs.edu

719-255-4448

Sources for the information in this brochure can be found at:
uccs.edu/recwellness/wellness-champion

Be a Wellness Champion IN AND OUTSIDE OF THE CLASSROOM

UCCS University of Colorado
Colorado Springs





IDEAS TO FOSTER *Well-Being*

SOCIAL CONNECTEDNESS

- Learn your students' names.
- Include group work and ice breaker activities at the beginning of the semester.
- Have students write a short paper about themselves, and refer back to them when interacting with the students.
- Become a source of support.
- Review homework or classwork in groups.
- Inquire about their engagement on campus.

MINDFULNESS AND STRESS MANAGEMENT

- Teach mindfulness exercises and practice them before class or stressful class activities.
- When students are upset, practice managing emotions through breathing or grounding techniques.
- Take breaks in class to stand or interact with other students to allow them to refocus attention.

MINDSET SHIFTS

- Encourage students to focus on what is right rather than what is wrong.
- On the first day of class, discuss the future benefits of the class and what might come out of hard work.
- Encourage an environment where students can make mistakes safely in order to learn from them.
- Focus on things the student did right on tests and assignments before discussing what they did wrong.
- Encourage students to practice gratitude.

INCLUSIVITY

- Be mindful of student differences: respect students' gender preferences, learning styles, cultures, and reactions to material. Remember to use inclusive language.
- Talk openly about mental health and normalize the concept of seeking help.
- Include a wellness clause in your syllabus to let them know their wellbeing is important to you.

SELF-COMPASSION AND EMPATHY

- Model compassion and empathy: be open with your own experiences and struggles when appropriate, and refocus negative self talk into positive thinking.
- Do not allow students to put themselves down during your office hours.

LIFE PURPOSE

- Share life goals with the class and how you have achieved them.
- Have student goal setting sessions about what they want to accomplish in class and in life; connect class content to the goals identified by students.



SUPPORT FOR *Employees*

MANDATORY REPORTING

All UCCS employees are responsible for reporting crimes or situations that could negatively impact the campus (e.g. recent sexual assault, sexual assault involving another student, harassment occurring on campus or by a university employee, etc.). These can be reported to Public Safety or the Office of Institutional Equity.

CARE TEAM

The CARE (Campus Assessment Response and Evaluation) Team coordinates responses to student crisis situations and incidents or behaviors that threaten the quality of campus life. Examples of reasons to report a student to CARE Team might include:

- Concern for a student's wellbeing, including concern they may hurt themselves or others.
- A student asks you for above and beyond assistance (e.g. financial support for housing or food).
- Persistent or severe behavioral issues that are concerning or are not congruent with UCCS Code of Conduct.

Report at: uccs.edu/dos/care



MENTAL HEALTH *Concerns*

If you are concerned about a student's mental wellbeing, talk to them about services available at the university Wellness Center. The Wellness Center offers professional, affordable, and confidential therapy for students that will not impact their student record or ability to receive scholarships. If you are concerned for their immediate safety or wellbeing, you can reach out to UCCS Public Safety (719-255-3111) or call 911.