



Mental Health First Aid Kit for Advisors

Spring 2020



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BIOLOGICAL SCIENCES
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Introductions



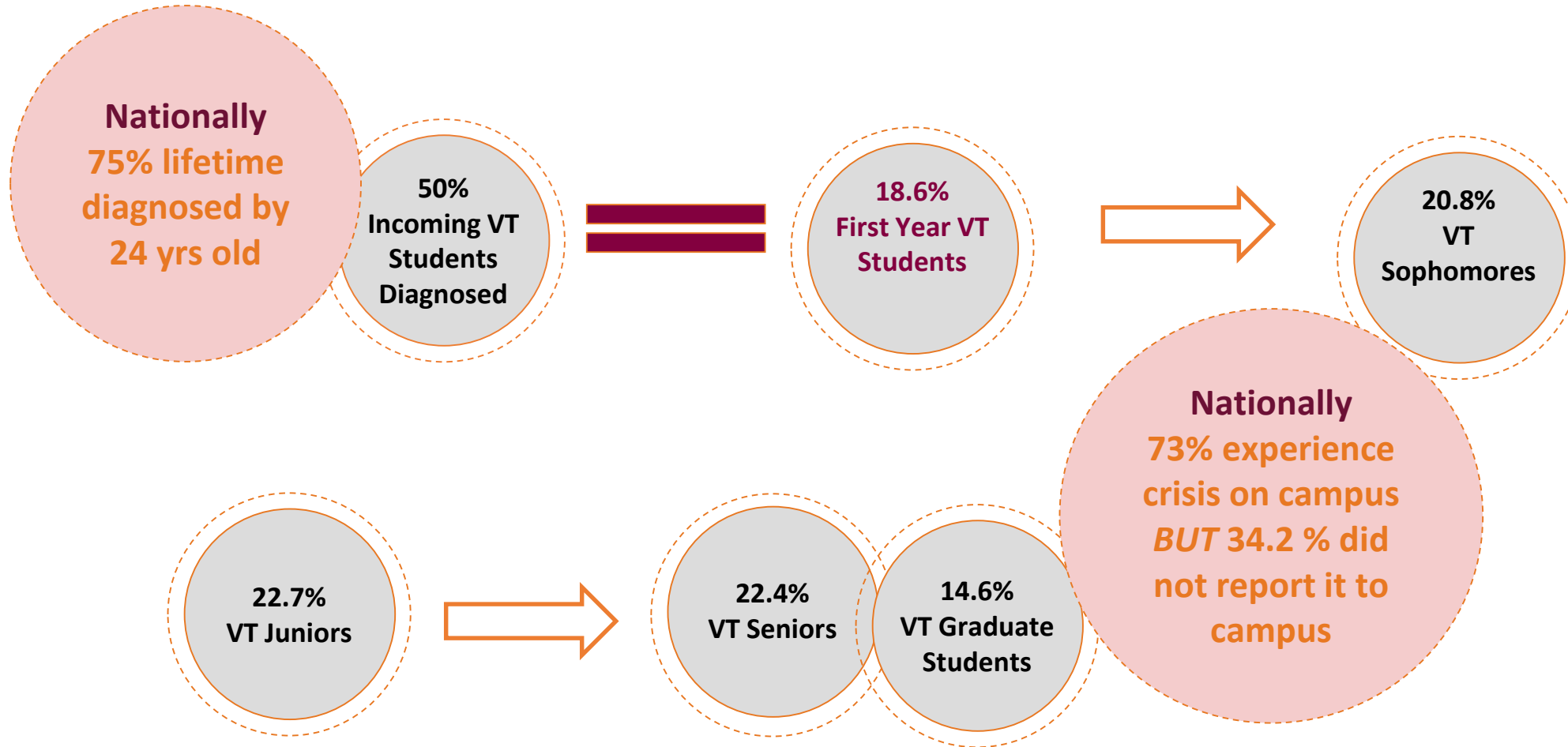
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Overview of Workshop

1. Review general understanding about current best practices/strategies advisors may use in relation to “mental health first aid kits”.
2. Collaborate with others within the workshop to develop a functioning “kit” focused on mental health.
3. Leave the workshop with a further understanding of what an advisor’s “mental health kit” may contain.



How are Students Impacted by Mental Health?

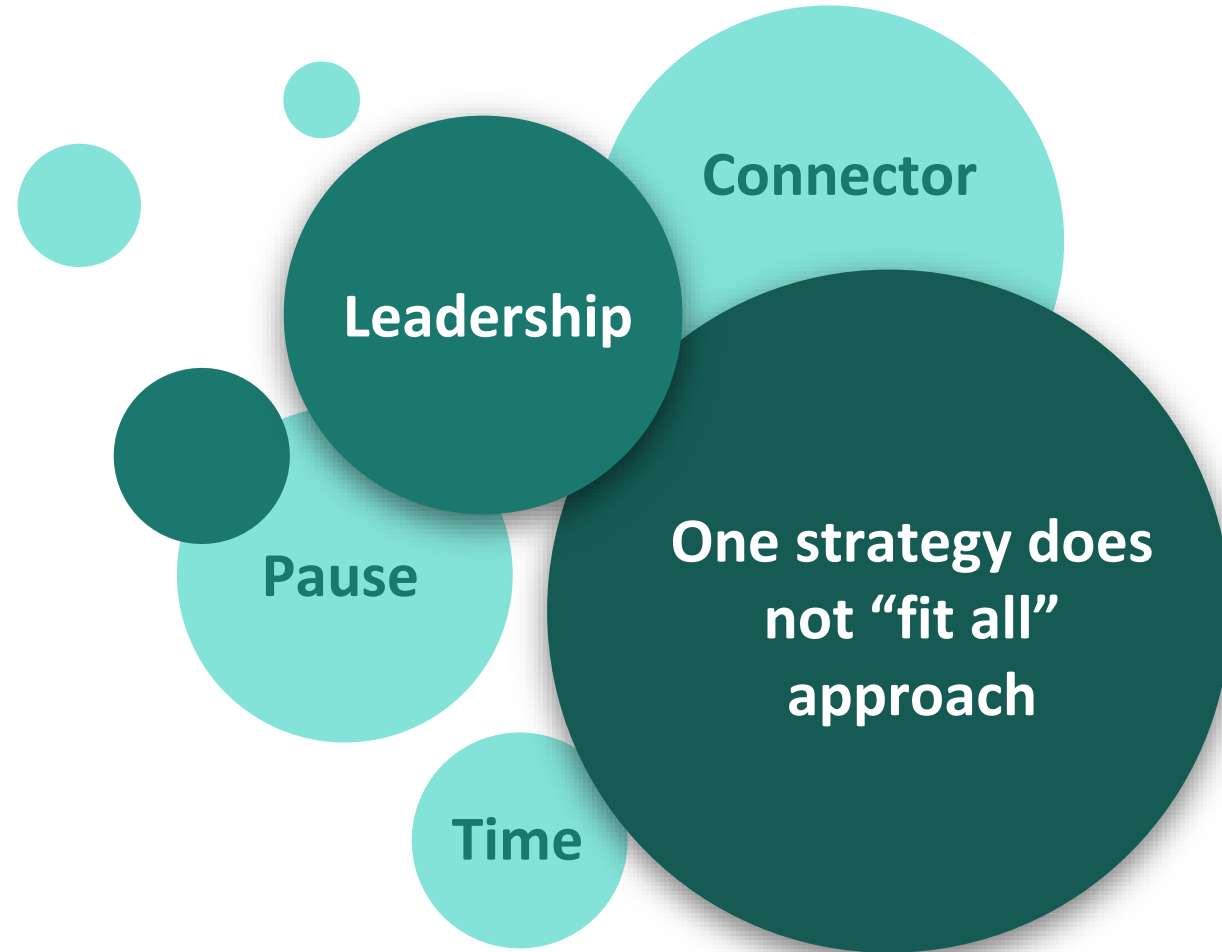


National Alliance on Mental Illness (NAMI) national statistics & data specific to Virginia Tech from Dr. Sturgis, Director of Cook Counseling at Virginia Tech



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Consider the Advisor's Role...



Workshop Activity



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Unpacking the Mental Health First Aid Kit for Advisors

Distress Resources

Trainings

Collection of Strategies

Lived Experiences



Questions?



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Resources

Hokie Wellness at Virginia Tech, S. Prabhu February 14, 2020.

Lusk, B. (2020). What can Faculty do to help Student's Mental Health? Radford University.

Mental Health Handbook for faculty, staff and GSIs. Retrieved February 6, 2020, from <https://uhs.berkeley.edu/counseling/prevention-education-outreach/mental-health-handbook>.

National Alliance on Mental Illness (NAMI). Retrieved December 10, 2020, from <https://www.nami.org/mhstats>.

National Council for Behavioral Health. (2016). *Mental health first aid USA: for adults assisting young people*. Washington, DC.

Retrieved February 4, 2020, from https://depts.washington.edu/fammed/wp-content/uploads/2019/03/Katers-selfcare_printable.pdf,
Everything Is Awful and I'm Not Okay: questions to ask before giving up handout.

Self Help Apps. Retrieved February 17, 2020, from UNC Greensboro <https://shs.uncg.edu/self-help-apps>.

Sturgis, E. (2019). University Advising Chat at Virginia Tech.

Virginia Tech Mental Health Task Force Report, March 2019.



Additional Materials used in Workshop

- Activity Directions
- VT Biological Sciences Mental Health First Aid Kit contents
- Contact information for presenters



Workshop Activity Directions

Directions: In groups, utilize the provided supplies and discuss the topic of what the contents of an advisor's mental health first aid kit contains for each of you. Use the focus of this activity to help organize your contents. After about 20 minutes in your group, we will have an open discussion allowing each group to share the contents of their kits as we unpack the contents of our Virginia Tech Biological Sciences Department Mental Health First Aid kit for advisors.

Focus: We feel as though one of the best ways to engage in the topic of Mental Health of students is through discussion and reflection. Through this activity our focus is to provide an opportunity for collaboration using knowledge of your home campus to discuss resources, experiences and strategies that would create the contents of a Mental Health first aid kit. There is not a right or wrong answer - so please use your imagination! You can organize the contents you develop in your group in any manner your group sees fit. We broke down our kit into the following categories (not limited to the following, you may use any that your group chooses):

- **Distress Resources**
- **Collection of Strategies**
- **Trainings**
- **Lived Experiences.**

Supplies:

White board - 2/group

Dry erase board - 1/group

Dry erase eraser - 1/group

Copy of Virginia Tech's Distress resources by Dean of Students - 1/person

Copy of Directions - 1/group



Mental Health First Aid Kit Contents for Advisors

Category Name	Contents
Distress Resources	<ol style="list-style-type: none"> 1. Faculty and Staff Resource Guide: Handout from VT Dean of Students 2. Bookmark style Distress Phone numbers: Hokie Wellness
Trainings	<ol style="list-style-type: none"> 1. Emotional Intelligence 2. QPR (Question, Persuade, Refer) 3. Identifying Distress Workshop 4. Recovery Ally 5. Koru Mindfulness 6. Day in the Life of a Student Athlete 7. Day in the Life of a CADET 8. Veterans Affairs on campus 9. Women's Center: Trauma 10. Revive! Narcan Training 11. CPR and First Aid Certification 12. Conflict Resolution Training
Collection of Strategies	<p>Handouts:</p> <ol style="list-style-type: none"> 1. "What can faculty do?" Radford University 2. Katers-self care graphic page (Everything Is Awful and I'm Not Okay: questions to ask before giving up) 3. Empathetic Phrases from VT Women's Center 4. Hokie Wellness workshop flyer 5. Hokie Wellness Referral Form (can refer in Navigate) : non-crisis 6. Online screening tool overview - Cook Counseling, group session information 7. UNC Greensboro App descriptive list
Lived Experiences	<ol style="list-style-type: none"> 1. Personal experiences willing to share? 2. My question Card: 3 questions to ask your student when feeling overwhelmed: <ol style="list-style-type: none"> 1. What's causing the stress/distress? 2. Is it something you can fix? 3. If you can't fix it, let it go. 3. Journal for lived experiences and a stress ball.

Note: This content list is not intended to be comprehensive and is specific to Virginia Tech



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