



JED Campus Framework - COVID -19 - Mental Health Support and Services for Students, Faculty and Staff

HCC-JED Campus Interdisciplinary Task-Force Recommendations

WE ARE ALL IN THIS TOGETHER

SERVICE WITH HEART, 6 FEET APART

Develop Life Skills Current/Transitioning Students	Promote Connectedness	Identify Students at-risk/struggling	Help Seeking/Counseling Services	Crisis Response	Means Restriction
<p>An important part of life and especially during unexpected crisis is how to take care of oneself. Our goal is to help students get Anchored – Set a daily routine with tasks/goal/sleep/exercise/ - yogadownload.com; find a family cookbook and try cooking; meditative/mindful coloring, gratitude log, schedule worry time, put lyrics to music, start family garden, take a walk with your dog or spouse, include positive self-talk, meditation, create collage, tune out/turn off the negative news.</p> <p>Some helpful areas/ skills to focus at this time are:</p> <ul style="list-style-type: none"> *Gain Financial Literacy skills. *Learn Communication, *Relationships Skills and *Conflict resolution. *Routine Time Management <p>Skills for Transitioning students; JED signature program - https://www.settogo.org/</p>	<p>It is natural to feel stressed or anxious; the support you need is close by. Staying connected to people and activities keeps us grounded. Link with friends and family members: Skype with friends, group chats, engage in conversations other than the outbreak; watch health promotion programs; Family activities that you enjoy in your everyday life.</p> <p>Create ‘online chat room’ with students, friends, family. Maintain important relationships. JED Campus interactive peer resource: Love is Louder Action Center .</p> <p>On-line Fresh Check www.rememberingjordan.org/check-in-at-home/</p> <p>APP - Balance: https://apps.apple.com/us/app/balance-meditation/id1361356590;</p>	<p>Recognize symptoms of distress: increased life disruption, resiliency factors, underlying depression/anxiety/stress Perceived loss of control, Disconnection/isolation, Fear due to uncertainty.</p> <p>Support with - *Active Listening - very important in identifying *Use language that is accurate, but does not catastrophize. *Validate, Appreciate and Refer.</p> <p>https://www.housatonic.edu/student-services/counseling-wellness-center</p> <p>https://www.housatonic.edu/student-services/community-resources</p>	<p>When distressed, students turn to family and friends. Encourage conversation, and Peer support. Know community and college resources.</p> <p>JED Signature program Seize the Awkward</p> <p>Nod is a research backed app -FREE https://heynod.com/</p> <p>https://www.housatonic.edu/student-services/counseling-wellness-center</p> <p>https://www.housatonic.edu/student-services/community-resources</p>	<p>Crisis has the potential to harm mental health. Repeated exposure to environmental stressors’ is known to negatively impact well-being and academic success. If you find yourself distressed, please call or text 911.</p> <p>HCC -Crisis support - Crisis Prevention National Suicide Prevention Lifeline: 1-800-273-8255</p> <p>Text HOME to 741741 to connect with a crisis counselor.</p> <p>https://www.housatonic.edu/student-services/community-resources</p> <p>HCC -Emergency Fund https://housatonic.edu/foundation/student-emergency-funds</p>	<p>Be informed about Firearm/Weapon safety, secure medication storage (at home). Make sure to follow the guidelines or information</p> <p>https://www.housatonic.edu/about-us/safety-security</p> <p>www.projectchildsafe.org</p> <p>https://projectchildsafe.org/safety/safety-kit/Connecticut</p> <p>https://drugfree.org/article/secure-dispose-of-medicine-properly/</p>

<p><u>Care to the Care Givers!</u></p> <p>Faculty, Security Counselors/Academic Advisors, Staff are students first contact online:</p> <ul style="list-style-type: none"> • Create opportunity for virtual engagement. • Know clear, accessible information/resources • Learn more about Grief support. <p>Prioritize well-being – Sleep, Exercise, Color, Call, Consult, Moderate amount of anxiety (what works for you), identify a ‘buddy’, consult, check-in, make good decisions not perfect ones.</p> <p>Get enough sleep, take a break, practice yoga, yogadownload.com</p> <p>Meditation, Mindfulness https://hbr.org/2015/01/mindfulness-can-literally-change-your-brain</p> <p>Foster well-being: https://youatcollege.com/product/</p> <p>Go for a walk, avoid drugs and alcohol, keep things in perspective, focus on positive and what you can control.</p>	<p>Fighting Student Loneliness with an App: https://www.cactusinc.com/work/nod-app</p> <p>Active Minds has a special online hub for students to support their mental health during COVID-19.</p> <p>Wysa: stress, depression & anxiety therapy chatbot https://play.google.com/store/apps/details?id=bot.touchkin&hl=en_US</p> <p>Woebot: Your Self-Care Expert https://play.google.com/store/apps/details?id=com.woebot&hl=en_US</p> <p>Digital Coach: https://www.betteryou.ai/</p> <p>Find creative ways to reach out safely and help others</p>	<p>Mental Health Resource Center</p> <p>Preventing Suicide http://zerosuicide.edc.org/cake-a-walkovid-19SAFE-T www.integration.samhsa.gov</p> <p>Three-to-six questions to save a life: The Columbia-Suicide Severity Rating Scale</p> <p>www.nimh.nih.gov > health > publications > espanol</p> <p>my3app.org ></p> <p>www.cdc.gov > pdf > suicideTechnicalPackage-es</p> <p>suicidepreventionlifeline.org > en-espanol</p> <p>The #1 app for stress, anxiety, and depression Free premium access through the COVID-19 crisis. https://vimeo.com/389483304/4bbb73f3b1</p> <p>Meditation techniques: https://www.calm.com/</p>	<p><i>Could be better, tbh,</i> https://www.taoconnect.org/</p> <p>Affordable Mental Health Access with Proven Results https://www.x2ai.com</p> <p>Suicide Prevention http://zerosuicide.edc.org/covid-19</p>	<p>Sexual/Domestic Violence: https://www.housatonic.edu/images/Community_Resources/Campus_Resource_Cards.pdf</p> <p>https://openbeds.net/the-platform/</p> <p>https://www.drugabuse.gov/related-topics/opioid-overdose-reversal-naloxone-narcan-evzio</p> <p>https://www.samhsa.gov/</p> <p>https://www.drugfreect.org/</p> <p>LGBTQ: The Trevor Project</p> <p>Veteran Crisis Line: Veterans Crisis Line</p> <p>HCC Veteran contact ho.vetrep@hcc.commnet.edu 203-332-5087</p>	
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