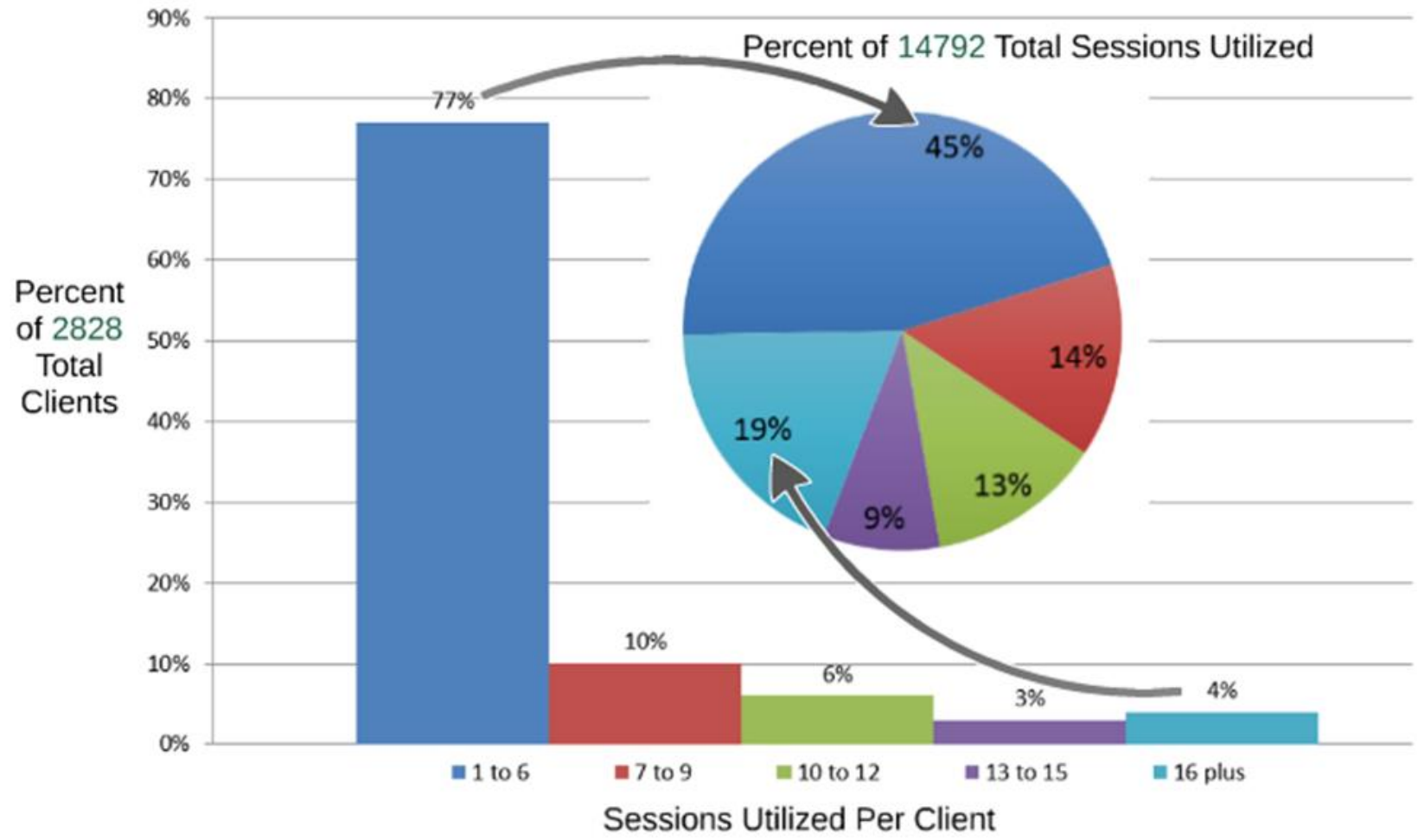




WELLWVU Carruth Center Resources

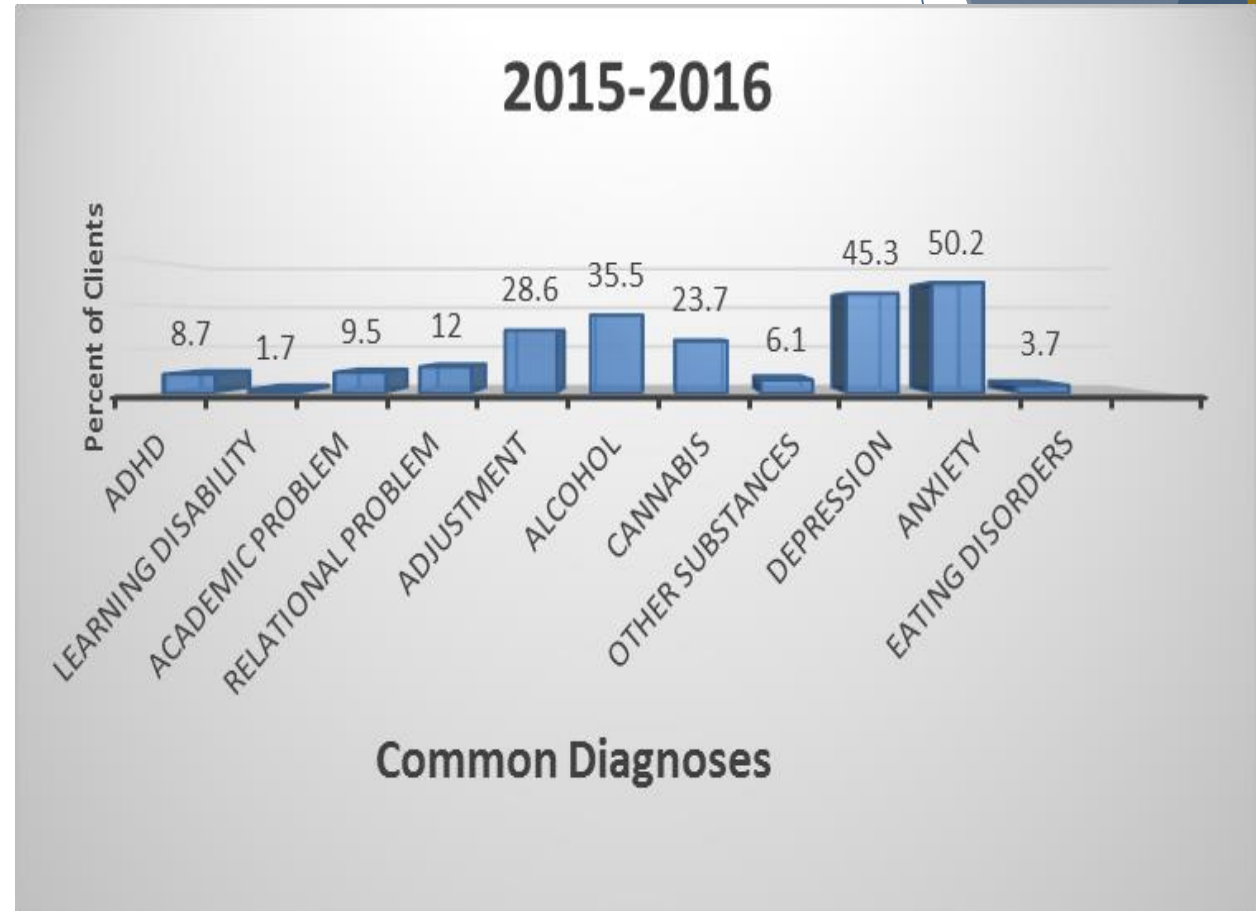
How We Can Help At-Risk Students



► Who Comes to the WELLWVU Carruth Center?

► 2015-2016

- 50% women and 50% men
- 1% lesbian, 2% gay, 4.5% bisexual, 1% questioning, and 84% heterosexual
- 23% first-year students, 23% sophomores, 20% juniors, 18% seniors, and 14% graduate/professional students
- 16% transfer students
- 21% first generation
- 3% varsity athletes
- 7% registered for disability
- 2% military veterans
- 4.3% international students
- **14% considering leaving the university**
- **47% have an issue that is affecting their academic performance**



Percent of Student Population

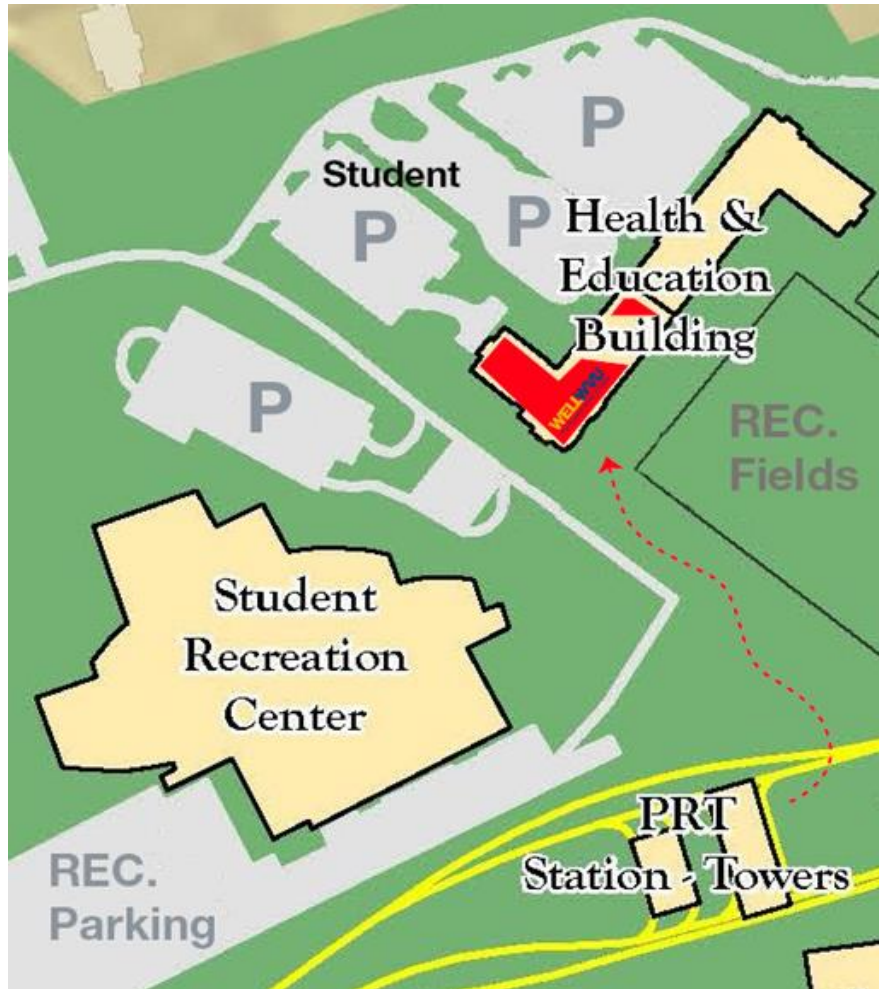
	<u>Center</u>	<u>WVU</u>
Black/African American	5.1	4.2
American Indian	.1	.1
Asian/Asian American	3.3	1.9
Latino/Latina	2.9	3.2
Native Hawaiian/ Pacific Islander	.2	.1
White	82.2	80
Multiracial	3.6	3
International Students	4.3	7

College

% of clients

	<No Response>				
					4.7
	Arts & Sciences				24.3
	B&E College				13.2
	Engineering				14.2
	Creative Arts				3.8
	Undecided				4.1
	University Advising				3.1
	Journalism				4.2
	Nursing				2.7
	Education				2.0
	Davis College of Agriculture				8.2
	Human Resources & Education				3.4
	Physical Education				2.1
	Exercise Physiology				2.0
	Law				1.5
	Dentistry				0.8
	Pharmacy				1.1
	Medicine				4.8

Traveling to Us



- ▶ Physical Address: 390 Birch Street
- ▶ Behind the Rec Fields and adjacent to the Student Rec Center
- ▶ Parking for patients
- ▶ Closest PRT Station is Towers, walk the path around the Rec Fields

Health & Education Building/(CPASS)

WELLWVU

- ▶ Ground Floor – Urgent Care/Student Health
- ▶ 1st Floor – Wellness & Health Promotion, multipurpose room (yoga), Greenhouse Café
- ▶ 2nd Floor – Carruth Center

CPASS side contains classrooms, labs, faculty offices



Carruth Center Basics

- ▶ Confidential services for WVU students
- ▶ Free*
- ▶ well.wvu.edu/ccpps
- ▶ [304-293-4431](tel:304-293-4431) (24/7)
- ▶ After hours line begins at 4:45pm
- ▶ Hours: Monday – Thursday 8:15 am – 8:00 pm,
Fridays 8:15 am – 4:45 pm
- ▶ **Drop In Hours: Monday – Friday, 8:15 am – 4:45 pm**
= no appointment needed



@FeelinBLUEnGOLD

Services Overview

- ▶ Counseling
 - ▶ Individual
 - ▶ Group – vary by semester (special populations or concern of focus)
 - ▶ Substance Abuse (Student Assistance Program - SAP)
- ▶ Psychiatry (medication)
- ▶ MindFit Clinic
 - ▶ Learning Disability/ ADHD Assessment
 - ▶ Cognitive Training
- ▶ Outreach
- ▶ **Consultation**
- ▶ Crisis Intervention

Individual and Group Counseling

- ▶ **Short-term** individual therapy:
 - ▶ First session: paperwork, assessment (about 30 min.)
 - ▶ Referral decision (Counseling? SAP? Psychiatry? Community?)
- ▶ Groups:
 - ▶ Vary from semester to semester, offered weekly



WELLNESS WORKSHOP SERIES SPRING 2017

TUESDAYS 6:30 PM - 7:30PM

CPASS ROOM G-06

Tuesday, March 21

Healthy Relationships and Coping with Breakups.

Tuesday, April 11

Pop-Culture and Self-Care.

Tuesday, April 25

Coping with Finals and End of Semester Stress.

WELLNESS WORKSHOP SERIES SPRING 2017 TUESDAYS 6:30 PM - 7:30PM CPASS ROOM G-06

Tuesday, March 21

Healthy Relationships and Coping with Break Ups

Presented By: Olivia Scott and Jeneice Shaw

Though finding romantic connection is a big part of the college experience, forming and maintaining healthy relationships can be hard work.

Do you feel comfortable asking for what you need from your partner? How do you know if things are moving too fast? How do you move beyond “Netflix and Chill”?

And when relationships end, we find ourselves overwhelmed and unsure of how to move on. This workshop is intended to help students navigate the complicated world of relationships.

DROP-IN SKILLS GROUPS

HEB CARRUTH CENTER

Skill-based support groups are available to students who may be experiencing varying levels of anxiety, depression and stress on a weekly basis.

BOUNCE BACK, SPRING FORWARD
FRIDAYS @ 1 PM

MIND OVER MOOD
MONDAYS @ 4 PM

Students need to complete an initial appointment*

Groups for Spring 2017

- ▶ Acknowledging Your Grief
- ▶ Graduate Student Support
- ▶ LGBTQ+
- ▶ **Mood/Anxiety Management**
 - ▶ Mondays @ 4
 - ▶ Fridays @ 1
- ▶ Sexual Assault Survivors
- ▶ Stress Management
- ▶ Understanding Self & Others

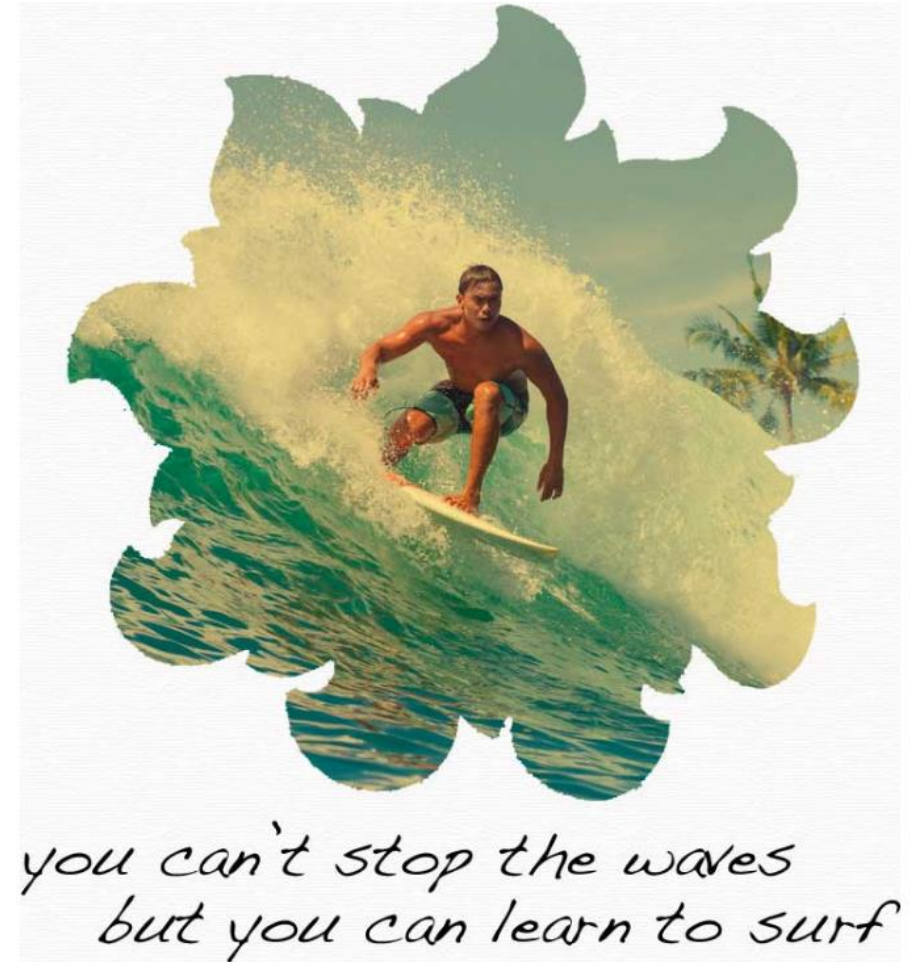
****Check website for updates****

All interested students need to have an initial appointment with Carruth to be placed in a group

myStrength

- ▶ www.mystrength.com/wellwvu
- ▶ Free online tool that teaches you skills to feel happier, reduce stress, and overcome other challenges of college life
- ▶ Exercises and opportunities for peer feedback

There are a lot of things that are out of your control. It's how you respond that matters.



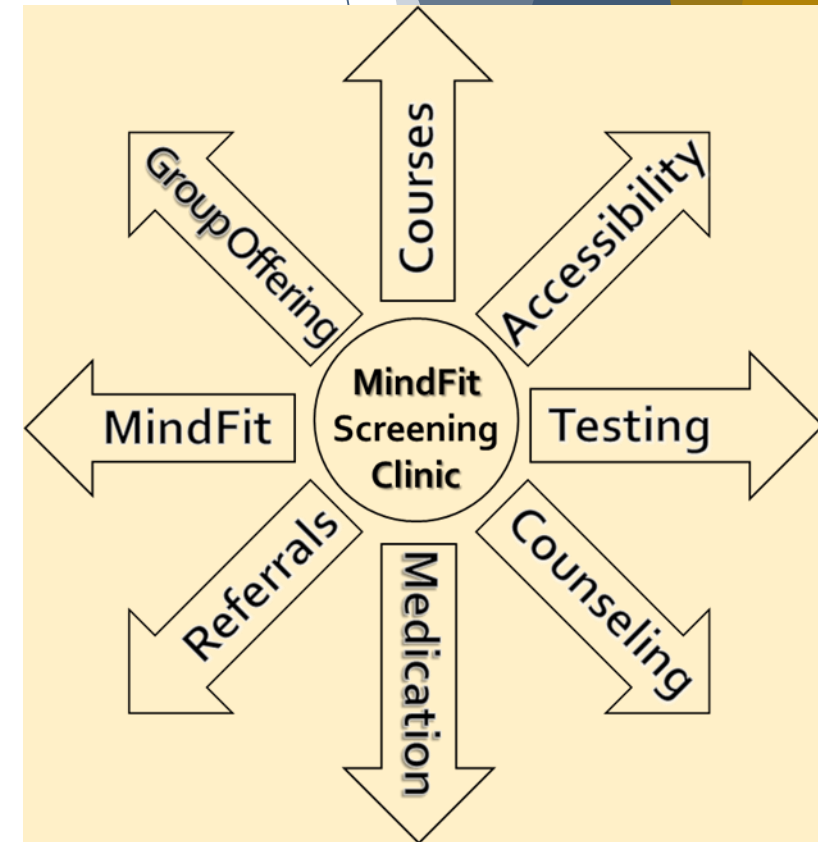
*you can't stop the waves
but you can learn to surf*

WHAT DO YOU THINK?

MindFit* & Psychiatry*



- ▶ MindFit Clinic
 - ▶ Screening and testing services
 - ▶ Cognitive training
 - ▶ Tutoring
- ▶ Psychiatry for continued treatment of depression, anxiety, ADHD, etc.
 - ▶ Students who wish to meet with a psychiatrist to be evaluated for a stimulant medication MUST schedule a MindFit Screening



* Costs may be associated with these services

Substance Use Resources

Student Assistance Program

- ▶ Mandated* and self-referred clients
- ▶ Individual counseling
- ▶ Psychoeducational groups
- ▶ Education & Consultation
- ▶ AlcoholEdu programs

Collegiate Recovery Program

- ▶ Drop in/hang out spot – ERC RFL House (near allen Hall)
- ▶ Campus AA, NA, OA, SA liaison
- ▶ Adult Children of Alcoholics (ACOA)
- ▶ Positive Recovery (all recovery)
- ▶ Events!

* Costs may be associated with these services

Talking To At-Risk Students

Approach, Listen, Refer, Get Help

Signs of Students in Distress



- ▶ **Withdrawal** - From activities, people, academic work, emotional detachment
- ▶ **Emotional Overreaction** - Hypersensitivity, angry outbursts, crying spells
- ▶ **Carelessness** - Impulsivity, recklessness, excessive risk taking, disregard for safety (self and others)
- ▶ **Alcohol and Substance Use/Abuse** - Increased use or overuse, noticeably intoxicated or impaired
- ▶ **Distraction** - Restlessness, persistent memory lapses, decreased or inability to concentrate
- ▶ **Anxiety** - Excessive worry and panicky, physical symptoms: rapid heart rate, feeling shaky, shortness of breath, excessive sweating, feeling they may pass out or die when very anxious
- ▶ **Poor Contact with Reality** - Disorientation, irrational conversation, obsessional worry, exaggerated suspiciousness or fears

Do

- ▶ Acknowledge specific observed behaviors
- ▶ Be direct
- ▶ Express empathy or concern
- ▶ Paraphrase
- ▶ Recognize that there may be cultural differences, tailor your approach
 - ▶ how they respond to problems, feel about sharing personal information, speaking with adults, and seeking help

Avoid

- ▶ Argue, discount, disagree, correct, judge, minimize, or otherwise advise
- ▶ "I Understand", "It's just..."
- ▶ Don't work outside your comfort zone
- ▶ Promising confidentiality

Refer

- ▶ Let them know you care and want to help
- ▶ Be direct and specific
- ▶ Normalize mental health care
 - ▶ If you had a cold you would go see a medical doctor
- ▶ Introduce seeking help as a sign of strength and courage, not weakness
- ▶ Describe seeking help as using good judgment and an appropriate use of resources
- ▶ Provide accurate information to the student regarding related services

Questions Later?

Carruth Center for Psychological and
Psychiatric Services

304-293-4431

well.wvu.edu/ccpps

well.wvu.edu/helpwell