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Mental Health Matters

Helpful Steps...

Normalize the need for help

Validate, Acknowledge, Respond

Embed well-being in courses/discussions

Practice self-care and seek resources when needed





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*Just because no one else can heal or do your inner work for you,
doesn't mean you can, should, or need to do it alone.*

Lisa Olivera, 2022

PositivePsychology.com

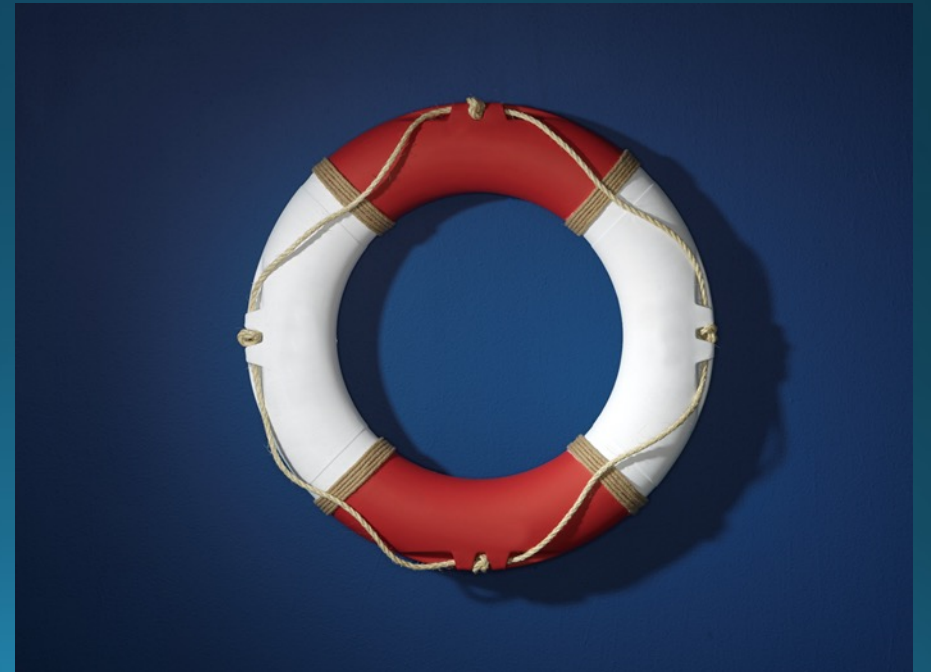
Mental Health Affects EVERYONE!

- Adjustment Disorders to Schizophrenia
- Your neighbor, yourself, your children, etc.
- Bible to now
- Listen without fixing



Signs of Struggle:

- Disengaged
- Isolated from others
- Irritability
- Disheveled Appearance
- Tearful
- Nervous
- Appearing tired/falling asleep
- Distressed/Unusual communication
- Lack of communication
- Won't cooperate with group members
- Unusual behavior



Validate Acknowledge Respond

- V- Witness & Value
- A- "I hear you"
- R- Encourage, Resource, Follow up



Assess for crisis:

May become a crisis:

- Panic Attack
- Aggressive behavior
- Substance misuse
- Following a traumatic event
- Non-suicidal self injury

Immediate Crisis:

- Medical emergency
- Suicidal thoughts and behaviors
- Severe effects of alcohol or drug use
- Severe psychotic states

Suicide Risk Assessment

1 ASSESS

2 ASK THE
QUESTION

IF YES

3 ASK ABOUT
PLANNING

IF YES

4 GET HELP
IMMEDIATELY
HELP



Crisis: Your Role

During a crisis, your role is to:

- Try to work to keep the person and others safe for now. If you can't, get help immediately.
- Bring another opinion in!
- De-escalate the situation and connect the individual to appropriate professional help.
 - Ways to de-escalate include: speak slowly and confidently, do not argue, do not threaten, do not raise your voice, use positive words, stay calm, do not restrict the person's movement, take breaks in the conversation if needed

Ways to embed well-being...

- Acknowledge stress
- Acknowledge resources
- Check in with students individually
- Check in with students in groups
- “Begin peacefully” ...1-2 breaths, moment of quiet, devices put away, prayer, etc.
- Clarify ways to communicate
- Allow opportunities for students to connect with others
- Emphasize effort
- Affirm effort
- Change the pace sometimes
- Incorporate activities that focus on mental health

Care for yourself, too.

TAO

Four levels of resources



Personal and Professional development

TAO offers training tools for personal development often valued by employers, ranging from, self awareness as a leader, communication skills and problem solving to mindfulness, journaling and practice tools.



Situational problems and mild concerns

Sometimes we struggle with life problems, TAO has effective single session resources for many of these: procrastination, perfectionism, test anxiety... along with sessions to help evaluate alcohol and drug use and relationship health



Moderate problems

TAO has interactive, engaging short courses (3-4 weeks) for stress management, grief and loss, worry, recovery after break-up, caregiver fatigue, social anxiety, anger conflict and management and others



Severe or chronic problems

TAO includes protocolled treatments using CBT, Behavioral Activation, Acceptance and Commitment Therapy, Motivational Interviewing, Alcohol and drug sessions using both Harm Reduction and abstinence.

Reach Out

- Locate a therapist on [psychologytoday.com](https://www.psychologytoday.com)
- Open up about your need for more support
- Seek local group support: Celebrate Recovery, Clove Alliance, and Bible Studies
- National Resources: Emotions Anonymous, Crisis hotline/textline

Wellness for you

- Minimize things that drain your energy
- Say “no” to good things to pursue the most important
- Close your door or go offline sometimes
- Incorporate *actual* breaks into your day (your boss may hate me for saying that 😊)
- There are different types of coping: unhealthy, healthy, and super helpful

Questions?