

*Beyond Anxiety:
Insights and Ideas for College Leaders*

SACUBO Fall Workshop

November 2023

Presented by

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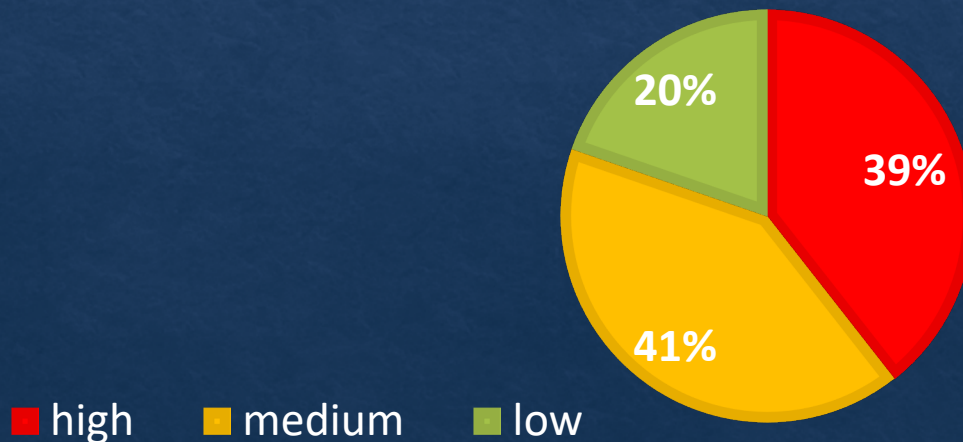
Learning objectives are:

1. Participants will increase their ability to *recognize factors* that have increased the need for counseling services on campuses;
2. Participants will be able to identify five *categories of programming focus* designed to reduce anxiety levels of students and employees on their campuses;
3. Participants will be able to outline at least three general *campus-wide programming concepts to establish* wellness programming.

Realism + Hope = Resilience

Realism: Two data points

- ◇ Increase in Need - There was a 110% increase in student support/counseling services requested at an RI school in TX over the pandemic
- ◇ The pie chart shows “Distress Index” from 2022 of presenting issues at a CCCU mid-south institution –

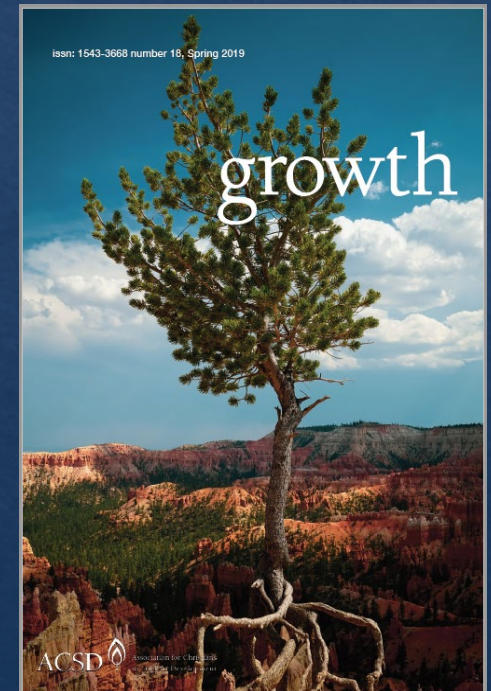


How do you think we got here?

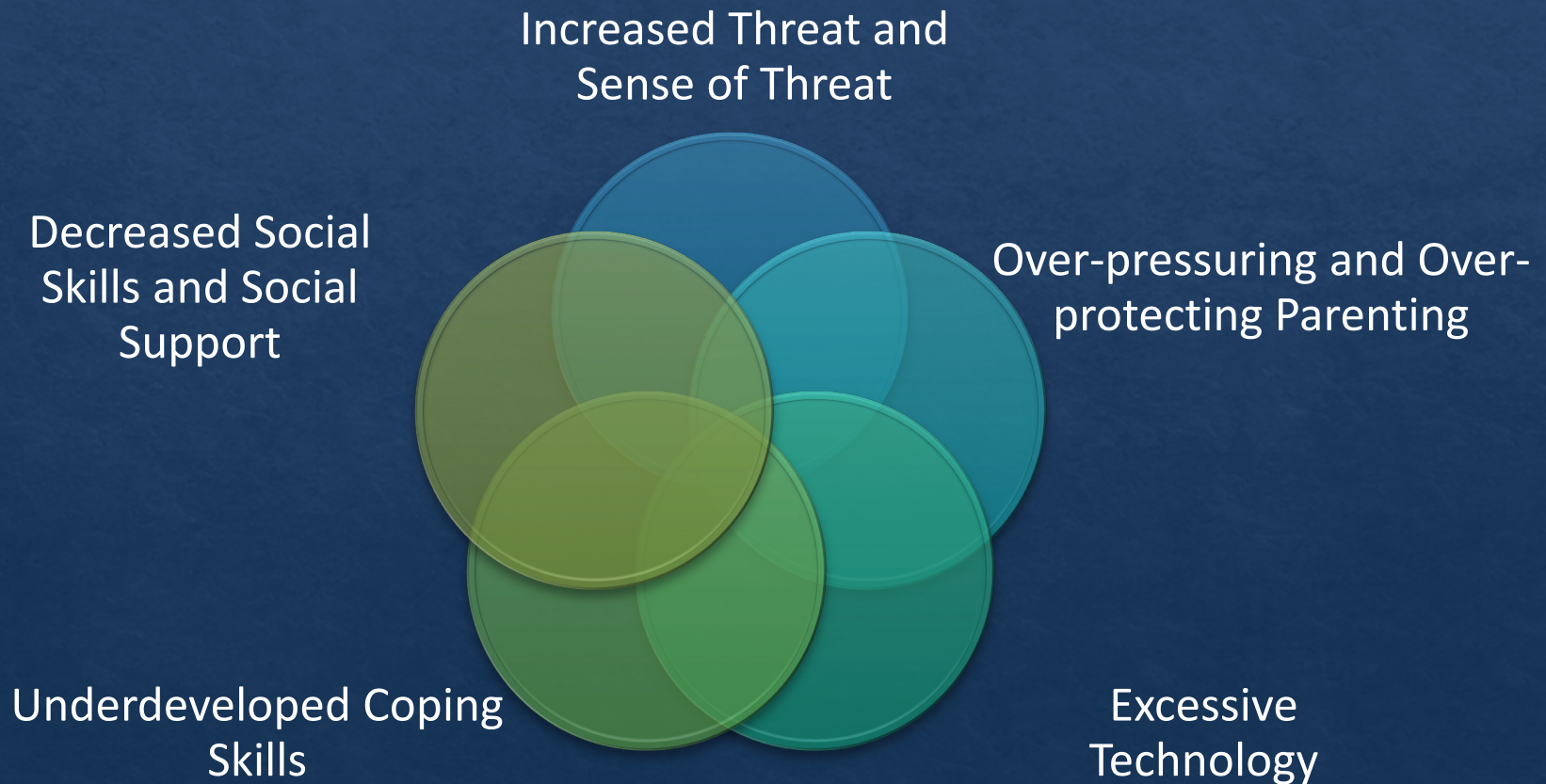
Talk for a moment.

The Author's suggestions

1. Increased threat or sense of threat
2. Over-pressuring and over-protecting parenting
3. Excessive technology
4. Decreased social skills and social support
5. Underdeveloped coping skills



Increased Mental Health Challenges and Decreased Resilience



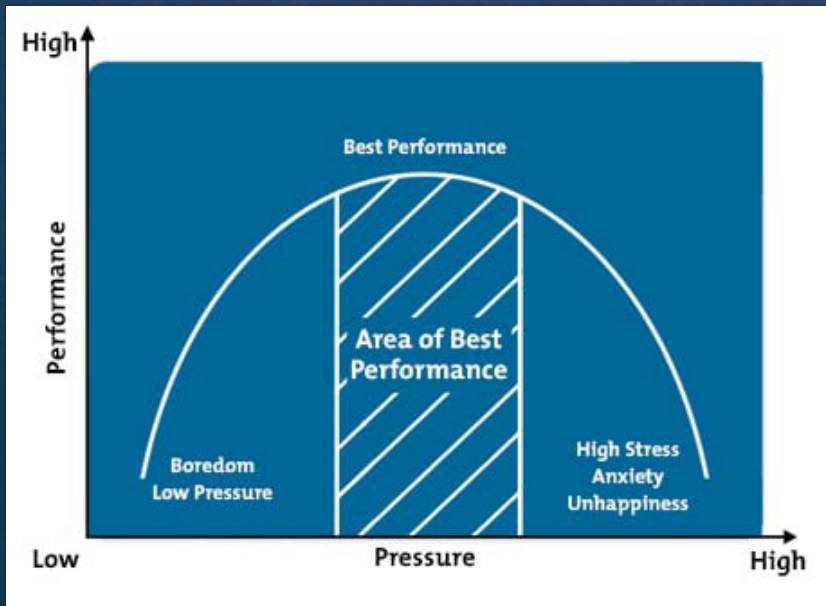
Hope: A Way Forward

What are some initial thoughts on what you might be able to do to make a difference?

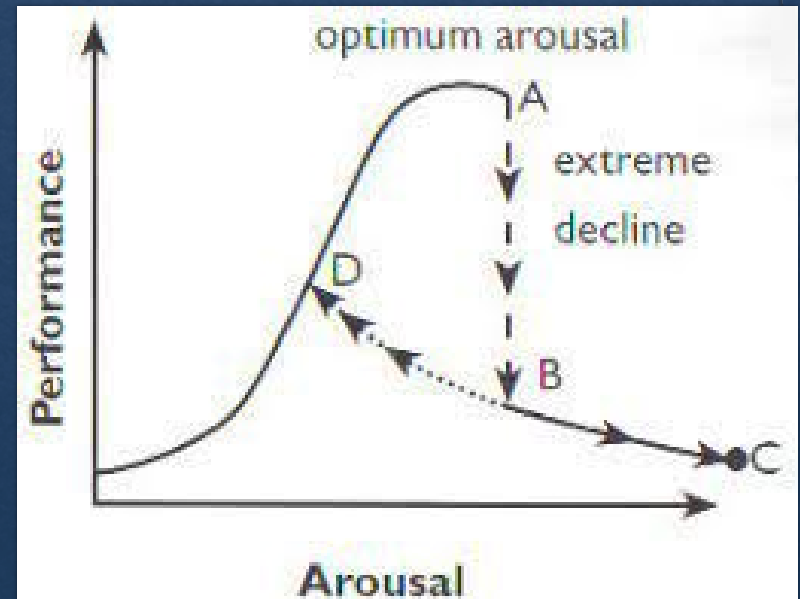
Talk for a moment.

The Positive Effect of Stress on Performance

Inverted U Theory

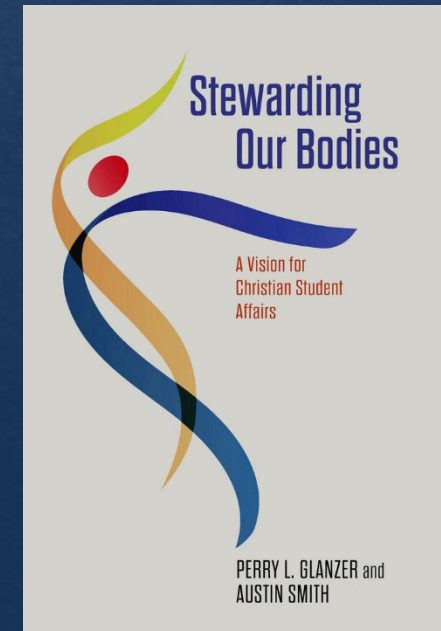


Catastrophe Theory



The Author's Suggestions for a Way Forward

1. Being Human
2. Belonging
3. Curating Inputs
4. Developing coping skills
5. Thinking Differently



1. Being Human:

Living inside of the limits of our humanity

- ◇ Acknowledging and prioritizing healthy life patterns, such as:
 - ◇ Sleep, eating well, exercise
 - ◇ *“...stress produces a surge of cortisol, which activates the fight or flight response. It concentrates in the frontal cortex and that interferes with focus, concentration and decision-making. So, when you go for a run this burns cortisol ‘clearing your head.’”*

Simple Illustration: Deep breaths

- ◆ Let's do a simple relaxation technique together
- ◆ Pause, relax your shoulders
- ◆ Take three deep breaths –
 - ◆ Inhale (4 seconds)
 - ◆ Hold your breath (7 Seconds)
 - ◆ Exhale slowly (8 seconds)

2. Belonging: Leaning into a Supportive Community

- ◇ Intentional Connections:
- ◇ Two people working together are better than one, *“if either of them falls down, one can help the other up.”* Eccles. 4:10a.
- ◇ *“I have come to believe that the antidote to trauma is a relationship.”*
 - ◇ Tim Clinton
 - ◇ President of the American Association of Christian Counselors

Simple Illustration: Being known

- ◆ Have someone next to you tell of a time when they felt or were “invited into” the group. How did they feel. How did it make a difference?

3. Curating Inputs:

Specifically, managing tech

- ◇ Managing what you technologically consume:
 - ◇ The patterns of choices we make are most powerful in shaping our lives. Andy Crouch recommends taking a sabbath from the influences of technology *“not just one day every week, but also one hour (or more) every day and one week (or more) every year”*
 - ◇ *The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place*
 - ◇ Andy Crouch

Simple Illustration: You are what you put in your body

- ◆ My experience
 - ◆ Krispy Cream

4. Skill Building:

Learning Coping Skills to Reduce Stress and Anxiety

- ◆ AN EXAMPLE

- ◆ Gratitude:

- ◆ In a 2021 *Harvard Medical School* publication, the researchers stated, “*Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships*”

Simple Illustration: Learning habits

- ◇ Personal experiences –
 - ◇ Need for a mentor
 - ◇ I can only get so far on my intuition and self-discipline. We need structures that enable us to move our lives in the right direction. We may also need a mentor/teacher.
 - ◇ Intentionally being thankful – morning reminder

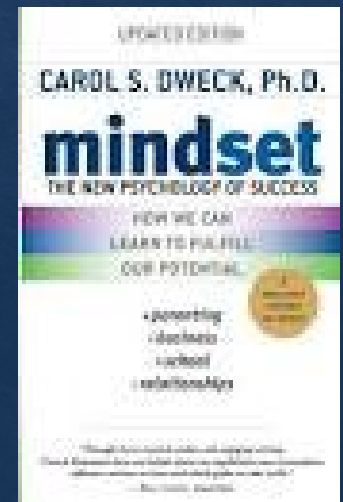
5. Thinking Differently:

Finding Wellbeing through new thinking patterns

◇ Thinking differently

◇ ...can make all the difference.

◇ *“Once we truly know that life is difficult - once we truly understand and accept it - then life is no longer difficult”* postulates Peck.



Simple Illustration: What would you tell yourself?

- ◆ How do you “think” in difficult situations –
 - ◆ Think about what you would say to someone facing a difficult situation (*Knee blown as a college senior athlete*) and how might one might think about this issue in a resilience mindset?

Being Human Belonging

Curating Inputs Developing coping skills

Thinking Differently



JOHN BROWN
UNIVERSITY

Campus Program Development:
*Leveraging
Institutional Resources*

Planning Guidance

CCCU TASK FORCE

Campus Program Planning Guide

for Student Wellness Leading
to Resilience

Realistic expectations

- ◇ There will always remain a percentage of our students who will continue to need and benefit from the direct and ongoing ministry of the counseling center.
- ◇ Any programs we initiate will not, nor should not, be expected to eliminate the critical role that our counseling centers play on our campus. None of us would expect additional “*Be healthy*” programs to eliminate the need for our medical professionals.

Overview of 9 point program development (Audit) strategy: Phase 1

1. Discussing the cultural influence that have negatively impacted college student's mental health on your campus

What is the problem you are trying to solve?

2. Generate institutional definitions of critical terms

How do we make sure we are all saying the same thing - clarifying language that is culturally connected?

3. Assess your current programming efforts

What are you currently doing and can it be re-tooled?

Overview of 9 point program development (Audit) strategy: Phase 2

4. Develop guiding principles in planning your plan

How are you going to move forward together and in our context?

5. Reviewing illustrative programs

What are the good things happening at other places where you can learn and potentially emulate their good work?

6. Find and secure institutional partners

Who are our champions and who should be involved to make this a success?

Overview of 9 point program development (Audit) strategy: Phase 3

7. Developing specific program plans for your institution

What are we actually going to do - when, who, and where?

8. Produce institutionally calibrated programming

Deploying the plan.

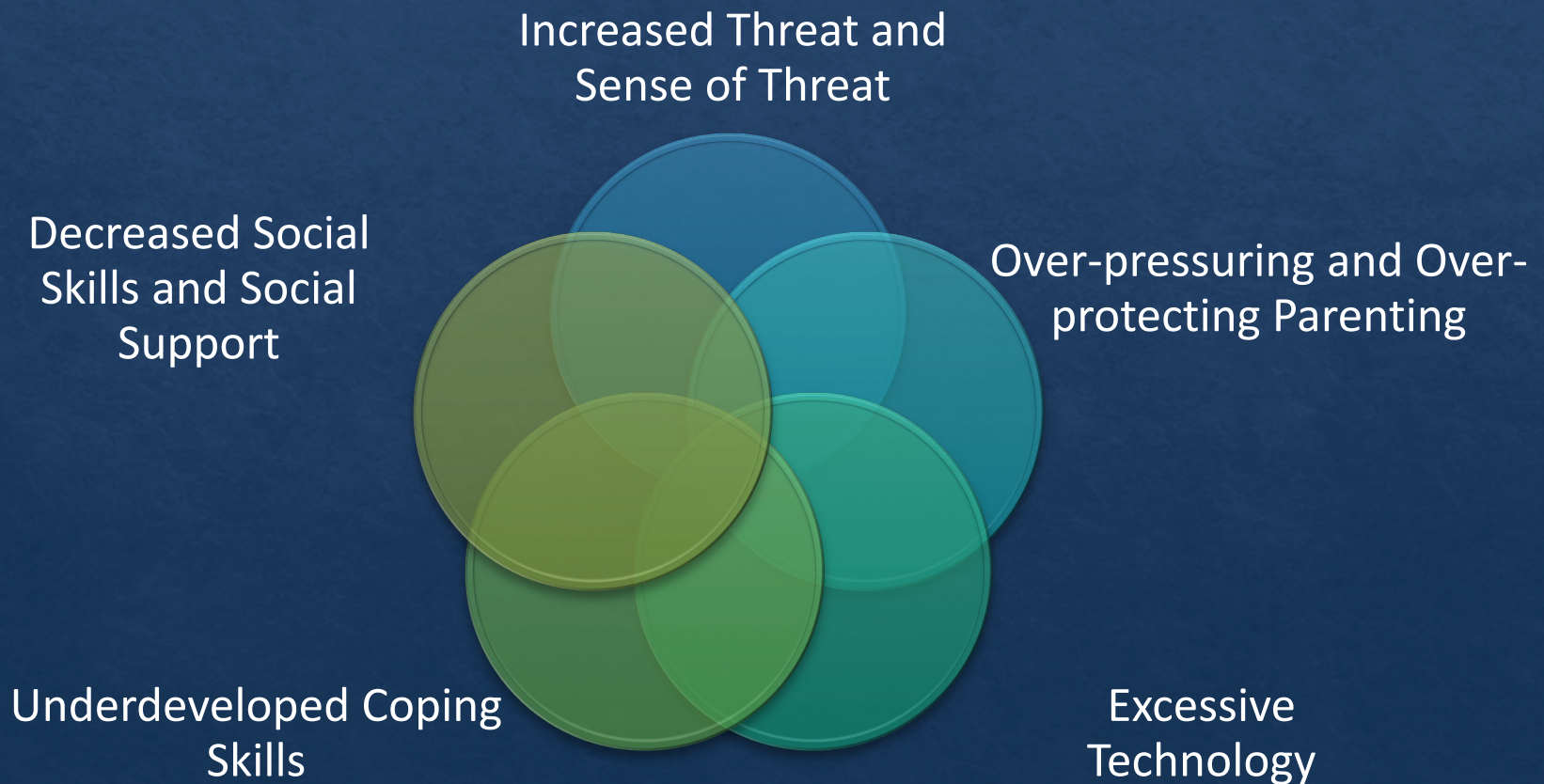
9. Develop and integrate program evaluation

How do we collect relevant data to adjust our programs and show it is making a difference?

First Step: Discussing the Cultural Influence that have Negatively Impacted College Student's Mental Health on Your Campus

- ◆ Take some time to discuss:
 - ◆ What is happening on your campus
 - ◆ What does your team believe are some of the influences
 - ◆ What might be the root of the problem or concern

Reminder of Author's suggestion: Increased Mental Health Challenges and Decreased Resilience



Second Step: Generate an Institutional Definition of Critical Terms - Wellness, Wellbeing, and Resilience.

- ◇ *Illustrative terms*

- ◇ *Well person*

- ◇ *Wellness*

- ◇ *Wellbeing*

- ◇ *Thriving*

- ◇ *Resilience*

- ◇ *Good life*

- ◇ *Flourishing*

- ◇ *Shalom*

- ◇ *Abundant life*

Third Step: Assess your Current Programming Efforts

◆ **List of Potential Program Areas for Assessment**

- ◆ Curriculum and classroom
- ◆ Co-curriculum
 - ◆ Direct Student Health Services
 - ◆ Spiritual Life Area
 - ◆ Wellness programming across the campus (i.e. Honors)
- ◆ Contracted service (i.e. food service)
- ◆ Off Campus Partnerships

Fourth Step: Develop Guiding Principles in Planning Your Plan

- ◆ Work “Upstream” to Empower Student Wellbeing and Increase Resilience
- ◆ Data-Based Decision Making
- ◆ Identifying a Champion to Lead the Program
- ◆ Multi-Layer Approach
- ◆ Teachable Moment
- ◆ Student-focused Experience Review
- ◆ Universal Design
- ◆ Evaluate if Institutional Resources for Direct Student Support are in Order
- ◆ Financial Feasibility and Sustainability of Institutional Programming
- ◆ Reorganization for Maximizing Program Effectiveness
- ◆ Institutional Commitment and Prioritization
- ◆ Marketing and Rebranding

Fifth Step: Review Illustrative Programs

- ◇ What programs at other institutions would you be able to learn from?
- ◇ What might be programs you would want to emulate?
- ◇ What aspects of other programs can you adjust for your campus?

Sixth Step: Securing Partnerships and Champions

◆ Partnering with those on your campus

- ◆ Finding champions
- ◆ Collaboration across departments
- ◆ Use incentives to pave the way

◆ Collaboration with National and International Programs

- ◆ *Jed Foundation (JED)* is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive today...and tomorrow.

- ◆ <https://jedfoundation.org/>

- ◆ *Okanagan Charter: An International Charter for Health Promoting University and Colleges*, which calls on post-secondary schools to embed health into all aspects of campus culture and to lead health promotion action and collaboration locally and globally.

- ◆ <https://www.healthpromotingcampuses.org/okanagan-charter>

Deeper Dive into Finding and Securing Institutional Partners

Curriculum and classroom

- Wellness courses/Activity courses
- Faculty partnership
- Honors

Co-curriculum

- Orientation/First Year Experience
- Career
- Chaplain's office/campus ministry
- Residence life
- Student Conduct
- Commuter life

Wellness and resilience in direct student health services

- Counseling
- Crisis intervention
- Health/Medical Services

Deeper Dive into Finding and Securing Institutional Partners

Spiritual Life Area

- Chaplains

Wellness and resilience programming across the campus

- Recreation Center/Intramurals/Outdoor recreation programming
- Office of Diversity
- Financial Aid office
- Disabilities Services

Wellness programming with contracted services

- Food service
- Work-study

Seventh Step: Developing a Specific Plan for Your Institution

- ✓ Define a need
- ✓ Establish and communicate a vision
- ✓ Secure and organize resources
- ✓ Link to strategic planning at the campus level
- ✓ Start with a win - Launching pilots and new programs
- ✓ Communicating along the way
- ✓ Evaluation

Eighth Step: Producing Institutionally Calibrated Programming (Organized around the Wellness Wheel)

Physical

- ◇ *Move it Mondays or other exercise programming managed by the rec center*

Intellectual

- ◇ *Leaning into Hope/Gratitude/Gratefulness posture*

Spiritual

- ◇ *Spiritual formation/daily liturgy as wellness*

Occupational

- ◇ *Calling, vocation, and purpose*

Social

- ◇ *Belonging and How to make a friend – dinner's 9*

Emotional

- ◇ *Normalizing suffering, struggle, and failures as “detours” in life*

Environmental

- ◇ *Technology fast - Managing tech in our lives*

Financial

- ◇ *Financial peace*

Ninth Step: Developing and Adapting Campus Program Evaluation

- ◇ Determine whether the campus uses
 - ◇ Centralized/single-office model
 - ◇ A cross functional model
- ◇ Internal review process:
 - ◇ CAS Standards
 - ◇ CAS Cross-Functional Framework
- ◇ External review
 - ◇ Clear set of questions
 - ◇ Creating access to documents, people, etc.
- ◇ Feedback loop
 - ◇ Create intentional integration opportunities for future planning process

Thanks for going above and beyond

Realism + Hope = Resilience



Questions?

Check Out Code

3:30pm - 4:20pm - 225C

4:30pm - 5:20pm – 226C