EDUCATE EMPOWER CONNECT



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DIVISION OF STUDENT AFFAIRS

STUDENT HEALTH, WELLNESS

AND PREVENTION

STONYBROOK.EDU.
BERNESSES

January 2020...

Reflection point

Early Intervention & Prevention:

Meeting the Needs of our Community in the Time of Collective Trauma

Who we are.....

Culturally Responsive Connection

- Collective trauma requires a community lens
- Offering opportunities to connect and obtain support together to meet the needs of our ethnically, culturally, socially, and economically diverse student body
- Healing through reprocessing together

Collective Consciousness



What we do and how we do it

Guided by the "Four R's"

- 1. Realization trauma affects people and groups
- 2. Recognizing the signs of trauma
- 3. Having a system which can Respond to trauma
- 4. Resisting re-traumatization.

Operates within six main principles

- 1.Safety
- 2.Trustworthiness & Transparency
- 3.Peer Support
- 4.Collaboration and Mutuality
- 5.Empowerment, voice, and choice
- 6.Cultural, historical and gender issues



Topics Resources Report a Student Concern About the Red Book



Topics

Resources

Report a Student Concern

About the Red Book



Active Shooter

Alcohol And Other Drugs

Discrimination

Disruptive Behaviors

Emotional Distress

Food And Housing Insecurity

Medical Emergency

Missing Student

Sexual Violence

Student Death



Disruptive Behaviors

Student behavior that interferes with academic (eq. classroom management) or administrative activities threaten or endanger the physical and psychologica safety, or welfare of the student or others. Some no disruptive classroom and workplace behaviors can b setting good ground rules.

LEARN MORE >

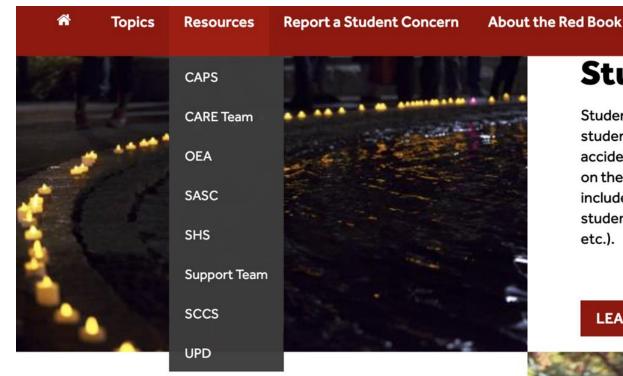


Suicide Crisis

2SS







Student Death

Student death can be emotionally difficult and stressful student death irrespective of the cause (natural, suicide accident) and location (on-or-off campus) has a signific on the community necessitating a coordinated respons includes several stakeholders (UPD, Academic dept., bu student organization, campus residence, counseling seletc.).

LEARN MORE >

Suicide Crisis

Suicidal crisis most often occurs when life stressors and mental health issues converge to create an experience of hopelessness

s://www.stonybrook.edu/commcms/studentaffairs/redbook/resources/ on, anxiety and



Register for a virtual contact or drop by in person https://tinyurl.com/CPOLetsTalk

- Brief, Informal, Free and Confidential way to talk to a counselor
- NOT therapy and NOT a substitute for MH Care
- 20 min. conversations to problem solve or connect to resource
- Not appropriate for urgent concerns or MH emergencies
- Good as a starting point for a student undecided about MH care
- Reduces barriers to accessibility

- Campus-based resource
- Provides <u>confidential</u> advocacy & support
- Discusses resources and reporting options on and off campus
- Assistance with SANE (Sexual Assault Nurse Exam) through SBU Hospital within 120 hours after incident
- Reach the advocate by calling: 631-457-9981
- After hours will be answered by Advocate After Hours Support Line and directed to advocate in emergencies



Survivor
Advocate
&
Prevention
Specialist

HEALTH EDUCATION RESOURCES



FREE Health PRODUCTS
Available at CPO's office by
submitting your request
tinyurl.com/sbuhealthproducts

2021-2022



5 TOPICS

5 TOPICS

10 TOPICS

1 TOPIC

CPO is happy to collaborate with Resident Assistants on workshops and events! Please see our menu below of the 35+ workshops and trainings we can offer you and your residents.

90

STANDER

RAININGS

Red Watch Band

Learn the signs of an alcohol overdose and how to call for help. You can help save a life

Green Dot

Learn how to recognize risky or potentially violent situations and practice skills for intervening to prevent or address what's happening

QPR

Learn the signs of someone struggling with mental health issues and how you can connect them with resources.

Narcan

Identify the signs of an opioid overdose and learn how to adminster life saving opioid overdose reversal medication.

OTHER **WORKSHOPS&** TRAININGS

Relationship Toolkit

Explore a variety of topics focused on relationships and making them work, with an emphasis on communication skills and strategies.

You Tested Positive, Now What?

Help break the stigma! Learn how you can support a friend that has tested positive for a STD or HIV.

WORKSHOP

SERIES

Care Team Cafe

Learn about the physical, mental and social impact of various drug use and how to support a friend in recovery.

Protect yOUR Health

5 TOPICS Understand the importance of preventative medicine, nutrition and how to care for your health while in college.

VIPRE VIP

Discuss the forms and impacts of sexual and relationship violence and how to support those who experience violence.

Stress & Trauma

3 TOPICS Take a closer look at the concepts of stress & trauma, & examine distinguishing factors, impacts to functioning in daily life and strategies for managing them,.

AIM

Magnify Your Mind! Obtain skills that are aimed at supporting your mental health and well being

Sex @ SBU

4 TOPICS examine the concepts of sexual autonomy & empowerment, consent communication & setting limits, & resources for safer, healthy sex!

Identify and avoid domestic/relationship abuse and learn how to love better.

- Over 35+ workshops they can choose from
- Fill out event request form at CPO website
- Complete the form at least two weeks prior to your anticipated event date
- Workshops delivered by trained Peer Educators and Prof. Staff

DROP IN SERIES LIVING THROUGH



a supportive space for students experiencing any type of loss, grief, and healing to connect with others in a confidential, and safe environment

Every other Friday @2PM (oct. 22nd, nov. 5th, nov. 19th, dec. 3rd, dec.17th) location: in CPO office in Student Union 108

EDU ATE EM OWER C NNECT

Want to attend & need accommodations? Let us know! (631) 632-2748 | prevention_outreach@stonybrook.edu

CENTER FOR PREVENTION AND OUTREACH

OUR STORIES OUR TIME

Stony Brook University



10/29, 11/12, 12/10 Fridays 2PM - 3PM CPO Office: SB Union Suite 108

Drop in and join us in an empowering and creative activity of retelling our stories of the past 2 years in a safe and supportive space.

No Registration needed. Just come by!



Want to attend & need accommodations? Let us know! (631) 632-2748 | prevention_outreach@stonybrook.edu

EDUCATE EMPOWER CONNECT



Global Minds Alliance



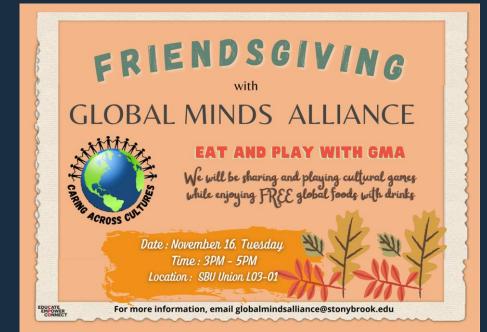
GLOBAL MINDS ALLIANCE

Squid Game: Culturally Significant or Culturally Concerning?

 $O\Delta\Box$

Come join us as we explore the varied reactions to what has become the most streamed show in Netflix history

November 9, 2021 3-4PM CPO Training Room in Student Union





Seawolves Upstander Award

Three Bystander Intervention Trainings

Green Dot + Red Watch Band + QPR

UpStander Award







Peer Education - Recruiting in Spring!

0 - 1 Credit Internships

- Global Minds Alliance Outreach Team
- Minds Matter Outreach Team
- Red Watch Band Care Team
- CPO Specialist/Team Leader
- Health Education Outreach
- Green Team
- One Love
- **(**

2 - 4 hrs/week

1-3 Credit Marketing Internships

- Health Education
- Healthy Relationships / Violence Prevention
- Mental Health
- Substance Abuse Prevention
- CPO Marketing Team Leader
- (1) 4 12 hrs/week



2-3 Credit Internships

- Substance Abuse Prevention/ Recovery
- CHILL Mental Health Outreach/ Leadership
- Healthy Relationships / Violence Prevention/ Survivor Specialist
- Global Minds Alliance/ Leadership
- Healing Arts
- Health Education
- Peer Education Coordinator
- (8 12 hours/week

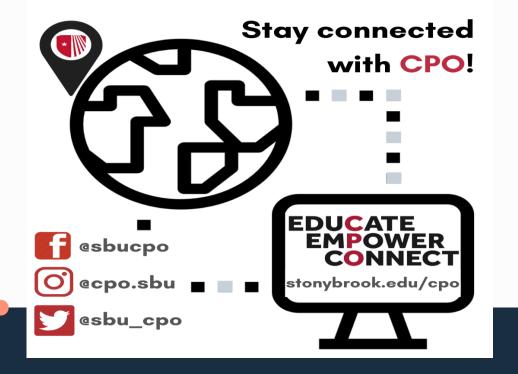
*Required for all Internships



GPA: 3.0 or Above



Weekly Meetings



THANK YOU

Take good care of you and each other