



## 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, especially during unexpected crises is how to take care of oneself. Our goal is to <b>help students get Anchored – Set a daily routine with tasks/goal/sleep/exercise/ - <a href="http://yogadownload.com">yogadownload.com</a>; 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.</b></p> <p><b>Some helpful areas/ skills to focus at this time are:</b></p> <ul style="list-style-type: none"> <li>*Gain Financial Literacy skills.</li> <li>*Learn Communication,</li> <li>*Relationships Skills and</li> <li>*Conflict resolution.</li> <li>*Routine Time Management</li> </ul> <p><b>Skills for Transitioning students; JED signature program - <a href="https://www.settogo.org/">https://www.settogo.org/</a></b></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><b>Create ‘online chat room’</b> with students, friends, family. Maintain important relationships.</p> <p><b>JED Campus interactive peer resource: <a href="#">Love is Louder Action Center</a> .</b></p> <p><b>On-line Fresh Check <a href="http://www.rememberingjordan.org/check-in-at-home/">www.rememberingjordan.org/check-in-at-home/</a></b></p> <p><b>APP - Balance: <a href="https://apps.apple.com/us/app/balance-meditation/id1361356590">https://apps.apple.com/us/app/balance-meditation/id1361356590</a>;</b></p>	<p>Recognize symptoms of distress: increased life disruption, resiliency factors, underlying depression/anxiety/stress</p> <p>Perceived loss of control, Disconnection/isolation, Fear due to uncertainty.</p> <p><b>Support with -</b></p> <ul style="list-style-type: none"> <li>*Active Listening - very important in identifying</li> <li>*Use language that is accurate, but does not catastrophize.</li> <li>*Validate, Appreciate and Refer.</li> </ul> <p><a href="https://www.housatonic.edu/student-services/counseling-wellness-center">https://www.housatonic.edu/student-services/counseling-wellness-center</a></p> <p><a href="https://www.housatonic.edu/student-services/community-resources">https://www.housatonic.edu/student-services/community-resources</a></p>	<p>When distressed, students turn to family and friends. Encourage conversation, and Peer support. Know community and college resources.</p> <p><b>JED Signature program <a href="#">Seize the Awkward</a></b></p> <p><b>Nod</b> is a research backed app -FREE <a href="https://heynod.com/">https://heynod.com/</a></p> <p><a href="https://www.housatonic.edu/student-services/counseling-wellness-center">https://www.housatonic.edu/student-services/counseling-wellness-center</a></p> <p><a href="https://www.housatonic.edu/student-services/community-resources">https://www.housatonic.edu/student-services/community-resources</a></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 <b>call or text 911.</b></p> <p><b>HCC -Crisis support - <a href="#">Crisis Prevention National Suicide Prevention Lifeline: 1-800-273-8255</a></b></p> <p><b>Text HOME to 741741 to connect with a crisis counselor.</b></p> <p><a href="https://www.housatonic.edu/student-services/community-resources">https://www.housatonic.edu/student-services/community-resources</a></p> <p><b><a href="#">HCC -Emergency Fund</a></b></p> <p><a href="https://housatonic.edu/foundation/student-emergency-funds">https://housatonic.edu/foundation/student-emergency-funds</a></p>	<p><b>Be informed about Firearm/Weapon safety, secure medication storage (at home). Make sure to follow the guidelines or information</b></p> <p><a href="https://www.housatonic.edu/about-us/safety-security">https://www.housatonic.edu/about-us/safety-security</a></p> <p><a href="http://www.projectchildsafe.org">www.projectchildsafe.org</a></p> <p><a href="https://projectchildsafe.org/safety/safety-kit/Connecticut">https://projectchildsafe.org/safety/safety-kit/Connecticut</a></p> <p><a href="https://drugfree.org/article/secure-dispose-of-medicine-properly/">https://drugfree.org/article/secure-dispose-of-medicine-properly/</a></p>

<p><b><u>Care to the Care Givers!</u></b></p> <p>Faculty, Security Counselors/Academic Advisors, Staff are students first contact online:</p> <ul style="list-style-type: none"> <li>• Create opportunity for virtual engagement.</li> <li>• Know clear, accessible information/resources</li> <li>• Learn more about Grief support.</li> </ul> <p><b>Prioritize well-being –</b> 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, <a href="http://yogadownload.com">yogadownload.com</a></p> <p><b>Meditation, Mindfulness</b> <a href="https://hbr.org/2015/01/mindfulness-can-literally-change-your-brain">https://hbr.org/2015/01/mindfulness-can-literally-change-your-brain</a></p> <p><b>Foster well-being:</b> <a href="https://youatcollege.com/product/">https://youatcollege.com/product/</a></p> <p>Go for a walk, avoid drugs and alcohol, keep things in perspective, focus on positive and what you can control.</p>	<p><b>Fighting Student Loneliness with an App:</b> <a href="https://www.cactusinc.com/work/nod-app">https://www.cactusinc.com/work/nod-app</a></p> <p><b>Active Minds</b> has a <a href="#">special online hub</a> for students to support their mental health during COVID-19.</p> <p><b>Wysa: stress, depression &amp; anxiety therapy chatbot</b> <a href="https://play.google.com/store/apps/details?id=bot.touchkin&amp;hl=en_US">https://play.google.com/store/apps/details?id=bot.touchkin&amp;hl=en_US</a></p> <p><b>Woebot: Your Self-Care Expert</b> <a href="https://play.google.com/store/apps/details?id=com.woebot&amp;hl=en_US">https://play.google.com/store/apps/details?id=com.woebot&amp;hl=en_US</a></p> <p><b>Digital Coach:</b> <a href="https://www.betteryou.ai/">https://www.betteryou.ai/</a></p> <p><b>Find creative ways to reach out safely and help others</b></p>	<p><b>Mental Health Resource Center</b></p> <p><b>Preventing Suicide</b> <a href="http://zerosuicide.edc.org/c/take-a-walkovid-19">http://zerosuicide.edc.org/c/take-a-walkovid-19</a> <a href="http://www.integration.samhsa.gov">SAFE-T www.integration.samhsa.gov</a></p> <p><b>Three-to-six questions to save a life: The Columbia-Suicide Severity Rating Scale</b></p> <p><a href="http://www.nimh.nih.gov/health/publications/espanol">www.nimh.nih.gov &gt; health &gt; publications &gt; espanol</a></p> <p><a href="http://my3app.org">my3app.org &gt;</a></p> <p><a href="http://www.cdc.gov/pdf/suicideTechnicalPackage-es">www.cdc.gov &gt; pdf &gt; suicideTechnicalPackage-es</a></p> <p><a href="http://suicidepreventionlifeline.org/en-espanol">suicidepreventionlifeline.org &gt; en-espanol</a></p> <p><b>The #1 app for stress, anxiety, and depression</b> Free premium access through the COVID-19 crisis. <a href="https://vimeo.com/389483304/4bbb73f3b1">https://vimeo.com/389483304/4bbb73f3b1</a></p> <p><b>Meditation techniques:</b> <a href="https://www.calm.com/">https://www.calm.com/</a></p>	<p><b>Could be better, tbh,</b> <a href="https://www.taoconnect.org/">https://www.taoconnect.org/</a></p> <p><b>Affordable Mental Health Access with Proven Results</b> <a href="https://www.x2ai.com">https://www.x2ai.com</a></p> <p><b>Suicide Prevention</b> <a href="http://zerosuicide.edc.org/covid-19">http://zerosuicide.edc.org/covid-19</a></p>	<p><b>Sexual/Domestic Violence:</b> <a href="https://www.housatonic.edu/images/Community_Resources/Campus_Resource_Cards.pdf">https://www.housatonic.edu/images/Community_Resources/Campus_Resource_Cards.pdf</a></p> <p><a href="https://openbeds.net/the-platform/">https://openbeds.net/the-platform/</a></p> <p><a href="https://www.drugabuse.gov/related-topics/opioid-overdose-reversal-naloxone-narcan-evzio">https://www.drugabuse.gov/related-topics/opioid-overdose-reversal-naloxone-narcan-evzio</a></p> <p><a href="https://www.samhsa.gov/">https://www.samhsa.gov/</a></p> <p><a href="https://www.drugfreect.org/">https://www.drugfreect.org/</a></p> <p><b>LGBTQ: The Trevor Project</b></p> <p><b>Veteran Crisis Line:</b> <a href="http://VeteransCrisisLine.com">Veterans Crisis Line</a></p> <p><b>HCC Veteran contact</b> <a href="mailto:ho.vetrep@hcc.commnet.edu">ho.vetrep@hcc.commnet.edu</a> 203-332-5087</p>	
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