

**Be the Coolest Kid
on the Block:
Snackable Ideas for
You!**

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50%+

More than half don't feel adequately prepared to recognize when a student is exhibiting signs of psychological distress including depression, anxiety, and thoughts of suicide (58% of faculty/staff and 51% of undergraduate students).



60%+

More than 60% don't feel adequately prepared to approach at-risk students to discuss their concern (66% of faculty/staff and 61% of undergraduate students).



~50%

At least half don't feel adequately prepared to recommend mental health support services to students (49% of faculty/staff and 52% of undergraduate students).



87%+

More than 87% say that it is part of their role as faculty, staff, or student to connect students experiencing psychological distress with mental health support services (95% of faculty/staff and 87% of undergraduate students).

THE IOWA SURVEY

N=2297 (38%)

Would welcome receiving additional professional development on the topic of student mental health.

5.08 (1.02)

I am motivated to strengthen my role in supporting student mental health at my institution.

4.97 (1.03)

Should be *mandatory* that all faculty and staff receive basic training in how to respond to students experiencing emotional distress.

4.90 (1.21)

Working with Students in Distress Workshop

A Scanlan Center for School Mental Health workshop for University of Iowa faculty and staff

You are in your office, thinking about an interaction with a student that leaves you troubled. Many things are running through your mind. Is this a big deal? Should I call someone about this? Can I help this student myself? Should I even get involved?

For many students, personal matters affect academic performance, and so such interactions are significant and can be a reason to be involved. But these are complicated issues, in complicated times, and getting involved can feel intimidating, resulting in staff and faculty stress.

Students struggle with anxiety, depression, general emotional upset, thoughts of self-harm, physical illnesses, family problems, financial pressures, and others. And having minoritized identities tends to exacerbate these struggles. This can then leave students distressed and seeking your help.

This workshop helps staff and faculty respond to students in distress.

In this workshop, faculty and staff will learn:

- *language and practical skills to help navigate challenging interactions*
- *signs of what distress looks like*
- *how to gauge student emotionality*
- *ideas of what to do and what not to do*
- *simple language to assist with having the confidence to act when students struggle*

Your response may be a conversation or a phone call to one of the many offices and people who work with distressed students every day. You are never alone! There are partners to support you in helping students find campus mental health and well-being resources.

Workshop Length: 60-90 minutes

Contact: barry-schreier@uiowa.edu



Instructor: Barry A. Schreier, Ph.D.

Director, Higher Education Program, Scanlan Center for School Mental Health, and Professor of Counseling Psychology

80%

of faculty and staff, regardless of readiness, are engaged with student distress

**Single Session
Workshop
75-Minutes
Highly Practical**



Ongoing

In-Person Iowa City, Iowa
Instructor/s Barry Schreier, Ph.D.

Working with Students in Distress Workshop

Higher Education

A Scanlan Center for School Mental Health workshop for college/university faculty and staff You are in your office,...

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Ongoing

In-Person Iowa City, Iowa
Presenter/s Barry Schreier, Ph.D.

Mindfulness and Meditation for Your Office

Higher Education

Learning and Training Opportunity

A Scanlan Center for School Mental Health workshop for college/university faculty and staff Resilience is not a...

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Ongoing

In-Person Iowa City, Iowa
Presenter/s Barry Schreier, Ph.D.

Caring for Self While Caring for Others: You're Hardy and You Know It

Higher Education

Learning and Training Opportunity

A Scanlan Center for School Mental Health workshop for college/university faculty and staff In our work, we are call...

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Ongoing

In-Person Iowa City, Iowa
Presenter/s Barry Schreier, Ph.D.

When the Going Gets Tough: Leaning In, Keeping Real, and Staying Safe in De-escalation

Higher Education

Learning and Training Opportunity

It can be exhausting working with someone who is emotionally upset and despite your best efforts to make things...

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Ongoing

In-Person Iowa City, Iowa
Presenter/s Barry Schreier, Ph.D.

Imposter Syndrome: Addressing the Fear of Being a Fraud

Higher Education

Learning and Training Opportunity

A Scanlan Center for School Mental Health workshop for college/university faculty and staff We all engage in...

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Ongoing

Online

Kognito Distress Intervention and Suicide Prevention Program

Higher Education

Learning and Training Opportunity

People in distress often turn to those they know rather than seek professional help. Kognito training provides skills and...

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Single Session
60-75 Minutes
Better Than Google



ARE YOU WORRIED ABOUT A STUDENT?

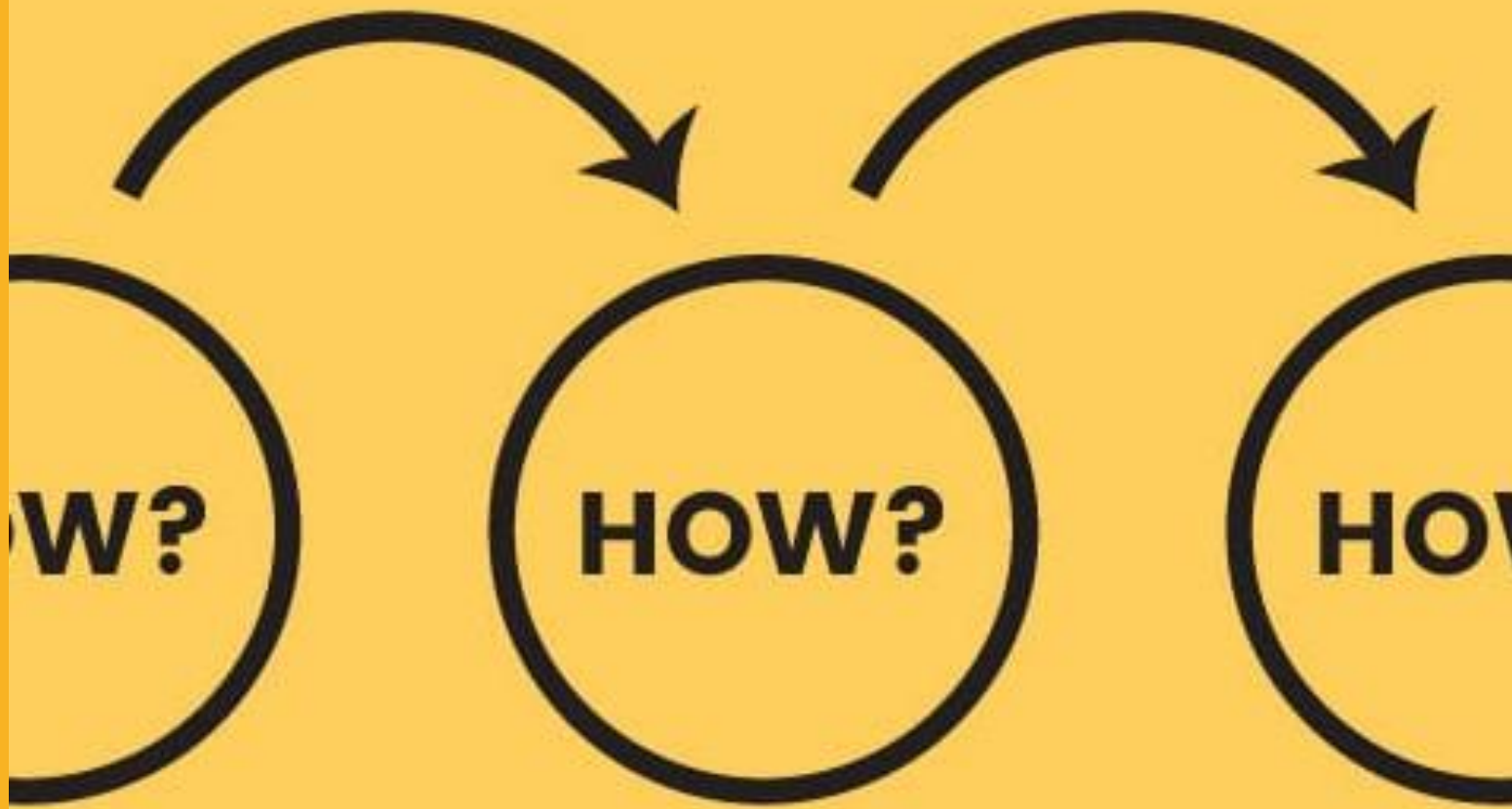
College can be stressful at times.
Build the confidence to talk with
a student who may need help.

Asynchronous
Self-Paced
Avatar-Based
45-Minutes

-96% of users “Strongly Agreed” they would recommend Kognito to colleagues.

-97% of users “Agreed” that Kognito improved their “confidence” in managing student distress.

-84% of users “Agreed” that Kognito helped them feel “confident” in helping a suicidal student seeking help.



**SCANLAN CENTER
FOR SCHOOL
MENTAL HEALTH**



Q&A



A photograph of Tom Hanks in a dark blue suit, light blue striped shirt, and dark patterned tie. He is looking slightly to the right with a neutral expression. The background is a blurred autumn scene with trees and warm lighting. The text "T. HANKS" is overlaid in large, bold, white, sans-serif capital letters on the right side of the image.

T. HANKS