

THE PARAPHRASE

OUTREACH SPOTLIGHT

BY: STEPHANIE RAMOS

NEDA (National Eating Disorders Association) Week was held during the week of February 24th-28th this spring. NEDA Week is focused on spreading awareness of differentiating disorders and breaking the stigma surrounding them. Throughout the week there were various events taking place around campus to support NEDA Week. The Counseling Center Paraprofessional Eating Disorders and Disturbances Team (EDDT) and the Counseling Center Graduate Assistants hosted tabling and outreach events. This year information was passed out in the Union discussing upcoming events and how we define eating disorders and disturbances.



NEDA is an organization that hosts this walk that takes place in April. It is very important because mostly everyone knows someone who is struggling with an eating disorder; over 30 million people in America suffer from one. The Counseling Center supports the NEDA walk to stand in solidarity with our students that may be affected.

As an additional event to honor NEDA Week, La Casa Cultural Latina held a workshop on healthy eating and body positivity in the Latinx community. It is vital to include diversity in the conversation about body image, as the ideal standard can vary across different cultures. This outreach, in particular, was emphasizing the way the Latinx community has a lot of stigma regarding eating disorders. As a culture, having big portions is seen as normal, but having to stay in shape and curvy is also emphasized. Students were able to express themselves as well by asking any questions they had regarding eating disorders.

CCP SPOTLIGHT: MARGO SPENCER

BY: MEGHAN RYAN

Major: Clinical Psych

Year in School: Junior

Other involvements besides CCP: Rowing Team

Career goals? I plan to work as a therapist within a behavioral health system in a hospital.

Plans for next year? I am currently applying to the Cunningham Children's Home internship.

What are your major and minor project teams?

Alcohol and Other Drugs (AOD) and Suicide Prevention as major teams and Recruitment as minor team.

What is a typical week like for AOD? Throughout the semester, we facilitate MIC (Marijuana Information Class) and CAAP (Challenging Alcohol Attitudes

Positively). Additionally, we do other outreach events with fraternities and sororities. Most of these include workshops that are requested by fraternities and sororities. The goal for everything in AOD is using a harm reduction framework. We help students figure out how to reach their goals if they are going to use alcohol or other drugs.

What do you like best about AOD? I like that it is a program that allows students to decide what they want for themselves as opposed to us telling them what they should want. It gives them the ability to make a choice, and that is not usually talked about with substance use.

What has been most impactful? Receiving positive feedback from participants. Specifically in CAAP and MIC groups, people will trust you with their personal stories and open up in ways that they wouldn't usually, and that is very rewarding.

What have you learned from being a CCP? I have increased my cultural awareness. I have also learned more about my ability to learn, be respectfully curious, and take into account experiences that I may not identify with. We get a lot of practice in these areas.

What strengths have you developed while being a CCP? I definitely gained a better understanding/ability to exist in a professional setting, especially when it is teamwork-oriented.

How will you use skills you have gained as a CCP in your future goals? I will definitely use better communication and time-management skills. I can self-advocate and better understand my needs while also being productive.



CCP SPOTLIGHT: MADDI BILLINGS

BY: MEGHAN RYAN

Major: Clinical Psych

Year in School: Senior

Other involvements besides CCP: Research Assistant for Learning and Language Lab and a Babysitter

Career goals? Next year I will be attending graduate school to get a Master's in Counseling with the hopes of becoming a therapist.

What are your major and minor project teams? Alcohol and Other Drugs (AOD) and Trauma Outreach as major teams and Recruitment as minor team.

What do you like best about AOD? I like being part of AOD because it can be a big part of some individuals' experience in college. I really enjoy helping them find a safer/more positive way for individuals to use alcohol and other drugs if they plan to use.

What has been most impactful? The MIC and CAAP workshops have been most impactful because they provide a place for students to open up and think about their goals and values and how using alcohol and drugs can affect reaching their goals. It is interesting to see people's thoughts on marijuana and alcohol. It is also nice when participants state that they learned something and might change the way they use to better suit their goals.

What has been most impactful? Receiving positive feedback from participants. Specifically in CAAP and MIC groups, people will trust you with their personal stories and open up in ways that they wouldn't usually, and that is very rewarding.

What have you learned from being a CCP? Definitely confidence in my abilities. I was always shy in public speaking and presenting to others, but as I have become more knowledgeable about these topics, it has become easier to talk about them and present to people with more confidence.

What strengths have you developed while being a CCP? I developed strengths in communication, especially because we do a lot of work in teams. I also strengthened my interpersonal skills.

How will you use skills you have gained as a CCP in your future goals? I will definitely use my time management skills. I have learned how to balance my work and obligations as a CCP along with dealing with other obligations such as work, extracurriculars, etc. This will be beneficial for managing time and being organized in graduate school.





STAFF SPOTLIGHT: MATT KING

BY: SABRINA MIRZA

Matt King has been a part of the Counseling Center since 2013 and started his journey to becoming a counselor through joining the Counseling Center Paraprofessional program as an undergraduate. He pursued a psychology degree at the University of Illinois and obtained his masters here in Counseling Psychology. Dr. King was also a graduate assistant on the Integrated Health and Wellness team.

He has experience working with the Queers and Allies team, and he is the co-chair for the Continuous Quality Assurance team and the Cognitive and Psychiatric Disabilities team. His focus is on Health and Wellness, and he has worked with various counseling center programs throughout the years.

What Dr. King finds most fulfilling as a counselor is the variety of work; he describes his work schedule as diverse every day. He also enjoys individual and group therapy sessions, as well as working with other staff members. What he hopes to accomplish during his time at the Counseling Center is engaging in more leadership roles in various outreach areas and shifting his focus from students to staff/administration.

In his free time, Dr. King enjoys engaging in fitness-related activities, such as training for marathons and participating in a volleyball league.



ALUMNI SPOTLIGHT

BY: ALLISON WYLAND

Adam Wisnewski is a CCP alum who went on to found Breakfast, Life, and Dinner--a company that provides cooking classes and meal services. Adam sees himself as an educator and entertainer who teaches confidence in the kitchen.

Some skills that the CCP Program taught Adam were public speaking and confidence. He remarked that the program helped him learn how to connect with people on both an individual and group level. Working with diverse participants and presenting a broad range of topics meant that the facilitation skills he learned could be generally applied in many situations.

Adam's favorite part of being a CCP was building a community within the program. He enjoyed connecting with and receiving support from his peers. His advice to current CCPs is to have a peer support system to avoid burnout. We are all on our own journey with our own struggles, and having others who understand that is crucial. It is important to take care of yourself and ensure that you are in a solid position first before trying to help others. Adam recognized that the skills the CCP Program teaches, such as empathy, are vital to building relationships and relating to people.

He finds joy in seeing people find wonder in the experiences he facilitates, and he loves helping others realize their own skills. His current job provides him an artistic outlet where he can work closely with others and receive feedback on his creations. He is happy to break away from a normative "9-to-5" career path, and he would like to continue to build his brand and projects in the future. When asked what his future goals would be, he replied that he would love to have a cheese shop in London that would be an educational space for people to build community, rest, and enjoy art.



COPING WITH COVID-19

We are currently grappling with an issue of enormous scale and it is impacting everyone in some form. There might also be a lot of feelings that are in the wake, and it is okay to feel what you are feeling--it has always been. It is okay to feel frustrated about school being online, disappointed about graduation being cancelled, and heartbroken about leaving your friends. It is okay to feel happy while being at home, just as it is okay to feel scared about it. Loneliness, positivity, fear, gratitude, uncertainty...whatever you may (or may not) be feeling is, as it always has been, 100% valid. We are now all together (while also very much apart) in this shared experience. At a time like this, we all need to connect, share and be together, even from a distance of miles away.

The Counseling Center now offers many virtual resources that can help provide support and coping mechanisms during this difficult time. While we all adjust to communicating virtually, Counseling Center staff and paraprofessionals are working to build helpful and effective programs to help students navigate this unknown territory. Take care of yourselves, and when appropriate, each other. Be safe!



COPING WITH COVID-19 RESOURCES

HERE ARE SOME ARTICLES ABOUT MENTAL HEALTH DURING THIS OUTBREAK

- **Emotional Wellbeing During the Covid-19 Outbreak:**
<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>
- **Resources and Tips for Supporting Your Mental Health During COVID-19:**
<https://news.vanderbilt.edu/2020/04/06/resources-and-tips-for-supporting-your-mental-health-during-covid-19/>
- **Psychology Today Therapist Search**
 - You can search by zip code/distance, identities, specialties, insurance, and more
 - Visit <https://www.psychologytoday.com/us/therapists>
- **FACE COVID - How to Respond Effectively (based upon Acceptance Commitment Therapy):**
 - Video: <https://www.youtube.com/watch?v=BmvNCdpHUYM>
 - Written Steps: <https://e-tmf.org/app/uploads/2020/03/FACE-COVID-How-to-respond-effectively-to-the-Corona-crisis-by-Russ-Harris.pdf>
- **Coping With a Disaster or Traumatic Event:**
<https://emergency.cdc.gov/coping/selfcare.asp>
- **Taking Care of Your Behavioral Health - Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak:**
<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>