

SEPTEMBER 2020

THE PARAPHRASE

Official Newsletter of The University of Illinois
Counseling Center

Introduction

BY SHWETA GOVILKAR

In light of Suicide Prevention month, it is eminent that as a society we examine the effects suicide has especially on a university campus. Suicide is the second leading cause of death among college students with approximately 1,100 students committing it every year. (Wilcox et al., 2010) Common risk factors include depression, anxiety, and sleep problems. ((Holdaway, Luebbe, & Becker, 2018) In order to foster a more compassionate environment the Counseling Center and University of Illinois community has cumulated various events and resources to help address this difficult topic at hand.



This Issue:

Introduction

PAGE 01

Suicide Prevention Week

PAGE 02

Suicide Prevention Team
Spotlight

PAGE 03

Tuesday @ 7 Spotlight

PAGES 04 & 05

Kognito

PAGE 06

Meet The Team &
Upcoming Events

PAGES 07 & 08



Suicide Prevention Week

BY LATUNDE SAPARA

The Counseling Center provides programming annually for the first week of Suicide Prevention Month in which there are plenty of preventative and informative programs where University affiliates can attend. We asked the SPOT Team for a comment regarding this year's planning. Tom Miebach responds,



Suicide Prevention presentation given at La Casa - pre-COVID 19

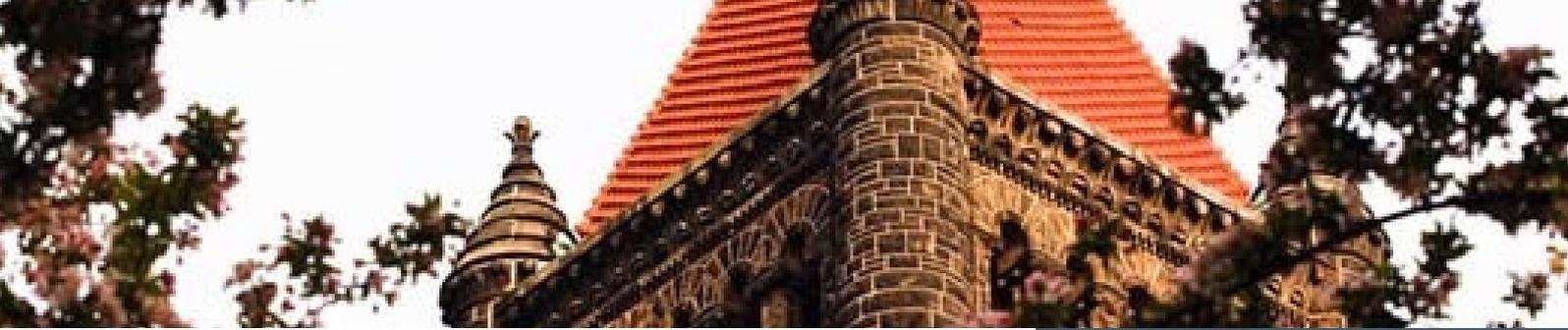
"We are excited to adapt our outreach programming to virtual formats for this year's annual Suicide Prevention Week. The Suicide Prevention Outreach Team (SPOT) will continue our tradition of collaborating with many other Counseling Center outreach teams, as well as campus partners including several cultural houses, to provide telereach events specifically tailored for the concerns of different student populations. In addition, SPOT members are thrilled to have collaborated with Inner Voices and the CCPs to develop multiple suicide prevention videos. Many thanks to Lisa Fay and all our colleagues for their efforts in making Suicide Prevention Week as robust as ever, despite the pandemic."

~Tom Miebach, LCSW

Mental Health Tip: Give Yourself

VOLUNTEER. DONATE. JOIN AN ORGAIZATION. YOU WILL FEEL GOOD ABOUT GIVING YOUR TIME AND HELPING OTHERS. YOU CAN ALSO MEET NEW PEOPLE.





Suicide Prevention Team Spotlight

BY LUCY KOVACEVIC & LUCY BYRNE

Peer education is a vital source of outreach at the Counseling Center. So, the CCPs are able to be a part of major outreach teams such as the Suicide Prevention Outreach Team (SPOT). This allows the CCPs to not only learn more about this topic, but also educate their peers on what can be a difficult topic to talk about.

Margo Spencer, currently a Paid CCP on the SPOT, stated that she has seen how the tabling events around campus and workshops about suicide prevention have brought attention to the topic. She also stated that these events have helped her realize how far-reaching the effects of suicide are on this campus and this gives her hope knowing that this team is able to make a difference. Ramiro Angelino, a current CCP who is also on the SPOT, stated that the “topic of suicide is relevant to today's society due to the fact that people are beginning to feel hopeless with their present circumstances, be it societal, systemic, personal or otherwise.” So, being able to provide outreach events for the campus community is important even if it is virtual.

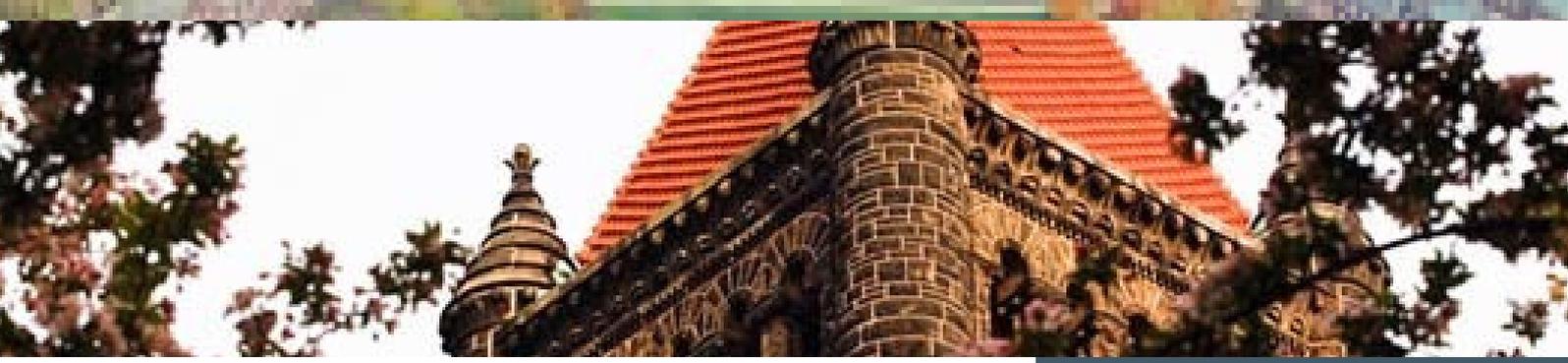
For the future of SPOT, some of the CCPs hope to facilitate workshops to continue bridging the conversation about suicide prevention into other communities such as Latinx, LGBTQ+, etc. They also hope to spread the word that it is important to talk about suicide in order to prevent it- this helps to foster a safe and accepting environment if you or someone you know might be struggling. Although Suicide Prevention Week is over, the SPOT will continue to facilitate outreach on campus about suicide prevention.

Mental Health Tip: Asking For Help Is Okay

WHEN FEELING DOWN OR OF,
IT IS IMPORTANT TO CONFIDE
IN OTHERS WHEN NEEDED.

CONTACT A CLOSE
FRIEND/FAMILY MEMBER,
RELIGIOUS/SPIRITUAL LEADER,
COUNSELOR, ETC.





Tuesday @ 7 Spotlight

BY DEAVIONNE CARPENTER

On September 8th, 2020 two Counseling Center Paraprofessionals from the 2019 Cohort, Sarah Clinton and Margo Spencer, facilitated a Tuesday@7 on Suicide Prevention titled “Suicide Prevention: Creating Caring Communities”. This workshop took place during UIUC’s Suicide Prevention Week to help educate students on different ways to provide assistance to peers who may feel suicidal. Here is some feedback we received from them on how things went.



“Our Tuesday @ 7 went really well; One cool thing about Zoom- we’re able to still have the opportunity to offer great programming material to students even when things don’t go as planned. I really appreciated working with Sarah and her flexibility and kindness as we figured everything out. It was important to both of us to keep the content informative and topical while also engaging with participants and allowing them to connect with others in their community even over a virtual format. We emphasized creating a caring community to support one another through these difficult times by encouraging virtual togetherness, self-care, and balanced social media use. We also got the opportunity to educate on the difficult topic of suicide, discussing ways in which people can reach out both to and for help. Overall, it was awesome to be able to host this workshop and I look forward to seeing how we expand our programming for students in the coming months.

~ Margo Spencer, Paid CCP

Mental Health Tip: Build a Support System

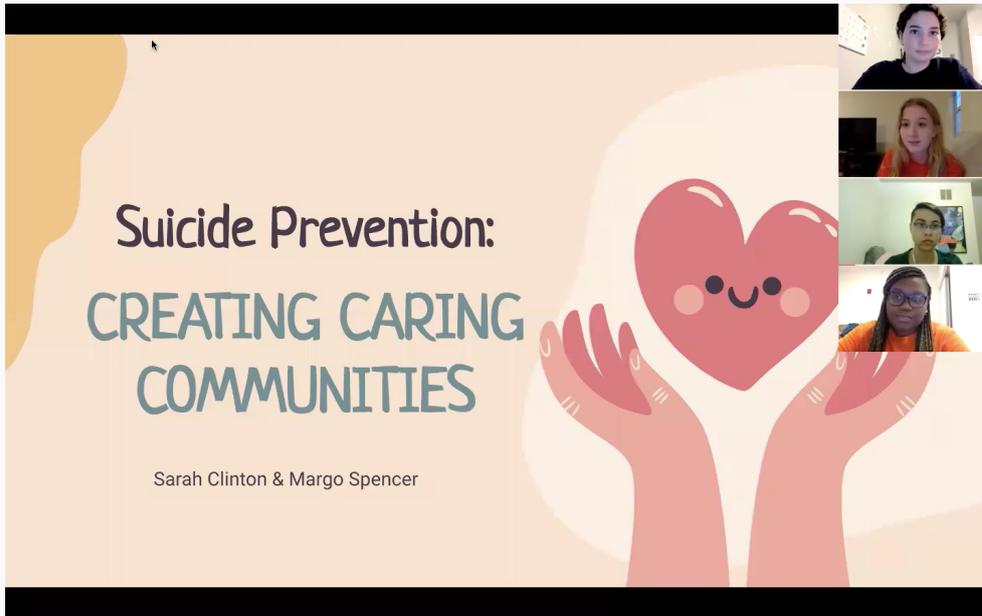
BEING ABLE TO REACH OUT TO SOMEONE CAN MAKE A DIFFERENCE BETWEEN GIVING UP AND SUCCESS. BEING SOMEONES SUPPORT SYSTEM IS IMPACTFUL AS WELL





Tuesday @ 7 Spotlight

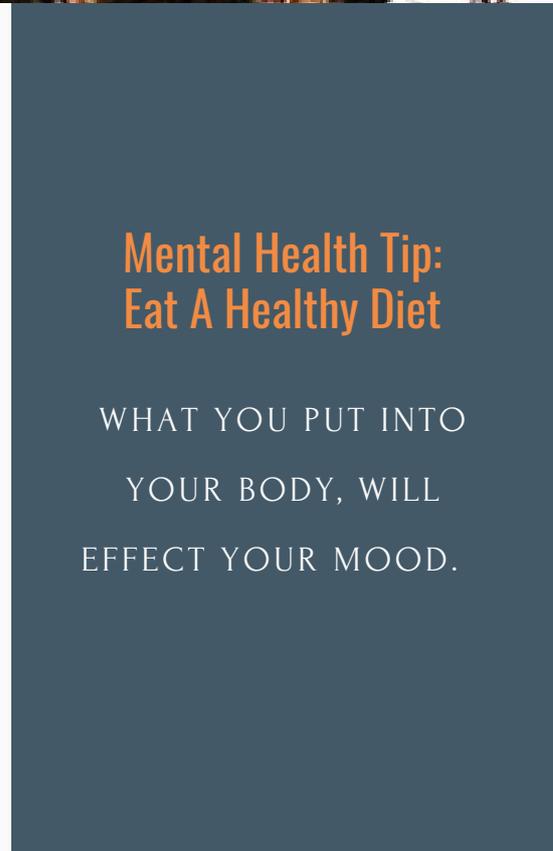
BY DEAVIONNE CARPENTER



“ Screenshot from the Suicide Prevention Month Zoom Tuesday @7

“It’s important to have a calm and compassionate temperament when presenting such a heavy topic to a group of people. My goal is to always make my audience feel comfortable and at ease during any workshop, therefore, we made sure to let them know they were welcomed to step away if the topic became too much. I especially enjoyed this workshop because it was the perfect balance of information. Not only did we cover suicide prevention but we emphasized the importance of creating a safe and non-judgmental atmosphere for the people you care about. Suicide prevention alone could be pretty heavy so this additional topic toned it down a bit and made our delivery much smoother. My partner and I worked really well together and we found information that tied our topics together beautifully. No one should feel alone when dealing with suicidal thoughts and it’s important that people have someone, they can trust to share their inhibitions with. Overall, this experience was one to remember and I really learned a lot from the people we presented too and my paid CCP partner, Margo. I felt that this presentation can truly help others create safe spaces for their friends and families.

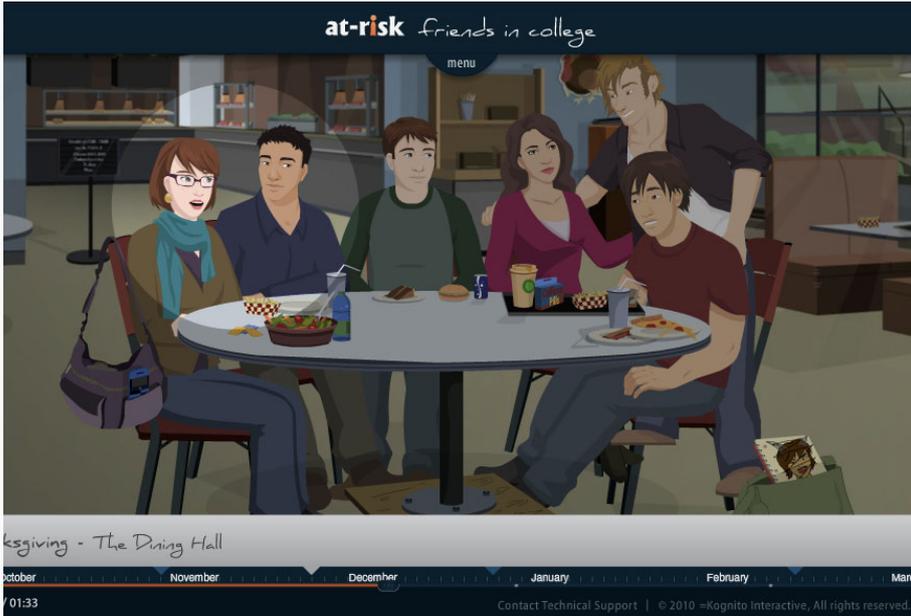
~ Sarah Clinton, Paid CCP





Kognito

BY JOSLIN PECK



Screenshot from the Kognito At-Risk online module

Kognito At-Risk is an online service that guides you through decisions to help a peer who may be in distress. It will allow you to better identify, support, and connect those in need with campus resources. By utilizing a video simulation, it only takes 30-40 minutes to be better prepared for the conversations that matter most. The training helps to identify those who are at risk, motivate students who are distressed to seek help and provide resources to students who need support services. This resource is one of many that the Counseling Center offers to spread awareness and support throughout our campus. To make a difference, you can access this training through the Counseling Center website and/or visit ui.kognito.com.

Mental Health Tip: Get Active

BEING CONSISTENTLY ACTIVE, EVEN IF SIMPLY WALKING FOR 30 MINUTES A DAY, CAN BOOST YOUR MOOD, HELP YOU SLEEP, AND GIVE YOU MORE ENERGY DURING THE DAY.





Meet The Team

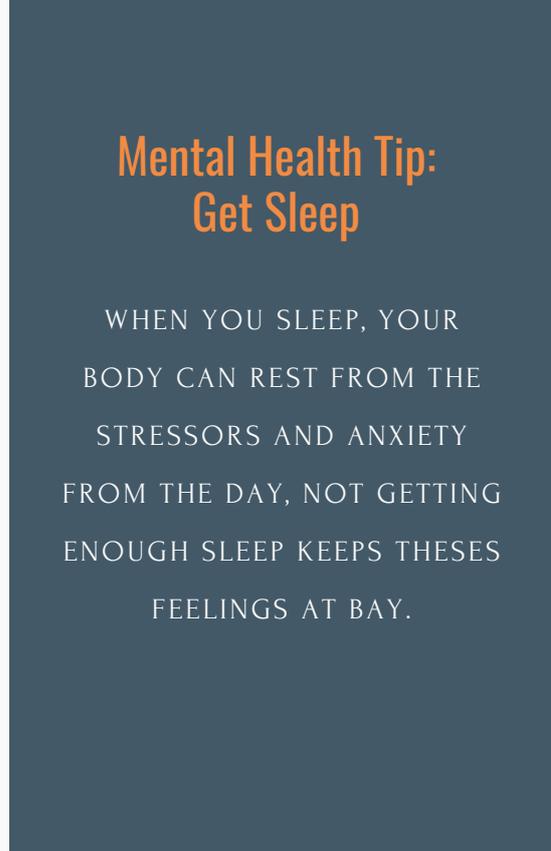
2020 PARAPHRASE TEAM INTRODUCTIONS

Name: Jabrea Israel
Major: Social Work and Psychology
Year: Senior
Hometown: Chicago, Illinois
Why did you get involved with CCP?: I wanted experience in mental health advocacy and to make a positive impact in the UIUC community while doing so.

Name: Latunde Sapara Jr.
Major: Psychology (Clinical-Community) with a Minor in Informatics
Year: Senior
Hometown: Bolingbrook, Illinois
Why did you get involved with CCP?: I got involved with the CCP program because I wanted to make an impact on campus while I got future experience towards becoming a psychologist.

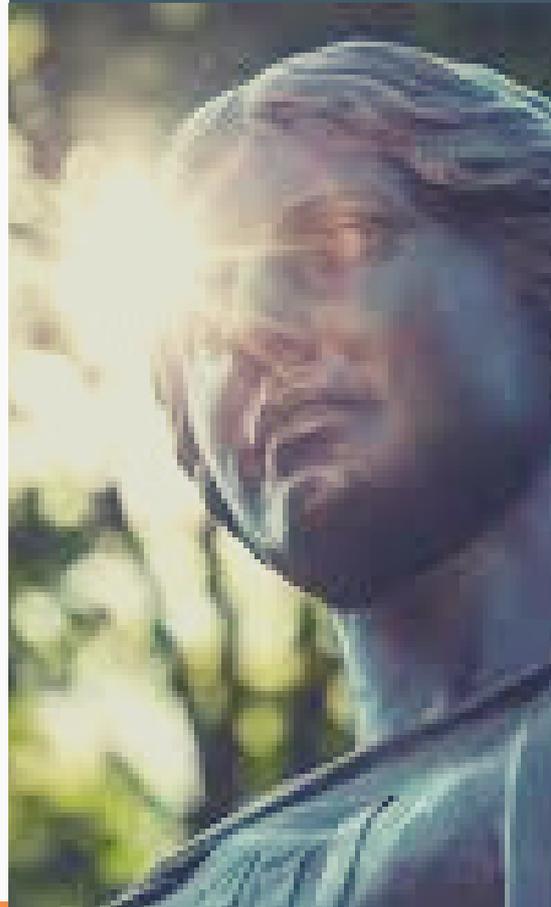
Name: Lucy Rose Byrne
Major: Psychology (Clinical-Community) with a Minor in Art and Design
Year: Senior
Hometown: Lagrange, Illinois
Why did you get involved with CCP?: I wanted to gain professional skills while also helping the UIUC community in a hands-on way.

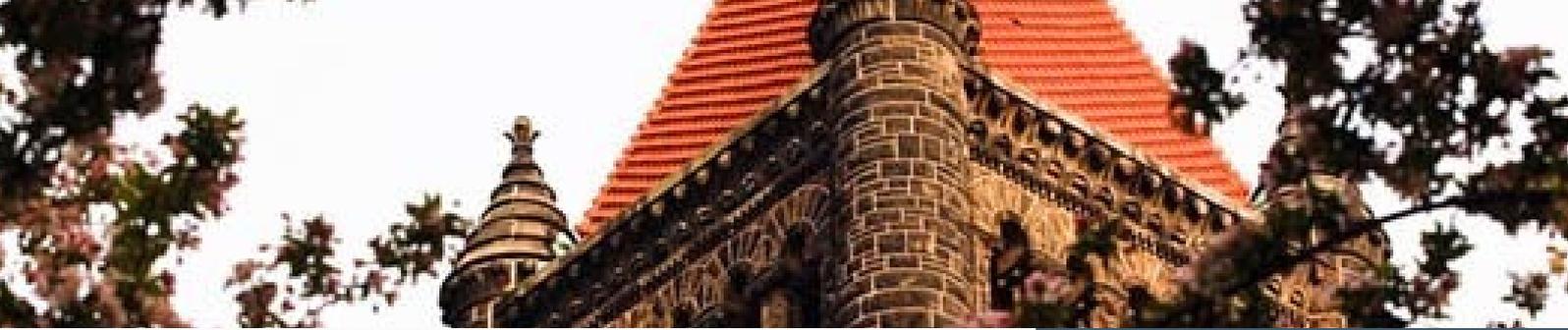
Name: DeAvionne Carpenter
Major: Dual degree in Psychology (Clinical-Community) and Community Health (health education and promotion) with a Minor in African American Studies
Year: Senior
Hometown: Broadview, Illinois
Why did you get involved with CCP?: I joined the CCP program to enhance my public speaking skills, receive guidance and connections in the psychology field, and gain more knowledge on clinical counseling.



Mental Health Tip: Get Sleep

WHEN YOU SLEEP, YOUR BODY CAN REST FROM THE STRESSORS AND ANXIETY FROM THE DAY, NOT GETTING ENOUGH SLEEP KEEPS THESE FEELINGS AT BAY.





Meet The Team Cont..

2020 PARAPHRASE TEAM INTRODUCTIONS

Name: Shweta Govilkar

Major: Developmental Psychology with a Pre-Med Concentration

Year: Junior

Hometown: Schaumburg, Illinois

Why did you get involved with CCP?: The CCP program allows me to develop my professional skills in an application based setting while giving back to the campus community.

Name: Joslin Peck

Major: Human Development and Family Studies, concentrating in Family Studies

Year: Junior

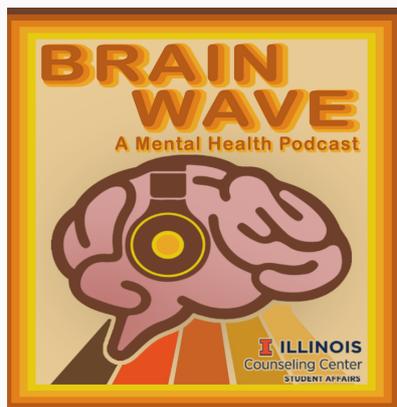
Hometown: Sycamore, Illinois

Why did you get involved with CCP?: I joined the CCP program because I wanted to be a part of the positive impact on campus while being given the opportunity to develop professional skills that closely aligned to my career goals.

Upcoming Events

WHAT WE'LL BE UP TO

CCP Podcast "Brainwave" will be released in late October. The link to the podcast will be included in the October paraphrase!



Mental Health Tip: Limit Screen Time

THE COVID-19 PANDEMIC HAS MADE SOME DEPEND ON THEIR SCREENS MORE THAN USUAL, IT IS IMPORTANT TO MAKE A CONSCIOUS EFFORT TO LIMIT YOUR TIME ON A SCREEN WHEN NOT NECESSARY.

