

MARCH 2023

THE PARAPHRASE

Official Newsletter of The University of Illinois
Counseling Center Paraprofessional Program

Introduction

BY HARRISON MORG

Hello and thank you for reading the March issue of the Paraphrase Newsletter. In this issue, we have included articles about the GIES College of Business Summit 2023, safe substance use, and National Screening Day. Afterwards, there will be a list of upcoming events related to mental health to take part in on campus. This month, the Counseling Center and CCPs are focused on promoting safety for students celebrating Unofficial St. Patrick's Day. To accomplish this, there will have been workshops and tablings throughout the month of March that educate students on safe drinking. We hope that you enjoy this issue of the newsletter and spring break.

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Unofficial St. Patrick's Day & Safe Substance Use

BY HARRISON MORG

A tradition among UIUC students has been celebrating St. Patrick's Day the weekend before spring break begins. This often includes drinking and partying, which makes it especially relevant in March, as it is substance abuse awareness month. It is important to educate students on how to use substances safely if they choose to do so for the celebration. An excellent resource for this topic is the alcohol research lab at UIUC, which has an abundance of knowledge on how alcohol can influence people. This information is really helpful for knowing what amount is safe to drink as well as the effects someone can expect and prepare for.

Another useful way to learn about safe substance use is through workshops conducted by CCPs. There are many events throughout the month of March related to substance use. These are good opportunities to get involved on campus while participating in a valuable learning experience. Even if a student does not plan to drink, it can still be important to know this information in case they change their mind or if their friend is under the influence. Knowing how to keep others safe is also very important when going to bars or parties. It is highly encouraged to do research on the topic to feel more prepared and educate others since this could make a difference in many instances.

Here are some additional tips for practicing safe substance use:

- The first is to take it slow and drink a lot of water since this will make it less likely to reach a level that makes someone uncomfortable.
- It is also important to go with friends and stay near them to make sure someone trustworthy is watching.
- Additionally, it is good to keep substances close and watch them to make sure they are not tampered with.
- Being watchful along with friends can help to avoid dangerous scenarios where someone is taken advantage of.
- This also applies for going home after a party where walking with others at night will be a much safer option.

If students need more information on safety, they are encouraged to utilize the services provided by the Counseling Center.



Counseling Center at the Mental Health GIES College of Business Summit 2023

BY EVARISTO RIOS

This month, the Counseling Center is a participating sponsor at the Mental Health GIES College of Business Summit, titled, “It’s Time to Talk: Drew Miller Mental Health Summit.” Drew Miller was an Indiana University alumnus who worked in banking before he died by suicide in the fall of 2021. After Drew’s passing, a foundation was opened in his honor, “Drew's Resources for Mental Health” (DRM). Their mission is to create conversation and spread awareness around the importance of mental health while navigating the pressures of life. DRM is working with the Counseling Center to conduct this mental health summit, which will focus on building awareness around the issues caused by stress in careers like investment banking, private equity, and consulting. This summit will include an abundance of educational information about how to maintain one’s mental health and live a productive, healthy life while having a career in a demanding field. The summit is focused on students in the Golder Academics (investment and finances) as well as students in GIES and the James Scholar Program. However, it is open for all University of Illinois at Urbana-Champaign students to attend. If you are interested in participating in this summit you can find more information at the GIES College of Business events calendar (<https://onlinestudents.giesbusiness.illinois.edu/events/event-calendar>).





National Screening Day 2023

BY KATIE HOHE

The Counseling Center’s National Alcohol and Other Drugs (AOD) Screening Day was held on Monday, February 27 from 11 a.m. to 4 p.m. in the Illini Union, Room B. National Screening Day is an event held annually every spring and serves as one of the Counseling Center’s largest outreach initiatives each year. Due to the size of the event, Screening Day presents a volunteer opportunity for CCPs who are not on the AOD Outreach Team to help out.

Students who participated in National Screening Day first completed a confidential survey on either their alcohol or cannabis use. Following this, they met with a screener who calculated their score from the survey, walked them through their results, and provided feedback. Finally, the screener may have shared appropriate resources and referral information with the student based on the results of their survey. After completing the screening process, students were able to stop by the various games and resource tables where they could score some fun freebies such as Counseling Center swag. There were also free t-shirts given to the first 150 participants and a snack table available for all attendees and staff working the event.

The goal of National Screening Day was to assist students in creating safer, harm reduction based plans for future substance use as well as to educate students about the impact of alcohol and cannabis use on general health. Despite the gloomy weather on the day of, National Screening Day was an overall success! Over 100 students participated and hopefully walked away with more knowledge of the resources our campus community has to offer with regard to substance use and medical amnesty policies.



CCP KATIE HOHE VOLUNTEERING AT NATIONAL SCREENING DAY 2023



Upcoming & Notable Events

BY WILL JAKOBY

Upcoming Events

Tuesdays @7

- The Best of Both Worlds: Achieving Work Life Balance
 - Lincoln Hall, room 1090
 - March 28 at 7pm

Notable Events

- Women's Resources Center's Career Institute
 - Levis Faculty Center
 - March 25 at 12:00pm-4:00pm
 - Sponsored by the Women's Resources Center
 - Link to register: <https://calendars.illinois.edu/detail/7?eventId=33453403&listType=grid>
- "Achieving Equity: Disparities in Substance Use" Lightning Talks & Discussion
 - Register for Zoom Details
 - Link to register:
<https://calendars.illinois.edu/detail/7?eventId=33453704&listType=grid>
 - March 28 at 10:30am-12:00pm
 - Sponsored by Interdisciplinary Health Sciences Institute
- Quench: Queer, Trans, and Allies Social
 - Women's Resources Center
 - April 3 at 12:00pm-1:00pm
- Survivor Strategies: Exploring Avenues of Justice with Guest Speaker Dr. Symone Johnson
 - Women's Resources Center
 - April 4 at 6:30pm-8:30pm
- Skill-Building Programming: Perfectionism
 - Lincoln Hall, room 2034
 - April 6 at 3:00pm-4:30pm
 - Sponsored by the Counseling Center!
 - Link to register:
<https://forms.illinois.edu/sec/328550896?referrer=https://shibboleth.illinois.edu/>

