SEPTEMBER 2019 NEWSLETTER

WHO WE ARE
EVENTS & SOCIAL MEDIA
PEER SPOTLIGHT
MONTHLY HEALTH AWARENESS
S.M.A.R.T. GOALS
PEER ARTICLE
Who We Are

Purpose

WPE utilizes a multidimensional and holistic approach that provides programs for lifelong physical, mental, and spiritual well-being.

What We Do

- Offer educational presentations, workshops, and one-on-one peer-to-peer meetings
- Access to online resources (i.e. Kognito Suicide Prevention & 3rd Millennium Courses)
- Host campus-wide & national awareness campaigns
- Provide stress relieving services (i.e. Workshops, Presentations, and massage chairs)
EVENTS & SOCIAL MEDIA

Tabling & Outreach

9/04 - Clubs & Orgs Fair 12:00am - 3:00pm @ Central Mall
9/05 - Clubs & Orgs Fair 12:00am - 3:00pm @ Central Mall
9/10 - HR Benefits Fair 10:00am - 2:00pm @ Broome Library Exhibition Hall
9/11 - National Suicide Prevention Week 10:00am - 12:00pm @ South Quad
9/12 - National Suicide Prevention Week 11:00am - 1:00pm @ Central Mall

Follow us on Instagram: @CI_Wellness
Follow us on Facebook: @CIWPE
ABOUT ME

I am a person that enjoys helping others, contributing to group efforts and causes that look to improve and help the community. I hope to gain a career in which I will continuously be able to help others and contribute to creating a better world.

FAVORITE QUOTE

"...if I see but one smile on your lips when we meet, occasioned by this or any other exertion of mine, I shall need no other happiness."
Mary Wollstonecraft Shelley

Hobbies

Reading, listening to music, and writing

DESCRIBE WHAT WELLNESS MEANS TO YOU

Wellness to me means to have a complete balance between your mental and physical health in order to live a happy and serene life. As well as knowing how to maintain that balance whenever faced with stress.
National Food Safety Education Month  www.cdc.gov

Every year, about 1 in 6 Americans get sick, 128,000 are hospitalized, and 3,000 die from contaminated food.

Pain Awareness Month  www.hopkinsmedicine.org

Nearly 100 Americans experience chronic pain - more than those who have diabetes, heart disease, and cancer combined.

Pain is a warning sign that indicates a problem needs attention.

World Alzheimer's Month  www.alzinfo.org

Alzheimer's disease is often referred to as a family disease, due to the chronic stress of watching a loved one slowly decline.

Every 68 seconds, someone develops Alzheimer's disease
Suicide Prevention Week
September 8 - September 14

Warning Signs

Talk About:
- Killing themselves
- Feeling Hopeless
- No reason to live
- Being a burden
- Feeling trapped
- Unbearable pain

Behavior:
- Increased use of alcohol or drugs
- Withdrawing from activities
- Isolating from friends/family
- Sleeping too much or too little
- Calling/visiting to say goodbye

Mood:
- Depression
- Anxiety
- Loss of interest
- Irritability
- Anger
- Relief/Sudden improvement

Counseling and Psychological Services
Location: Bell Tower East, 1867
Telephone & 24/7 Hotline: 805-437-2088
*Select option 2 if call is directed to voicemail to forward to 24/7 access

Student Health Services
Location: Yuba Hall
Telephone: 805-437-8828

Kognito Educational Course
www.kognitocampus.com/student
Access Code: csuci39

National Suicide Prevention Lifeline
Telephone: 800-273-8255

For more info www.afsp.org
Yes means test!

1 in 2 will get an STD by the age of 25

Visit Student Health Services!
- Emergency contraception
- Family planning services
- Pregnancy test
- STI screening/testing

Location: Yuba Hall
Telephone: 805-437-8828

For more info
www.ashasexualhealth.org
Did You Know?

Wellness Promotion & Education has a mentoring program that helps you achieve your goals! Want to eat healthier? Want to try a new workout routine? Want to stop procrastinating? WPE can help!

How Does It Work?

Meet one on one with one of our friendly BACCHUS trained peer educators to discuss your goal. Using the SMART Goals framework, you'll carve out your goal and set rewards for when you achieve them!

How Do I Get Started?!

Call our office at (805) 437-3521 or visit us on the first floor of Arroyo Hall to make your appointment today! You'll meet with a certified wellness peer educator who will help guide you and keep you accountable!
Suicide is a major public health concern. It is among the leading causes of death in the United States. Based on recent nationwide surveys, suicide in some populations is on the rise. It is defined as death caused by self-directed injurious behavior with intent to die as a result of the behavior. A suicide attempt is a non-fatal, self-directed, potentially injurious behavior with intent to die as a result of the behavior. A suicide attempt might not result in injury. Suicidal ideation refers to thinking about, considering, or planning suicide (1).
Suicide is a leading cause of death in the United States. According to the Centers for Disease Control and Prevention, in 2017 suicide was the tenth leading cause of death overall in the United States, claiming the lives of over 47,000 people. Suicide was the second leading cause of death among individuals between the ages of 10 and 34, and the fourth leading cause of death among individuals between the ages of 35 and 54. There were more than twice as many suicides in the United States as there were homicides (1).

**5 Action Steps for Helping Someone in Emotional Pain**

**Ask:** "Are you thinking about killing yourself?"

**Keep Them Safe:** Reduce their access to lethal items or places

**Be There:** Listen carefully and acknowledge their feelings

**Connect Them to Help:** provide resources available to them, like info about CAPS or the National Suicide Prevention Hotline

**Stay Connected:** Follow up and stay in touch after a crisis (2)

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**Signs & Symptoms**

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Making a plan or looking for away to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain (emotional pain or physical pain)
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated
- Withdrawing from family and friends
- Changing eating and/or sleeping habits
- Showing rage or talking about seeking revenge
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order or making a will (2)
Reach out, YOU are NOT alone!

At CI, 14.8% of students seriously considered suicide, according to a study done in Spring of 2018 (3). It was also reported that 1.7% of students attempted suicide (3). The same study also demonstrated increased feelings of overwhelm, anxiety, sadness, loneliness, and depression. These results show a strong link between poor mental health and suicide ideation that is unique to our campus culture. Many students are not alone in these experiences, but may often feel like they are. Thus, it is important to recognize these signs, not only in ourselves, but in our friends, classmates, roommates, and acquaintances. It is critical that students understand what resources and services are available to them so that they can utilize them and also tell others who may be going through a difficult time.

There are many resources available. Resources include assessment, treatment, and intervention. The office of Wellness Promotion & Education offers a free interactive online program to help students recognize and refer someone who may be feeling suicidal. The program, named Kognito, only takes about 20 minutes to complete and guides you through the process. You can access the program by using the following information:

Visit: kognitocampus.com/student

When prompted, enter access code: csuci39
CAMPUS & COMMUNITY RESOURCES

CAPS
Counseling & Psychological Services
Location: BTE 1867
Phone: (805) 437-2088
Hours: M, T, Th 9AM - 5PM; W, F 10AM - 5PM
Services: Egg Chair, Relaxation Room, Counseling, Referrals, 24/7 Hotline

CARE Team
Campus Access, Retention, and Equity
Phone: (805) 437-8512
Services: Provides guidance and assistance to students who are experiencing crisis, displaying odd or unusual behaviors, or other behaviors that may be perceived as harmful or threatening
To report a concern to the CARE Team, visit: www.csuci.edu/campuslife/care/

References