WINTER 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

Workshops & Tabling

- 12/2 - Mindfulness Monday
  - 1:00pm - 2:00pm @ Solano Hall 2210
- 12/4 - Stress Less
  - 10:00am - 12:00pm @ Broome Plaza
- 12/5 - Stress Less
  - 11:00am - 1:00pm @ SUB Courtyard

Follow us on Instagram: @CI_Wellness
Follow us on Facebook: @CIWPE
We ned for me, is to have a reason to genuinely smile at least once everyday. Often times this is easier said than done. We all have our history, our problems, our obstacles, and overcoming them is an arduous process. Many times, these problems never go away, or are replaced by something else. Wellness is finding ways that can make us smile and find happiness even while being burdened by these problems.

**A B O U T  M E**

I am a Spring 2020 graduating senior, with goals of pursuing public health and a career in medical field. I have not had a lot of choices in life, but I have and am still trying to make the best of whatever situation I'm in. It's super cliché but life is truly a lifelong learning experience, and I find it beautiful that all of us are along for the ride.

**FAVORITE QUOTE**

"Life is ten percent what happens to me and ninety percent how I react to it."

- Charles R. Swindoll
#WORLDAIDSDAY
DECEMBER 1

THE RISK IS NOT KNOWING

Get yourself tested.

For more info
www.worldaidsday.org
National Hand Washing Awareness Week
December 1 - December 7

Handwashing Steps
1. Wet
2. Lather
3. Scrub
4. Rinse
5. Dry

Washing hands with soap and water can reduce diarrheal disease-associated deaths by 50%

Handwashing can reduce the risk of respiratory infections by 16%

39% of people do NOT wash their hands after sneezing, coughing, or after blowing their nose

For more info www.cdc.gov
**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!
How to Support a Survivor of Sexual Assault or Dating Violence

When a friend, family member, co-worker, or partner opens up about their experience of sexual assault or dating violence how comfortable do you feel responding? If you're anything like me (before beginning this career) you probably feel deeply empathetic, but unsure about what to say or do. If you haven’t had such an experience yet, it can’t hurt to prepare yourself. According to the National Sexual Violence Resource Center, 20-25% of college women and 15% of college men are victims of forced sex during their time in college. And 43% of dating college women report experiencing abusive dating behaviors, according to the National Domestic Violence Hotline. Here are some suggestions for responding and providing support to a survivor if they share their story with you.

**DO:**

- **Validate their feelings.** Allow the survivor to express how they are feeling about what happened. Remember that there is no wrong way to feel and as a support person it is not your place to catastrophize or minimize the survivor’s experience or their feelings about it.

- **Remember that violence isn’t always traumatic.** For some survivors a sexual assault might be the most traumatizing thing they ever experience, but for others it might just be another experience in a long history of trauma. Because of this it is important to not make assumptions about how a survivor feels. **Indicate that you believe them.** Often times survivors are hesitant to coming forward and share their story because of fears about not being believed. Be mindful of the statements you make and the questions you ask implying you might not believe them. **Take care of yourself!** Providing this type of support can be hard. Take it from someone who does this work day in and day out. Because of this it is important to be honest with the survivor regarding what kinds of support you can and can’t provide. If a survivor can trust you to say “no” when you’ve reached your limit, they’ll likely feel more comfortable turning to you for support.

- **Help them get connected to other supports.** The more you know, the better you are able to help the survivor get the resources that they need. For confidential support on campus, survivors can contact me, the Campus Advocate, at (805) 796-4844 or Counseling & Psychological Services at (805) 437-2088. Coalition for Family Harmony also offers a 24-hour bilingual crisis hotline for sexual assault and domestic violence at 1-800-300-2181. Or you can call 211 to get connected to other community resources. You can also offer to sit with the survivor while they make the call or accompany them to their appointments.

**DO NOT:**

- **Tell the survivor what they should do.** Some survivors may want to report to law enforcement, or to their school or employer. Some may want to seek professional counseling. Others may want to never tell anyone. These are all valid options. Instead of telling them what to do, indicate that you support them with whatever they choose. **Question why they chose to tell you now.** Just like there is no “right way” to respond to sexual or dating violence, there is no “right time” to tell someone about it. Whether it has been several hours or many years since the abuse, feel honored that the survivor trusts you enough to talk to you about it. **Share the survivor’s story without their permission.** Not only is it not your story to tell, but telling others about a someone’s experience of sexual assault or dating violence could compromise the survivor’s safety and wellbeing.

By Melanie Simms
CSUCI Campus Advocate
Mental Health and College Students
By Miranda Cowles

Mental health on college campuses is becoming a growing concern for many colleges and their counseling directors. This “college student mental health crisis” refers to a significant increase of college students that experience mental health problems (Henriques, 2018). A 2018 survey done by the American College Health Association (ACHA) found that almost two-thirds of students felt “overwhelming anxiety” at least once in the last twelve months, and studies are showing that anxiety and depression are a growing problem for students on college campuses (Warner, 2019). A possible reason for this can be that today's students have experienced financial burdens on a different scale than many of the college students that came before them, and there is a lot of pressure to excel academically due to the uncertainty of future career opportunities.

Our own community at CSU Channel Islands is also heavily affected by the college student mental health crisis. According to our own ACHA-National College Health Assessment results, 68.3% of students felt overwhelming anxiety, 48.4% of students felt so depressed that it was difficult to function, and 14.8% of students have seriously considered suicide. The national average of people that have had suicidal thoughts in the last twelve months is only at 3.9% according to the CDC, so comparatively, CSU Channel Islands’ percentages are very concerning.
Treating yourself with kindness and respect, and avoiding self-criticism

Make it a priority to make time for your hobbies and favorite projects

Make it a priority to eat nutritious meals

Avoid cigarettes

Drink plenty of water

Exercise

Get enough sleep. Lack of sleep can contribute to high rates of depression in college students.

People with strong family or social connections are generally healthier than those that lack a support network

Make plans with supportive family members or friends

Seek out activities where you can meet new people, such as a club, class or support group.

Volunteer your time and energy to help someone else

Practice good coping skills such as Tai Chi, exercise, taking a nature walk, playing with your pet or try journal writing as a stress reducer

Also remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body, and reduce stress.

Try meditating, mindfulness, or prayer

Research shows that meditation may help you feel calm and can help enhance the effects of therapy.

CSU Channel Islands has many resources on campus that are available for students dealing with these mental health challenges. Channel Islands provides Counseling and Psychological Services, also known as CAPS, to all CI students. CAPS provides a wide range of services to assist the campus community including individual counseling, couples counseling, group therapy, crisis intervention, psychiatric consultation, 24/7 phone counseling, a relaxation room, and many other resources. They are located in Bell Tower East 1867 and are a great mental-health resource that anyone can access on campus.

Another way to help with student mental health is to develop positive mental health habits. Positive mental health habits are very important for any college student, and are not promoted enough in regards to student mental health. Examples that were provided from the University of Michigan’s University Health Service website that are important to remember are…

1) Valuing Yourself.
   - Treating yourself with kindness and respect, and avoiding self-criticism
   - Make it a priority to make time for your hobbies and favorite projects

2) Take Care of Your Body
   - Make it a priority to eat nutritious meals
   - Avoid cigarettes
   - Drink plenty of water
   - Exercise
   - Get enough sleep. Lack of sleep can contribute to high rates of depression in college students.

3) Surround Yourself with Good People
   - People with strong family or social connections are generally healthier than those that lack a support network
   - Make plans with supportive family members or friends
   - Seek out activities where you can meet new people, such as a club, class or support group.

4) Give
   - Volunteer your time and energy to help someone else

5) Learn How to Deal with Stress
   - Practice good coping skills such as Tai Chi, exercise, taking a nature walk, playing with your pet or try journal writing as a stress reducer
   - Also remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body, and reduce stress.

6) Quiet Your Mind
   - Try meditating, mindfulness, or prayer
   - Research shows that meditation may help you feel calm and can help enhance the effects of therapy.
7) Set Realistic Goals
- Decide what you want to achieve personally, academically, and professionally, and write all the steps you need to take to get there to achieve your goals.
- Be realistic, and don’t overschedule yourself. You’ll feel a lot better and feel a strong sense of accomplishment as you progress towards your goal.
- At Wellness Promotion and Education on campus, you can set up a SMART goals meeting to help. In a SMART goals meeting with a Peer Educator, you will identify your goals, develop a strategy, and receive ongoing mentorship to help you achieve your goals. You can call or visit the WPE office on campus.

8) Break Up the Monotony
- Although routines are great and make us more efficient, it’s great to take a break in your tedious schedule to do fun things that will make you happy. Plan a road trip, take a walk in a different park, try a new restaurant.

9) Avoid Alcohol and Drugs
- Keep drinking alcohol at a minimum, and avoid other drugs. People use these to “self-medicate”, but it can actually aggravate the problems you’re trying to avoid.

10) Get Help When You Need It
- Seeking help is a sign of strength--not a weakness.
- Treatment is effective, people can recover from mental illness and addiction to lead full and happy lives if getting the appropriate mental health care.
- If you feel like you need help, make a CAPS appointment.

Mental health issues on college campuses is a growing problem that needs to be addressed a lot more, and reducing the stigma about receiving mental health care is very important. Mental health is just as important as physical health, seeking out help when needed and fostering better mental health habits are very important and should be prioritized.

References
Campus Resources

**CAPS**
Counseling & Psychological Services  
Location: BTE 1867  
Phone: (805) 437-2088  
Services: Egg Chair, Relaxation Room, Counseling, Referrals, 24/7 Hotline

**STUDENT HEALTH SERVICES**
Location: Yuba Hall  
Phone: 805-437-8828  
Services: Provides CI students with treatment for common injuries, illnesses, and other medical issues.

**DASS**
Disability Accommodations & Support Services  
Location: Arroyo Hall 210  
Phone: (805) 437-3331  
Services: Empowers and supports students with physical, learning or psychological disabilities
Off-Campus Clinics & Urgent Care

**Los Posas Family Medical Clinic**
3801 Las Posas Road #214 ~ Camarillo ~ 805-437-0900

**Magonlia Family Medical Clinic**
2240 E. Gonzales Road #120 ~ Oxnard ~ 805-981-5151
Urgent Care: 805-981-5181

**Las Islas Family Medical Group Urgent Care**
325 W. Channel Islands Blvd. ~ Oxnard ~ 805-204-9513

**Moorpark Family Medical Clinic**
612 Spring Road, Building A ~ Moorpark ~ 805-523-5400

**Conejo Valley Family Medical Group**

**Santa Paula Medical Clinic**
1334 East Main Street ~ Santa Paula ~ 805-933-1122

**Sierra Vista Medical Clinic**
1227 E. Los Angeles Avenue ~ Simi Valley ~ 805-582-4000
Urgent Care: 805-582-4050

**Filmore Family Medical Group**
828 Ventura Street ~ Fillmore ~ 805-524-2000
Urgent Care: 805-524-2000

**West Ventura Medical Clinic**
133 W. Santa Clara Street ~ Ventura ~ 805-641-5600
Urgent Care: 805-641-5620
Enjoy Winter Break!

Happy Holidays