

**“HOW TO BECOME A MENTAL  
HEALTH ALLY AND A MORE  
HOLISTIC ADVISOR IN THE  
PROCESS”**

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# WEBINAR OVERVIEW

- MHFA: Who? What? Why?
- Risk Factors for Anxiety and Depression
  - UHP: University Honors Program  
(also, “Unique, Holistic, Progressive”)
- Mental Health and Appreciative Advising Synergy
  - Resources
  - Coping and Caring
    - FAQs
    - What’s Next?

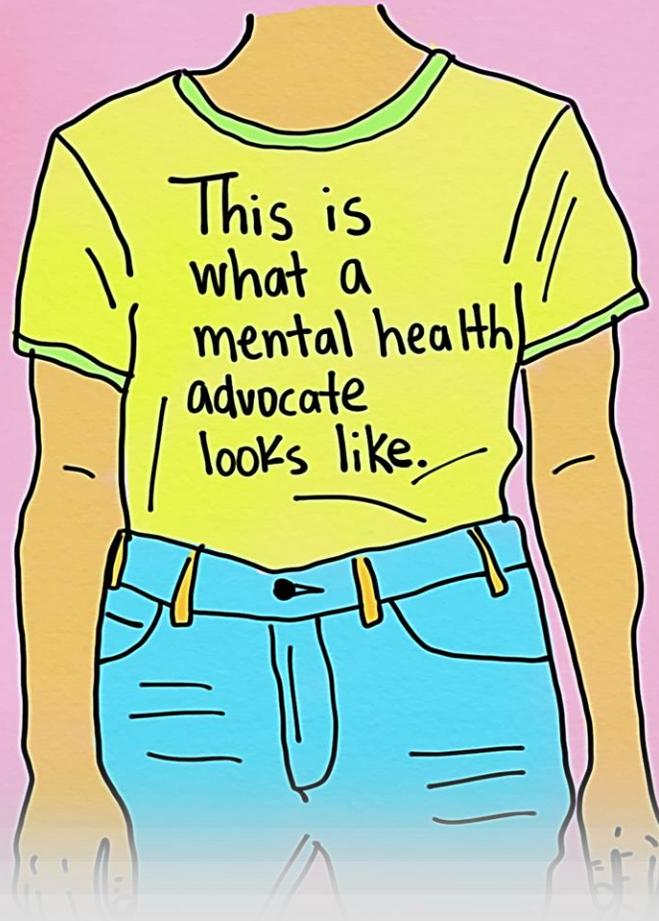


Image  
Credit:  
Vanessa  
Bancheri

**Table 2** Typical issues students bring to academic advisors

Issue	Suggested Primary Responsibility as		
	Advisor	Either/Or	Counselor
Course selection	■		
Register for classes			
Advanced placement			
Drop a class			
Exit institution			
Degree requirements			
Academic probation			
Unfair grade from professor			
Death in family		■	
Time management			
Underachievement			
Mid-life career change			
Decision making			
Academic goals			
Personal goals			
Career goals			
Interpersonal relationship			■
Family relationships			
AD/HD			
Substance abuse			
Eating disorder			
Physical/emotional abuse			
Sexual orientation			
Sexual harassment			
Racial discrimination			
Suicide			

Kuhn, Terry, et. al.  
“The Advising and  
Counseling  
Continuum: Triggers  
for Referral”, *Nacada  
Journal*, vol. 26, no. 1,  
2006, pp. 24-31.

# WHAT IS MHFA?

**“The first aid offered to someone developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment & support are received or until the crisis resolves.”**

**\*MHFA is NOT therapy or counseling nor does having certification qualify you to make diagnoses.**

- Goals of MHFA (“Collaborative care”):
  - Destigmatize
  - Give hope
  - Promote mental health literacy
- The course:
  - Recognize signs & symptoms
  - Offer and provide initial help and information
  - Refer the individual to appropriate professional help

HOW TO HELP SOMEONE WITH

# ANXIETY & DEPRESSION

DURING COVID-19



1   
Assess for risk of suicide or harm.

2   
Listen without judgment

3   
Give reassurance and information.

4   
Encourage appropriate professional help.

5   
Encourage self-help and other support strategies.

\*Information provided in the Mental Health First Aid curriculum.  
\*Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.



MENTAL  
HEALTH  
FIRST AID

NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH

# STUDENT MENTAL HEALTH IN THE ERA OF COVID-19: ANXIETY AND DEPRESSION

## Risk factors:

- Distressing and uncontrollable events
- Stressful or traumatic events
- Ongoing stress and anxiety
- Illness that is life threatening, chronic or associated with pain
- Lack of exposure to bright light in winter (Seasonal Affective Disorder)
- Substance misuse, intoxication, withdrawal



*How are you?*

# **Mental Health Check-In**



**I'm Doing Great**



**Things Are Tough**



**Wouldn't Mind If  
Someone Reached  
Out**



*Adapted from an MHFA instructor by the UHP Team*

Happy Monday, everyone! UHP is starting a new, weekly Mental Health Check-in for our students! Feel free to DM us or leave a comment using one of three hearts! (🖍️❤️🖍️)

.....

We recognize the effects Covid-19 can have on your lives. While we hope everyone is doing well, if you're not, let us know how we can help! Have an amazing week, students!

[#GoBeach](#) [#CSULBHonors](#)  
[#onebeach](#)

# NOT EVERYTHING IS CANCELLED

sunshine is not cancelled  
spring is not cancelled  
love is not cancelled  
relationships are not cancelled  
reading is not cancelled  
naps are not cancelled  
devotion is not cancelled  
music is not cancelled  
dancing is not cancelled  
imagination is not cancelled  
kindness is not cancelled  
conversations are not cancelled  
**hope** is not cancelled



#keeplookingup  
SimpleStencils.com

## STUDENT ENGAGEMENT SERIES:

- Mindful meditation
- Game Night (Jackbox games)
- Movie night
- Excel workshop
- Dance classes
  - bachata, merengue, etc.

# MENTAL HEALTH IN THE CONTEXT OF APPRECIATIVE ADVISING

## SIX PHASES OF AA

- Disarm
- Discover
- Dream
- Design
- Deliver
- Don't Settle

(Bloom et al., 2008)

## ALGEE

- Assess
- Listen
- Give reassurance & information
- Encourage appropriate professional help
- Encourage self-help

“supportive, positive, dynamic and holistic”

(Truschel, Jack. “Does the Use of Appreciative Advising Work?” *TLAR*, Vol. 2, No. 2, 2008, pp. 7-16.)

- CREATE safe spaces
- ASK questions
- USE positive language
- LISTEN without judgement/purposefully
- DREAM/HOPE
- DESIGN/ENCOURAGE
- DELIVER/ENCOURAGE



## FAQ'S

- How can I take care of students' needs when I'm worried or anxious myself?
- How should I broach the topic of mental health with my advisees? What if I do/say the wrong thing?
- In the same vein, can you give us some examples of language to use when broaching the topic?
- What should I do if I reach out and my student doesn't respond?
- How do I work with advisors who don't/don't want to understand mental illness?

## RESEARCH ON ADVISORS AND MENTAL HEALTH

- Academic advisors are acutely aware of the clinical and mental health issues that emerge for students (Kadison & DiGeronimo, 2004).
- Students from underrepresented groups (ethnic/racial minorities, LGBTQI, etc.) often face additional challenges and pressures in the academic setting that may impact their psychological well-being (Grant et al., 2014; Hyun, Quinn, Madon, & Lustig, 2009; Mier, Boone, & Shropshire, 2009).
- Sharon Rauch's (2018; Northeastern U.) dissertating examines "how combining counseling and advising affects academic success of students with mental health issues." Although she suggests training counselors to do basic advising, I think the same could be argued inversely as we reflect on Kuhn's continuum.

# RESOURCES

## GET HELP 24/7:



**TrevorText**

Text START to 678678



**TrevorChat**

TrevorChat.org



**TrevorLifeline**

866.488.7386

THE **TREVOR** PROJECT  
Saving Young LGBTQ Lives



## (THREE) WAYS TO GET MENTAL HEALTH HELP ANONYMOUSLY



**HOTLINES.** 24/7 hotlines are available to provide support and information for general mental health concerns and specific issues, including:

- **The National Suicide Prevention Hotline:** 1-800-273-TALK (8255)
- **Crisis Text Line:** Text HOME to 741741



**APPS.** There are apps available on Android and iPhone that provide mental health resources and support, including Pacifica, 7 Cups, and Talkspace.



**ONLINE SPACES.** Online spaces are available that provide peer-to-peer support, chatroom discussions, or therapy.

*\*Information provided by the MHFA curriculum.*

**MENTALHEALTHFIRSTAID.ORG**



## COPING (YOURSELF) AND CARING (FOR) OTHERS

- Stay informed but avoid overexposure to news.
- Acknowledge that you *need* to cope.
- Be mindful of how you compensate for lack of control.
- Strive to stay in the present moment. Anxiety is oriented toward the future; depression, toward the past.
- Take care of your body.
- Stay connected, and reach out to others for support.

# WHAT'S NEXT?

## MENTAL HEALTH ALLY PROGRAMS:

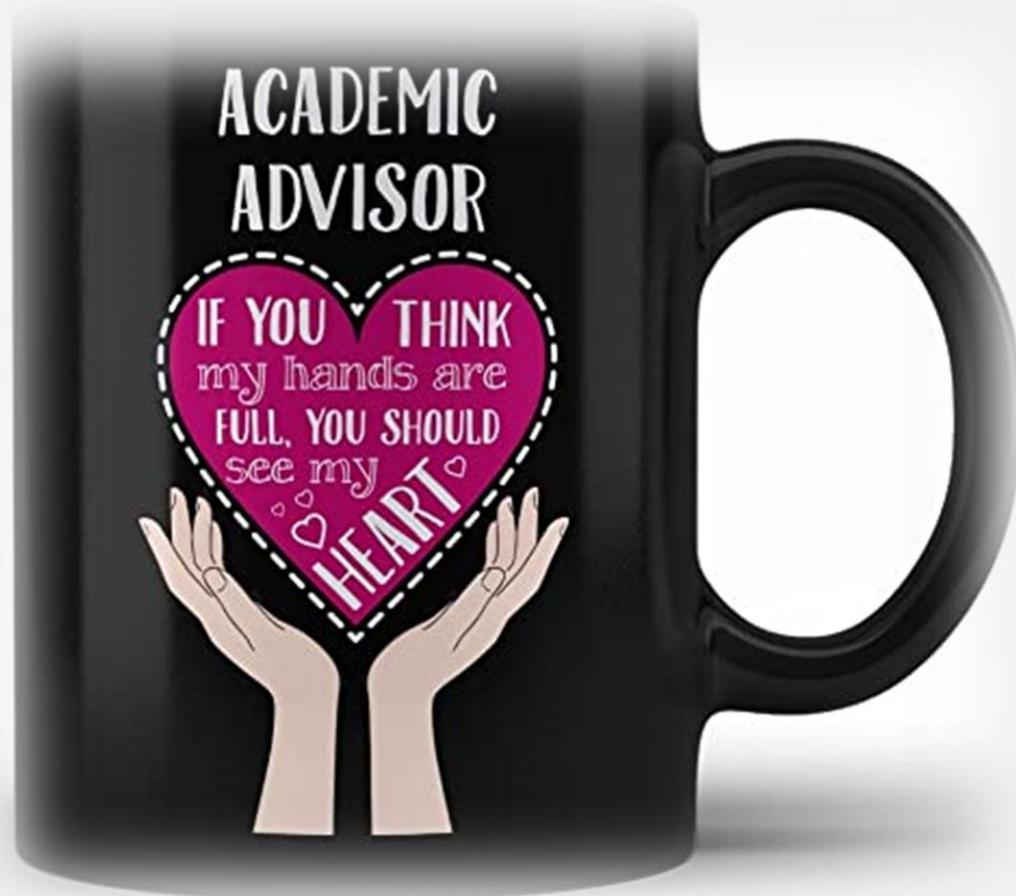
- Get certified!
- Advocate for trainings on your campus!
  - Advisors' orientation
  - As a dedicated training within your unit

## IN THE MEANTIME:

- Check in with your advisees.
- Listen empathetically.
- Promote mental health as a way to redefine student success!



THANK YOU AND BE WELL!



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<http://www.fau.edu/oea>

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Office of Appreciative Education

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Office of Appreciative Education



Reminders



Tips and Features



Up to date information



Facebook Groups

- Appreciative Advisor
- Appreciative Administration

# THE **LIVE!** VIRTUAL APPRECIATIVE ADVISING INSTITUTE

July 27 - 30

1 - 5p.m. (EDT)

4 hrs. each day

- Four-day, interactive, and engaging experience
- Live (synchronous) virtual small group
- Facilitated by an experienced Appreciative Adviser
- Focuses on practical suggestions for applying the Appreciative Advising Theory-to-Practice Framework

# ONLINE COURSES



## Appreciative Advising Online Course

- Walks through Appreciative Advising framework
- Gives specific skills and techniques for implementation
- 6 week online course offered Spring, Summer, and Fall



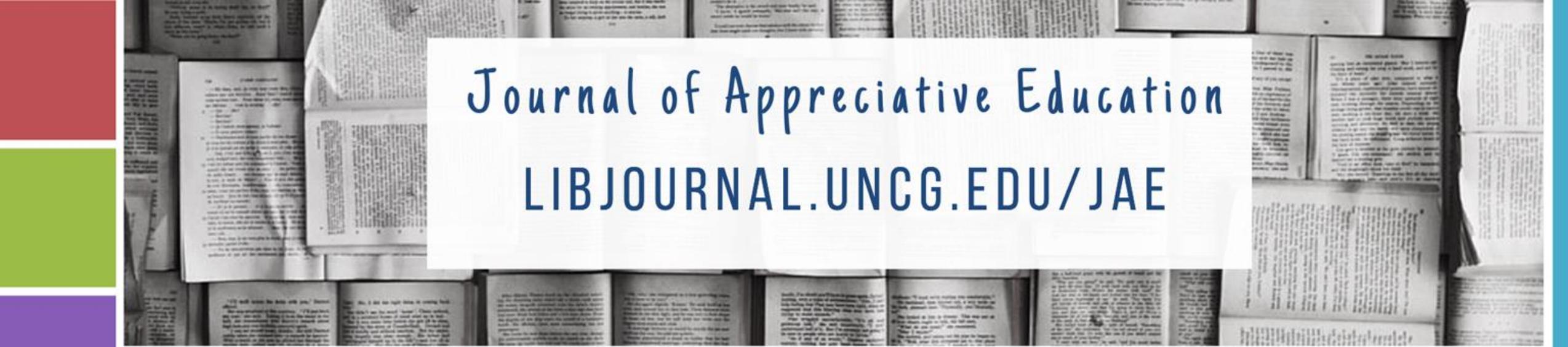
## Appreciative Administration Online Course

- Uses Appreciative Education lens
- Provides practical applications for becoming an effective Appreciative Administrator
- 6 week online course offered Spring, Summer, and Fall

# APPRECIATIVE ADVISING CERTIFICATION



- Participation in the Appreciative Advising Course or Institute fulfills the educational component of certification
- Provide your students with the best possible advising experience and raise your professional stature and expectations.



# Journal of Appreciative Education

[LIBJOURNAL.UNCG.EDU/JAE](http://LIBJOURNAL.UNCG.EDU/JAE)

▶ READ APPRECIATIVE LITERARY SOURCES

▶ SUBMIT RESEARCH FOR PUBLICATION

▶ GET PUBLISHED FOR INNOVATIVE PRACTICE