

Collaborating to Promote the Wellness and Resilience of Military-Affiliated Students

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Many Thanks

- To all conference sponsors, including colleagues at SUNY New Paltz
- To all conference participants, for contributing to this learning experience
- To the military-affiliated students we are privileged to serve within the SUNY system
- To Dutchess Community College's Counseling Center and Veterans Resource Center
- To all those who have served and sacrificed, including many of my family members

Branches in my family tree

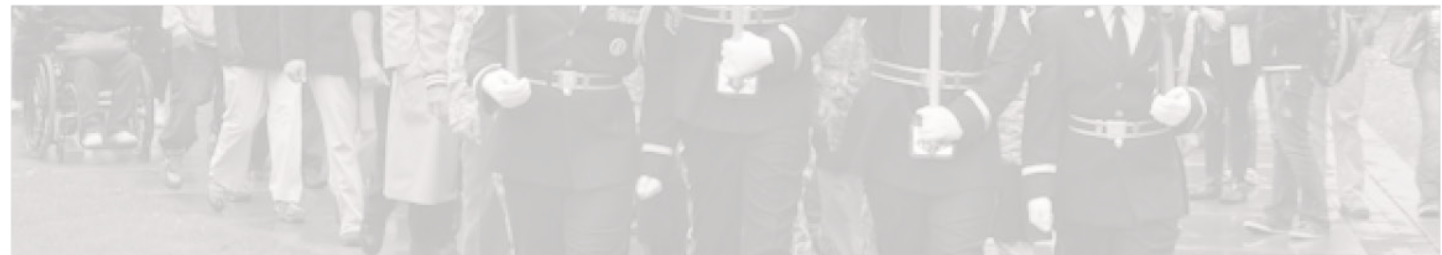


Inspiration



Learning Objectives

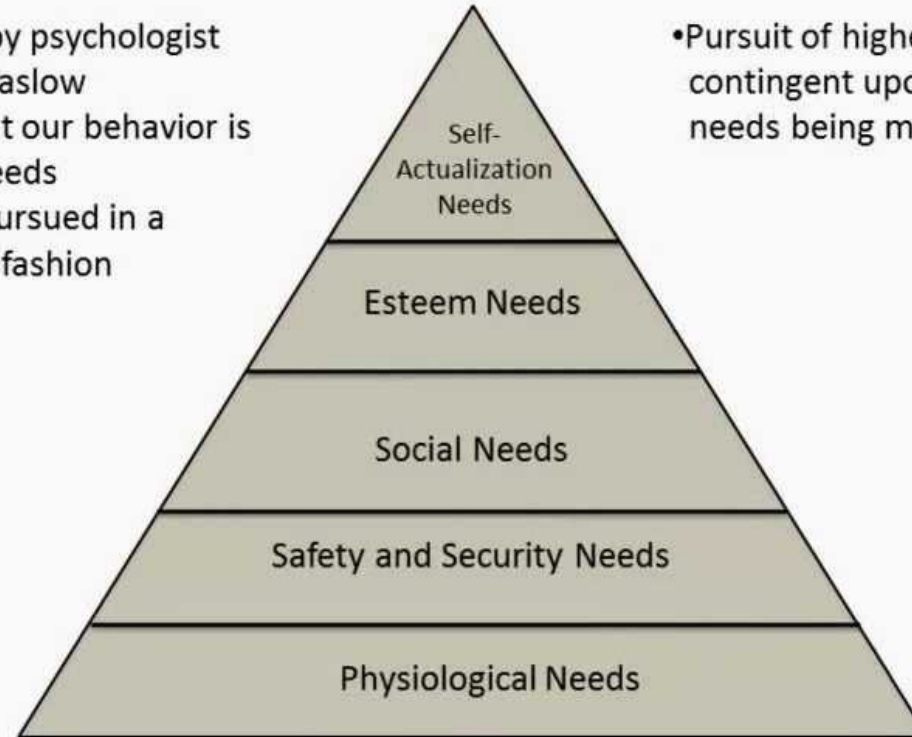
1. Discuss some key mental health and wellness needs of the military-affiliated students we are privileged to serve within the SUNY system
2. Identify opportunities to collaborate in addressing the unique needs of military-affiliated students (e.g., mental/physical health; career development)
3. Recognize how a strengths-based, holistic approach to providing student services can reduce barriers to help-seeking and promote wellness, resilience, and academic success



Maslow's Hierarchy of Needs

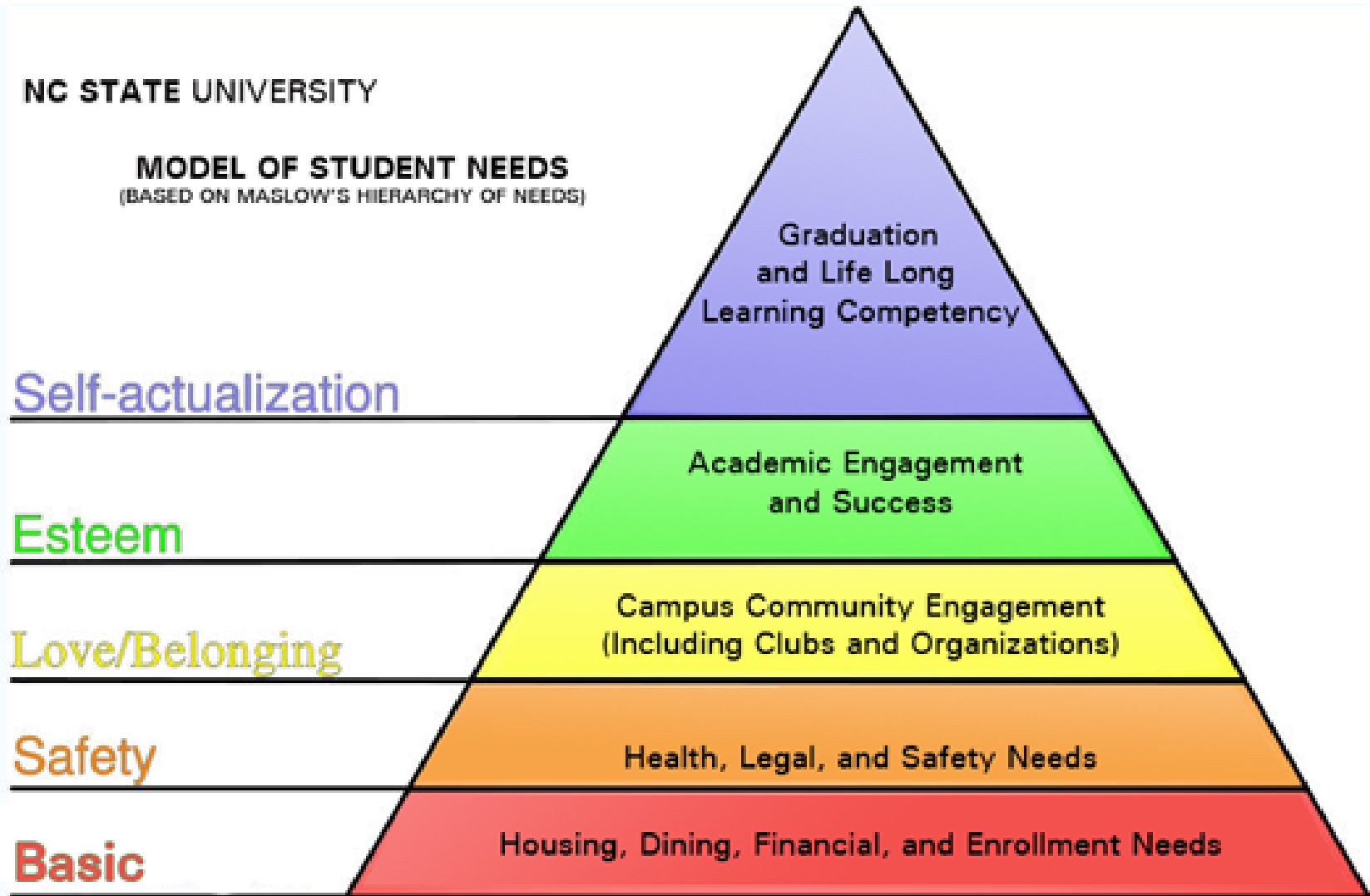
- Developed by psychologist Abraham Maslow
- Believed that our behavior is driven by needs
- Needs are pursued in a hierarchical fashion

- Pursuit of higher level needs is contingent upon lower level needs being met



NC STATE UNIVERSITY

MODEL OF STUDENT NEEDS
(BASED ON MASLOW'S HIERARCHY OF NEEDS)



Some Key Safety Needs to Address

- Navigating the higher education environment
- Housing and food insecurity
- Education costs and financial concerns
- Employment needs
- Medical, mental health, and disability issues

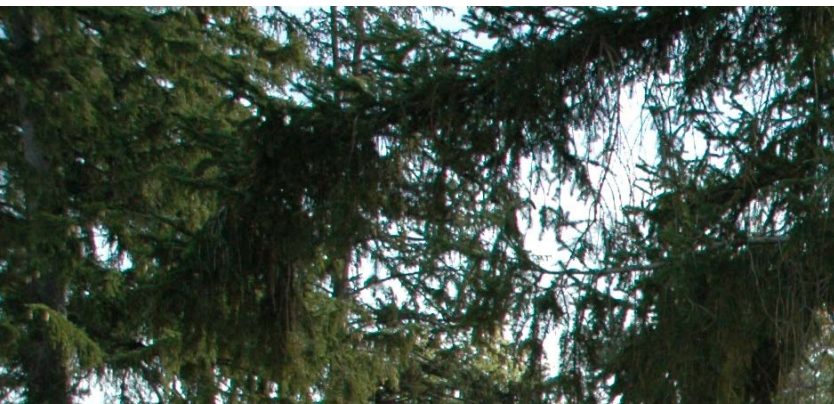




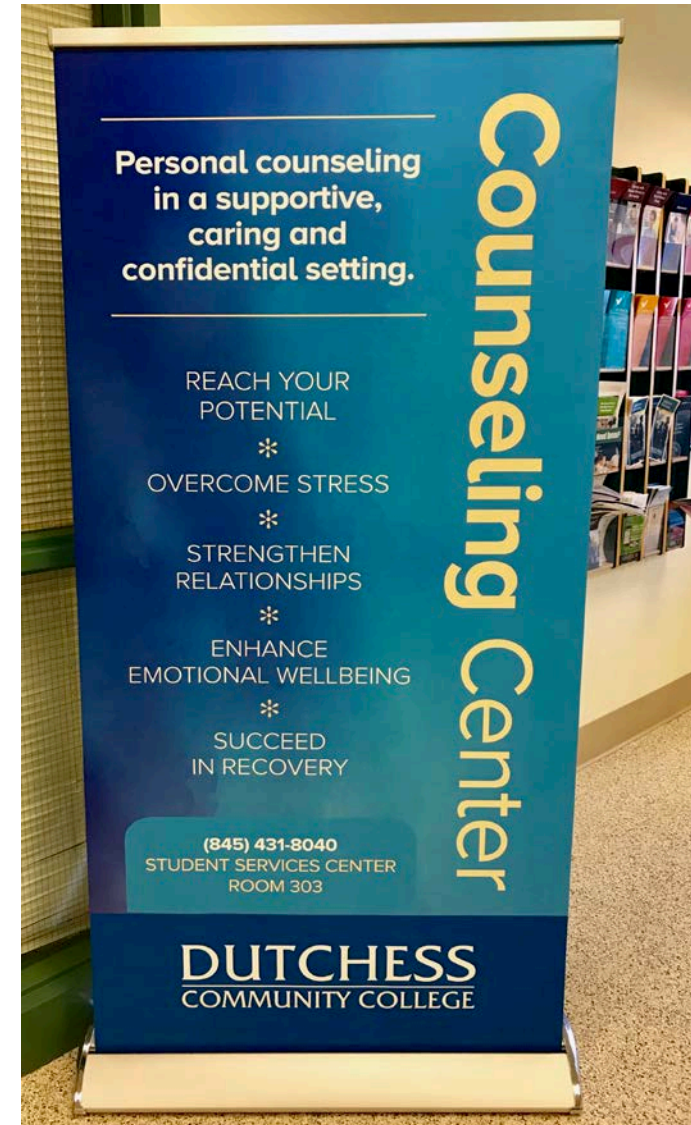
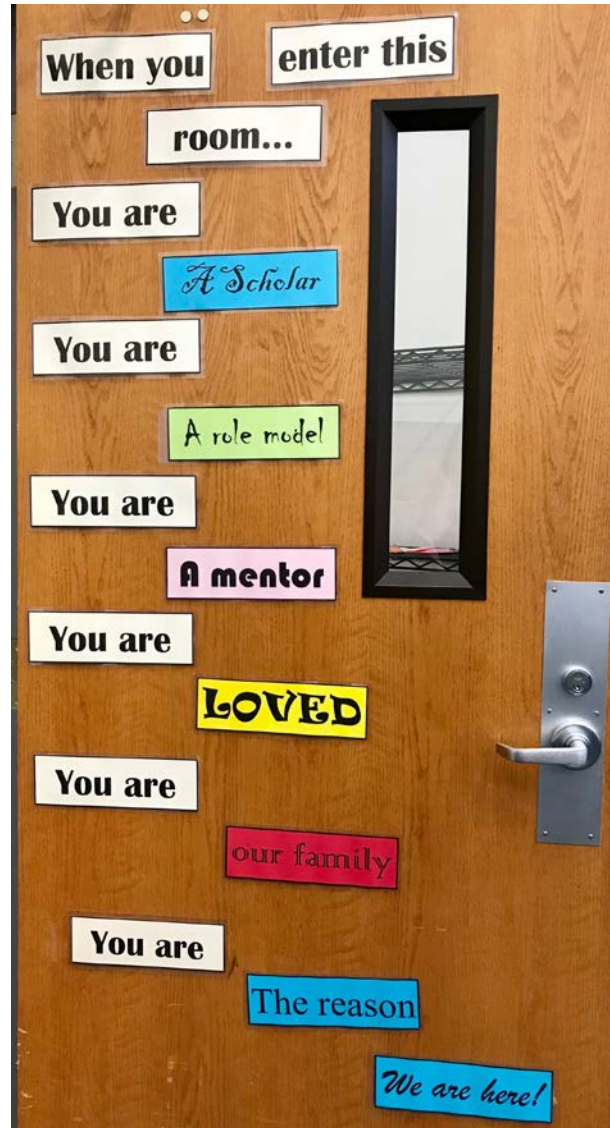
Helping Military-Affiliated Students Navigate Higher Education



- Demonstrating understanding of military culture and the transition to student life
- Sending the message that it's a strength to ask for help and to use campus resources
- Building bridges on and off campus through relationship development and advocacy



Entrances Matter...





Housing and Food Insecurity

- Current challenges that need to be addressed
- Providing support and local resources





Education costs and financial concerns

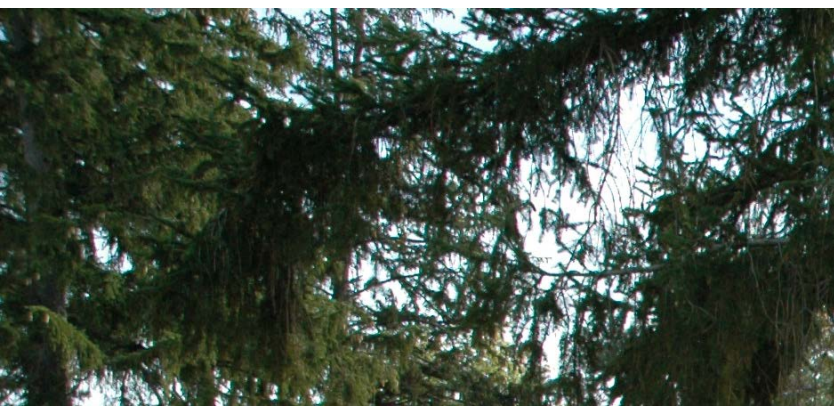
- Preventing and managing financial crises
- Promoting financial literacy
- Connecting with resources on and off campus

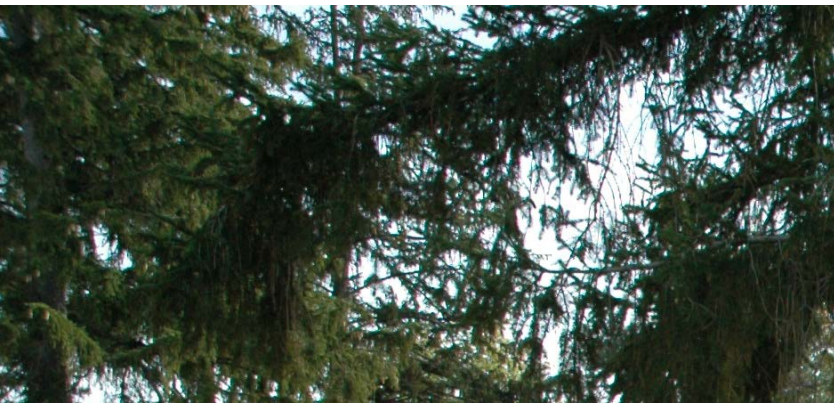




Employment

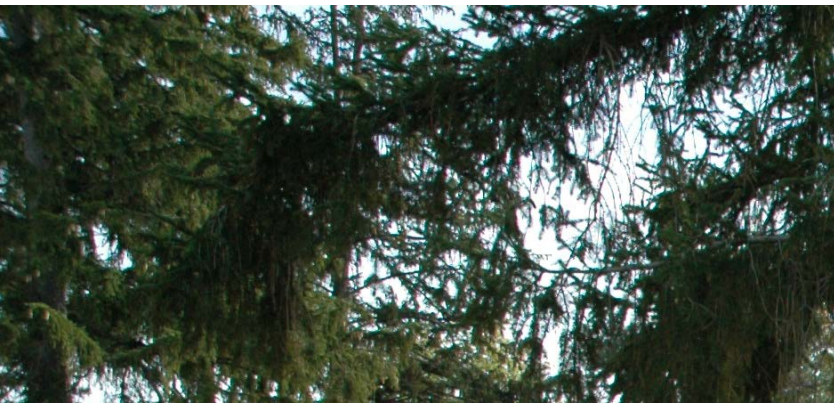
- Facilitating access to career development services on campus and in the community
- Providing opportunities for networking and other career exploration and transition supports





Medical Concerns

- Facilitating access to health care services on campus and in the community
- Some examples of military-affiliated students' health care needs



Mental Health Concerns

- Facilitating access to mental health care services on campus and in the community
- Some examples of military-affiliated students' mental health care needs
- Helping to break the stigma that creates barriers in seeking help



Free, Informal, Drop-In Support

WHEN & WHERE:

August 28th – December 4th (except October 1st, 2nd, & 9th)

- Tuesdays, 5:00pm-6:00pm, Conklin Hall, Office 118 A
- Wednesdays, 2:00pm-3:00pm, Hudson Hall, Room 214

YOU'RE INVITED TO DROP IN!

- Speak with a licensed mental health professional from the Counseling Center on campus who will listen closely to your concerns and provide support, perspective, and suggestions for resources.
- No appointment is needed and there is no paperwork to fill out.
- Come talk about whatever is important to you. It's okay if you wish to remain anonymous.
- Meetings tend to be brief, supportive, and solution-focused. They do not replace other types of formal counseling services. The counselor at "Let's Talk" will be happy to help arrange further assistance if needed.

For more information, call the Counseling Center: 845-431-8040

Or just drop in to "Let's Talk."

The Counseling Center
Dutchess Community College

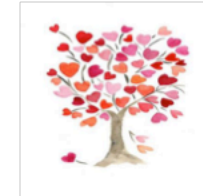
Meet students
where they are
to encourage
help-seeking



The Counseling Center & DCC CARES

Warmly Invite You to Attend a

CARE Workshop



WHAT: This CARE Workshop (Coping And Reinforcing Effectiveness) is designed to support students who are interested in improving self-care, reducing stress, and developing strengths and resources while managing the challenges of college life.

WHO: This CARE Workshop will be co-facilitated by Amy Tully, Ph.D. from the Counseling Center and Tomasine Oliphant, MSW from DCC CARES.

WHEN: Wednesday, October 30th, 4:00pm-5:30pm

WHERE: Student Services Building, Room 204

HOW: Please RSVP by Monday, October 28th by calling Tomasine Oliphant, MSW, Student Resource Navigator at **431-8976**. This workshop is designed for a group of 5-15 students. Looking forward to hearing from you soon!

This CARE Workshop will be closed ten minutes after the start time to ensure a productive atmosphere that's free from disruption and full of good ideas. Support is within your reach!

Information Is Power...

Mental Health Association in New York State, Inc.

Mental Health Fact Sheet

According to the World Health Organization, mental health is defined as a state of wellbeing in which every individual realizes his or her own potential, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Fast Facts



1 in 5 American adults have mental illness



But 56% of undiagnosed individuals do not receive treatment



America loses \$191 Billion in income annually due to serious mental illness



Mental illness does not discriminate against whom it affects. Every age, race, and gender can be diagnosed

Mental health by the numbers...

- The median number of years between the onset of mental health symptoms and treatment is **10**.
- **50** percent of people with a substance use disorder have a co-occurring mental health disorder.
- The average age of onset for anxiety disorders (the most common mental health disorder) is **7**.
- The lifetime prevalence rate for any mental health disorder is **50** percent.

Mental Health Association in New York State, Inc. (MHANYS) is a non-profit organization with 26 local affiliates serving fifty counties across the state, and is an affiliate of Mental Health America (MHA). Through public education, training, advocacy, and family engagement, we are on the forefront of the fight to improve lives of individuals and families by raising mental health awareness.



HEALTHY MINDS FOR A HEALTHY NEW YORK

Suicide Prevention

Everyone on campus needs to be part of this effort.
Ask the question: “Are you thinking about suicide?”
Persuade students to seek help, and actively refer
students to resources (on and off campus).

Lifeline for Vets: 1-888-777-4443

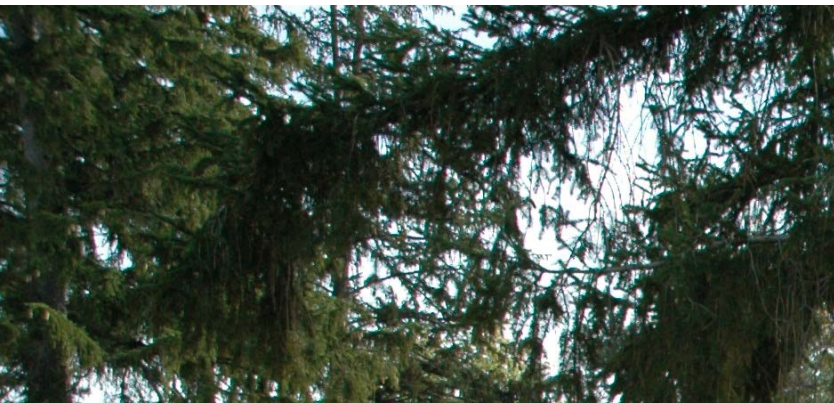
National Suicide Hotline: 1-800-273-TALK (8255)

Veterans’ Crisis Line: 1-800-273-8255 #1



Accommodative Services for Students with Disabilities

- Facilitating access to accommodative services and other support on and off campus
- Some examples of military-affiliated students' disability-related needs
- Helping to break the stigma that creates barriers in seeking accommodative services



Promoting Wellness, Resilience and Academic Success Requires a Holistic Approach



Developing a Caring Learning Community

- Focus on student learning inside and outside of the classroom, balancing challenge and support
- Continuously assess student needs and collaborate to ensure student-centered services
- Encourage students' use of resources that support wellness and academic success
- Reinforce a growth mind-set
- Support academic self-efficacy



Supporting a Sense of Belonging

- Provide timely outreach programs
- Provide mentoring (peer and faculty/staff)
- Help students develop their interests, strengths, and sense of purpose
- Encourage student engagement and leadership in clubs and other campus activities
- Normalize adjustment-related challenges
- Draw upon a shared service orientation



Links to Resources

SUNY Office of Military and Veterans Affairs

<https://system.suny.edu/university-life/military-veterans/>

New York State Division of Veterans' Services

<https://veterans.ny.gov>

U.S. Department of Veterans Affairs

<https://www.va.gov/>

Military OneSource

<https://www.militaryonesource.mil/>

National Alliance on Mental Illness (NAMI)

<https://www.nami.org/>

Mental Health America (MHA)

<https://www.mhanational.org/>

Example of Vet2Vet Resource in Dutchess County. The Joseph P. Dywer Veterans Peer Support Project is available in many locations throughout New York.

<https://mhadutchess.org/vet2vet-resource-office/>

U.S. Department of Health & Human Services: Substance Abuse and Mental Health Services Administration (SAMHSA)

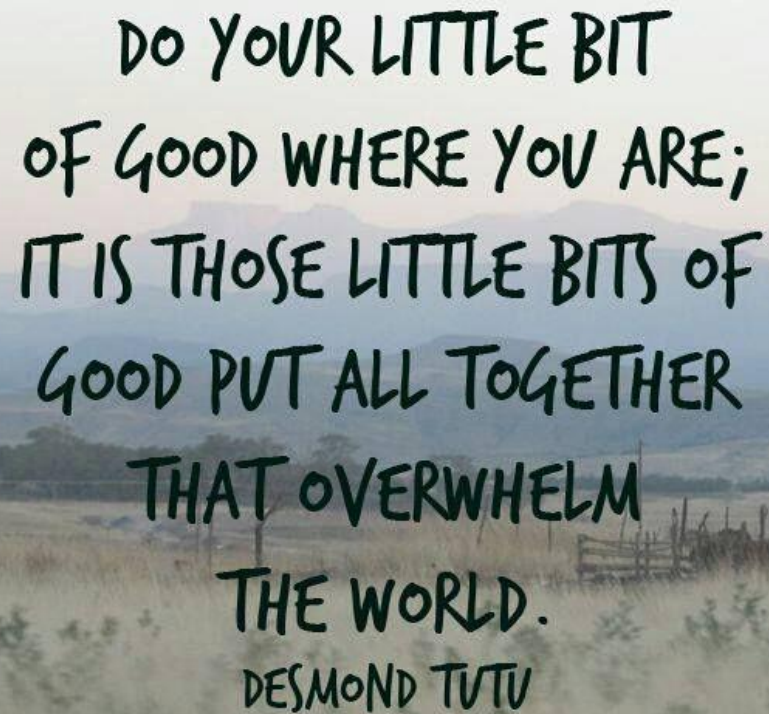
<https://www.samhsa.gov/>

Sometimes, this military experience happens in higher education too.



To keep moving forward...

- (1) What action step could you take right away to promote the wellness, resilience, and academic success of military-affiliated students?
- (2) Who could you collaborate with in taking this action step?
- (3) What source of inspiration do you have to follow through on this idea?



DO YOUR LITTLE BIT
OF GOOD WHERE YOU ARE;
IT IS THOSE LITTLE BITS OF
GOOD PUT ALL TOGETHER
THAT OVERWHELM
THE WORLD.
DESMOND TUTU

Feel free to reach out after the conference:

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Thanks for your participation!

