

Supporting your student through mid-terms and finals

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Preventing & Responding to Stress

- Defining Well-Being at JHU
- Examining Stress and Distress
- Considering a variety of ways for students to manage stress and reduce stress



PHYSICAL



EMOTIONAL &
MENTAL



SOCIAL



SEXUAL



SPIRITUAL



FINANCIAL



PROFESSIONAL



ENVIRONMENTAL

JHU's Definition of Well-Being

Well-Being is an optimal and dynamic state that allows people and communities to achieve their full potential.

By focusing on the whole-the whole person, the whole educational experience, the whole institution, the whole community-well-being becomes a multifaceted goal and a shared responsibility for the entire institution.

Defining Stress

World Health Organization (WHO) Definition

- A state of worry or mental tension caused by a difficult situation.
- Stress is a natural human response that prompts us to address challenges and threats in our lives.
- Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being.

American Psychological Association

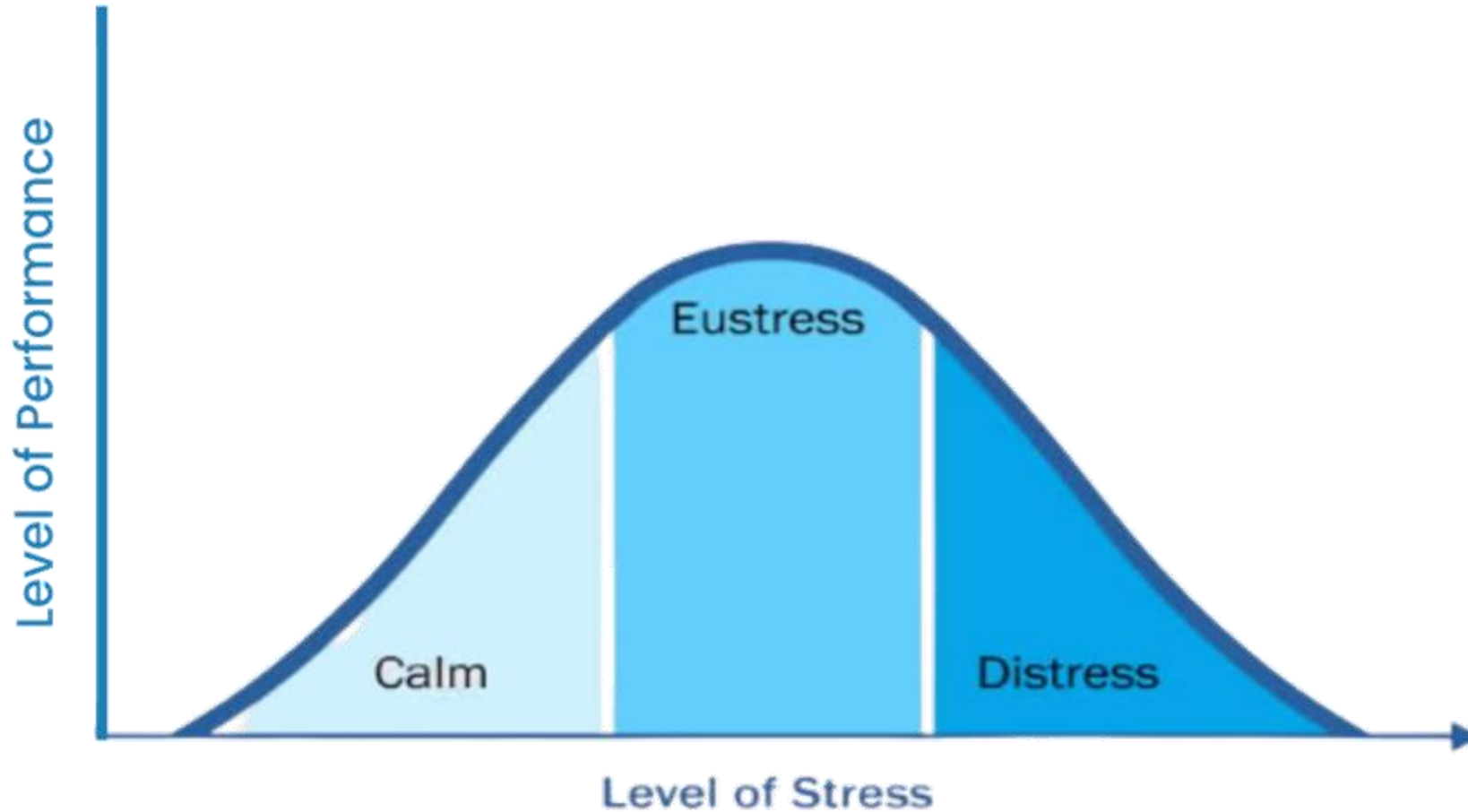
- Stress is a normal reaction to everyday pressures but can become unhealthy when it upsets your day-to-day functioning.
- Stress involves changes affecting nearly every system of the body, influencing how people feel and behave.

Why Reduction of Stress is Important

According to a meta-analysis by Amanvermez et al (2020),

- Prolonged psychological stress is closely associated with [mental disorders](#) ([Auerbach et al., 2018](#); [Beiter et al., 2015](#); [Karyotaki et al., 2020](#); [Mortier et al., 2018](#)), and also has consequences for academic performance ([Bruffaerts et al., 2018](#)), campus engagement ([Salzer, 2012](#)), and college drop-out ([Eisenberg et al., 2009](#)).
- Chronic psychological stress may also lead to more serious mental health disorders later in life ([Cohen et al., 2007](#); [De Girolamo et al., 2015](#)).
- Because first onset of common mental disorders generally occurs during young adulthood ([Kessler et al., 2007](#)), psychological interventions for college students may play a critical role in prevention and early intervention with these mental disorders ([Karyotaki et al., 2020](#)).

Stress Continuum



Common Signs of Distress



BEHAVIORAL

- Notable change in behavior
- Withdraw from social supports
- Substance misuse
- Decline in participation
- Acting out irritable/agitated
- Disruptive/agitated



PHYSICAL

- Sleep disturbances
- Change in appetite
- Poor hygiene
- Stomach aches
- Headaches
- Panic attacks
- Flashbacks
- Rapid breathing
- Rapid heartbeat



COGNITIVE

- Slowed thinking
- Negative cognition
- Difficulty with problem solving
- Difficulty concentration
- Memory problems
- Confusion
- Distressing dreams
- Preoccupation with death



EMOTIONAL

- Anxiety
- Sadness
- Apathy
- Fear
- Guilt
- Grief
- Depressed mood
- Irritability
- Anger
- Feelings of isolation
- Feelings of worthlessness
- Numbness

Small Changes

- Sleep
 - How much are they sleeping?
 - When are they going to sleep?
 - What is their evening routine?
 - What is their wake-up routine?
 - How much caffeine are they consuming? When?
 - How close to bedtime are they eating?
 - What does technology use look like near bedtime?
 - Are they studying in their bed?



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Student Health & Well-Being
Health Promotion & Well-Being

Models for Listening-OARS

- Open-ended questions
 - Tell me about what's going on?
 - What ideas do you have about things that might work for you?
- Affirmations
 - It sounds like you have given a lot of time and reflection to what is challenging you.
 - I've seen you make great decisions in the past and this is going to be no exception
- Reflections
 - Repeat, rephrase
 - What I think you're saying is...
 - Am I correct in hearing that....
- Summaries
 - An organized way to make sure you have understood the issue and remind the student of the action plan.
 - Today you shared with me that you feeling like you are struggling to establish a routine and it's causing you to feel stressed. We talked about reaching out to a couple different mental health resources on campus and we'll check in a few days from now and you'll let me know what progress you made.



Well-Being Website

Central university portal for all services that touch upon health and well-being.

Search by keyword, school, campus or just glance at by dimension of well-being.

Robust blog with material written by students, faculty and staff highlighting resources and skill development.

STUDENT WELL-BEING

ALL RESOURCES

Johns Hopkins has a wide range of resources and programs to support students. This website organizes those resources across eight facets of well-being: emotional and mental, physical, social, sexual, spiritual, financial, environmental, and professional.

KEYWORD
What are you looking for?

SCHOOL
Which JHU school do you attend?

CAMPUS
On which campus do you want to find a resource?

FEATURED NEWS

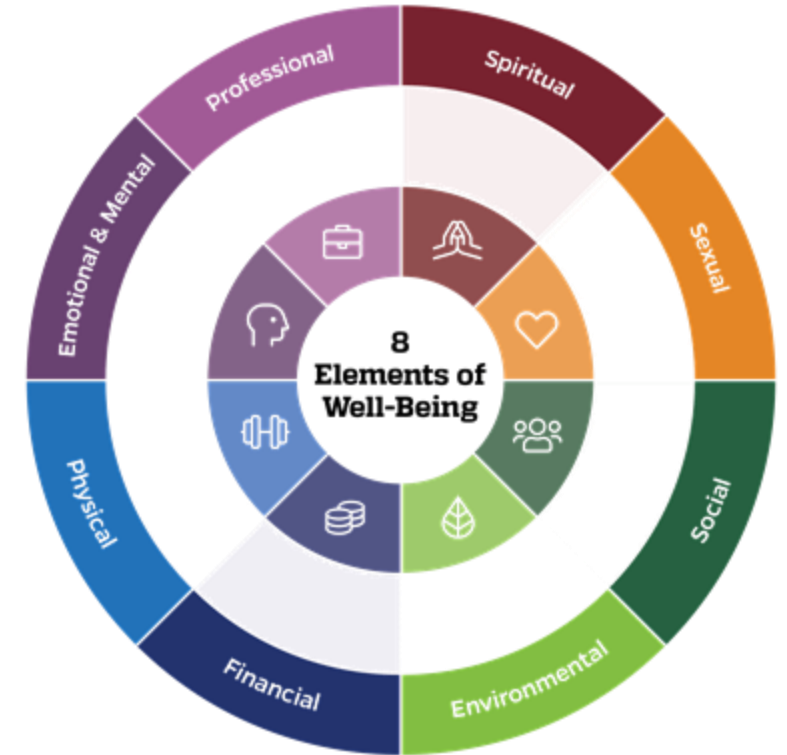
JUNE 2, 2022
Tool visualizes the public health impact of redlining

The practice shaped wealth accumulation along racial lines, creating long-term financial and health disparities

wellbeing.jhu.edu

Well-Being Resources

- **Mental Health Services**
 - Behavioral Health Crisis Support Team
 - Counseling Center
 - TimelyCare
 - SilverCloud
 - ThrivingCampus
- Health Promotion & Well-Being
- Student Disability Services
- Student Health and Wellness Center



Behavioral Health Crisis Support Team (BHCST)

- Clinicians partner with specially trained Johns Hopkins Public Safety officers to co-respond to people in distress in and around the Baltimore Campuses
- BHCST clinicians offer support **primarily to students/trainees** but will respond to anyone in distress within the patrol footprint
- BHCST clinicians respond to crises 24/7/365
- After a mobile crisis response, BHCST clinicians follow up to support recovery and bridge folks to the next level of care.

Call and Connect.

410-516-WELL (9355)

Mental Health Services at the Homewood Counseling Center

Brief, goal-oriented mental health treatment that serves all undergraduate and graduate students from KSAS, WSE, Peabody and student taking an in-person class at Carey and School of Education

- 410-516-8278 (Press 1 to speak with the on-call counselor)
- Initial Consultations
- Individual Brief Counseling
- Group Counseling
- Therapy and Support Groups
- Drop-In Groups (University-wide)
- Psychiatric Assessment and Medication Management
- Referral Assistance for Community Providers
- Psycho-Educational Programming and Workshops



TimelyCare

- TalkNow
 - 24/7 On-Demand consultation with a licensed provider
 - Get connected to a provider within 3-7 minutes
 - Discuss any concerns. Examples might be feelings of anxiety, relationship challenges, reacting to the current state of the world
- Scheduled Counseling
 - 45-minute appointments
 - 12 visits per year
 - Select your provider based on your schedule
 - Appointments can typically be scheduled within 7 days
- Psychiatry
 - Limited-term support for basic psychiatric medication management



SilverCloud

- Online cognitive behavioral therapy (CBT)-based modules that address
 - Stress
 - Anxiety
 - Depression
- Free to all full-time students and learners over the age of 18



Thriving Campus

- Community-based mental health providers based on location
- Search by:
 - Availability/accepting new clients
 - In-person or telehealth options
 - Practice Areas (addiction, ADHD, anger, etc.)
 - Insurance
 - Approaches (ABA, CBT, MBCT, etc.)
 - Gender
 - Language
- Race
- Sexual orientation

thrivingcampus



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Student Health & Well-Being
Health Promotion & Well-Being

Health Promotion & Well-Being Staff

- Confidential Resources
- Alcohol and Drug Specialist
- Health Educators
- Registered Dietitian
- Communications Specialist

Health Promotion & Well-Being

- Programs and events focused on awareness and skill development
- [Weekly well-being newsletter](#)
- Weekly virtual office hours and by appointment
- Offerings
 - Well-being consultations-1:1 discussion about behavior change rooted in the participant's interests and goals
 - Sleep
 - Sexual health
 - Time management
 - Stress management
 - Substance use
 - Survivor Support



Confidential Resources

- If something felt wrong, confidential resources are available to listen.
- 24/7 Helpline 410-516-7333
- These resources are available if the incident happened on or off campus, before or after you started at JHU, and whether alcohol was involved or not.

**WE LISTEN.
YOU DECIDE.**

Need to talk about Sexual Violence or Misconduct?
Stalking? Harassment? Relationship Violence?

If it felt wrong, we're here to listen.

CONFIDENTIAL.

**NO PRESSURE
TO REPORT.**

**24/7
SUPPORT ON
THE HELPLINE
(410-516-7333)**

wellbeing.jhu.edu/youdecide

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The Calm App



- Free premium access
- Calm.com/jhu
- Use your JHU email
- Once you receive the confirmation, use your JHU email to login

Student Disability Services

- Determines and coordinates accommodations and services
- Raises awareness of disability as an area of diversity
 - Disability Pride Month program on Demystifying Disability
 - Ableism and Unconscious Bias
- Promotes inclusive and accessible practices
 - Web/Technology accessibility
 - Event Accessibility
- Supports students/student groups:
 - Advocates for Disability Awareness (university-wide)
- Fosters self-advocacy and advocates for equitable experiences
- Supports faculty in implementing academic accommodations
- Provides consultation for offices across the university
- Collaborates with a wide range of campus partners

Primary Care at the Student Health & Wellness Center

- Primary Care provides high quality, confidential health care to eligible students of the Homewood, Peabody, Carey, SOE campus communities.
- Staff includes: MDs, NPs, WHNPs, RNs, MAs, RD & admin
- Services offered include:
 - Acute and chronic illness care
 - Allergy injections
 - Concerns about eating behaviors, weight and nutrition
 - International travel consults and related immunizations
 - Physical exams and routine immunizations
 - Sexual/Reproductive health care
 - Specialist referrals when needed
 - "Wellness To Go" over-the-counter medication vending machine
 - SHWC is accredited through the Accreditation Association for Ambulatory Health Care

