Supporting your student through mid-terms and finals

Jacki Stone, PhD
Executive Director, Student Well-Being
Health Promotion & Well-Being
JackiStone@jhu.edu

Susan Han, PhD
Senior Associate Director of Outreach
Mental Health Services
Shan75@jhu.edu
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
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
<table>
<thead>
<tr>
<th>BEHAVIORAL</th>
<th>PHYSICAL</th>
<th>COGNITIVE</th>
<th>EMOTIONAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notable change in behavior</td>
<td>Sleep disturbances</td>
<td>Slowed thinking</td>
<td>Anxiety</td>
</tr>
<tr>
<td>Withdraw from social supports</td>
<td>Change in appetite</td>
<td>Negative cognition</td>
<td>Sadness</td>
</tr>
<tr>
<td>Substance misuse</td>
<td>Poor hygiene</td>
<td>Difficulty with problem solving</td>
<td>Apathy</td>
</tr>
<tr>
<td>Decline in participation</td>
<td>Stomach aches</td>
<td>Difficulty concentration</td>
<td>Fear</td>
</tr>
<tr>
<td>Acting out</td>
<td>Headaches</td>
<td>Memory problems</td>
<td>Guilt</td>
</tr>
<tr>
<td>irritable/agitated</td>
<td>Panic attacks</td>
<td>Confusion</td>
<td>Grief</td>
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<tr>
<td>Disruptive/agitated</td>
<td>Flashbacks</td>
<td>Distressing dreams</td>
<td>Irritability</td>
</tr>
<tr>
<td></td>
<td>Rapid breathing</td>
<td>Preoccupation with death</td>
<td>Anger</td>
</tr>
<tr>
<td></td>
<td>Rapid heartbeat</td>
<td></td>
<td>Feelings of isolation</td>
</tr>
</tbody>
</table>

- Headaches
- Stomach aches
- Memory problems
- 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?
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.

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.
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
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.
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