

# JAMESTOWN BUSINESS COLLEGE

STAFF RETREAT 5/30/2023 RESOURCES



The **988** Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. By calling or texting 988, you'll connect to mental health professionals with the Lifeline network. Over 240 languages are available on the call line.

<https://988lifeline.org/faq/>

**Crisis Text Line** is for any crisis. Text HOME to **741741** from anywhere in the United States, anytime. A live, trained Crisis Counselor receives the text and responds from a secure online platform.

The National Alliance on Mental illness offers a HelpLine Specialist when you need support, information and resources via text message. Call **800-950-NAMI (6264)**. Mon-Fri 10a-10p EST. Call **1-800-950-NAMI (6264)**, text "HelpLine" to **62640** or email us at [helpline@nami.org](mailto:helpline@nami.org)

**LGBT Hotline: 888-843-4564** Lesbian, Gay, Bisexual and Transgender National Hotline provides free and confidential telephone and email peer-counseling, as well as factual information and local resources for cities and towns across the United States.

The Jed Foundation provides colleges and universities expert support, evidence-based best practices, and data-driven guidance to protect student mental health and prevent suicide.

<https://jedfoundation.org/our-work/jed-campus-landing-page-new-page/>

## Protective and Compensatory Experiences (PACEs)

<https://ou.edu/content/dam/Tulsa/ecei/docs/ACEs%20and%20PACEs%20questionnaires.pdf>

“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”

“A program, organization, or system that is trauma-informed realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization.”

## **SAMHSA'S CONCEPT OF** Trauma & Guidance for a Trauma -Informed Approach

<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>

“The real source of client suffering is disconnection. Our goal should be to help people connect to themselves and others around them, so they can finally experience the truth within themselves.”

Dr. Gabor Mate (<https://drgabormate.com/>)

## THE LEARNING CENTER

Offers FREE continuing education (CE) credits and e-learning resources including Psychological First Aid, Trauma and Race, how to use the Child Trauma toolkit (<https://learn.nctsn.org/>)  
<https://tia.torontomu.ca/healthfulness/social-determinants-of-health/> (*Thriving in Action Online*)

“Not every student needs individual therapy, but many need opportunities to increase their resilience, build new skills, and connect with one another.” psychologist Carla McCowan, PhD

<https://www.nami.org/About-Mental-Illness/Treatments/Types-of-Mental-Health-Professionals>

## HOW YOU OVERCAME DIFFICULTIES...

### RESILIENCY TRAINING

- a. What did you **DO**?
- b. What **BELIEFS** about yourself and others guided you?
- c. **WHO** helped you?
- d. **HOW** did they help you?
- e. **WHAT** else helped you?
- f. With qualities within yourself & supports in your environment, **HOW** have you done as well as you have?

from The Resiliency Training Program by Nan Henderson ([www.resiliency.com](http://www.resiliency.com))

## OTHER RESILIENCE RESOURCES

### American Psychological Association

<https://www.apa.org/topics/resilience/building-your-resilience>

Resilience Guide for Parents and Teachers and resources

<https://www.apa.org/topics/resilience/guide-parents-teachers>

<https://www.apa.org/act/resources/fact-sheets->

## ACES RESOURCES

<https://www.acesaware.org/wp-content/uploads/2019/12/Chapter-2-Trauma-and-Trauma-Informed-Care.pdf>

90 minute training on ACES – there are education-specific modules as well as faith-based modules.

<https://vetoviolence.cdc.gov/apps/aces-training/#/#top>

## REMEMBER – Risk is not destiny!

<https://drarielleschwartz.com/the-vagus-nerve-and-eye-movements-tools-for-trauma-recovery-Dr-Arielle-Schwartz/#.ZAY11nbMKUK> (how eye movement can facilitate health)

## SCHOOL FRAMEWORK

[https://www.nysteachs.org/\\_files/ugd/10c789\\_3d12cc09fa824c3798a8180a4b9cf0f3.pdf](https://www.nysteachs.org/_files/ugd/10c789_3d12cc09fa824c3798a8180a4b9cf0f3.pdf)

**What can you control?** You can make a plan, break down messages, give permission for a break, say you care, talk to others, ask for help, link to support... some other steps to consider:

- \*Set and follow limits
- \*Monitor behavior
- \*Create Consistency & Predictability
- \*Establish Routines
- \*Provide Choices
- \*Build & Utilize Structure
- \*Link & Connect