

How to utilize creative virtual outreach activities and identify outreach strategies to promote mental health on campus, reduce stigma of counseling, target suicide prevention, and serve those indigenous, underrepresented, and marginalized students

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# The needs of the students after COVID-19 pandemic

- Anxiety
- Managing emotions
- Academic concerns
- Depression
- Relationship
- Trauma

# Innovative ways to utilize different approaches

- Phone check-in
  - Students call to want to speak to a counselor
  - If there are no counselors available at the time students call the counselors will call the students back
  - An appointment arrangement or a follow up after the phone check-in

# Innovative ways to utilize different approaches-Cont.

- Online COVID-19 support group
  - Live Zoom sessions facilitated by graduate intern counselors to provide support and promote growth, adaptation, and resiliency during a time of change and unpredictability
  - Discussion topics to include, but not limited to:
    - Academic resilience, motivation, and time management
    - Importance of connection with others & boundaries
    - Self-care & how to deal with impacts of stress

# Innovative ways to utilize different approaches-Cont.

- Virtual relaxation station
  - Virtual Labyrinth:  
<https://labyrinthociety.org/experience-labyrinths>
  - Yoga for anxiety & stress relief w/Adrienne
  - DIY Mask
  - Lauhala art
  - At home Vision Board

# Innovative ways to utilize different approaches-Cont.

## ■ Virtual relaxation station-Cont.

- Mindful study music
- Innerbalance
- Virtual sip & paint party
- Origami
- Lokahi Wheel (enclosed)
- Stress relief journaling



# Innovative ways to utilize different approaches-Cont.

- Care packages for faculty/staff (Faculty and Staff Red Folder)
  - Indicators of Distress
  - Distress Response Protocol
  - Resources
  - Assisting Students in Distress

# Innovative ways to utilize different approaches-Cont.

- Classrooms zoom outreach
  - Counseling Services introduction
  - Relaxation activities

# Innovative ways to utilize different approaches-Cont.

- Zen Gardening
  - Get in touch with your roots
  - Planting sunflower seeds
  - Learn the key elements of growing mindset
  - Sharing tools for building a better mindset

# Innovative ways to utilize different approaches-Cont.

- Online screening

- MindWise

- ULifeline

# Innovative ways to utilize different approaches-Cont.

- Stall Talks
  - Distributed into the bathroom stalls around campus
  - Cover various topics related to physical health, mental health, overall well-being, health screenings, relaxation tips and more
  - Provide updates on upcoming events, services provided, and other resources

# Innovative ways to utilize different approaches-Cont.

- Other approaches
  - Kognito
  - Resources to fight stigma
  - Relaxation packages distribution
  - Stationary Pottery
  - Letters of Gratitude
  - Ornament Decoration
  - Film: Finding Joe
  - Wellness News
  - TalkCampus

# Identify outreach strategies

- Focus on cultural roots
  - Language
  - Food
  - Festivals/Rites
- Combine cultural roots and mainstream culture

# Outcome feedback of the students/clients utilizing the different services

- Thank you so much for your services! I have developed a healthier state of mindset and thinking and feel emotionally better.
- Thank you so much for helping me through my rough time.
- Counseling helps me learn to access and use my thoughts and feelings in ways that are beneficial to myself and those around me!
- All the techniques and advice you have been giving me is really helping me out!

# Outcome feedback of the students/clients utilizing the different services-Cont.

- It has been great going every week and knowing I will be heard and offered help.
- Most students that come to events heard about it by words of mouth or email.
- Counseling Services Website, Suicide Prevention Lifeline cards and Stall Talks are the main form students are impacted by outreach done on and off campus.

# The effectiveness of the different approaches indicated by the statistics and data analyses

## ■ Counseling Services

- 47% increase of Native Hawaiian or Pacific Islander Students,
- 40% increase of International Students,
- 367% increase of Exchange Students, and
- 37.5% increase of Graduate Students utilizing counseling services this year compared with the year before.

# The effectiveness of the different approaches indicated by the statistics and data analyses-Cont.

- Counseling Services-Cont.
  - 77.5% students after coming to counseling continued schooling either successfully graduated, enrolled for the fall 2020, or continued enrolling after the counseling ended.
  - 50% of the counseling sessions are online.
  - 57.4% of the students utilizing the online counseling.
  - 22.4% of the students utilizing counseling services before they graduated last year compared with 16.4% in the year before last year.

# The effectiveness of the different approaches indicated by the statistics and data analyses-Cont.

## ■ Other statistics

- 33.3% decrease of “suicide ideation/thoughts.” In the CARE Team report
- 46% decrease of thoughts of ending my life
- 67% decrease of drugs usage
- 29% decrease of alcohol usage

# The effectiveness of the different approaches indicated by the statistics and data analyses-Cont.

## ■ Other statistics-Cont.

- 23.8% decrease of over drinking
- 18.6% decrease of getting drunk
- 24.1% decrease of having done something I have regretted because of drinking

# Future improvements and suggestions

- Training of faculty, staff and student leaders to promote mental health for those indigenous and marginalized student populations
- Counselors serve as liaisons to different university units to provide consultation and online outreach services

# Future improvements and suggestions-Cont.

- Counselors involve mentoring programs with those indigenous and marginalized student populations to provide support and psycho education on mental health
- Include mental health information in the curriculums
- More cultural activities (dances, craft day, etc.) to serve different students from different cultural backgrounds

# Walk-In Services

- Long waiting lists for mental health services are major problems facing clients.
- Walk-in Single-Session Therapy (SST), which is an alternative from traditional counseling has been implemented more in the community mental health and family service agencies. (Lamsal, Stalker, Cait, Riemer, & Horton, 2017).
- The long waitlist also happens on college campus in recent years. According to the Association for University and College Counseling Center Directors (AUCCCD) annual survey in 2018, there was an average of 6.5 days wait time for students to get an on-campus counseling center service.
- The survey also showed that 34% of counseling centers had a waitlist, and there was an average of 17 business days wait time for students to see a counselor.

# Walk-In Services-Cont.

- Walk-In Session SST vs. Regular Appointment
  - Not mainly for a life-threatening situation
  - Not mainly for a crisis situation
  - Not mainly for an urgent situation (ER vs. Walk-In Clinic)
  - No need for an appointment
  - A simple screening and consent form signed
  - Some continuing clients utilizing the services
  - Concerns for others
  - College counseling center
    - Want to know what counseling is
    - Care team referral
    - Walk in with faculty and staff

# How to Utilize Walk-In Single-Session Therapy (SST) with Solution-Focused Brief Therapy (SFBT)

- Use SST when having the initial contact with the clients
- Leave the door open for clients to contact the counselors
- Counselors have follow-up contacts with the clients
- If the clients want to have more sessions the counselors try to use SST approach first.
- After the clients' second and/or third visits, if the situations do not improve a lot switch to the SFBT approach with more regular appointments.

# Counseling Services

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**THANK YOU!!**

**ANY QUESTIONS?**