

Community. Action. Record. Elevate.

WHAT IS COMMUNITY OF C.A.R.E.

Community of C.A.R.E focuses on student groups' collective action to prioritize and engage in wellbeing. Social networks play a key role in wellbeing and shaping norms around wellbeing. Community of C.A.R.E focuses on helping student groups (e.g. sororities, fraternities, clubs, residence halls/apartment communities, organizations, teams, etc.) prioritize and engage in sustainable strategies to enhance wellbeing for all. We all play a role in creating a culture of wellbeing at ISU and this is a way you can contribute to shifting that culture!

WHY WELLBEING MATTERS

To be successful in the classroom, we must be "ready" to learn. Our brain and body must be prepared for and open to learning experiences and this preparedness determines how much and how well we learn. To be ready and able to learn, we must be in a state of physical, emotional, psychological, intellectual, and social wellbeing.

- 27% of ISU students screen positive for suicidality
- 72% of ISU students experience moderate to severe psychological distress
- 31% of ISU students are food insecure
- 61% of ISU students report poor quality sleep

Focusing on wellbeing is more important than ever. Here is how you can prioritize wellbeing with your social network!

INCENTIVES

Student groups who participate in Community of C.A.R.E will receive the following

- Free swag (buttons, stickers)
- Chances to win prizes (t-shirts for your group, pizza parties, etc.)
- Toolkit to help choose strategies to enhance wellbeing
- Support from our Peer Wellness Educator team (ISU students who focus on helping enhance student wellbeing)
- Regular communication from Student Health and Wellness on upcoming programs, resources, and events around wellbeing.
- Enhanced experience at ISU!

O HOW TO PARTICIPATE IN COMMUNITY OF CARE?

Reach out to a Peer Wellness Educator to get started! Email: pwe_ga@iastate.edu

SLEEP

○ IMPORTANCE OF SLEEP

We spend approximately 33% of our lives asleep and often don't think about it until we can't sleep. For many people, lack of sleep produces an array of consequences including higher stress, decreased concentration, and increased mistakes, to name a few. College students are often susceptible to "pulling an all-nighter" to prepare for an upcoming test. They also play a balancing act with academics, work, student organization involvement, social time, family time, etc., that often leaves them feeling sleep deprived.

Sleep is extremely important to our health. In combination with a healthy diet, being physically active and making time for relaxation and fun, good quality sleep helps the body to fend off viruses and bacteria by helping the immune system to stay as healthy as possible. And, when we've had a good, full night of sleep, we simply feel better!

EXAMPLE STRATEGIES

- Provide Sleep Masks to all students and make them available in office, meeting, or lounge areas.
- Attend Yoga Sessions as a group or work with Recreation Services to bring Yoga to an upcoming meeting.
- Structure meeting times to be no later than 10pm and no earlier than 8am to support all sleep schedules.
- Go through one of the <u>TAO</u> app sleep models together as a group and discuss at a meeting what you learned.
- Check in on organization members hours of commitment per week to make sure that everyone
 is not exceeding the expected time commitment.
- Share information about Wellbeing Coaching with members and encourage them to sign up.
- Have everyone engage in the <u>Sleep Well Program</u> together and check in during upcoming meetings on progress related to adopting sleep hygiene behaviors.
- Share sleep information and resources in an email to all members of your organization.

SLEEP RESOURCES

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
SLEEP Well	Online	Sleep Well is a self-guided sleep program focused on improving student sleep through engaging sleep hygiene behaviors.
Wellbeing Coaching	1:1, Confidential	Wellbeing Coaching programs are confidential programs facilitated by students, for students. Wellbeing coaching is NOT counseling or medical treatment. Rather, it is a student to student program focused on providing a safe, confidential space for you to learn about areas of wellbeing that may be affecting you, to learn about resources of support available, and to help you generate some next steps you can do.
Student Wellness_	Online	Student Wellness can provide many helpful resources for you regarding sleep. A few examples include; tips for creating good sleep hygiene, strategies to ease into sleep, and sleep masks.
Thielen Student Health Center	1:1, Confidential	Thielen Student Health Center (TSHC) is a full-service health clinic staffed with physicians, advanced registered nurse practitioners, and trained healthcare professionals available to see you for your primary health care needs.
Therapy Assistance Online (TAO)	Online	TAO is free for all students. It is an online library of engaging, interactive programs that help you learn life skills and bounce back from disappointments and stumbling blocks. It also has a mindfulness library that can be an important sleep hygiene practice. As you watch their videos and engage with the interactive components, you'll gain the necessary knowledge and self-awareness to achieve your specific goals. TAO offers: • Educational modules • Assessments • Practice tools and logs • A mindfulness library

SLEEP RESOURCES

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
Student Counseling Services	1:1, Confidential, Group	Student Counseling Services has various counseling services available to students who may be struggling with mental health concerns that may be impacting their sleep. Individual counseling, group counseling, and other programs/services are available to students.
CDC Sleep Resources	Online	This nationally recognized organization's website holds excellent information on sleep and sleep disorders.
National Sleep Foundation	Online	The National Sleep Foundation has been the leading expert voice in the world of sleep science and health for nearly thirty years. Since 1996, SleepFoundation.org has served as the public face of the nonprofit, a platform for its acclaimed Sleep in America poll, as well as the sleep education and advocacy programs that remain the cornerstone of the Foundation's work.

STRESS

WHAT IS STRESS?

The word "stress" has many different connotations and definitions. In common usage, it refers to two different things:

- 1. Situations that trigger physical and emotional reactions (often called a "stressor"), and
- 2. The reactions themselves (known as a "stress response").

The first mistake is to believe all stress is negative or bad. People need some stress in their lives. It is a fact of life. It is stimulating, increases our adrenaline, and adds excitement! Different people have different stress levels that are appropriate for them. Some people need more stress in their lives than others. It is important to find a balance that works best for you.

EXAMPLE STRATEGIES

- Plan a social wellness retreat
- Select a designated room on campus and prepare a day for a study session. This can be complete during mid-term week, provide snacks and stress resources.
- Plan a Building a Stress-Free kit night by providing wellbeing materials that could include items such as:
 - Sleeping masks, Hand sanitizer, Face Masks, Moisturizer, Tissues, Stress Ball, Snacks, Fruits, Candles etc.
- Have everyone engage in a walking meeting together
- Create a Zen Space that includes informational flyers and other materials in your organization's office space
- Implement one of the various activities for members to participate in such as:
 - Gratitude Sandwich Exercise: write down one thing that is going wrong in the middle of two things going right
 - Gratitude circle: write down an individual's name and pass around the sheet of paper and write what you are grateful for or what you enjoy about the person
- Host board game nights outside of meeting times with members of your organization
- Provide materials to all students and create an event during your regular meetings times for a canvas painting night, or painting on central campus
- Provide materials to create crochet kits during prep week
- Meeting times should include 10-minute Wellness Breaks during a long meeting
- Attend The Yoga Club as a group, or collaborate on creating a workshop for organizational members with the club
- Connect with the <u>Academic Success Center</u> to access/request resources for group needs
- Connect with <u>Student Assistance and Outreach Services</u> to access/request resources for group needs
- Attend different activities available in:
 - Perfect Games
 - McFarland Park
 - Fitness Classes
 - Intramural Sports
- Present in your meeting one of the following graphics in this website

STRESS RESOURCES

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
ISU Biofeedback Services	Individual	Biofeedback is a learning tool that helps us observe the body's physiological responses to everyday events. Once we are aware of these stress reactions, we can learn to change our body's response through biofeedback training, which often results in greater relaxation, focus, and healthier coping strategies. At the SCS Biofeedback Center, you can see, hear, and become more aware of your body's stress response and learn to turn on the relaxation response.
ISU Mind-Body Spa	Individual/Online	The Mind/Body Spa has three main types of activities for you to choose from. These include: relaxation and stress reduction, healing and self reflection, and mindfulness. Each activity is typically 15-20 minutes
ISU Let's Talk	1:1, Confidential	Let's Talk provides a confidential space for brief consultation, problem solving, and support with staff members from lowa State University's Student Counseling Services (SCS). The service is free for all students. Let's Talk appointments are first-come, first-served. This service is reserved only for current lowa State University students.
Wellbeing Coaching	1:1, Confidential	Wellbeing Coaching is a confidential program to help you identify areas of your wellbeing that may be affecting your experience at ISU and to help you facilitate a student driven action plan to help you Thrive! Wellbeing Coaching is NOT counseling or medical treatment. Rather, it is a student to student program focused on providing a safe, confidential space for you to learn about areas of wellbeing that may be affecting you, to learn about resources of support available, and to help you generate some next steps to help you thrive!
Student Wellness	Online	Student Wellness has online information about and resources for stress and stress management.

STRESS RESOURCES

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
Recreation Services	Group, Individual, or Online	Mindful movement is a great way to manage stress. Check out the various methods of movement in the link above.
Student Counseling Services (SCS)	1:1, Group, Online, and Confidential	SCS offers numerous services, including: Counseling, TAO self-help app, The online Mind-Body Spa, and Biofeedback services
Self-Care and Stress Management Resource for Black, Indigenous, and People of Color (BIPOC) communities	1:1, Online	Campus, community, and online resources made by and for BIPOC communities around racial stress, healing, and self-care.
Academic Success Center	1:1, Group Sessions	If your stress is related to academics and coursework, the Academic Success Center has several options to help you. These include tutoring, supplemental instruction (SI), academic coaching, and other resources.
Office of Student Assistance	1:1	The Student Assistance staff can help with life circumstance that can be stressful. Make an appointment or browse their online resources to get ideas for how you can best manage your stress.
National/Online Resources	Online	 National Alliance on Mental Illness: "How Stress Affects You" Perceived Stress Scale (self-assessment) Headspace app or website: Some meditations and courses are free (Students get a major discount on premium) Guided meditation and information on mindful.org Coursera courses on stress and stress management

MOVEMENT/PHYSICAL ACTIVITY

IMPORTANCE OF PHYSICAL ACTIVITY

Physical activity and movement is an important part of wellness. Finding ways to incorporate movement you enjoy into your daily activity can have many benefits for your overall wellbeing including help improve your mood, relieve stress, increase energy, improve mental health, and boost your immune system.

EXAMPLE STRATEGIES

- Schedule and participate in a class through Recreation Services at Iowa State
- Schedule a time to go bouldering, or rock climbing at State Gym or Lied Recreation Services Center with members in your organizations
- Conduct a walk and talk meeting with members of your organization
- Plan a social event with members in your organization to participate in a physical activity such as hiking, playing volleyball/basketball/soccer/table tennis/squash/frisbee/ any game you can imagine!
- If possible, with members of your organization, conduct a step challenge to keep one another motivated
- Present in your meeting one of the following graphics in this website

MOVEMENT RESOURCES

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
Recreation Services	Multiple (1:1, Group, Individual)	Recreation Services has many resources for physical activity and wellness, including fitness classes, intramural sports, personal training, and outdoor recreation.
Student Wellness	Online	Student Wellness can help you find activities you enjoy so movement is fun and engaging, not stressful and harmful.
Thielen Student Health Center	1:1, Confidential	Thielen can help with all your physical wellness needs, including physical exams, physical therapy, and the pharmacy.
Student Organizations	Group	There are various student organizations that involve physical activity and movement that you can join!
Exercise is Medicine	Group	Initiative with the Dept. of Kinesiology

MENTAL HEALTH

We all have mental health. Often in life we need to seek assistance for our mental health the way we do for our physical health. Below is a list of strategies and resources available for mental health. Remember, you are not alone. There are resources available to help.

○ IMPORTANCE OF TAKING CARE OF YOUR MENTAL HEALTH

Prioritizing your mental health is essential.

People who practice mindfulness can lower symptoms of anxiety and depression, slow their breathing and heart rate, and feel a greater sense of relaxation and calm. Research has shown that regular mindfulness practice can:

- Boost your immune system
- Improve concentration
- Reduce stress
- Help you to be less reactive in difficult situations become more responsive.

EXAMPLE STRATEGIES

- Attend Yoga Sessions as a group or work with Recreation Services to bring Yoga to an upcoming meeting.
- Engage in a <u>mindfulness activity</u> before the start of any meetings.
- Attend social events as a group, like Cyclone Cinema and ISU Afterdark
- Attend <u>Cyclone Support training</u> as a group to learn skills on how to refer to support
- Attend <u>OPR training</u> as a group to learn skills on how to help someone in distress
- Introduce the <u>TAO Self Help</u> Application in your meeting, have students take the time to download the application so that they can explore features such as sleep, mindfulness and stress less activities
- Have everyone engage in a walking meeting together
- Create a Zen Space that includes informational flyers and other materials in your organization's office space
- Share out mental health resources with everyone regularly during the year
- Create space for dialogue about mental health in your group
- Share Cyclone Support flyers, posters, and stickers or put them up in your spaces
- Create social media (e.g. TikTok) videos that normalize talking about mental health and seeking help
- Utilize the campus greenhouse and/or Reiman Gardens for meetings, studying, or relaxing
- Download <u>self-care apps</u> to use throughout the semester

MENTAL HEALTH RESOURCES

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
TAO Self Help	Online	TAO (Therapy Assistance Online) is an online library of engaging, interactive programs that help you learn life skills and bounce back from disappointments and stumbling blocks. As you watch their videos and engage with the interactive components, you'll gain the necessary knowledge and self-awareness to achieve your specific goals.
ISU Biofeedback	Individual	Biofeedback is a learning tool that helps us observe the body's physiological responses to everyday events. Once we are aware of these stress reactions, we can learn to change our body's response through biofeedback training, which often results in greater relaxation, focus, and healthier coping strategies.
<u>Let's Talk</u>	In Person	Let's Talk is a counseling center outreach program designed to engage students who would not otherwise come to counseling due to stigma or other barriers by providing inform
Wellbeing Coaching	Confidential, 1:1	Wellbeing Coaching is a confidential program to help you identify areas of your wellbeing that may be affecting your experience at ISU and to help you facilitate a student driven action plan to help youThrive! Wellbeing Coaching is NOT counseling or medical treatment. Rather, it is a student to student program focused on providing a safe, confidential
		space for you to learn about areas of wellbeing that may be affecting you, to learn about resources of support available, and to help you generate some next steps to help you thrive!
Group Counseling and Workshop	Confidential	Group sessions to learn skills on various mental health issues and to process with others
Presentations/Trainings	In Person & Virtual	Various mental health trainings and presentations are available to all ISU community members year round.
Thielen Student Health (Phone 515-294-5801)	1:1, Confidential	Student Health offers comprehensive outpatient mental health care, from primary care through psychiatry.

MENTAL HEALTH CRISIS RESOURCES

What constitutes a mental health crisis?

- If you are concerned about your personal safety or the safety of others
- If you are concerned about harming yourself or someone else
- If you believe you are losing touch with reality

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION	
Disaster Distress Helpline	Online	24/7 crisis counseling and support – 1-800-985-5990 and online	
National Suicide Prevention Lifeline Services	Online	Call or go online to utilize 24-hour National Suicide Prevention Lifeline services 1-800-273-TALK (8255) Suicide Prevention Lifeline	
24- hour Crisis Text Line	Phone/Online	Text ISU to 731741	
Student Counseling Services	In person or online	Call or visit the lowa State Student Counseling Services Monday – Friday from 8 am – 5 pm Contact: 515-294-5056 Location: 3rd Floor, Student Services	
Mary Greeley Medical Center Emergency Room	In person	Building The medical center will be able to help provide the necessary resources needed during an emergency. Location: Mary Greeley Medical Center 1111 Duff Ave. Ames, IA 50010	
lowa State University Police Department	In person	Call the Iowa State University Police Department: 515-294-4428	
Suicide & Crisis Lifeline	Phone/Online	Call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline. org, or text the Crisis Text Line (text HELLO to 741741)	
If there is an immediate threat to self or others, you are strongly encouraged to contact 911			

VIOLENCE PREVENTION

We all have a role in creating a safer community. Green Dot is one program on campus that focuses on violence prevention and shifting campus norms to proactively address power based personal violence.

A green dot is any choice, behavior, word or attitude that promotes safety for everyone and communicates utter intolerance for power-based personal violence in our lowa State University community. A green dot is anything you do to make our community safer.

Green dots can be PROACTIVE or REACTIVE.

PROACTIVE GREEN DOTS: Little things you do to make it less likely that violence, or a red dot, will ever happen. This could include you having a conversation with a friend about your stance against violence, wearing green dot gear, or posting an update on social media that violence is not acceptable in the Cyclone community.

REACTIVE GREEN DOTS: The choices you make in response to a situation that you think could be harmful to another or might eventually lead to something harmful. This could include you stepping in when you notice something not quite right in the student neighborhood, walking a friend home when they've had too much to drink to be sure they make it home safely, or telling a friend to back off when you know the other person is not interested.

Reactive green dots come in the form of the 3D's: Direct, Distract, and Delegate. A direct green dot occurs when you handle the situation with confrontation. Distracting is changing the conversation and the energy of the interaction by distracting them with something else (dancing, a problem, food, bathroom break, etc). Delegating is finding someone else who you feel will be more successful in fixing the problem (bar tender, other friends, Public Safety, etc).

EXAMPLE STRATEGIES

- Participate in Green Dot Action Month as a group
- Join the Green Dot Network
- Participate in one of the <u>Green DotTrainings</u>
- Build in conversations about bystander interventions into meetings
- Participate in Sexual Assault Awareness Month programs and outreach

VIOLENCE PREVENTION RESOURCES

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
<u>Green Dot</u>	In person	Green Dot is the power-based violence prevention program and strategy at lowa State University. Any student group that wishes to gain more experience and learn about power based personal violence and how to take action can participate in the green dot training program
<u>ISU PD</u>	In person	The lowa State University Police Department is the official law enforcement authority for the university. Their top priority is the safety of our students, faculty, staff, and visitors to lowa State. To learn more about what ISU PD has to offer visit their website. They are heavily involved in community outreach, and provide presentations around sexual violence, safety training and more.
Office of Equal Opportunity	In person	The Office of Equal Opportunity serves ISU faculty, staff, and students in ensuring equal access to employment and educational opportunities. The Office advances diversity, equity, inclusion, and fairness. They offer multiple services such as presentations, trainings, consultations and more that can be found on their website.

VIOLENCE PREVENTION RESOURCES

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
		Confidential help is available 24/7 through ACCESS. While their mission's focus is "helping survivors of domestic and sexual abuse, homicide and other violent crime," they offer a variety of services that aspire to help those find social justice. All services provided by ACCESS are free and confidential:
		24-hour Crisis Lines : Listening, support, information and advocacy
		Housing: Safe, temporary emergency sheltering and housing for victims and their children.
A 1:0 0 :		Youth Advocacy Programs: Counseling, advocacy, outings, and play groups.
Assault Care Center Extending Shelter and Support	In person	Individual Counseling: Short-term counseling to adult survivors of child sexual abuse, sexual abuse, domestic abuse, dating violence, homicide or other violent crime.
(ACCESS)		Support Groups: Support groups for survivors who have experienced or witnessed violence.
		Advocacy : Support, information and referrals for clients working with the legal, medical, or social service systems.
		Community Education: Educational programming for schools, community groups, organizations, and agencies.
		Crisis Response Services: Problem solving, safety planning, acute crisis counseling, advocacy as part of the Sexual Assault Response Team (SART) and Domestic Abuse Response Team (DART).
		Contact Information:
		(515) 29-ALERT; (515) 292-5378; or 1-800-203-3488.
ISU Policy	In person or Online	ISU offers a range of resources to students, faculty, staff, and community members dealing with incidents of Prohibited Sexual Harassment. This website contains response-based and survivor support resources- these are provided in this additional website. It includes the following: • Campus Reporting Resources (respect privacy but not confidential) • Law Enforcement Resources (respect privacy but not confidential) • Confidential / Privileged Resources • Campus Confidential Resources

SUBSTANCE USE

WHY IS SUBSTANCE USE IMPORTANT TO KNOW ABOUT?

Substance use has a significant influence on many individuals, whether it is within families, college campuses or other areas. The effects of substance use can impact an individual's life within some of the areas of the Eight Dimensions of Wellness this includes physical, social, spiritual, financial, occupational, or environmental wellbeing.

EXAMPLE STRATEGIES

- Present in your meeting one of the following graphics in this website
- Attend the <u>Recovery Ally Training</u> to learn more about how you can support students in recovery or seeking recovery from substance use
- Request A Presentation such as "Let's Be Frank; Safer Partying" program from the Student Wellness! It's a fun, interactive 60-minute program facilitated by students, for students!
 Request it for your class, student organization, or other groups.
- Plan substance free alternative social programs for your group to do together
- Share resources about <u>Collegiate Recovery Community</u> with students
- For students who may be in need of support, share Wellbeing Coaching resources
- Encourage everyone to complete the <u>Cyclone Support self-assessment</u>

SUBSTANCE USE RESOURCES ONLINE PROGRAM

RESOURCES	DESCRIPTION
Brief Online Programs (Cannabis)	This online tool is a personalized, evidence-based program focused on marijuana (cannabis) use. You will receive personalized feedback on your use and ways you can reduce harm connected to use.
Therapy Assistance Online	An app-based, free self-help program with an engaging online library of interactive programs to help you learn life skills, increase knowledge, and practice strategies to help you be well. Specific modules focused on substance use, recovery, and sobriety.
<u>AlcoholEdu</u>	This is a required online program for all incoming new direct from high school students and new transfer students to ISU. AlcoholEdu is a science-based, interactive online program that provides students with important, reliable information on alcohol use.

COMMUNITY BASED PREVENTION AND OUTREACH

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
		The "Party SMART" campaign is an educational campaign focused on safer party going and party hosting. It also provides training on bystander intervention skills and provides resources for students to reduce harm around alcohol use if they choose to drink. Transportation Options Some options for
		transportation for you and your guests to get home safely.
		<u>Signs of Alcohol Poisoning</u> Information for how to recognize signs of Alcohol Poisoning and how to help someone in need.
Cofey Doubling		 How to Help a Friend Information on how to help a friend when showing signs of alcohol poisoning or if a friend/peer is showing signs of harmful drinking patterns or behaviors.
Safer Partying Education	Individual	Minimizing Alcohol Risks Information on how to reduce harm when consuming alcohol.
		Harm Reduction Apps and Blood Alcohol Content Calculator Some helpful information about how to reduce your risk of alcohol-related consequences if you choose to drink.
		Mixing Alcohol with Other Substances Information on risks associated with mixing alcohol with other substances.
		Resources Campus, community, and online resources you can connect with regarding alcohol use.
		 Request A Presentation Request the "Let's Be Frank; Safer Partying" program from the Student Wellness! It's a fun, interactive 60-minute program facilitated by students, for students! Request it for your class, student organization, or other groups.
Substance Free		Recreation Services offer equipment rentals of events and activities, in addition to other programs like intermurals, Gaming and ESports, and more!
Programming Individual, Group		The Memorial Union and Student Activities offers various free, substance free programming available to students like Cybowl & Billiards, ISU Afterdark, Cyclone Cinema, the Workspace, Events at the M-Shop, and more!
Annual Policy Notice	Individual	Required annual notice to students on Alcohol and Other Drug programs, resources, and policies.

PEER SUPPORT

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
Collegiate Recovery Student Organization	Group Weekly Meeting	This is a peer led organization for students navigating the recovery journey where we talk about highs and lows, discuss problems, and get lost in tangents for too long. This is a peer support organization providing a safe space for students to forge connections during recovery and a bridge to other recovery services. We also use this meeting to have fun with other students in the Collegiate Recovery Community, and organize regular events such as crafting, hiking, painting, Frisbee golf, and snow tubing nights. If you are on the fence about connecting with CRC, stopping by one of these meetings is a great way to meet people and see if this group is right for you.
Wellbeing Coaching	1:1, Confidential	Wellbeing Coaching for substance use is a harm reduction program for college students to help you work toward a better relationship with alcohol and/or cannabis. This is a 2 session program and uses an empathetic, non judgmental style to help meet students where they are at with their alcohol and/or cannabis use. The focus is to help you uncover what is important to you and how you can be successful in reaching those goals. Email wellbeingcoach@iastate.edu if you have any questions.

FACE TO FACE BRIEF SUPPORT

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
Individual Recovery Coaching	1:1, Confidential	Collegiate Recovery Community Recovery Coaching is a free service provided to students in recovery or seeking recovery who are looking to enhance their overall well-being as part of their recovery journey. Recovery Coaching includes one on one conversations with Collegiate Recovery Community staff. These are strength based, peer led conversations where the student and CRC staff member discuss goals and strategies that the student wants to focus on for the year. Students complete a plan they will use to guide them during the year to help them accomplish their self-identified goals.
Wellbeing Coaching (Alcohol and Cannabis)	1:1, Confidential	Wellbeing Coaching for substance use is a harm reduction program for college students to help you work toward a better relationship with alcohol and/or cannabis. This is a 2 session program and uses an empathetic, non judgmental style to help meet students where they are at with their alcohol and/or cannabis use. The focus is to help you uncover what is important to you and how you can be successful in reaching those goals.
Substance Use & You Workshop	Group	This is a three week workshop that will provide students with psychoeducation, self-assessment tools, recovery skills, community resources, and strategies for success regarding their relationship with alcohol and other substances.
Wellbeing Screening Tool	Individual, Confidential	Short 5-10 minute confidential screening tool to help identify possible health and wellness issues that may be affecting you and your success at ISU. Provides students will personalized feedback and wellbeing scores, and connects you to resources. Includes questions about substance use.

SPECIALTY SERVICES AND REFERRAL

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
Substance Use Assessment	Individual, Confidential	Interview-style assessment with a counselor to evaluate impact of alcohol or substance use and help make recommendations for additional support.
Individual Substance Abuse Counseling	1:1, Confidential	1:1 counseling sessions geared toward identifying problematic use, setting goals for modifying or abstaining from use, and gaining coping skills and support around recovery.
Group Substance Abuse Counseling	Group, Confidential	Evidence-based curriculum providing psychoeducation around substance use and recovery, limited to 9 students learning and supporting one another. Facilitated by a counselor.
Referral to Community Based Substance Abuse Treatment	1:1, Confidential	Connection to Ames and surrounding area community based treatment programs.
Medication Assisted Therapy (Thielen Student Health Center)	1:1, Confidential	Medication-assisted treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies, to provide a "whole-patient" approach to the treatment of substance use disorders.

NUTRITION AND FOOD RESOURCES

Student Wellness encourages following the principles of Health at Every Size®. It is a holistic definition of health, which cannot be characterized as simply the absence of physical or mental illness, limitation, or disease. Rather, health exists on a continuum that varies with time and circumstance for each individual.

THE PRINCIPLES ARE:

- Weight Inclusivity: Accept and respect the diversity of body shapes and sizes; reject the idealizing or pathologizing of specific weights.
- **Health Enhancement**: Support health policies that improve and equalize access to information and services, and personal practices that improve human well-being, including attention to individual physical, economic, social, spiritual, emotional, and other needs.
- Respectful Care: Acknowledge our biases, and work to end weight discrimination, weight stigma, and weight bias. Provide information and services from an understanding that socioeconomic status, race, gender, sexual orientation, age, and other identities impact weight stigma, and support environments that address these inequities.
- **Life-Enhancing Movement**: Support physical activities that allow people of all sizes, abilities, and interests.
- **Eating for Well-being**: Promote flexible, individualized eating based on hunger, satiety, nutritional needs, and pleasure, rather than any externally regulated eating plan focused on weight control.

BODY IMAGE RESOURCES & EATING DISORDER RESOURCES

Disordered Eating and Eating Disorders are complex and intervention leads to healing the body, mind, and soul to open up your mental and physical energy to build relationships and to complete your college education. Eating disorders can affect anyone in any sized body and can be deadly left untreated. Iowa State University has a treatment team of medical providers, therapists, and Registered Dietitians. Please utilize the resources provided below.

EXAMPLE STRATEGIES

- Attend <u>Body image and eating disorder awareness club (BIEDA)</u> meeting together
- Participate as an organization to volunteer at the SHOP, to create a better understanding of resources available on campus and introduce where the SHOP is for students in your organizations
- Encourage members of your organization to sign up and take the Joyful Eating Course that is for free for Iowa State University students
- Share a short joyful eating recipe or video during a meeting
- Share information about <u>SHOP food pantry</u> and take a group tour of the space
- Request a presentation from the Department of Student Wellness about Joyful Eating, Disordered Eating, or other food related resources you would like to introduce to your organization
- Present in your meeting one of the following graphics in this website

BODY IMAGE/DISORDERED EATING RESOURCES

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
Thielen Student Health Center	1:1, Confidential	Thielen Student Health Center is a full- service medical clinic in Ames, lowa, staffed with physicians, advanced registered nurse practitioners and nurses. Theilen's team is available to care for the lowa State University students' primary health care needs.
Student Counseling Services	1:1, Confidential	Counseling is an interactive process of talking with a trained professional. Sometimes the task is to help you see and feel more clearly those things which are preventing you from reaching your potential. Then together you can identify and practice new strategies to reduce the barriers to your progress. Other times, it simply helps to express yourself about painful or hurtful situations that have been "eating at you" from the inside. Your counselor is a neutral and experienced person who will not judge or pressure you but will work with you to move toward the goals that are important to you.
Body Image and Eating Disorder Awareness Club (BIEDA)	Group	BEIDA is student run organization at Iowa State University.
Confidential Counseling with the ISU Dietitians	1:1, Confidential	Programs and services from Student Wellness do not focus on weight loss, good and bad foods, or eating specific calorie amounts.
Joyful Eating Online Programs	Online	Joyful Eating Online Programs are self-guided, interactive programs for students to learn more about various topics like meal planning, grocery budgeting, intuitive eating, and more. Click on the link below to enroll in a program. You can do these on your own time.

FOOD RESOURCES

RESOURCES	TYPE OF PROGRAM	PROGRAM DESCRIPTION
Give a Swipe Program	Online, Confidential	If you are a student that needs to access these emergency meals, please a reach out to any of the following partners of the Give A Swipe program.
		Office of Student Assistance-Phone: 515-294-1020 Email: studentassistance@iastate.edu
		Student Wellness-Phone: 515-294-1099 Email: studentwellness@iastate.edu
		Financial Aid-Phone:515-294-2223 Email: financialaid@iastate.edu
		International Students & Scholars- Phone:515-294-1120 Email: isso@iastate.edu
		Student Counseling Services-Phone:515-294-5056
United Way Story County	Online	Comprehensive list of resources including food, rent, housing, and financial need assistance.
Community Food Pantries	Individual	Click the link to access a list of community food pantries in Story County, lowa. If you aren't within walking distance or don't have a car, you can take CyRide to the food pantries.
Supplemental Nutrition Assistance Program	Online	SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.
Women Infant Children Program (WIC)	Online	Personalized support for anyone who is pregnant, a caregiver, or a mom w/ a child under 5.
National Hunger Hotline	Online	You can also call The National Hunger Hotline to find emergency food providers in the community, government assistance programs, and various social services. The hotline can be reached Monday through Friday by calling 1-866-3-HUNGRY.

ADDITIONAL STRATEGIES

EXAMPLE STRATEGIES

- Share <u>Cyclones Care</u> materials and videos in your spaces and classes
- Request the <u>Student Health and Wellness Resource Overview</u> for students to complete in Canvas (40 min). This provides a detailed overview of the services and resources available to students on campus.
- Add Information to your **Email Signature** about Health and Wellness
- Promote Student Health and Wellness <u>flyers/brochures</u> in your spaces.
- Include Student Health and Wellness <u>Resource Education PowerPoint</u> slides at beginning or end of each lecture or meeting.
- Promote the <u>Therapy Assistance Online (TAO) Connect</u> self-help resource available for students, faculty, and staff.
- Follow Us and Share Social Media Content on your pages (<u>@bewellisu</u>, <u>@ISUrecs</u>, <u>@cyclone</u>.
 health, <u>@iowastatestudentcounseling</u>)
- Encourage students to take the <u>Student Health and Wellness Brief Wellbeing Screening</u> assessment to learn more about areas of wellbeing that may be affecting them and resources for support.
- Share information about <u>Recreation Services</u> fitness classes, personal training, and intramurals.
- Review the Green Dot Toolkit and select a Green Dot strategy to do in your space
- Make safer sex items (e.g. condoms, lubricant) available in your space. Use the <u>free request</u> form to get them from Student Wellness
- Promote harm reduction and safer partying by sharing <u>Let's Be Frank</u> information with students
- Share promotional materials and encourage students to get their <u>flu shot</u>
- Encourage students to download <u>MyState app</u> to use the map features to find condom dispensers and public microwaves available on campus
- Promote <u>food insecurity resources</u> on campus including S.H.O.P campus food pantry
- Share <u>Outdoor Recreation</u> extended trips schedules and equipment rental options with students