



4-ORGINING INTO THE FUTURE

“ But I ’ m Not a Therapist ” :

Non - Clinical Skills to Support Student Mental Health

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University of Houston System Student Affairs and Enrollment Services

2023 LEADERSHIP CONFERENCE

UH Wellness

To promote health, well-being, and resiliency through education, outreach, and prevention

Services

- Workshops
- Events
- Consultations
- Lending library
- Lounge space with computers
- Free health resources

Contact Information

Campus Recreation & Wellness Center
(713) 743-5430
uh.edu/wellness
[@wellnessUH](https://twitter.com/wellnessUH)



Notable Programs

- Cougar Cupboard
- Tea Tuesdays
- Unwind with Wellness on Wednesdays
- Relaxation Station
- Cougar Peer Educators



WELLNESS

Choose WELL

Do WELL

Be WELL

Follow us @WellnessUH



Office Hours:

M-F 9:00am - 6:00pm

Closed Sat. and Sun.

713-743-5430

www.uh.edu/wellness

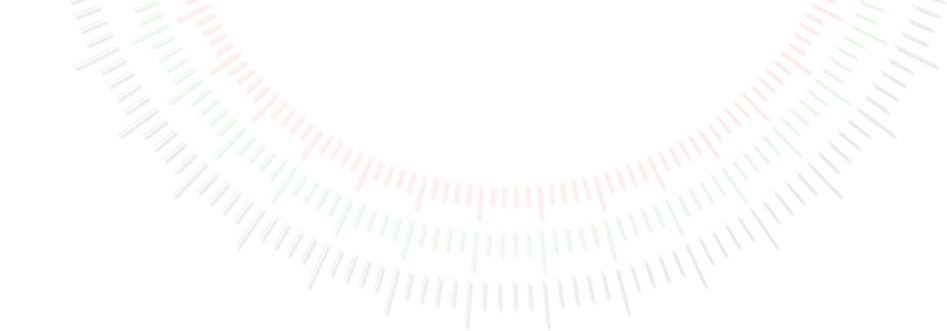
Learning Objectives

1. Understand the **four key principles** of motivational interviewing

2. Determine **how and when** to use motivational interviewing

3. Identify their **role** as it relates to mandated reporting

4. Establish a method for facilitating student services **referrals**



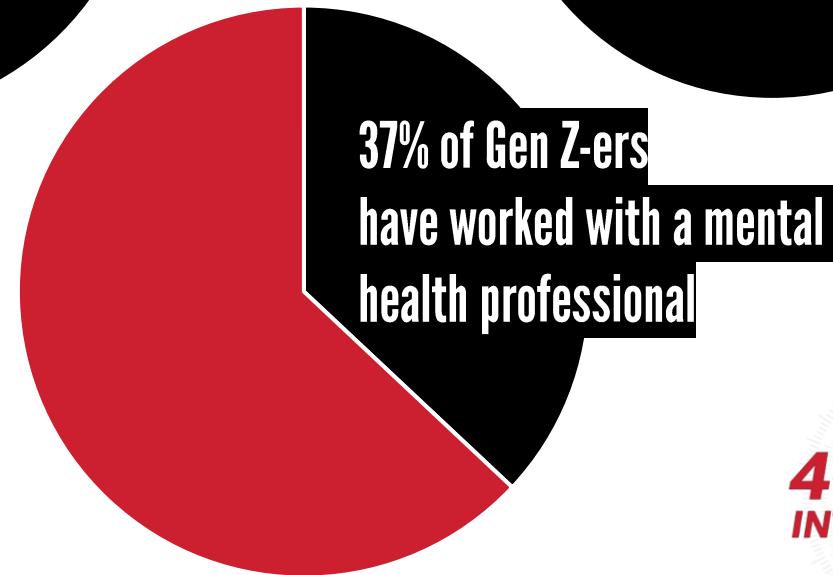
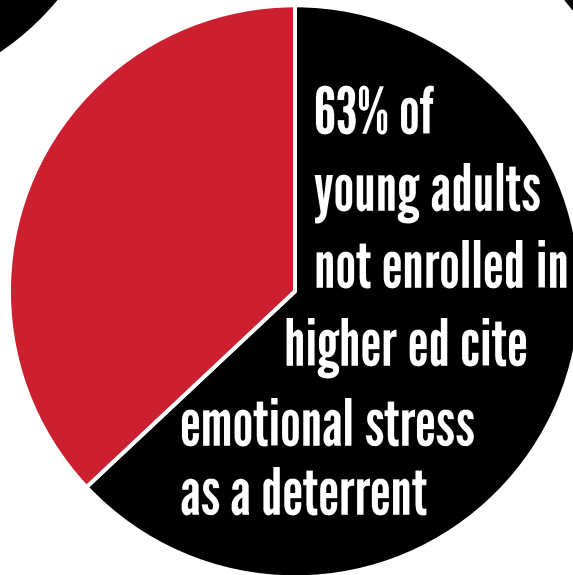
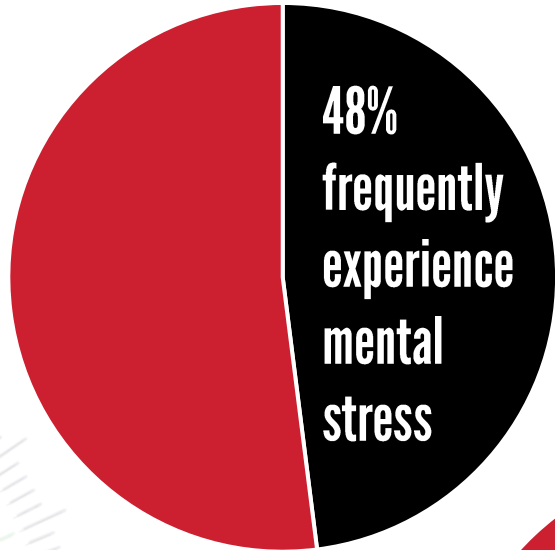
**How would you
describe the state of
your students?**

**In your position,
how do you interact
with students?**



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A Snapshot of Student Mental Health



But I'm Not a Therapist...

Student learning doesn't only happen in a classroom. Opportunities for teaching and development exist everywhere on campus, and it is the responsibility of student affairs professionals to seize these moments and promote positive interactions.

-National Association of Student Personnel Administrators (NASPA)

Warning Signs



Expression of negative emotions



Absences or decreased participation/interest



Academic performance



Increased dependence on you



Change in appearance



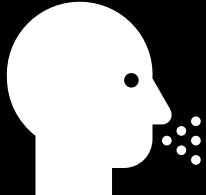
Inability to focus



Substance misuse



Social isolation



Physical changes

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What to Know Before the Conversation

- **Know your limits**
 - Professionally
 - Personally
- **Know if you are a responsible employee vs. confidential resource**
- **Review Sexual Misconduct Policy (SAM 01.D.08) and university-specific policies**
- **State reporting disclaimer prior to student disclosure**

Navigating Disclosures

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It's Not About the Nail



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Motivational Interviewing

Noun

[moh-tuh-vey-shuh-nl in-ter-vyoo-ing]

“A **COLLABORATIVE, GOAL-ORIENTED** style of communication with particular attention to the language of **CHANGE.**”

It is designed to strengthen personal motivation for and commitment to a specific goal by **ELICITING AND EXPLORING THE PERSON'S OWN REASONS FOR CHANGE** within an atmosphere of acceptance and **COMPASSION.**”

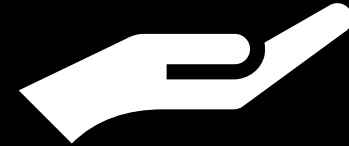
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The Spirit of Motivational Interviewing

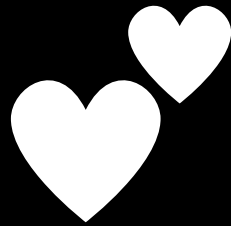
Partnership



Acceptance



Compassion

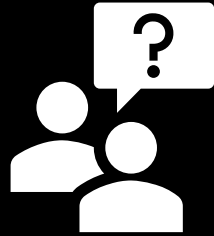


Evocation



O.A.R.S.

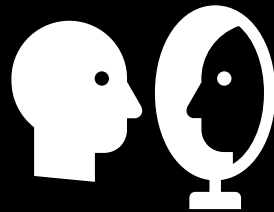
Open-Ended Questions



Affirmations



Reflective Listening



Summarizing



Socratic Method

"I cannot teach anybody anything. I can only make them think."

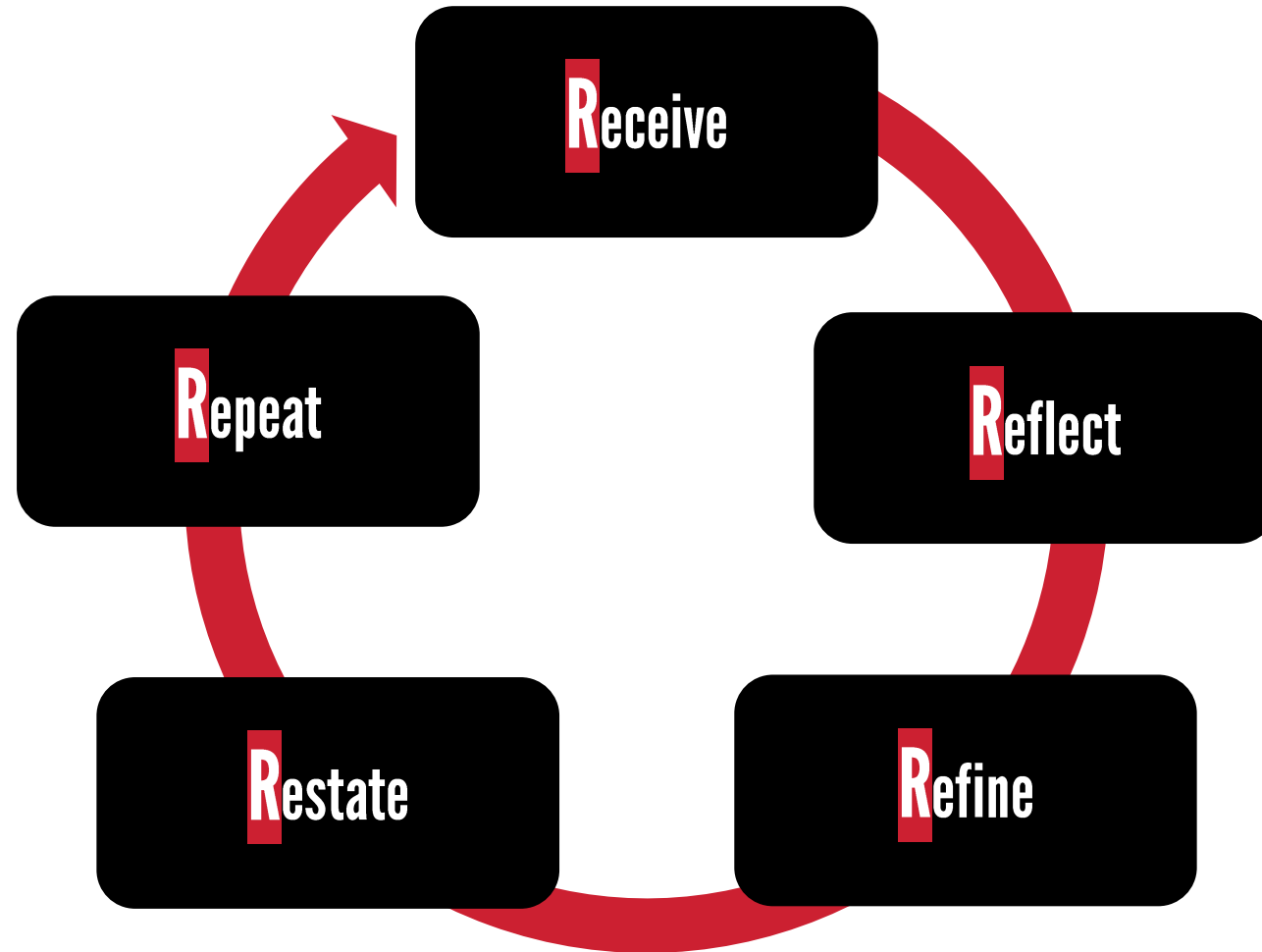
-Socrates

A process of dialogue based on questioning that inspires critical thinking and analysis. Aids in the structuring of challenging conversations and avoids defensive debates and arguing.



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Socratic Method



Socratic Method: **Receive**

I understand you get very frustrated when your friends order pineapple pizza.



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Socratic Method: **Reflect**

What I'm hearing you say is that you don't understand how people can enjoy pineapple on pizza because fruit should be served cold.

You feel inconvenienced when your friends bring pineapple to parties knowing how you feel about it.



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Socratic Method: **Refine**

What led you to feel all fruit should be served cold?

How do you feel about fruit pies or cobblers?

Why do you feel inconvenienced when there is food at a party that you don't like?

Do you feel your friends are personally attacking you by bringing pineapple pizza?

Tell me more about that.

How have you communicated your feelings to your friends?



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Socratic Method: **Restate** and **Repeat**

Restate

It seems that you are really bothered by friends bringing food to your party that you've told them you don't enjoy, and you feel they are not considering your feelings like you consider theirs.

It also seems like you often feel left out by your friends when you don't share their likes. How accurate would you say this is?

Repeat



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Role Play Scenario

Lately, your student worker has been coming in late or texting at the last minute to say they won't be in. When they are in, they seem unfocused and unmotivated to do assignments they typically enjoy. You ask how they've been doing, and they mention they've been arguing with their roommate (who they say is their only friend on campus) and it's causing them a lot of anxiety.

Role Play Scenario

During an orientation resource fair, a parent of a future student begins asking you about different student services. When you mention the on-campus food pantry, the parent cuts you off saying, "My student doesn't need a food pantry. I'm sure other students need it more."

Call to Action

- **Research your resources**
 - Question, Persuade, Refer (QPR) training
 - Mental Health First Aid training
 - What reporting resources are at your campus?
- **Remember it's okay to refer**
- **Follow-up with student**



UH Wellness

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Questions?

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