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Faculty Strategies for Supporting Students During COVID-19

Michelle Zechner, PhD, LSW, CPRP

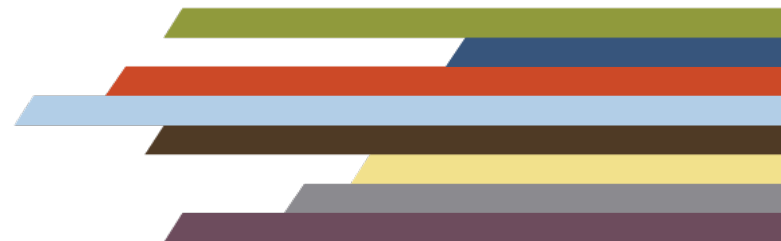
Dawn Reinhardt-Wood, MA, DRCC, CPRP

Kenneth Kinter, MA, LPC

Rutgers, School of Health Professions

Department of Psychiatric Rehabilitation and Counseling Professions

SAMHSA
Substance Abuse and Mental Health
Services Administration



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- Provides 5 years (2018 – 2023) of funding to:
 - Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses
 - Address full continuum of services spanning mental illness prevention, treatment, and recovery supports
 - Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses



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Upcoming COVID-19 Webinars

- **May 7, 9:30-10:30 a.m.**

Session for faculty, staff and students to develop effective strategies for coping with the impact of COVID-19.

Part 2 of April 30 webinar

<https://www.eventbrite.com/e/self-care-during-covid-19-tickets-103187147536>



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Feedback

- Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs. Feedback about this training will assist us in developing trainings that are relevant to your current professional needs. **Therefore, your feedback counts!**



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Video Recording Information

- Please note that we will be recording this webinar and posting it to our website. Any information and input you provide during today's call will be recorded and posted on our website.

THANKS!



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Your Interactions with Us

- Question and Answers
 - Q & A will occur at the end of the call.
 - Please type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Chat and Polls
 - Throughout the webinar, we will be asking for your input.
 - Please use the Chat or Poll features in Zoom located on the task bar.



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Michelle Zechner



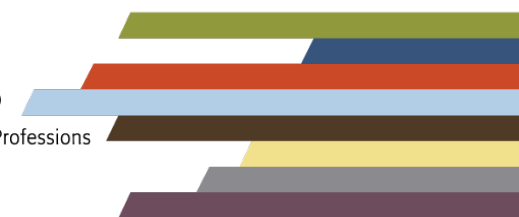
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Dawn Reinhardt-Wood



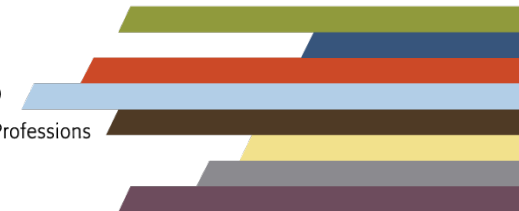
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Kenneth Kinter



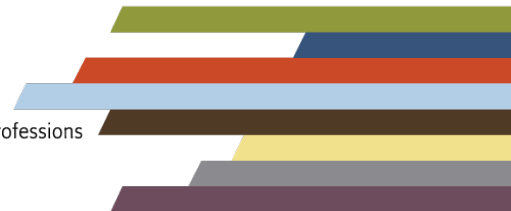
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Session Objectives

1. Identify supportive practices for faculty interactions with students in the current teaching environment
2. Overview of student response to pandemic
3. Discuss resources and referral beyond faculty support



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Welcome

What are some of the challenges you are facing with students right now?

What do you hope to get out of the presentation today?

Please respond in chat



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Sudden Changes



- Tele-commuting
- Online Teaching
- Change in routines
- Worry
- Teaching, scholarly activities, manuscripts, grading, grants... oh my!



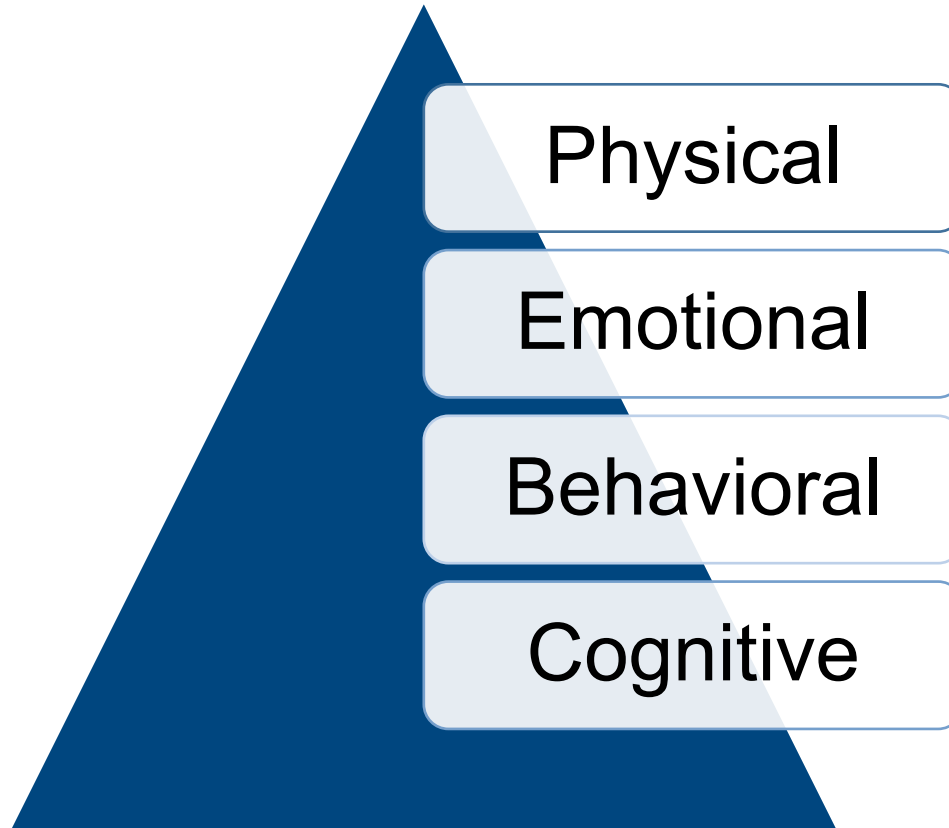
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Public Health Emergencies: Reactions



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Related Student Reactions

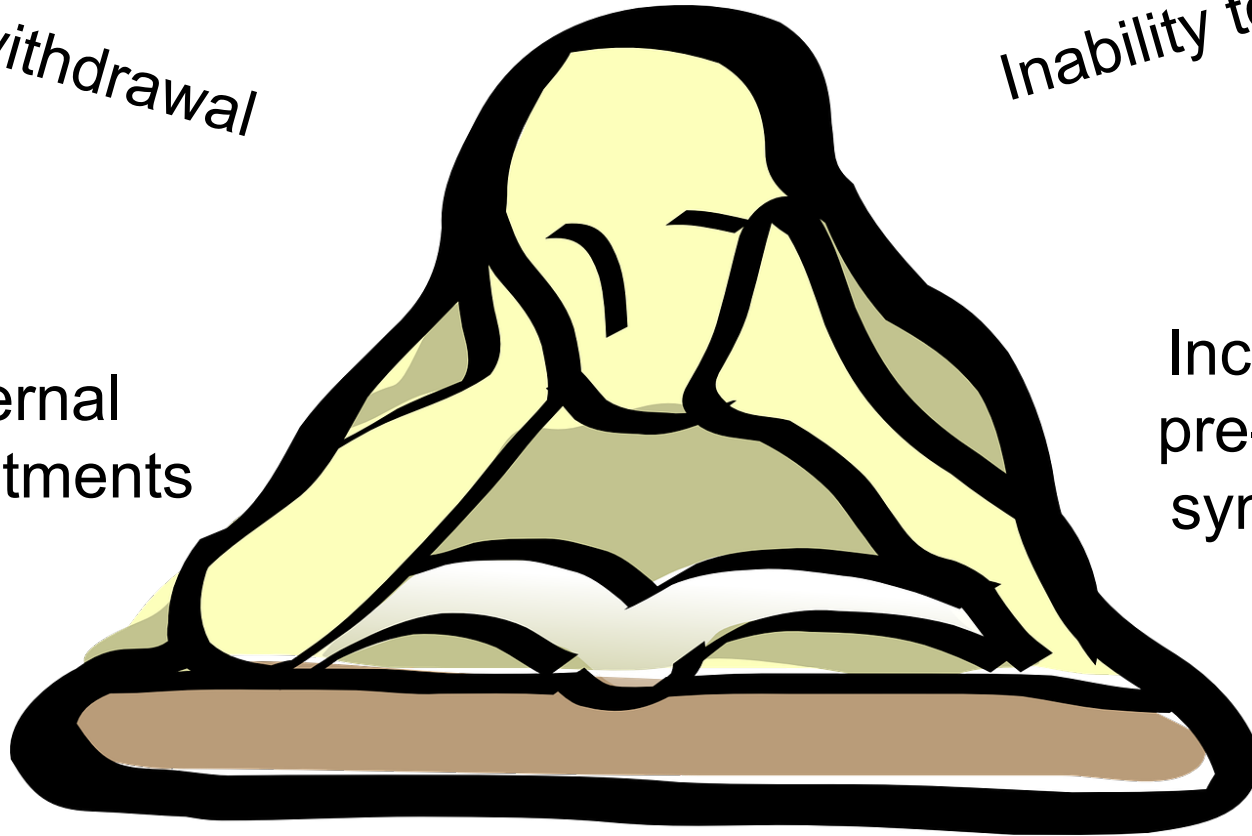
Grief

Social withdrawal

Inability to focus

External
commitments

Increase in
pre-existing
symptoms



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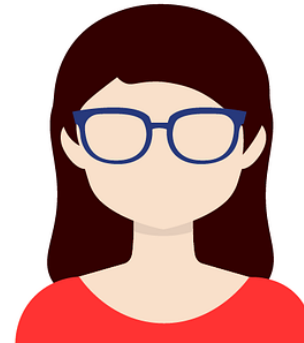
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Student Challenges



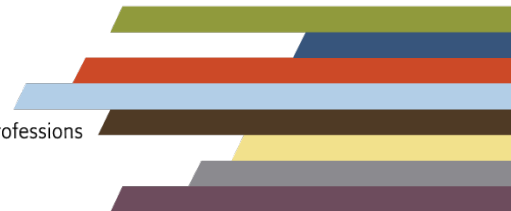
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Support Process

Listen

- We can't change what is happening, but we can hear them out.

Validate

- It's okay to feel various **strong** emotions as they go through the grief process

Support

- As faculty, how can you help them?

Refer

- campus supports
- personal supports
- professional supports



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The Faculty Experience



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How would you respond?

- During a recent online synchronous course, students were unable to focus. First one, then another, then more students began talking about concerns for their health, their families health, inability to attend graduation, loss of job opportunities or working with at-risk populations. This went on for 15 minutes and faculty is having difficulty re-directing.



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How would you Respond

Hello. I hope you are well.

I just wanted to touch base on my current situation. My father tested positive today for COVID and he's been sick for the past 3 weeks. I am the only one caring for him at the moment and I want to let you know because things have been getting more difficult in handling my schoolwork and my full-time job. I have tried up to this day to hand in everything on time, but I feel very overwhelmed and I wanted to reach out and apologize if any of my assignments are in late. I will try with the best of my ability to hand in everything on time.



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Thank you. **RUTGERS**

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A Response

I appreciate your email. I am so very sorry to hear that your father is ill. I know this is must be a very difficult time for you.

Please do what you can, and I will not take any points off for late submissions.

I will keep your father in my thoughts during this time.

Dr. Z



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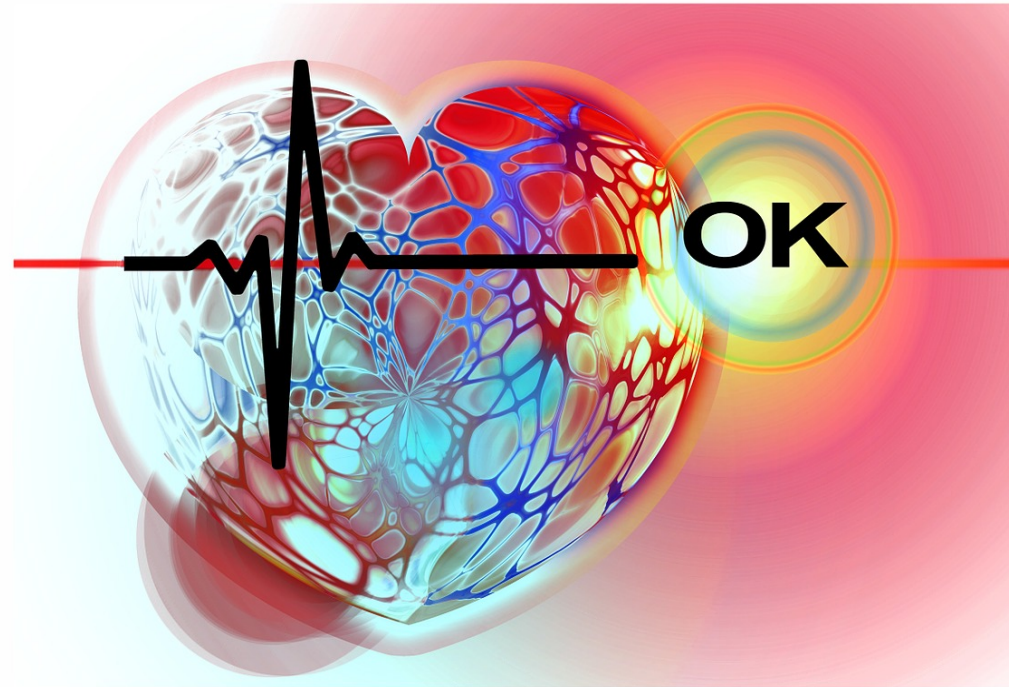
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Assessing Response Readiness

Check our pulse first!

Are you...

- Stressed?
- Hungry?
- Tired?
- Triggered?
- Able to give the appropriate time and attention to this response right now?



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How would you Respond?



Hi Professor Z, this is ____ from your class. I just want to let you know my father passed away on Saturday due to complications from corona virus and his heart stopped. I'm completely devastated and broken. Idk what is going to happen I'm having a really rough time accepting the death of my father. I will try to give you a call this week.



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A Response



Hi ___ I am so very sorry to hear about your father. I appreciate you letting me know. When you are ready, reach out, and we can talk about the course. My thoughts are with you and your family during this very sad time.

Listen

Validate

Support



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Practice Self-Care



- Acknowledge teaching challenges
- Find balance in your thinking
 - Neither catastrophizing, dwelling on negative, or denying
- Come into the present
 - Breathe!
- Let go of what you can't control
 - Breathe, you hear me?
- Stock up on compassion (and self-compassion!)
 - Everyone's anxiety is coming out different ways
 - Everyone is fighting a hard battle and now we are all fighting another



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Rutgers Resources

Employee information

<https://discover-uhr.rutgers.edu/covid-19-telecommuting/wellness>

Emotional wellness app for employees

<https://joyable.com/shbp>

Rutgers 4U: UBHC Telephone support for current Rutgers faculty, staff and families [855-652-6819](tel:855-652-6819)

UBHC Suicide Prevention Hotline: 855-654-6735

UBHC COPSA Self-Care for Caregivers:
<https://www.care2caregivers.com/self-care/>

Student Wellness Resources (mental health) SHP
<https://shp.rutgers.edu/health-services/>



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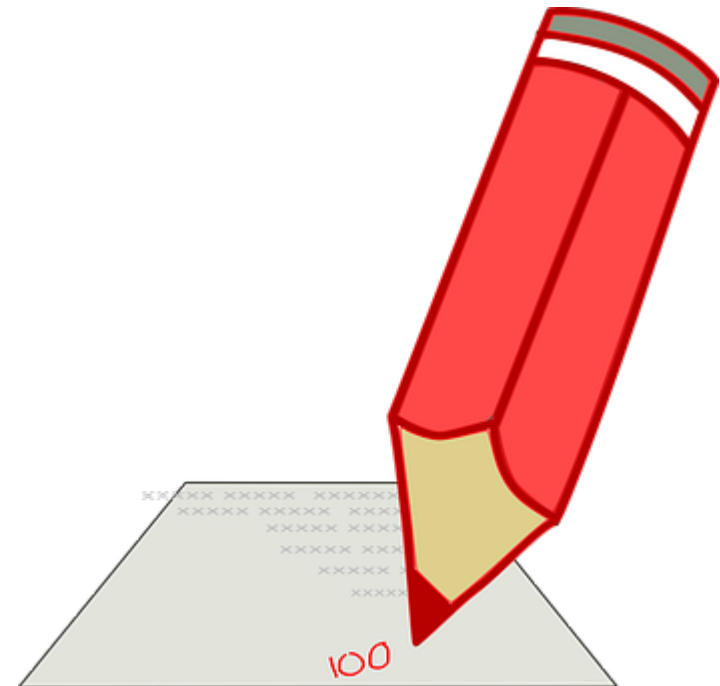
SHP Grading Supports

May 1 Deadline

Incomplete

In Progress

Leave of
Absence



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RBHS Support Resource



Coffee with CAPS

How to Help our Students Navigate During COVID-19

This virtual workshop will provide tips to help you support students & best ways to connect them to resources.

Registration is required and is limited to 25 participants. Please email Victoria Herman at victoria.herman@rutgers.edu to register.

Dates and Times

- Friday, April 24, 10 - 11 am
- Monday, April 27, 2 - 3 pm
- Monday, May 4, 10 - 11 am
- Monday, May 11, 10 - 11 am

Please email Annmarie Wacha-Montes at annmarie.wachamontes@rutgers.edu in advance with questions or for accommodations.

Resources

Faculty Resources

- **Hickman, S. (2020).** Zoom Exhaustion is Real. Here Are Six Ways to Find Balance and Stay Connected . Retrieved from : <https://www.mindful.org/zoom-exhaustion-is-real-here-are-six-ways-to-find-balance-and-stay-connected/>
- Umass (2020). Faculty Resources for Resilience During Covid-19. <https://www.umass.edu/faculty-development/news/faculty-resilience-during-covid-19>

Mental Health & Crisis Resources

- Centers for Disease Control (2020). Coronavirus 2019: Stress and Coping. https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html
- Shine (2020). Coronavirus Anxiety: Resources for anxiety and your mental health in a global climate of uncertainty. <https://www.virusanxiety.com/>
- MHA-NJ Helpline for Covid-19 MH Concerns, free service, 1-866-202-HELP (4357)

Self Care Resources

<https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

Self-Care videos for caregivers: <https://www.care2caregivers.com/self-care/>



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Crisis Resources

- **National Suicide Prevention Lifeline:
1-800-273-8255**

- **Crisis Text Line: Text HOME to 741 741**



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Breathing Exercise



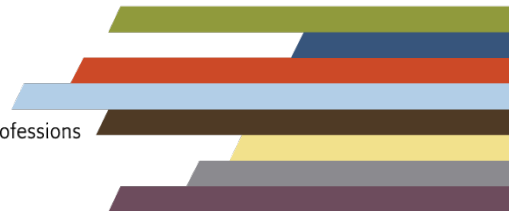
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- Duong, V., Pham, P., Yang, T., Wang, Y., & Luo, J. (2020). The Ivory Tower Lost: How College Students Respond Differently than the General Public to the COVID-19 Pandemic. *arXiv preprint arXiv:2004.09968*.
- Kessler, D. (2019). *Finding Meaning: The Sixth Stage of Grief*. New York: Scribner.
- NJ Division of Mental Health & Addiction Services, Disaster & Terrorism Branch. (n.d.). *Coping with the emotional impact of public health emergencies*. Trenton, NJ: Author.
- Rajkumar, R. P. (2020). COVID-19 and mental health: A review of the existing literature. *Asian Journal of Psychiatry*, 102066.
- Sahu, P. (2020). Closure of Universities Due to Coronavirus Disease 2019 (COVID-19): Impact on Education and Mental Health of Students and Academic Staff.
- Viorst, J. (1998). *Necessary Losses*. New York: Simon and Schuster.



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THANK YOU!



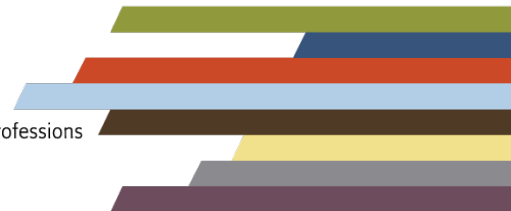
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