

The Coping Skills Project (CSP) is designed to help students by providing them with simple, easy to use coping strategies. These coping skills come from DBT (Dialectical Behavioral Therapy), and CBT (Cognitive Behavioral Therapy), and are targeted at helping people to combat mental health issues like depression and anxiety, mainly by helping to distract from the moment. The hope is to use the Coping Skills Project to create CSP boxes around campus that will be put in the bathrooms, making them accessible to everyone. The boxes will primarily have instant ice packs and warheads (used for the DBT skills TIPP and Distract, as well as a sheet of other simple and quick coping mechanisms. We aim to provide an easy way for students to deal with depression, anxiety, stress, or whatever else they are dealing with, in an easy and quick way.

Things that will be in the box:

- Single use Ice packs (for the TIPP skill)
- Warheads (for the distract method)
- Book of Coping Skills

Other things that could be in the box:

- Band-aids (if you need to bandage scars, etc.)
- Rubber bands (for the rubber band method)
- sharpies for post its
- post its
- notecards (to put skills on)

Some Notes:

- Nothing in the box can be reusable because of covid (eg. we can't put stress toys in)
 - This problem is solved, however, by instant ice packs (which are 1 time uses) and warheads which are individually wrapped candy
- Use queued instead of triggered (triggered is a strong word)
- The boxes need to primarily be in the bathrooms because it is an easy access from class. The counseling center could also have a box but it's not an easy access point from places like the gym.
- They may need to be removed from the bathrooms if items are notably being stolen
- Create explanation cards for post its

Link to spreadsheet of bathrooms, costs, etc [here](#)

Link to booklet/ideas for it [here](#)

Link to post-it note explanation paper  MHAC post it explanation