STUDENT OUTREACH & PROGRAMMING

How does CCA Counseling support students with outreach?

Outreach programs can be initiated by student and/or staff and Faculty requests, or even by our own Counseling staff in efforts to bring issues of concern to various campus populations. CCA Counseling staff are available at times to offer presentations and workshops throughout the year to the CCA students in a variety of ways. For example, residence life, student organizations, academic departments, and classroom lectures, etc.

What are CCA Counselings's goals with workshops and programming?

CCA Counselors design workshops and trainings with the goal of educating the CCA campus community on mental health issues, eliminating the stigma towards mental health concerns, empowering staff, faculty, and students by providing psychoeducation, skills, and experiences to promote student wellness and the prevention of psychological distress. Our goal is to create a community of care approach which improves the functioning of CCA students and campus communities.

Programs tend to be curated for specific groups or organizations and are time-limited, aimed at improving student life experiences and prevention of academic, emotional, physical, or social difficulties.

What do programming formats tend to look like for students?

Community Requests: CCA Counseling can support students with workshops, discussions, and support groups in regards to a concern or conflict in your community, a workshop or training on a specific topic, or support and facilitation in organizing a group debriefing related to a traumatic event or situation.

If you have a specific request for a program, talk, or discussion, please let us know that too. We are always open to developing new events.

Mentorship: Students who would like to develop their own workshops or programming related to mental health topics can receive mentorship from a CCA Counselor to do so. CCA Counselors will work with you to provide ongoing support, training related to the topic at hand if needed, and will meet with you up to the date of your event to support your goals and help you to explore facilitation, advertising, considerations about group dynamics, impact of environment, and other things. For a more in-depth understanding of how a CCA Counselor can support the development of your event, see this list of considerations here, as this document will be a helpful aid in understanding how the CCA Counselor will work with you to build the content and considerations for your event.

Previous Outreach & Programming for Students:

CCA Counseling has been active in providing outreach programming for students through workshops, training seminars, lectures, discussions, forums, support groups, information tables, and pamphlets. Below are a sample of recent outreach programs facilitated by CCA Counseling for students.

- Making Space for Grief and Hope, Rising Juniors
- Bi-Weekly Canvas Support Group, CANVAS students
- Supporting residents in Quarantine & Care packages for Residents, for students in the Halls during quarantine

- Grief and Hope: Meaning making and next steps, for any CCA student
- Career Journey Support, undergraduate and recent graduate CCA students
- Career Journey Support, : CCA Graduate students

Making a request for programming and who to contact?

We will do our best to accommodate requests and provide appropriate referrals as needed. Please keep in mind that availability of CCA Counselors, and the timeline to create events is impacted by the time of year, number of Counseling staff, and the depth of planning the project requires.

If you would like to meet with a CCA Counselor to discuss outreach and programming please email, or call and leave a voicemail, for Senior Staff Psychologist and Program Coordinator, Dr. Leah Oliver. Please allow 24-48 hours during the weekday for a response. Please be advised not to include the student's name or specific details about concerns via email due to confidentiality.

Dr. Leah Oliver Office Line:
415-551-9328 x1

Things to consider when making a request for programming?

Please fill out the workshop request form (add link here)
Add some must knows that may not be in the request form.

> *Tell us who you are*
> *Tell us very briefly what you would hope to create (workshop, discussion, ongoing event, etc) and topic idea*
> *Desired date of event*
> *Imagined number of attendees*
> *Plans for the location of event*
> *Ideas for how you would like a CCA Counselor to support you*

Prompts and questions to support your thinking, exploring, and planning of your workshop/group:

- Workshop Topic/s

- How the idea for the workshop originated

- Why is it important to create space to explore the topic/s with others?

- What are the specific skills or knowledge you want your participants to learn?

- Main population you hope will benefit from this workshop

- Length of workshop (components of start, middle and end?)

- Ideal number of people you'd want to plan for to attend your workshop

- Any past experiences you have had with this topic that you'd hope to incorporate into your workshop

- How do you imagine this workshop will feel to participants? (energetic, calming, busy, relaxed, interactive, didactic, etc)

- Environment you want to hold the workshop in (virtual vs in-person)

- Objects, props, printed materials, audio/visual media you will incorporate into your workshop?

- How and where you will advertise your workshop

- Strengths as a facilitator you will bring to the workshop/group

- Areas you imagine you might feel challenged as a facilitator of a workshop/group

- If you are planning to co-facilitate, how do you imagine your co-facilitator/s and you can work well together? What does working well mean for you both/all?

- What you would want participants to take-away from the workshop (both experience wise and information wise

- Are there parts of this workshop that may be distressing to some participants?

- If so, will there be a statement about whether any content may be distressing to participants?

- Will there be any statements about possible negative emotions or thoughts that may arise during the workshop?

- Are there instructions for staff or participants in case participants experience distress in a workshop?

- Is there a statement about taking photos or recordings during the workshop?

- Statements about confidentiality being held between participants?

- Statement about ownership or sharing workshop content on social media?

- Statement regarding group norms or expectations of group behavior including support, respect, inclusivity, and safety.

- Are there ways for this workshop to be accessible to all participants (people with special needs.)

* If you are seeking support/mentorship from Counseling to develop and plan your workshop

It can be helpful to reflect on each prompt/question above before meeting with a Counselor, so you have time to think about the kinds of support you'd like the Counselor to provide. You can also bring this activity to your meeting with a counselor and work to think about each one by talking about them together. Below are some additional considerations if meeting with a CCA Counselor for support.

- What kinds of support are you hoping a CCA Counselor can provide for you and your workshop?

- What are the areas of expertise/specialization you are looking to find from a CCA Counselor?

- Would you have a statement or agreement about participants feeling safe to approach workshop facilitators privately about any concerns?

- What kinds of methods might you provide encouragement for participants to provide feedback to workshop facilitators?

**Please note that CCA Counseling does offer support and mentorship in developing mental health workshops for one's own personal interest and personal projects. Workshops developed for class assignments cannot be mentored by CCA Counseling. Please call or email Dr. Leah Oliver, staff psychologist and program coordinator with any questions 415-551-9328 x1 or leah@cca.edu