



# EACH MIND MATTERS

California's Mental Health Movement



Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health. The mental health movement certainly didn't start with us, but Each Mind Matters was created to unite all of us who share a vision of improved mental health and equality.



## Each Mind Matters

- ▶ Each Mind Matters connects individuals and organizations with tools to participate in California's Mental Health Movement. We are a community of individuals and organizations dedicated to a new understanding of mental health, wellness and equality, starting here in California. Early support and help for mental health challenges can reduce suffering and save lives.

# Why Does Each Mind Matter?

- ▶ We all have mental health. Our minds deserve the same attention as our bodies.
- ▶ Stigma is a barrier to mental wellness. It creates fear, pain and injustice that stop people from reaching out for help when they need it.
- ▶ Early support and help for mental health challenges can reduce suffering and save lives.
- ▶ Each Mind Matters opens hearts and minds to a new understanding of mental wellness for all.

There is a place for you as part of Each Mind Matters.





EACH MIND  
MATTERS

California's Mental Health Movement

# Each Mind Matters

## MONTHLY SEMINAR SERIES

*These FREE seminars are designed to provide help, support and encouragement to all CHC students.*

**September**

**“Stress Less: Managing Stress, Building Emotional Wellness”**

**Wednesday Sept. 19 Noon-1 pm. CCR-219**

**October**

**“Handling Depression: Staying Up When You’re Feeling Down”**

**Tuesday Oct. 16 1-2 pm. CCR-219**

**November**

**“Effective Relationships: Starting Them, Keeping Them”**

**Wednesday Nov. 14 Noon-1 pm. CCR-219**

**December**

**“Motivation: Finding Your Get-Go When You’ve Lost It”**

**Tuesday Dec. 4 1-2 pm. CCR-219**

CRAFTON HILLS  
COLLEGE





# “Each Mind Matters” Small Groups

## Fall 2018

### *Benefits* of a Small Group

- Group members benefit from the support and suggestions they get from one another and from the facilitators. **They also discover they are not alone, and that others are dealing with similar concerns.** Within the safety of the group, issues that are of concern can be explored and new ways of managing them are learned. Insights or new behaviors **learned in group** can then be **applied outside of group**.

**New members are always welcome—AND IT’S**  
**FREE!**

# **“Each Mind Matters” Small Groups**

## **Fall 2018**

- **“Stress Less” Stress/Anxiety Management** Leader: Evan Sternard, M.S.Ed., M.S.
  - **Group I: Mondays Noon-1 pm.** LRC 135 (Starts Monday Sept. 17)
  - **Group II: Tuesdays 5-6 pm.** LRC 135 (Starts Tuesday Sept. 11)
  - For information: Evan Sternard, Counselor (909-389-3329)
- **“Live Strong” Self-Esteem support/growth** Leader: Eva Bell, M.A.
  - **Thursdays Noon-1 pm.** LRC 135 (Starts Thursday Sept. 13)
  - For information: Eva Bell, Student Success Advisor (909-389-3458)
- **“Let’s Talk” Coping with College** Leader: Kailey Crabtree, Associate M.F.T.
  - **Wednesdays Noon-1 pm.** Health/Wellness Center (Starts Wednesday Oct. 3)
  - For information: Christina Sweeting (909-389-3272)
- **12-Step Recovery Group (AA/NA/CODA)** Leader: Vern Bradley, M.S., M.F.T.
  - **Mondays Noon-1 pm.** Health/Wellness Center (Starts mid-October)
  - For information: Christina Sweeting (909-389-3271)
- **“Parents as Students” Support Group** Leader: Laura Larsen, M.S., Associate M.F.T.
  - **Tuesdays Noon-1 pm.** CCR 233 (Starts Tuesday Sept. 18)
  - **Fridays Noon-1 pm.** Health/Wellness Center (Starts Friday Sept. 21)
  - For information: Rejoice Chavira, EOPS/CARE/CalWorks Director (909-389-3456)





is coming to **Crafton Hills College!**

**Are you interested in...**

- A career in one of the “helping professions” (Psychology, Social Work, Nursing)?
- Getting help for anxiety, stress and/or depression?
- Learning how to make a difference for emotional and mental health here at Crafton Hills College?

**...then be a part of the “Active Minds” group at Crafton Hills College!**

- Weekly Group meetings beginning January 2019
- **What is an Active Minds chapter?** An Active Minds chapter is a student-led mental health awareness group that works to:
  - Raise awareness about mental health
  - Encourage students who are struggling to reach out and seek help
  - Help members deal effectively and proactively with common college student issues such as stress, anxiety and/or depression.
  - Raise funds for critical mental health education and resources through Active Minds, Inc.
  - Promote positive mental health and wellness
  - Educate students and administrators about the signs and symptoms of mental health disorders

**Watch the Video:** <http://www.nbcnews.com/watch/nightly-news/active-minds-fights-stigma-of-mental-illness-on-college-campuses-339241027853>



**For more information,** contact

Evan Sternard, Counselor/Assistant Professor

## The Issue: Student Mental Health

Mental health issues are a leading impediment to academic success among college students. Untreated mental illness in the college student population — including depression, anxiety and eating disorders — is associated with lower GPA and higher probability of dropping out of school. Treatment is effective and available yet because of an unnecessary shame surrounding these issues, mental health is not discussed and too many students are suffering in silence.

Know the facts to help a friend and save a life:

### **Mental health issues are prevalent among college students:**

- An estimated 26 percent of Americans ages 18 and older – or about 1 in 4 adults - live with a diagnosable mental health disorder.
- Half of all serious adult psychiatric illnesses – including major depression, anxiety disorders, and substance abuse – start by 14 years of age. Three-fourths of them are present by 25 years of age.
- Compared to older adults, the 18-24 year-old age group shows the lowest rate of help-seeking.

### **Mental health issues impact students' ability to succeed:**

- Almost one third of all college students report having felt so depressed that they had trouble functioning.
- Mental health issues in the college student population, such as depression, anxiety, and eating disorders, are associated with lower GPA and higher probability of dropping out of college.
- More than 80 percent of college students felt overwhelmed by all they had to do in the past year and 45 percent have felt things were hopeless.

### **Mental health issues can be deadly:**

- Suicide is the 2nd leading cause of death among college students, claiming the lives of 1,100 students each year.
- 67% of college students tell a friend they are feeling suicidal before telling anyone else.
- More than half of college students have had suicidal thoughts and 1 in 10 students seriously consider attempting suicide. Half of students who have suicidal thoughts never seek counseling or treatment.
- 80-90% of college students who die by suicide were not receiving help from their college counseling centers

# Get Involved—Be a Peer Counselor!



## Peer Counseling



Listening, Encouraging and  
Empowering

### What are Peer Counselors?

- PCs are a group of trained students supported by the Counseling Center who are here to provide additional resources to our students as they navigate difficult decisions, points of crisis, or everyday aspects of student life.
- PCs work cooperatively with the campus to respond to student needs, promote student safety and personal wellness, meet individually with students to discuss any emergent concerns, and hold events that cater to student wellness and stress reduction. They seek to raise awareness, provide education, and serve as a resource to other students on a wide variety of health issues including: stress management, social skills, depression, anxiety, healthy relationships, safe sexual relationships, alcohol, drugs, eating/weight concerns and risk of suicide.

### Interested in becoming a Peer Counselor?

- Being a Peer Counselor can provide valuable experience for your graduate school resume; specialized training in counseling techniques, crisis management, leadership, and human relations; and a unique opportunity to help your fellow students.
- Companion Course (*mandatory*): **Counseling 132** Counseling and Interviewing Techniques
- If you are a student in good standing with a minimum GPA of 2.5 and possess the listening and leadership skills necessary to positively and objectively interact with your peers, we encourage you to contact Evan Sternard, Counselor, at (909) 389-3329, [esternar@craftonhills.edu](mailto:esternar@craftonhills.edu), or stop by the Counseling Office, Crafton Center second floor.

# Counseling is Available!

## ► Counseling Department

CCR 201

- Educational planning and guidance
- Self-awareness
- Self-concept
- Cognitive wellness
- Education-related personal issues
- Decision-making strategies
- Referrals to campus and community resources



# *Clinical Counseling is Available!*

## ▶ Health and Wellness Center

SSB-101

- ▶ Depression
- ▶ Stress testing and counseling
- ▶ Crisis intervention
- ▶ Short-term situational counseling for relationship difficulties, anxiety, stress and depression.
- ▶ Licensed Marriage and Family Therapist available for psychotherapy.
- ▶ CHC students are eligible for eight FREE clinical sessions yearly with payment of the Student Health Fee!

Health &  
Wellness

# Counseling Courses— for Your Personal Growth and Academic Success

## ► Counseling 120: Stress Management and Emotional Well-Being

- Understanding and application of stress and anxiety management, and emotional wellness strategies

## ► Counseling 110: Introduction to Career, Education and Life Planning

- Introduction to career planning for the first time career seeker. Exploration of academic, personal and career goals through assessment, self-exploration, and class projects.



# More Counseling Courses— for Your Personal Growth and Academic Success



## ► Counseling 111: Career Transition and Educational Planning

- Career planning for the transitional college student. Exploration of academic, personal, and career goals through assessment, self-exploration, transferable skills, and class projects.

## ► Counseling 100: Student Success and the College Experience

- Introduction to the college experience, including academic and career self-assessment and strategies for success. Survey of the tools necessary to excel academically, socially, physically and emotionally including goal setting, decision making, and life planning; time management; critical thinking; lifelong learning; financial planning; and wellness.





Each Mind Matters is for each of us—so  
get involved today!

- For more information: Evan Sternard, Counselor/Assistant Professor
  - [esternar@sbccd.cc.ca.us](mailto:esternar@sbccd.cc.ca.us) or call (909) 389-3329
  - Crafton Center #204

