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Reflection point
Early Intervention & Prevention: Meeting the Needs of our Community in the Time of Collective Trauma

Who we are.....
Culturally Responsive Connection

- Collective trauma requires a community lens
- Offering opportunities to connect and obtain support together to meet the needs of our ethnically, culturally, socially, and economically diverse student body
- Healing through reprocessing together
Collective Consciousness

Graphic courtesy: Maria Duan ('23).
Guided by the “Four R’s”

1. **Realization** trauma affects people and groups
2. **Recognizing** the signs of trauma
3. Having a system which can **Respond** to trauma
4. **Resisting** re-traumatization.

Operates within six main principles

1. Safety
2. Trustworthiness & Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, voice, and choice
6. Cultural, historical and gender issues
Disruptive Behaviors

Student behavior that interferes with academic (e.g., classroom management) or administrative activities; threatens or endangers the physical and psychological safety, or welfare of the student or others. Some no-disruptive classroom and workplace behaviors can be setting good ground rules.
Student Death

Student death can be emotionally difficult and stressful. Student death irrespective of the cause (natural, suicide accident) and location (on-or-off campus) has a significant impact on the community necessitating a coordinated response that includes several stakeholders (UPD, Academic dept., student organization, campus residence, counseling services, etc.).

Suicide Crisis

Suicidal crisis most often occurs when life stressors and mental health issues converge to create an experience of hopelessness, anxiety, and
• Brief, Informal, Free and Confidential way to talk to a counselor
• NOT therapy and NOT a substitute for MH Care
• 20 min. conversations to problem solve or connect to resource
• Not appropriate for urgent concerns or MH emergencies
• Good as a starting point for a student undecided about MH care
• Reduces barriers to accessibility

Register for a virtual contact or drop by in person
https://tinyurl.com/CPOLetsTalk
• Campus-based resource
• Provides **confidential** advocacy & support
• Discusses resources and reporting options on and off campus
• Assistance with **SANE** (Sexual Assault Nurse Exam) through SBU Hospital within 120 hours after incident
• Reach the advocate by calling: 631-457-9981
• After hours will be answered by Advocate After Hours Support Line and directed to advocate in emergencies
HEALTH EDUCATION RESOURCES

FREE Health PRODUCTS
Available at CPO’s office by submitting your request
tinyurl.com/sbuhealthproducts
CPO is happy to collaborate with Resident Assistants on workshops and events! Please see our menu below of the 35+ workshops and trainings we can offer you and your residents.

**Bystander Trainings**

**Red Watch Band** 90
Learn the signs of an alcohol overdose and how to call for help. You can help save a life.

**Green Dot** 120
Learn how to recognize risky or potentially violent situations and practice skills for intervening to prevent or address what's happening.

**QPR** 90
Learn the signs of someone struggling with mental health issues and how you can connect them with resources.

**Narcan** 60
Identify the signs of an opioid overdose and learn how to administer life saving opioid overdose reversal medication.

**Workshop Series**

**Care Team Cafe** 5 Topics
Learn about the physical, mental and social impact of various drug use and how to support a friend in recovery.

**Protect Your Health** 5 Topics
Understand the importance of preventative medicine, nutrition and how to care for your health while in college.

**VIPRE VIP** 5 Topics
Discuss the forms and impacts of sexual and relationship violence and how to support those who experience violence.

**Stress & Trauma** 3 Topics
Take a closer look at the concepts of stress & trauma, & examine distinguishing factors, impacts to functioning in daily life and strategies for managing them.

**AIM** 10 Topics
Magnify Your Mind! Obtain skills that are aimed at supporting your mental health and well being.

**Other Workshops & Trainings**

**Relationship Toolkit**
Explore a variety of topics focused on relationships and making them work, with an emphasis on communication skills and strategies.

**You Tested Positive, Now What?**
Help break the stigma! Learn how you can support a friend that has tested positive for a STD or HIV.

**Sex @ SBU** 4 Topics
Examine the concepts of sexual autonomy, empowerment, consent, communication & setting limits, & resources for safer, healthy sex!

**One Love** 1 Topic
Identify and avoid domestic/relationship abuse and learn how to love better.

Request a workshop or training at tinyurl.com/eventrequestcpo

- Over 35+ workshops they can choose from
- Fill out event request form at CPO website
- Complete the form at least two weeks prior to your anticipated event date
- Workshops delivered by trained Peer Educators and Prof. Staff
DROP IN SERIES
LIVING THROUGH

a supportive space for students experiencing any type of loss, grief, and healing to connect with others in a confidential, and safe environment

Every other Friday @2PM
(oct. 22nd, nov. 5th, nov. 19th, dec. 3rd, dec. 17th)
location: in CPO office in Student Union 108

Want to attend & need accommodations? Let us know!
(631) 632-2748 | prevention_outreach@stonybrook.edu

CENTER FOR PREVENTION AND OUTREACH
10/29, 11/12, 12/10 Fridays
2PM - 3PM
CPO Office: SB Union Suite 108

OUR STORIES
OUR TIME
Stony Brook University

Drop in and join us in an empowering and creative activity of retelling our stories of the past 2 years in a safe and supportive space.

No Registration needed. Just come by!

Want to attend & need accommodations? Let us know!
(631) 632-2748 | prevention_outreach@stonybrook.edu
Global Minds Alliance

TEA TIME TUESDAYS
with
GLOBAL MINDS ALLIANCE

Squid Game: Culturally Significant or Culturally Concerning?

Come join us as we explore the varied reactions to what has become the most streamed show in Netflix history.

November 9, 2021
3-4PM
CPO Training Room in Student Union

FRIENDSGIVING
with
GLOBAL MINDS ALLIANCE

EAT AND PLAY WITH GMA

We will be sharing and playing cultural games while enjoying FREE global foods with drinks.

Date: November 16, Tuesday
Time: 3PM - 5PM
Location: SBU Union L03-01

For more information, email globalmindsalliance@stonybrook.edu
Seawolves Upstander Award

Three Bystander Intervention Trainings

Green Dot + Red Watch Band + QPR

= UpStander Award
Peer Education - Recruiting in Spring!

0 - 1 Credit Internships
- Global Minds Alliance Outreach Team
- Minds Matter Outreach Team
- Red Watch Band Care Team
- CPO Specialist/Team Leader
- Health Education Outreach
- Green Team
- One Love

Clock: 2 - 4 hrs/week

1-3 Credit Marketing Internships
- Health Education
- Healthy Relationships / Violence Prevention
- Mental Health
- Substance Abuse Prevention
- CPO Marketing Team Leader

Clock: 4 - 12 hrs/week

2-3 Credit Internships
- Substance Abuse Prevention/Recovery
- CHILL Mental Health Outreach/Leadership
- Healthy Relationships / Violence Prevention/ Survivor Specialist
- Global Minds Alliance/Leadership
- Healing Arts
- Health Education
- Peer Education Coordinator

Clock: 8 - 12 hours/week

*Required for all Internships
- GPA: 3.0 or Above
- Weekly Meetings
THANK YOU
Take good care of you and each other