

The **CHILL**. Peer Health Education (PHE) program (*CHILL. - Just CHILL-PERIOD.*) is an experiential learning, two-semester, 3-credits per semester, upper-division, peer-focused (college student) internship. Trained peer educators support campus professionals and outreach by linking and link peers to, related campus support services and resources supporting mental health and wellness.

CHILL. Part 1 classes meet Monday and Wednesday - 10:35AM -11:35AM.

CHILL Part 2 classes met Monday and Wednesday - 11:45AM - 12:45PM.

Classes meet in Room 217 Center for Prevention and In addition to class instruction, students are required to participate in 45 hours of campus outreach, per semester. Participation, under supervision, includes creating and participating in related campus outreach heightening awareness of mental health and wellness. Class instruction includes:

- ❖ Health Education Theory
- ❖ Active Listening
- ❖ Health Program Development
- ❖ Mental Health and Wellness
- ❖ Personal Enrichment
- ❖ Public Speaking
- ❖ Overview of Mental Health and Wellness Careers

How Do I Apply?

Applications available online

@ CPO's Website - Peer Education Programs:
http://studentaffairs.stonybrook.edu/cpo/peer_become.shtml

-Or-

Visit CPO's UNION Office

2nd Floor (next to Starbucks)

- Or -

Email Program Coordinator

Kathleen Valerio, MS, MCHES
Health Educator, Program Coordinator,
CPO Health Education Office@ SHS & CAPS
1 Stadium Rd., 2nd floor (631) 632-6689
Email: Kathleen.Valerio@stonybrook.edu

Contact:

Julian Pessier, Ph.D.,
Associate Director, Counseling and
Psychological Services (CAPS),
CPO Peer Education Program Supervisor

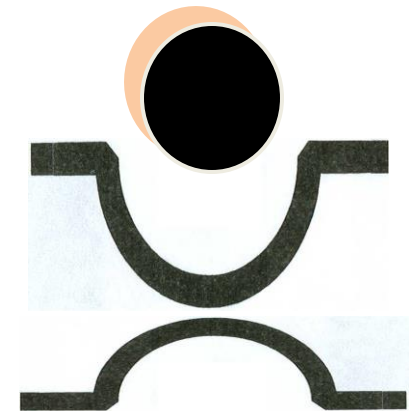
-Or-

Sharon Fletcher
CPO Health Education Dept. Secretary
SHS - Room 211A - 632-6689



CPO Health Education Office
@ SHS & CAPS
Rm. 211A & 213B
1 Stadium Road
Stony Brook, NY 11794-3191

Revised 1/12 - KV



Stony Brook University's
Center for Prevention and Outreach
MENTAL HEALTH and WELLNESS

Peer Education Internship

Nationally Recognized

Award Winning

Peer Education Program

Chill, just Chill.





Peer Health Educator (PHE) Internship was created to:

- ❖ Help identify students in **need** of emotional support and/or mental health counseling.
- ❖ Help students **recognize** their own resistance to seeking help.
- ❖ Help students **develop coping skills**.
- ❖ Help students **identify** future careers in mental health and wellness.
- ❖ Help **bridge the gap between resources and students in need**.

The CHILL. Program is the recipient of several awards, including:

NASPA Excellence Award - SILVER, 2009

SBU Student Affairs – Distinguished Service Recognition Award – 2009

SBU Partnership Award – SBU Commuter Student Service - 2009

WHO:

CHILL PHEs acquire skills to help link in-need students to campus resources supporting **MENTAL HEALTH AND WELLNESS**.

WHAT:

CHILL PHEs learn how to help students recognize - and find help for - issues related to:

- Stress
- Stigma related to **Mental Illness** and/or **Mental Illness treatment**
- Depression/Suicide
- Mental Health issues
- Mental Health Careers
- Depression and Drug Use/Abuse
- Grief/Loss

CHILL PHEs are trained to **LISTEN** and conduct **campus outreach** offering information, support, encouragement and increased awareness of related campus services.

WHY:

CHILL PHEs help students:

- Stay in school
- Identify resources
- Recognize signs and symptoms of stress, depression and crisis
- Cope more effectively
- Engage peers

HOW:

Through instruction and experience.

Program content is a collaborative effort between health education and counseling professionals.

PHEs participate in a variety of campus events sponsored by campus organizations - in mental health and/or wellness promotion, prevention, and/or education.

INSTRUCTOR APPROVAL TO ENROLL IS REQUIRED.

Registration information under the Living Learning Center (LLC), Living Health and Wellness (LHW) Internship (488), T (Tutorial).

CHILL Part 1 LHW488 T-03 (SECTION 3)

CHILL Part 2 LHW488 T-04 (SECTION 4)

Enter (SOLAR) 3 credits (unless prior agreement) when enrolling each semester. Successful completion of Chill.Part 1 required to enroll, and participate in, Chill.Part 2.