Collaborating to Promote the Wellness and Resilience of Military-Affiliated Students

Amy Tully, Ph.D.
Counseling Psychologist

Dutchess Community College, SUNY
& Independent Consultant/Educator
Many Thanks

- To all conference sponsors, including colleagues at SUNY New Paltz
- To all conference participants, for contributing to this learning experience
- To the military-affiliated students we are privileged to serve within the SUNY system
- To Dutchess Community College’s Counseling Center and Veterans Resource Center
- To all those who have served and sacrificed, including many of my family members
Branches in my family tree
Inspiration
Learning Objectives

1. Discuss some key mental health and wellness needs of the military-affiliated students we are privileged to serve within the SUNY system

2. Identify opportunities to collaborate in addressing the unique needs of military-affiliated students (e.g., mental/physical health; career development)

3. Recognize how a strengths-based, holistic approach to providing student services can reduce barriers to help-seeking and promote wellness, resilience, and academic success
Maslow’s Hierarchy of Needs

- Developed by psychologist Abraham Maslow
- Believed that our behavior is driven by needs
- Needs are pursued in a hierarchical fashion

- Pursuit of higher level needs is contingent upon lower level needs being met

- Physiological Needs
- Safety and Security Needs
- Social Needs
- Esteem Needs
- Self-Actualization Needs
NC STATE UNIVERSITY

MODEL OF STUDENT NEEDS
(BASED ON MASLOW’S HIERARCHY OF NEEDS)

- Graduation and Life Long Learning Competency
- Academic Engagement and Success
- Campus Community Engagement (Including Clubs and Organizations)
- Health, Legal, and Safety Needs
- Housing, Dining, Financial, and Enrollment Needs

Self-actualization
Esteem
Love/Belonging
Safety
Basic
Some Key Safety Needs to Address

• Navigating the higher education environment
• Housing and food insecurity
• Education costs and financial concerns
• Employment needs
• Medical, mental health, and disability issues
Helping Military-Affiliated Students Navigate Higher Education

• Demonstrating understanding of military culture and the transition to student life

• Sending the message that it’s a strength to ask for help and to use campus resources

• Building bridges on and off campus through relationship development and advocacy
Entrances Matter...
Housing and Food Insecurity

- Current challenges that need to be addressed
- Providing support and local resources
Education costs and financial concerns

- Preventing and managing financial crises
- Promoting financial literacy
- Connecting with resources on and off campus
Employment

- Facilitating access to career development services on campus and in the community
- Providing opportunities for networking and other career exploration and transition supports
Medical Concerns

• Facilitating access to health care services on campus and in the community

• Some examples of military-affiliated students’ health care needs

Credit: Mohawk VSlley
Mental Health Concerns

• Facilitating access to mental health care services on campus and in the community

• Some examples of military-affiliated students’ mental health care needs

• Helping to break the stigma that creates barriers in seeking help
Meet students where they are to encourage help-seeking

**Let’s Talk**

Free, Informal, Drop-In Support

**WHEN & WHERE:**
August 28th – December 4th (except October 1st, 2nd, & 9th)
- Tuesdays, 5:00pm-6:00pm, Conklin Hall, Office 118 A
- Wednesdays, 2:00pm-3:00pm, Hudson Hall, Room 234

**YOU’RE INVITED TO DROP IN!**
- Speak with a licensed mental health professional from the Counseling Center on campus who will listen closely to your concerns and provide support, perspective, and suggestions for resources.
- No appointment is needed and there is no paperwork to fill out.
- Come talk about whatever is important to you. It’s okay if you wish to remain anonymous.
- Meetings tend to be brief, supportive, and solution-focused. They do not replace other types of formal counseling services. The counselor at “Let’s Talk” will be happy to help arrange further assistance if needed.

For more information, call the Counseling Center: 845-431-8040
Or just drop in to “Let’s Talk.”

The Counseling Center
Dutchess Community College

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**CARE Workshop**

Warmly Invite You to Attend a

**WHAT:** This CARE Workshop (Coping And Reinforcing Effectiveness) is designed to support students who are interested in improving self-care, reducing stress, and developing strengths and resources while managing the challenges of college life.

**WHO:** This CARE Workshop will be co-facilitated by Amy Tally, Ph.D. from the Counseling Center and Tomazine Oliphant, MSW from DCC CARES.

**WHEN:** Wednesday, October 30th, 4:00pm-5:30pm

**WHERE:** Student Services Building, Room 204

**HOW:** Please RSVP by Monday, October 28th by calling Tomazine Oliphant, MSW, Student Resource Navigator at 845-887-9676. This workshop is designed for a group of 5-15 students. Looking forward to hearing from you soon!

This CARE Workshop will be closed ten minutes after the start time to ensure a productive atmosphere that’s free from disruption and full of good ideas. Support is within your reach!
Information
Is Power...

Mental Health Association in New York State, Inc.

Mental Health Fact Sheet

According to the World Health Organization, mental health is defined as a state of wellbeing in which every individual realizes his or her own potential, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Fast Facts

• 1 in 5 American adults have mental illness
• But 90% of undiagnosed individuals do not receive treatment
• America loses $191 Billion in income annually due to serious mental illness
• Mental illness does not discriminate against whom it affects. Every age, race, and gender can be diagnosed

Mental health by the numbers...

• The median number of years between the onset of mental health symptoms and treatment is 10.
• 90 percent of people with a substance abuse disorder have a co-occurring mental health disorder.
• The average age of onset for anxiety disorders (the most common mental health disorders) is 7.
• The lifetime prevalence rate for any mental health disorder is 90 percent.

Mental Health Association in New York State, Inc. (MHANYS) is a non-profit organization with 20 local affiliates serving fifty counties across the state, and is an affiliate of Mental Health America (MHA). Through public education, training, advocacy, and family engagement, we are on the forefront of the fight to improve lives of individuals and families by raising mental health awareness.

Healthy Minds for a Healthy New York
Suicide Prevention

Everyone on campus needs to be part of this effort. Ask the question: “Are you thinking about suicide?” Persuade students to seek help, and actively refer students to resources (on and off campus).

Lifeline for Vets: 1-888-777-4443
National Suicide Hotline: 1-800-273-TALK (8255)
Veterans’ Crisis Line: 1-800-273-8255 #1
Accommodative Services for Students with Disabilities

- Facilitating access to accommodative services and other support on and off campus
- Some examples of military-affiliated students’ disability-related needs
- Helping to break the stigma that creates barriers in seeking accommodative services
Promoting Wellness, Resilience and Academic Success Requires a Holistic Approach
Developing a Caring Learning Community

• Focus on student learning inside and outside of the classroom, balancing challenge and support

• Continuously assess student needs and collaborate to ensure student-centered services

• Encourage students’ use of resources that support wellness and academic success

• Reinforce a growth mind-set

• Support academic self-efficacy
Supporting a Sense of Belonging

• Provide timely outreach programs
• Provide mentoring (peer and faculty/staff)
• Help students develop their interests, strengths, and sense of purpose
• Encourage student engagement and leadership in clubs and other campus activities
• Normalize adjustment-related challenges
• Draw upon a shared service orientation
Links to Resources

SUNY Office of Military and Veterans Affairs
https://system.suny.edu/university-life/military-veterans/

New York State Division of Veterans’ Services
https://veterans.ny.gov

U.S. Department of Veterans Affairs
https://www.va.gov

Military OneSource
https://www.militaryonesource.mil/

National Alliance on Mental Illness (NAMI)
https://www.nami.org/

Mental Health America (MHA)
https://www.mhanational.org/

Example of Vet2Vet Resource in Dutchess County. The Joseph P. Dywer Veterans Peer Support Project is available in many locations throughout New York.
https://mhadutchess.org/vet2vet-resource-office/

U.S. Department of Health & Human Services: Substance Abuse and Mental Health Services Administration (SAMHSA)
https://www.samhsa.gov/
Sometimes, this military experience happens in higher education too.
To keep moving forward...

(1) What action step could you take right away to promote the wellness, resilience, and academic success of military-affiliated students?

(2) Who could you collaborate with in taking this action step?

(3) What source of inspiration do you have to follow through on this idea?
DO YOUR LITTLE BIT OF GOOD WHERE YOU ARE; IT IS THOSE LITTLE BITS OF GOOD PUT ALL TOGETHER THAT OVERWHELM THE WORLD.

DESMOND TUTU

Feel free to reach out after the conference:

Amy Tully, Ph.D.
Counseling Psychologist
Dutchess Community College, SUNY
& Independent Consultant/Educator
amy.tully@sunydutchess.edu
Phone: 845.431.8045

Thanks for your participation!