

EDUCATE
EMPOWER
CONNECT



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DIVISION OF STUDENT AFFAIRS

**STUDENT HEALTH, WELLNESS
AND PREVENTION**

STONYBROOK.EDU/
HEALTH-WELLNESS

January 2020...



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).

What we do and how we do it

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



Stony Brook University | Red Book



[Topics](#)

[Resources](#)

[Report a Student Concern](#)

[About the Red Book](#)

[Active Shooter](#)[Alcohol And Other Drugs](#)[Discrimination](#)[Disruptive Behaviors](#)[Emotional Distress](#)[Food And Housing Insecurity](#)[Medical Emergency](#)[Missing Student](#)[Sexual Violence](#)[Student Death](#)[Suicide Crisis](#)

Disruptive Behaviors

Student behavior that interferes with academic (eg. classroom management) or administrative activities threaten or endanger the physical and psychological safety, or welfare of the student or others. Some non-disruptive classroom and workplace behaviors can be prevented by setting good ground rules.

[LEARN MORE >](#)

Emotional Distress

[CAPS](#)[CARE Team](#)[OEA](#)[SASC](#)[SHS](#)[Support Team](#)[SCCS](#)[UPD](#)

Student Death

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

[LEARN MORE >](#)

Suicide Crisis

Suicidal crisis most often occurs when life stressors and mental health issues converge to create an experience of hopelessness

<https://www.stonybrook.edu/commcms/studentaffairs/redbook/resources/> on 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



Survivor Advocate & Prevention Specialist

HEALTH EDUCATION RESOURCES



FREE Health PRODUCTS
Available at CPO's office by
submitting your request

tinyurl.com/sbuhealthproducts

2021-
2022

C P O M E N U

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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.

B Y S T A N D E R T R A I N I N G S

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.

O T H E R W O R K S H O P S & T R A I N I N G S

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.

W O R K S H O P S E R I E S

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.

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.

- 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

Request a workshop or training at
tinyurl.com/eventrequestcpo

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

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

CENTER FOR PREVENTION AND OUTREACH

OUR STORIES OUR TIME

Stony Brook University



10/29, 11/12, 12/10 Fridays

2PM - 3PM

CPO Office: SB Union Suite 108

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

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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



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

 2 - 4 hrs/week

1-3 Credit Marketing Internships


- Health Education
- Healthy Relationships / Violence Prevention
- Mental Health
- Substance Abuse Prevention
- CPO Marketing Team Leader

 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

 8 - 12 hours/week

***Required
for all
Internships**



GPA: 3.0 or Above



Weekly Meetings



Stay connected
with **CPO!**



 @sbucpo

 @cpo.sbu

 @sbu_cpo

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stonybrook.edu/cpo

THANK YOU

Take good care of you and each other