

January GPSS meeting 01/27/2020

Notes from the committee for Graduate and Professional Student Wellness

Here are some events coming up this semester regarding Student Health and Wellness! Check out cyclonehealth.org for more information.

1) If you would like Student Health and Wellness to do any presentation, program, training, or outreach for your class or group, please feel free to send us a request using our request form. We have over 30 different offerings for students, staff, and faculty to request.

<https://www.studentwellness.iastate.edu/programrequest/>

**REQUEST PROGRAMMING FROM
STUDENT HEALTH & WELLNESS!**


- Presentations
- Outreach
- Workshops
- Facility tours
- Safer sex items
- Fitness classes

BE IOWA STATE
BE ACTIVE • BE WELL • BE HEALTHY • BE MINDFUL

Request Form:
www.studentwellness.iastate.edu/programrequest

IOWA STATE UNIVERSITY
Student Health and Wellness

2) The 2020 Lifestyle Exposition will be January 30th from 11AM - 2PM in State Gym. The program will feature campus and community organizations and resources that focus on holistic wellbeing for mind, body, and spirit. There will be mindful meditation, crafts, plant potting, making trail mix, and more! Free for all students.



What is the Lifestyle Expo?



The Lifestyle Expo is an all in one event that allows students to learn about services and programs that can improve well-being through the Mind, Body, and Soul. All programs at the Expo are available on Iowa State's Campus and in the Ames community to help students Live Fully.

Where & When

West Gym Basketball Courts
State Gymnasium
2642 Union Dr, Ames, IA 50011
Jan 30 • 11am - 2 pm

REGISTER ONLINE

Scan the QR link below for more information and registration:



3) The Collegiate Recovery student organization will be meeting Tuesday evenings in Spring semester from 6-7pm in Lagomarcino Hall, Room 1520 - starting on January 21st. Attached is an image of the flyer for social media or to put up in buildings. For more information about the program, visit <https://www.studentwellness.iastate.edu/collegiate-recovery-community/>. Students can email collegiaterecovery@iastate.edu for more information and to be added to our listserv.



SUPPORT. SOBRIETY. ACCOUNTABILITY. FRIENDSHIP.

COLLEGIATE RECOVERY

Weekly Student Organization Meetings

TUESDAY EVENINGS
6:00 - 7:00 PM

LAGOMARCINO HALL ROOM 1520

QUESTIONS? (515) 294-5802
collegiaterecovery@iastate.edu

CycloneHealth.org/CRC

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ABOUT US.
A new Collegiate Recovery Student Organization has formed beginning Fall 2019. This is a peer led organization for students seeking recovery or in recovery from addiction. The organization will focus on peer support and community building.

If you are interested in joining or learning more, you can email collegiaterecovery@iastate.edu. We will keep your name and inquiry private.

The program is overseen by an adviser team that promotes healthy choices and substance-free living.

SERVICES.
There are many services available through CRC and on campus for students in recovery:

- Alcohol free opportunities
- Group and individual counseling
- Academic success support
- Medical services
- Family support services
- Career counseling
- Community resources
- Recreational activities (golf, rock climbing, movies, athletic events, bowling)
- Community service opportunities
- Wellness programming



4) The Sexual Assault Support Group, facilitated by ACCESS, in the Spring will be Wednesdays from 6-7:30pm. For more information contact Tricia at Tricia@assaultcarecenter.org

Sexual Assault Support Group
for ISU students



Spring 2020
Wednesdays 6-7:30

For more information contact:
Tricia Ingram Williams
515-520-4231
Tricia@AssaultCareCenter.Org

5) Drop In Wednesday Stress Workshops are every Wednesday this semester from 1:10-2pm in Student Counseling Services (Third Floor of Student Services Building). No registration is required, open for all students. Attached is a flyer to hang in your areas if you are interested.

TAME YOUR STRESS!

**DROP-IN
STRESS MANAGEMENT
WORKSHOPS**

**EVERY WEDNESDAY
1:10 - 2:00PM**

**STUDENT COUNSELING SERVICES
THIRD FLOOR
STUDENT SERVICES BUILDING**

NO REGISTRATION REQUIRED

(515) 294-5056 CycloneHealth.org

6) Get Yourself Tested Program - Spring Semester Schedule

Thielen Student Health Center will be providing FREE and confidential STD/HIV testing to students as part of the Get Yourself Tested (GYT) program. The program is structured similar to other outreach style testing programs to reduce barriers to STD testing. Watch Student Health and Wellness social media for upcoming promotion.

- Free, confidential, non-judgmental
- Quick appointments (10-15 min)
- Not billed to parents/guardians insurance or your own health insurance

Students can call 515-294-5801 now to schedule their time! Mention "GYT" when you call.

The dates of the program for Spring semester are January 23rd, February 6th, February, 26th, March 5th, March 25th, April 9th, and April 22nd. Time slots are available between 8:15AM - 4:15PM.

Funding for the Get Yourself Tested Program is provided by Student Government.

7) Campus Connect Training - Suicide Prevention

Campus Connect is a gatekeeper training designed to enhance participant's knowledge, awareness, and skills concerning college student suicide. Specifically, Campus Connect aims to increase participant's knowledge about risk and protective factors, warning signs, and referral resources. It also assists students to increase their empathic listening skills, communication skills, and their ability to ask individuals if they are thinking about suicide.

Campus Connect is a highly interactive three hour training. This is an excellent training for any undergraduate, graduate, or professional students that works with students in any capacity or would like to enhance their skills.

There will be four different training sessions in February. The dates are February 7th, February 14th, February 21st, and February 28th. Time is 1:00-4:00PM.

To register for this training please go to

<https://app.smartsheet.com/b/form/3f23a1d657e74d4783a22c318689945a> . Questions or concerns about the training? Please reach out via email (clgiese@iastate) or via phone (515-294-0441).

8) Green Dot Bystander Trainings for Students, Faculty and Staff

Green Dot Bystander Trainings are for participants to enhance their influence to address power-based personal violence in the community and learn the skills necessary to be an active bystander in preventing sexual assault, dating violence, and stalking. Student trainings are March 10/11th and April 11. Staff and Faculty trainings are January 30th and February 18th. To register for a training, follow this link for more information: <https://www.studentwellness.iastate.edu/greendot/green-dot-education/>