

**UNIVERSITY OF ROCHESTER**

# Supporting Student Mental Health

University Counseling Center  
UHS Health Promotion Office



## UCC Mission

Enhance and maintain the emotional health, development and well being of the University of Rochester's students;

Educate and train professionals in psychotherapy and counseling, college mental health, human development and related fields;

Inform, advise and support, in its spheres of expertise, those who comprise the university.



## UCC Values

The staff of the University Counseling Center value:

- Caring – for the student clients and the others whom we serve;
- Respect – for the diverse individuals whom we serve and with whom we work;
- Competence, Self-Awareness, and Responsibility – in all that we undertake.





The University Counseling Center (UCC) is committed to diversity as a core value of our organization. UCC provides services within a context that values the uniqueness of each human being and remains sensitive to cultural and individual diversity in the immediate and extended community.

This includes our respect for how ethnic/racial identity, religious beliefs, nationality, gender identity, sexual orientation, age, socio-economic status, disability, ability, body shape/size, and veteran status might impact a person's experience in the UR community and the larger societies and world in which we live.



The staff at UCC is also committed to maintaining awareness that our various cultural lenses have an impact on how we view our colleagues and our students, and we remain committed to dismantling our biases.

This commitment is guided by the professional standards and ethics of our diverse mental health disciplines. UCC commits to these diversity principles and policies out of our profound respect for each student, staff, faculty, parent, family member and colleague within our community.



## Counseling Center

UHS Building - Third Floor  
738 Library Road  
PO Box 270617  
Rochester, NY 14627

## Eastman

Eastman School of Music  
Student Living Center - First Floor  
Room 107

## Med Center

UR Medical Center  
601 Elmwood Avenue  
Room 1-5091A

## Tele-health

We will continue to offer tele-health when appropriate.

**A UCC professional is on call 24/7 for crisis services.**



**Hours of Operation**

**TO SCHEDULE AN APPOINTMENT:  
585-275-3113**

# Confidentiality

We are extremely careful to protect the confidentiality of our records. Your University Counseling Center record is available only to those professionals directly involved with your care.

Information about your visits will not be disclosed without your permission to any University official or faculty member, or to your family, friends or roommates except in very specific circumstances. Those circumstances are limited to instances when your own life or that of another person is in danger, when child or elder abuse is suspected, and the very rare occasions when we are presented with a subpoena

**[View a copy of the Notice of Privacy Practices Statement.](#)**

# University Counseling Center

## Scope of Services



Every full-time student has access to the University Counseling Center (UCC):

**Step 1:** Call to schedule an appointment at any of our three locations.

**Step 2:** Sign up for [UHS Connect](#). This portal is the only secure way to allow communication between your UCC therapist and you.

**Step 3:** The first appointment will be an initial assessment. During this time you will work with a UCC therapist to develop an individualized treatment plan consisting of specific services to meet your needs.



## Short-Term Individual Counseling

- Offered at UCC
- 45-50 minute sessions
- Usually weekly or biweekly
- Up to two months worth of therapy

## Long-Term Individual Counseling

- We provide referral services, including case management, for our students who need long-term therapy.
- Connections with providers in the community.
- Partnership with Thriving Campus, an online directory, to make it easier for college students to find community mental health providers off campus and in many other states.
- Psychology Today and Suicide Stop

**One-on-One  
Counseling**

## Therapy Groups

- Consist of 8-10 students
- Meet weekly
- No limit to attendance
- Variety offered - open groups, identity-based groups, theme-based groups

## Skills Group

- Consist of 8-10 students
- Meet weekly
- No limit to attendance
- Focused on development and practice of skills and strategies

## Drop-in Group

- No initial assessment or commitment needed
- Recurrence varies - one-time, weekly, monthly
- Theme and identity-based

# Group Counseling

[Learn more](#) about our groups ...

# Crisis Services

## After-Hours Crisis Line

- UCC staff rotate on-call coverage and always have a staff member available 24/7.
- If you are ever concerned about the health and safety of yourself or another student, please call 585-275-3113.
- Counselors in Residence, specially trained graduate students, may respond in person based on the nature of the situation.

## Same-Day Appointments

- For emergency situations.
- When a student cannot wait for an initial assessment.



# Support Services

Over the past year, the UCC has been working to support students experiencing systemic racism and other forms of oppression by offering ongoing identity-based therapy groups including:

- **Mosaic (students of color)**
- **Women of Color**
- **Men of Color**
- **Women's Group**
- **Men's Group**
- **LGBTQIAP+ Group**

We also offered numerous drop-in groups for students in response to racially motivated violence and world crises. Some included:

- **Our Healing Breath (students of color)**
- **AAPI Students & Allies**
- **COVID-19 Escalation for Indian Students**

Based on student voices and current events, we review and adjust our services regularly in efforts to connect with students who may be in need of support. Additionally, the UCC has maintained its liaison work with a wide range of different student groups.



# Self-Help Resources

## Therapy Assisted On-Line Therapy (TAO)

Self-directed and highly engaging mode of online therapy that provides psycho-education and tools to help you develop new skills, such as mindfulness, relaxation, and cognitive strategies.

## TAO Self-Help

TAO Self-Help is a completely private online library of behavioral health resources that includes interactive educational modules and practice tools to help you understand and manage how you feel, think and act.



# Other Services

## Consultations

If you're concerned about the health and safety of others, or if you just have a general question, we're here!

## Outreach

Trainings, guest lectures, hall programs, tabling & mental health screenings.





# Health Promotion Office

Works closely with the University Counseling Center to conduct outreach and educational programming.

Focus on a public health approach to student mental well-being.

# UR Connected



UR Connected is a network of peer coaches that connects students to the resources they need, when they need it most.



This program takes a prevention approach to support the mental well-being of our student community.



Our goal is to recognize struggles early on and take the necessary steps towards a solution which will help our students become ever better.

A graphic with a dark blue background. At the top center is a yellow circle containing a simple smiley face. Below it, the text "We're here to help. Tap into our network of peer coaches." is written in white. At the bottom, a yellow semi-circle contains the text "UR CONNECTED" in white, with the URL "rochester.edu/urconnected" in a smaller white font below it.

**Sign up to work with a coach!**





# MINDFUL UNIVERSITY PROJECT

The Mindful University Project is an interdisciplinary collaboration with a mission to empower our campus community to build a culture of mindful presence and compassion.

The work of the Mindful University Project allows our students to improve their mental well-being, boost academic flourishing, increase resiliency to stress, and reduce levels of anxiety and depression.

**Check out our free meditations on [YouTube!](#)**





# MINDFUL UNIVERSITY PROJECT

- Introductory and advanced learn-to-meditate classes
- Drop-in meditation sittings and yoga classes
- Half-day silent retreats
- Educational workshops and faculty and staff training

[rochester.edu/mindful](https://rochester.edu/mindful)  
@URMindfulUniversityProject

# Koru Mindfulness

**An evidence-based mindfulness training program for college students and other emerging adults that focuses on mind-body practices.**

## Our Classes

Four weeks of classes, 75-minutes each. Students receive free access to the recommended texts and the Koru Mindfulness app.

## Benefits

- Decreased perceived stress
- Improved sleep quality
- Increase in mindfulness
- Decreased self-judgment, isolation, & over-identification
- Enhanced self-compassion and common humanity

**Fun Fact:** Koru is the New Zealand maori word for the unfurling fern frond, which symbolizes balanced growth.

# What exactly is Mindfulness?

Mindfulness is paying attention to one's current experience without judgment. It is an awareness of bodily sensations, surroundings, thoughts or feelings.

**Benefits:** Improves memory and focus, decreases stress and promotes resilience, fosters self-compassion and healthy body image, enhances introspection and emotional awareness, increases immunity.

## How to Create a Meditation Space

Choose a space in your room/home that feels good to you ... and is quiet.

### Make it comfortable

- Pillows and blankets or chair to sit on
- Electric candles
- Plants
- Lighting
- Essential oils
- Pictures of friends and loved ones

### Download a Meditation App

- 10 Percent
- Insight Timer
- Exhale
- Liberate
- Sowlmate



## Importance of Self Care

- The transition into college can be an especially stressful time of life:
  - More autonomy and independence
  - Increased responsibility for own well-being
- College students are particularly susceptible for developing mental health issues.
- Student well-being is positively associated with their focus, attention, and overall success in higher education.

# Caring For Yourself

This semester will look a bit different from the typical “first year experience” – and there will inevitably be changes throughout the semester.

- Changes from the CDC & the state regarding:
  - Mask-usage
  - Social distancing
- Experiencing:
  - Hybrid classes
  - COVID-19 anxiety
  - Secondary trauma
  - Grief and loss



# Caring For Yourself

- Limit technology usage and exposure to news, especially before bed.
- Treat yourself to nutritious foods.
- Get moving!
- Find time to unwind by listening to music, reading, journaling, or meditate.
- Find creative ways to safely connect with friends and loved ones.
- Spend time in nature.
- Pick up a hobby!
- Take study breaks often.
- Avoid excess caffeine, alcohol, tobacco, and substance use.
- Get 7-9 hours of sleep per night.







**Self Care**

# Preparing for the Fall

**Make a self-care kit to bring  
to campus!**

- Face masks
- Books
- Coffee or tea
- Journal and pens
- Cozy slippers
- Eye mask
- Photos of friends and loved ones
- Positive affirmation cards
- Stress balls
- Chocolate
- A yoga mat
- A coloring book



# University Counseling Center

UHS Building, 3rd Floor

585-275-3113

[rochester.edu/ucc](http://rochester.edu/ucc)



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# UHS Health Promotion Office

UHS Building, 4th Floor

585-273-5775

[rochester.edu/uhs/healthpromotion](http://rochester.edu/uhs/healthpromotion)



URHPO & URMindfulUniversityProject

To access these slides:



[rochester.edu/uhs/orientation](http://rochester.edu/uhs/orientation)

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