

Student Affairs BOG Report December 16, 2021

Counseling Services

INDIVIDUAL COUNSELING

Counseling Services has adapted our model to effectively meet the increased volume of requests for services over the Fall 2021 semester. Through a focus on assessment, stabilization and referral model, we have been able to assign all students on our waitlist to a counselor and are currently able to assign new RamPulse referrals immediately. Students who have expressed interest or need for long-term counseling have received referral support to utilize insurance benefits to connect to services in the local or their home community.

GROUP COUNSELING/OUTREACH

Counseling Services BSW Senior Intern, Kitanna Rakestraw, along with VCU Graduate Intern Lindsay Burns, provided a 6-week support group to female identifying students to teach coping skills for anxiety management. Counseling Services partnered with the Stubblefield Institute's Listen, Learn, Engage Program to provide students with a workshop on November 17th, 2021 entitled Trauma and The Nurtured Heart Approach.

MINDFUL MONDAYS

Counseling Services is offering a weekly mindfulness group series called Mindful Mondays. A variety of facilitators including Wendy Baracka, Dr. Christy Wenger, Registrar Tracy Seffers, and VCU Graduate Intern, Lindsay Burns are rotating offering in-person and virtual mindfulness practices and activities designed to decrease feelings of stress, increase healthy coping skills, increase focus on academic and personal goals, and increase connections to self and the community. The weekly sessions are well attended by students, staff and faculty.

LINK:

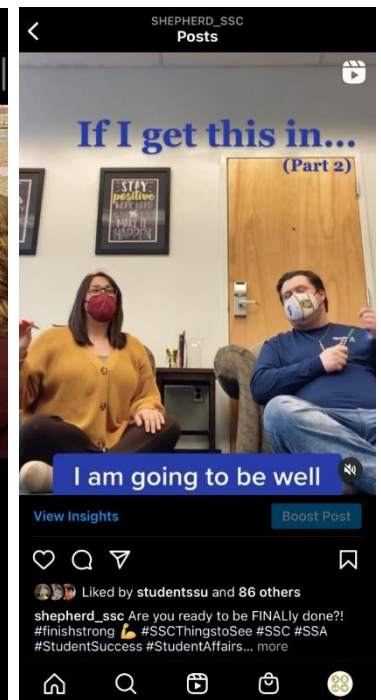
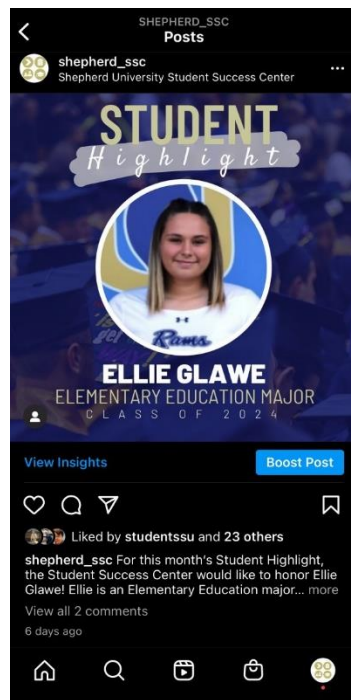
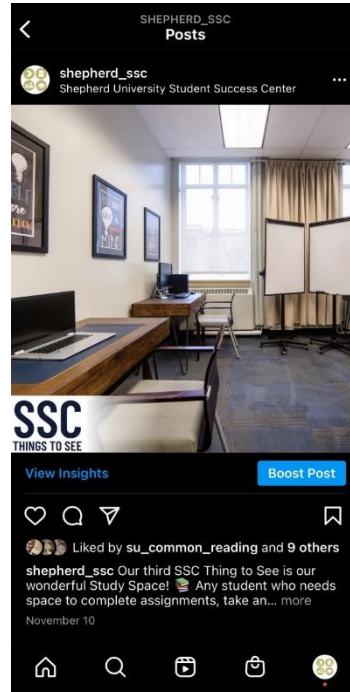
<https://shepherd.campuslabs.com/engage/actioncenter/organization/counseling/events/calendar/details/7485974>

HEPC CAMPUS COMMUNITY MENTAL HEALTH GRANT

Counseling Services was awarded a \$5000 Campus Community Health Grant to implement a new branch of Counseling Services called the Wellness Zone. This will be a separate physical space on campus where students can gather to participate in relaxing activities including journaling, meditation, reading, and on occasion, outreach programming geared toward stress reduction and healthy coping. The grant funding will allow the purchasing of materials and supplies to outfit the space. During the month of December, we will begin making purchases of budgeted items to prepare for implementation in the Spring, 2022 semester.

Student Success Center

@SHEPHERD_SSC INSTAGRAM ACCOUNT



Office of Student Community Service

WISHMAKERS ON CAMPUS

The Wishmakers on Campus group, in partnership with Make-A-Wish, was able to grant our first wish kid Gabe's wish! Gabe and his family will travel to New York City on December 12th to fulfill his wish of a Home Alone experience. We have raised our fundraising goal to \$8,800 to grant another wish.

LINK:

<https://www.shepherd.edu/communityservice/wishmakers>

OUR CAMPUS CARES

The Our Campus Cares Initiative was able to collect 30 Thanksgiving food baskets to donate to Berkeley Senior Services during the Thanksgiving holiday. We also donated 30 toys to Joys and Toys through a partnership with The Martinsburg Initiative. Partnering with the Salvation Army, we were also able to donate 30 stockings and 5 Angel Tags to children in the community. In December, we will donate 20 additional food baskets to Berkeley Senior Services for the upcoming holiday season.

LINKS:

<https://www.shepherd.edu/news/student-affairs-delivers-toy-donations-to-salvation-army-joys-and-toys/>

<https://www.shepherd.edu/communityservice/ourcampuscares>

Student Affairs Social Media

@STUDENTSSU TIK TOK

LINKS:

<https://www.tiktok.com/@studentssu>

<https://www.facebook.com/ShepherdUniversityStudentAffairs>

<https://twitter.com/StudentsSU>

<https://www.instagram.com/studentssu/?hl=en>

<https://www.youtube.com/user/StudentAffairsSU/videos>

