

Mental & Emotional Health Presentations from FASCCO

Looking to build a positive workplace culture, create a shared team experience, or address a challenge? FASCCO offers brief presentations on a range of emotional and mental health topics. These presentations are free of charge, available to Central Campus, Flint, and Dearborn community faculty/staff groups, and are provided via Zoom. Below are the presentations that we currently offer to work units. Please call us at (734) 936-8660 if you would like to schedule a presentation for your department and discuss the details including minimum participation requirements.

FASCCO ORIENTATION FOR STAFF & FACULTY FASCCO is a resource to assist with issues of daily living or problems that are personal or work-related that can be stressful. The core services of the office are provided in this 20-to-30-minute session, including professional assessment, short-term problem resolution services, and referrals, when warranted to community and University resources. An overview of current stressors, self-care tips, and strategies are covered. Confidential practices, ease of access, and current emotional health educational offerings are discussed. Also, an introduction to other universities and community resources is given.

FASCCO ORIENTATION FOR SUPERVISORS Orientation and Training on the services of FASCCO and how to refer/suggest a staff or faculty member to seek assistance is critical. Frequently supervisors (unit leaders and HR Staff) are the first to detect or be aware of performance issues that may be related to personal stressors that staff/faculty may be experiencing. The primary focus of the orientation is on the recognition of those who are “distressed,” intervention strategies, and recommended referral procedures. Sample opening statements and scripts are provided for difficult conversations. University policies (confidentiality etc.) that are applicable are discussed and an overview of University and Community resources is provided.

Topic-specific Emotional Health Presentations

BALANCING PERSONAL LIFE & WORK LIFE “HOW DOES ONE DO THIS?” This session will help one look at all of the responsibilities each of us have and provide some tools for how to decide what is really important to us as an individual. Participants will learn how to define balance, identify our

values and examine external and internal messages that influence the decisions we make. In this interactive session strategies in how to deal with multiple demands will be offered, along with ways to focus on finding balance and find time for things we cherish doing.

WOMEN AND MENTAL HEALTH Research has identified differences in women and men in regard to risk, prevalence, presentation, course, and treatment of mental health conditions. This presentation will explore factors that affect women’s mental health, mental health disparities, and the importance of mental healthcare for women. Folks of all genders are welcome to attend, although part of the presentation will include an experiential component for those who identify as women.

MENTAL HEALTH HYGIENE 101 Healthy eating and regular exercise promote good physical health, but what do we know about practices to promote good mental health? Come attend an informal, one-hour presentation to learn just that. In our time together, you’ll hear recommendations and tips that support your overall emotional well-being.

SELECTING A THERAPIST AND IDENTIFYING COMMUNITY RESOURCES (Mini Session) This session will provide descriptions of the types of mental (behavioral) health providers, an understanding of their listed credentials, and suggestions on how to select one. An overview of the styles and approaches that therapists use in providing services (resolution-focused, family systems, and analytical). Also, some sample questions to ask when choosing one will be offered. In addition, a brief overview of how to identify and locate support groups will be provided.



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CREATING HEALTHY BOUNDARIES Healthy boundaries are so important for our emotional well-being, but how do we set and maintain them? In this presentation, you'll learn the importance of setting personal and professional boundaries, how to recognize your own limits, and tips for having difficult conversations and communicating your needs.

WORRY: TIPS AND TRICKS FOR PUSHING BACK (Mini Session) Do you wish you had more control over your worry? Join an informational and interactive lunch and learn to hear about strategies to better manage your worry so it doesn't manage you. Participants can expect to leave with tools to try on their own.

DEFINING & CULTIVATING HAPPINESS Come explore what happiness can look like in your life and how to cultivate and maintain a sense of happiness, contentment, and well-being in your life. This is an interactive presentation so come prepared to share your understanding and experiences.

SLEEP BETTER, FEEL BETTER Tips to improve your sleep (mini)- Want a better night's sleep but not sure how? Join this session in a relaxed setting to learn well-established strategies that can help improve your sleep.

CONSTRUCTING A CONVERSATION OF CONCERN WITH ANYONE (mini session) This session will review some key elements in developing a script to have a conversation with a family member, partner, or anyone that you have a concern about. Suggestions on how to frame your concern to minimize the party of concerns defensiveness. Sample conversation openings will be provided along with techniques that strengthen your caring message.

GOAL SETTING (mini session) Setting a goal is the first step to meeting it. Attend an informal session to learn tips and tricks to help yourself succeed in accomplishing your goals. Strategies can be applied to both professional and personal settings.

MINDFUL SELF COMPASSION An interactive discussion group that identifies the concepts inherent to mindful self-compassion (MSC), the role it can play in health and well-being, and techniques to cultivate acceptance of yourself, inner strength, and resilience.

INTRODUCTION TO STRESS MANAGEMENT This brown bag presentation provides an introductory overview of stress management techniques that can be used in daily life. Participants will practice specific stress management techniques in the class and will be encouraged to select some of these techniques for active implementation in their personal and professional lives. The format is informal, practical and interactive.

MANAGING YOUR STRESS THROUGH MANAGING YOUR THINKING This brown bag is available to all units on central campus, this brown bag identifies ways in which negative and illogical thinking often leads to personal and occupational stress. The brown bag also includes methods to replace these illogical thoughts with more logical or rational ways of thinking, which has been found to significantly reduce stress. To inquire about scheduling a brown bag, please contact FASCCO at (734) 936-8660.

UNDERSTANDING MENTAL HEALTH CONDITIONS AND HAVING A CONVERSATION OF CONCERN Do you know that an estimated 1 in 5 Americans (43.4 million adults) experience a mental illness in a given year? Given that you, a family member, or a coworker might be that one individual, perhaps you can benefit from a better understanding of how mental and emotional health conditions impact the work environment and what factors constitute a mental health-friendly work environment. Join us to discuss these issues and learn about the workplace programs and resources available to U-M faculty and staff who experience mental health conditions.

QUICK TIPS FOR SELF CARE This one-hour session focuses on tools and skills for prioritizing self-care. Don't have a lot of time to squeeze it in? No problem. Folks will walk away with a tangible plan and self care techniques that they can use both at home and at work, even when time is limited.

GRATITUDE WORKSHOP Explore the concept of gratitude from ancient philosophers, to the major faith/spiritual traditions, to contemporary thinkers. The scientific research on the benefits of gratitude will also be explored. Prepare to delve deeper and identify the many forms of gratitude in your life.

OVERVIEW OF ANXIETY DISORDERS & OTHER MENTAL HEALTH CONDITIONS This session will present an overview of Anxiety Disorders and a summary of major mental health conditions along with commonly used intervention strategies. **Additional training resources** are available from Organizational Learning.

QUESTION, PERSUADE, REFER (QPR) TRAINING QPR is an evidence-based program designed to teach individuals to recognize and refer someone at risk of emotional crisis or suicide. This training provides valuable knowledge and skills for understanding risk and protective factors, recognizing early warning signs for emotional crisis, and helping individuals connect to available resources. This is an interactive skill building session, which includes each attendee participating in breakout practice scenarios. (90 minutes).

FASCCO counselors also develop and teach MHealthy classes on a range of emotional and mental health topics. These classes are free of charge and open to all employees.



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