

HERE'S WHAT'S HAPPENING

Check out the new Wellness Site and Message Board and be entered to Win an iPad Air!



JeffHELP launched its new Wellness Site and Message Board, and you could win an iPad Air just by checking out the new websites.

- Go to www.jeffhelp.org/wellness and create your own wellness plan
- Then go to the JeffHELP message board, www.jeffhelp.org/messageboard. If you're not already registered, then sign up for the message board.
- Once you're registered, go to the JeffHELP Wellness group and post your feedback about creating your wellness plan.

Once you post your feedback, you'll be entered to win an iPad Air! Contest ends September 30th.

Any questions, contact JeffHELP.



September is Suicide Prevention Month. JeffHELP has organized events for awareness, remembrance, and to promote hope.

Click on an event below to learn more!

[A Personal Story of Youth Suicide and What You Need to Know](#): Wednesday, September 10th 12:30 pm - 1:30 pm, Herbut Auditorium, College Building

JeffHELP invites you to learn about youth suicide through a personal survivor story and discussion about risk factors, warning signs, and steps you can take in your personal life to save lives. The session is for anyone who cares about teens. Click link above to register. This is a bring your own lunch event. Employees who attend can receive 5 wellness points.

[Peer Helper Training](#): Wednesday, September 10, 5:00 PM

Are you often the listening ear for a friend? Do you see the ways those around you are hurting and wish you could do something? Would you like to be part of a large community of students who want to help each other? Would you like to receive training to help a peer in emotional crisis? Click the link to register and to find out more about this training.

[Light a Candle for Hope on National Suicide Prevention Day](#): Wednesday, September 10, 7:30 PM, Lubert Plaza

Join us for a time of awareness & remembrance. You can purchase a candle for a minimum \$1 donation or purchase 5 candles and get a free JeffHELP Reasons to Live t-shirt. You may donate the candle for awareness, or have it dedicated in someone's honor or memory. **If you have something you'd like to offer at the observance (perhaps a poem, or a few brief words), please contact [Rose Milani](#) to go over your offering.**

[Psychiatry Club Presentation - Q&A About Suicide](#): Tuesday, September 23, 12:00 PM

Matthew Wintersteen, PhD will be providing a Q&A on Suicide for the Psychiatry Club. All are welcome to attend. Location TBD. Check the link above for updated location, or you can email [JeffHELP](#) and let us know that you'd like to receive an email when the location is decided.

UPCOMING EVENTS

Taste of Mindfulness

In this one hour workshop, you will be exposed to mindfulness theory and practice in a group setting so that you can begin on your own journey to greater ease, knowledgeably answer patients' questions, and appropriately prescribe this intervention.

We will offer this workshop three separate times. Please click on the date that works best for you to register.

[Tuesday September 16, 12:00-1:00 PM](#)

[Tuesday, September 23, 5:00 - 6:00 PM](#)

[Wednesday, November 11, 12:00-1:00 PM](#)

Location: 833 Chestnut Street, Suite 230, Room 2304

This workshop is \$10.00 for the one hour session, due upon arrival.



Making Connections Workshop

Thursday, September 18th, 4pm-5pm, FREE

833 Chestnut Street, Suite 230, Room 2304

This workshop discusses some of the common issues students face in adjusting to academic and social life at Jefferson.

Connecting to peers and getting involved on campus will be emphasized

Please [click here](#) to register. Contact [Shawn Blue](#) with any questions.

Mental Health First Aid Training

October 10, 7:45 Am - 5:00 PM 833 Chestnut Street, Suite 210, Room B-01 \$25.00 for Students \$35.00 for Employees

Mental Health First Aid is a ground breaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid is an interactive 8 hour course that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and reviews common treatments. Those who take the course become certified as Mental Health First Aiders and learn a 5--step action plan encompassing the skills, resources, and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self--help care.

For more information [click here](#). To register, contact [Deanna Nobleza](#).

Monthly Poll Question

Who's the first person you go to when you need to "talk it out"?

[Click here to vote!](#)



App of the Month

Virtual Hope Box

Free! (Available for [iPhone](#) & [Android](#) devices)



Since our focus this month is on emotional health and wellness, we thought we'd feature an app in line with that.

The Virtual Hope Box (VHB) contains simple tools to help people with coping, relaxation, distraction, and positive thinking. Individuals can work together with behavior health providers to personalize the VHB content on the patient's own smartphone according to the patient's specific needs. Individuals can use the VHB to store a variety of rich multimedia content that they find personally supportive in times of need.

Resource of the Month

A Genuine Approach to Happiness

Matthew Wintersteen, PhD

Director, JeffHELP

He was funny. *Really* funny. In fact, his comedy was almost absurd at times. How then does it make any sense that someone so deeply funny, who seemed to gain joy from watching others laugh, could die by suicide? This is the mystery of Robin Williams. And while numerous media outlets attempted to help us gain some insight into his life, the reality is that only Mr. Williams truly understood the emotional pain he experienced within. Whether he was ever able to convey this to anyone or, even if he tried, whether or not anyone could appreciate his struggles may never be known.

Sadly, Robin Williams is but one individual who may have suffered in silence. Too many others endure their own emotional turmoil on a daily basis and yet none of us would ever know. Society tells us that we are supposed to act a certain way or present ourselves to others in a certain way. And let's face it, we often do a pretty good job at that. If we are going to be completely honest with each other, how many students have not felt at some time or another that the work is all too much and they would rather just quit? How many students have not been secretly jealous of their

college friends who chose different professions, are making a decent salary, and have their evenings and weekends to themselves (and whatever they want to do)? And how many faculty and staff truly enjoy going to work every day? Every day? What happens when there are problems at home? With friendships? With dating relationships? And what if we're just tired? Most of us go about the day as if we have everything under control. We go about helping our patients with all of the care in the world, because we know we have a responsibility. We go to our labs and run our studies, and even when our results don't support our hypotheses, we power through. We turn to the cognitive side and try to problem solve. We signed up for this.

We interact with our classmates and colleagues as if everything is fine – always, because we can't let them think otherwise. If they only knew...

How do we overcome some of these challenges? We are social beings, and thus we need to look at human relationships as the source for building personal strength. That's not to say that we should rely on others for our happiness or that, in some manner, others are responsible for how we feel. In fact, it's quite the contrary. While someone may criticize my work, I am the owner of how I interpret and apply that information. And let's face it, our personal histories do have something to do with that process. My point, rather, is that our connections can provide us with security and strength when we are struggling. But relationships are dyadic, so we need to evaluate both sides.

When someone is struggling, perhaps the biggest challenge is being genuine about your experience. When faced with challenges, we have the choice to face them or "sweep them under the rug." Even if you are not the conflict-avoidant type, the advantages to "sweeping it under the rug" are evident. You don't have to think about it. For a while at least, perhaps you can even forget about it. But those struggles don't just go away forever. They linger there until the next time they get triggered. You can pick your metaphor for this, but I like to think about it like a balloon. Each time a problem is "swept under the rug" it's like blowing a puff of air into a balloon. For a while that strategy seems to work, but one day there is no more room in that balloon. The next time a conflict arises, we blow up. It could come out as anger, sadness, depression, or even suicidal thoughts and behaviors. We need to find a better place to handle those struggles. Building your friendships and finding peers with whom you can be your genuine self affords you the opportunity to talk through these struggles. And if your peers have similar experiences to you (for example, you are both in the same program, both work in labs, etc.), they may have some ability to truly empathize with you.

One of the most common myths that I hear from both students and in the workplace is that "if others know that I'm struggling, then they'll think I'm weak." We are all here at Jefferson because we want to help others. Whether that be in the lab, in the classroom, in the administration office, or on the clinical floors, we want to help. Building your relationships with others, even around the challenges you face, make people feel less alone, more connected, and stronger – not weaker, and it enables us to be more compassionate in the work that we do. So while we sometimes have to put on a "happy face" in the clinical setting, being genuine in our relationships with peers and colleagues helps that face become more of a reality.

Now I mentioned that relationships are dyadic. As a community we have the ability to care for one another, simply in how we go about our approach to others. In my clinical experience, I have found that individuals who struggle with depression, anxiety, or suicidal thoughts almost always are struggling in at least one of four aspects of one's interpersonal life. I call them the four As – acceptance, appreciation, acknowledgment/validation, and affection/intimacy. While it becomes their journey to seek out opportunities to find healthy ways to achieve these aspects, we, as a community, can be offering these up every time we come into contact with others.

Acceptance. How many times do you recall feeling different or left out? Often those are times where we were excluded. One of the real joys of life is that we all are different from one another. We are unique, and accepting others into our groups and lives can open countless doors of opportunity for both individual and interpersonal growth. You may discover that accepting others may not only boost that person's confidence and self-esteem, but you may also find your own rewards.

Appreciation. So many people don't go about life seeking out the appreciation of others. But let's face it, when others appreciate us, we feel good. How often do you tell your classmates and colleagues that you appreciate them? And it's not just about appreciating that they did something for someone, like brought donuts to the study group, but that you appreciate them. You appreciate them for who they are – the kind of person they are.

Acknowledgment/Validation. It's one thing to accept others and show your appreciation for them, but validating their contribution and effort goes beyond that. Acknowledging that someone has done well at a difficult task or treated a peer, colleague, or patient in a kind or caring manner can go a long way. It validates their experience and makes them feel good about who they are and what they've done. We all could stand to do a better job with this. (And yes, I'm talking to you, faculty.)

Affection/Intimacy. When I led by saying that these were lacking aspects in the lives of countless people who are depressed, anxious, or suicidal, affection may have been highest on the list. The psychological impact of touch from another human being is profound. Harry Harlow's classical experiment reminds us that it is the comfort of the cloth monkey that was far more desirable than the life-giving milk from the wire monkey. Appropriately displaying affection is a completely different issue. For some, physical contact can elicit traumatic memories or provoke suspicion. We can't go around hugging everyone, especially without their permission. Perhaps the more important point is that we can approach our interactions with each other in affectionate and caring ways. Be genuine in how you greet someone and do so in a kind manner.

So while this may not be the complete formula to living a happy and healthy life, being genuine in relationships allows us to experience life more fully. If you are struggling, then you have the comfort of knowing that you are not alone and that together you can push forward. And if you are not struggling, be reminded that you never know what may be behind the outward appearance of others, such as Robin Williams. Be genuine in your compassionate and caring approach. Acknowledge, appreciate, and accept others for their differences. It may not only save their life, but it may make an impact in yours, as well.

Finally, if you are struggling and need help, you may call 5-HELP (215-955-4357) to get connected to the Student Personal Counseling Center or FirstCALL. And if you are having thoughts of suicide, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

For more information @ JeffHELP contact

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