

## **Presentations for Classes or Other Groups**

The Student Health Center staff is available to teach on health topics, or to support groups during times of crisis, such as the sudden death of a group member. Call us at 256-7780 or e-mail us at [ntamarisk@napavalley.edu](mailto:ntamarisk@napavalley.edu) if you would like to arrange any events.

### **Orientation to Student Health Center Services**

Many students are unaware of the array of free and confidential medical and psychological services available at the health center. We are happy to come to your club or class to give a 20-minute presentation on our services.

### **Suicide Prevention**

This two hour class teaches people to recognize and assist when friends, family members or other associates may be at risk for suicide. We utilize the nationally- recognized research-based QPR approach.

### **Relaxation/Guided Imagery**

Our staff can lead your group in a 20 to 30 minute relaxation exercise, providing students with a self-help skill they can utilize during stressful times.

### **Other health topics on request**

Our nurse practitioner and family therapist have decades of experience in promotion of physical and mental health. From anxiety, to good nutrition, to specific health problems, we can tailor an engaging presentation for your group.

### **Managing Group Emotional Trauma**

The emotional effects of tragedies or disasters often extend beyond individuals to entire groups. Examples of tragedies affecting our college community in the recent past include the wildfires of 2017, and the shooting of Pathways staff members in 2018. Other potential events could be a suicide of a campus member, or the death of club members in a car crash.

Critical Incident Stress Management (CISM) is a system of interventions to help individuals and groups find emotional grounding and recover functionality more quickly than might otherwise occur after a traumatic event. The Student Health Center is prepared to provide CISM should any of these group-level traumas affect our campus community. The core of the intervention is one or two group meetings, generally not lasting more than an hour or two. Participants are encouraged to share thoughts and feelings about the incident. They learn about typical stress responses and how to handle them. These encounters also provide an opportunity to identify any group members who may be having an especially hard time coping, to make sure that they are aware of our on-campus therapy services and of community services, should they wish to access them.