

Red Zone Micro Session #4: **Being Part of a Student's Support System**

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THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE



Upcoming Red Zone Programming

Red Zone Micro Series

Every Thursday until October 10th

Zoom Webinar

* Previous sessions posted to the website for on-demand watching

Silent Disco Party

October 22, 2024

7 - 10 PM

Ohio Union Performance Hall



**Scan QR code to
get Registration
Links + Info!**



Our Goals for Red Zone Programming

- To equip and empower all students, faculty and staff
- To promote campus-wide collaborations and partnerships
- To ensure that all campus locations have adequate support resources and information
- To increase efforts to create a safer and more violence-free culture at Ohio State



Learning Objectives



By the end of this micro session, you will:

1. Understand your role as a possible first point of contact for students
2. Have a better idea of how to support yourself as part of a support system for students



What is the "Red Zone"?



The Red Zone, Defined

The Red Zone is...

a period from **the beginning of orientation till the start of winter break** when over 50% of campus sexual assaults occur, with particular risk from the start of move-in to the beginning of Thanksgiving break.



CCS Overview

Brief Individual Counseling

Group Counseling

Psychiatry

Relationship Counseling

Outreach and Workshops

Crisis Support and Debriefing

Community Referral & Linkage

Drop-in consultation for students (Let's Talk)

Consultation for Faculty, Staff, and Loved Ones

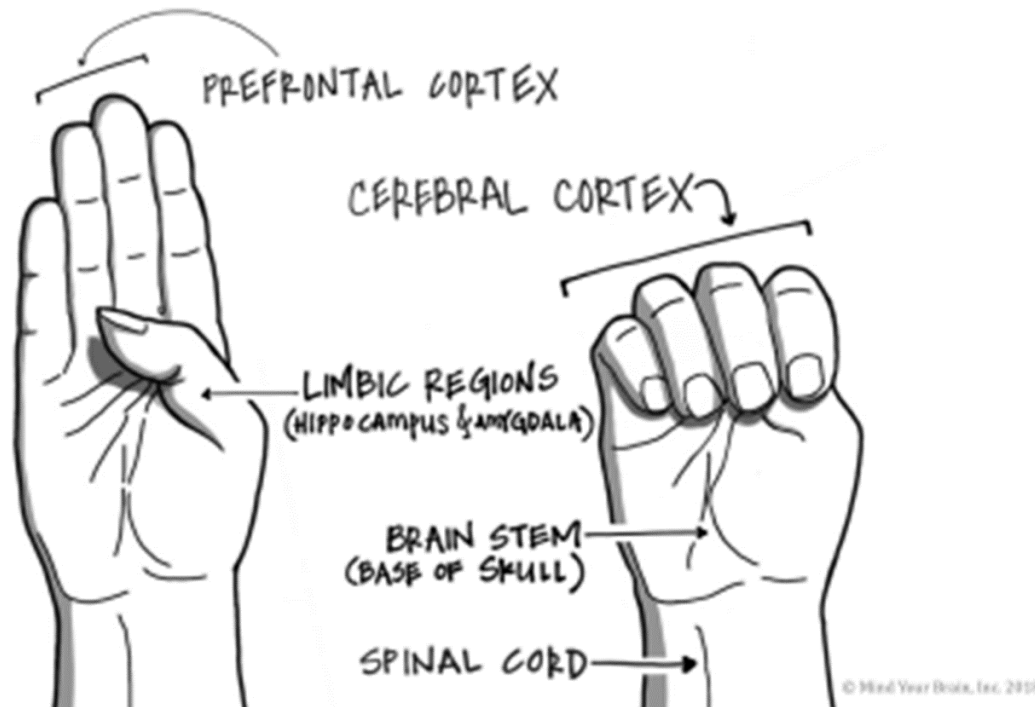
Urgent Appointments (by appointment)

After Hours On-Call Support 24/7 614-292-5766



Context for being an initial point of contact

Hand Model of the Brain

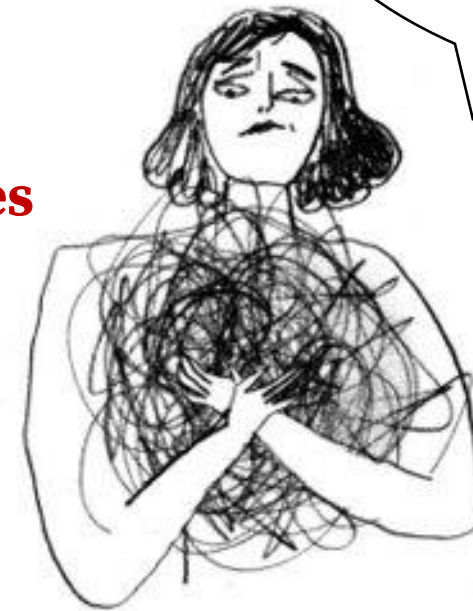


- Stress creates stress –
A pressure cooker
- Themes of safety,
control,
predictability



Trauma Informed Support in a Culture of Care

- **Active listening**
- **Normalizing**
- **Validating**
- **Genuineness**
- **Clarifying/Summarizing/Paraphrasing**
- **Writing things down/Accessible resources**



Asking people what they need is ok! It's also ok if they don't know what they need*



Secondary Trauma
+
Burnout
=
Compassion Fatigue



Self Care

- Two types of self care
- Make it work for you!
- Your role and boundaries

“I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival.”

Audre Lorde
EST. 2004/VALOURINE



Resources for Continuing the Conversation



Know my Name - Chanel Miller *read with care

Burnout – Emily Nagoski

Mindful Self-Compassion for Burnout by Kristen Neff, PhD

OSU's EAP



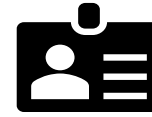
How to Become A Support Champion!



Be A Red Zone Support Champion!



Post the link to the Red Zone website or in your online platform where you mainly communicate with students



Share SARNCO & The Office of Institutional Equity contact info with students



Talk about the information you learned at this micro session with students



List the SWC as a resource for more information on this topic



Attend upcoming micro sessions that cover a range of topics specific to your role as staff + faculty



Invite SWC into a class or meeting to talk about sexual violence prevention + healthy relationships



Provide extra credit for students attending an event



Statewide & Other Resources



[Ohio Alliance to End Sexual Violence](#)

[Ohio Department of Health Prevention Resources](#)

[SARNCO \(Franklin County's Rape Crisis Center\)](#)

[Ohio Sexual Violence Helpline \(find a rape crisis center in Ohio\)](#)

[Shattering the Red Zone – PAVE](#)

[Rape and Incest National Network](#)

[It's On Us](#)

[Join One Love](#)

[Love Is Respect](#)

[National Sexual Violence Resource Center](#)



Campus Resources



Office of
Institutional Equity

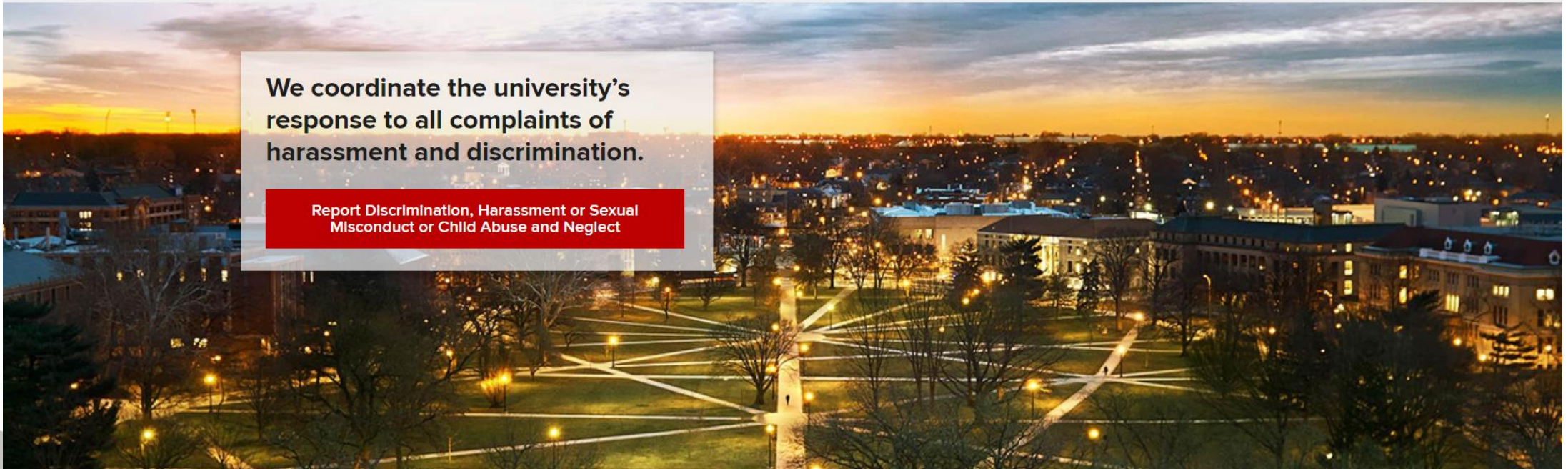


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- [Education and Resources](#) ▾
- [Reporting](#) ▾
- [Resolutions](#)



**We coordinate the university's
response to all complaints of
harassment and discrimination.**

**Report Discrimination, Harassment or Sexual
Misconduct or Child Abuse and Neglect**



Has sexual violence impacted your life or someone you know?

SARNCO offers free, confidential, independent assistance to anyone on campus impacted by sexual violence.

Our Ohio State University office serves to OSU students, staff, faculty and visitors:

- Confidentiality
- Crisis response
- Emotional support and listening
- Support with protection orders
- Safety planning
- Connection to vital resources
- Support with Title IX sexual misconduct procedures



We're here to help. Scan the QR code to contact us today.



Counseling and Consultation Service



Services

Talk to a Counselor

On-Demand Services

Group Counseling

Psychiatric Services

Mental Health Resources

Care Management

Assessment

Eating Concerns

Alcohol and Other Drugs

Young Adult PHP/IOP Support Team

Community Provider Database

International Students

Distance Learners

Talk to a Counselor

There are three primary ways to connect with a counselor at Counseling and Consultation Service.

Reach out today.



Phone Screening

First step to start counseling and ideal for students looking for ongoing mental health treatment and/or resources. Brief screening to determine professional recommendation for next steps. Typically results in connection to a counselor.



Let's Talk

Brief, solution-focused consultation with a counselor. Ideal for students who want advice or support with a specific concern. Ask questions or get clarification about what resource would work best for you.



Urgent Services

Immediate support for students with acute mental health concerns or concerns of safety for you or others.



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Your Feedback Matters



Visit go.osu.edu/swcpresentation or Scan our QR code



Thank You

Student Wellness Center
RPAC Room B130



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