

Counseling Center Newsletter

Monroe Community College

Fall 2017

Welcome Back! Meet Our Team!!



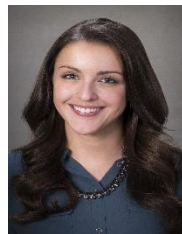
E. Jamall Watkins, Ms,Ed, LMHC, Assistant Director

I am a graduate of MCC and SUNY Brockport with a Master's degree in Community and School Counseling. I attended the Doctoral program in Human Development at the University of Rochester. I am a Licensed Mental Health Counselor as well an army infantry veteran, 10th Army Mountain Division. I came to MCC 12 years ago as a Counselor after working in the Rochester community for a number of years. My education and experiences tell me there are many challenges in life, including; college, age, relationships, race, culture, gender, height, weight. These factors affect our mental health and how we view and react to the world around us. We cannot eliminate these challenges completely. However, we can alter how we view and react to them emotionally. I invite faculty to consult with me and the counseling staff about student issues. I invite students to visit us so that we can explore alternative interpretations, offer support as well as straight talk to help them complete their education agendas.



Kelley Bennet, EdD

I have worked in higher education for the past 22 years and at MCC for the past 16 years. I obtained my bachelor's degree from Nazareth College and Master's and Doctoral Degrees from the University of Rochester's Warner School. As a counselor I enjoy working with students on a variety of issues including self-esteem, anger, depression, stress and anxiety. My approach with each student is unique as I meet the student's where they are at in their lives. I am a warm, supportive and non-judgmental therapist. We will work together to come to new understandings about their feelings, relationships, and behavior patterns. I believe in helping students to identify their strengths to enable them to overcome these issues.



Shannon Glasgow, MS, LMHC,

I am a Licensed Mental Health Counselor with 8 years' experience working with students in the Community College setting. I received my BA in psychology and sociology from SUNY Geneseo, and my MS in Mental Health Counseling from St. John Fisher College. I began my career in the community college setting in 2010 at Genesee Community College and transitioned to Monroe Community College in 2014. The most important part of my job to me is to provide a warm, trusting, and supportive environment to resolve concerns and grow both personally and academically. I use a variety of approaches to best address your individual needs and use your personal strengths to achieve your goals.



Junior Dillion, MA, LMHC

I am a Licensed Mental Health Counselor who has 12 years of experience working with people facing difficulties both abroad and in the US. The most important person to me is the one who is sitting in front of me. I enjoy the challenge of helping you find solutions to any issues that you are facing, as I am at my best when helping others. I am open to people from all walks of life. I find enjoyment from counseling students as you are in the process of transition, which can be both an exciting and challenging time. If you are struggling to adjust to college, feeling depressed, experiencing anxiety or struggling to connect with others, visit the counseling center where I will be more than happy to talk with you and help you discover solutions.

About Our Services

The Counseling Center is committed to providing a professional and confidential setting for the psychological, emotional, and developmental support of students as they pursue academic goals and explore personal growth. We aim to support the learning environment of the College by promoting positive mental health for students through individual, group counseling and crisis intervention.

Emergency and Crisis Info:

During business hours on-campus: Monday-Friday 8:45-4:45:

- Come directly to the Counseling Center.
- Call 292-2030.

If your emergency occurs after business hours, on-campus:

- Call MCC Public Safety at 292-2911.

If your emergency occurs after business hours, off-campus:

- Call Greater Rochester Area– Lifeline, 275-5151, available 24 hours a day.
- Call 911

Recognizing and Responding to Students in Distress

Students are often away from home and friends for the first time. They're living with strangers, often far from their support systems, and working under intense pressure. This can result in disrupted sleeping, eating and exercise patterns. Some students' may be first generation college students and struggling to relate their experiences to other family members. Some of our non-traditional students may be managing children, multiple jobs and other life stressors. This puts students at risk of depression or anxiety before we even consider those with a mental illness or disability.

Suicidal thoughts are likely to occur when a person feels hopeless, helpless and overwhelmed with emotional pain. It can seem like there is no other way out of our problems, we've run out of ideas, possible solutions. Our problems seem unfixable. We believe we've run out of options, and suicide is the only answer left.

How can we help?

One way we can help is encourage our students to increase their coping resources:

▪ Self-soothing

- -Do something that will help you feel better, right now
- -Use all five senses to find things that will soothe you, focus attention on *looking* at something nice, *listen* to music, *taste* something that demands attention, notice *smells*, *touch* something soft.

▪ Relaxation strategies

- Deep breathing
- Positive Imagery

▪ Avoid drugs and alcohol

- Using drugs can trigger mental health problems, or make them worse.

- **Challenge Negative thoughts**
 - Are these thoughts facts or my opinion?
 - Focused on positive aspects of life i.e. family, friends, children, goals and/or past accomplishments.
 - Say “These thoughts are the voice of depression. They are not facts. I don't have to act on them.”
- **Use positive statements**
 - “I’ve coped this far”, “I can get through the next (day, hour, 10 minutes).”
 - “Things will look better in time.”
- **Distractions**
 - Do something else- exercise, watch TV, go for a walk, do household chores, visit someone, use
 - Sudoku, crossword, or a game on your phone.
- **Talk to someone**
 - This can be a friend, RA, family member, trusted person or therapist.

Important to remember!

Many people are depressed at different times in their lives and cope with passive suicidal ideation, as they have cultivated the internal and external resources to manage in times how high stress or triggering events.

Fall 2017 Events

September

- 9/7– Free Tabling event in Brick Lounge
- 9/14– Free Tabling event in Brick Lounge
- 9/19– Seeds of Success workshop
- 9/21– Free Tabling event at Terrace
- 9/28– Free Tabling event at Terrace

October

- 10/4– Fresh Check Day
- 10/11– Seeds of Success workshop
- 10/19– Shine the Light Event

November

- 11/1– Seeds of Success workshop

December

- De-stress Zone in Library
- Staying Healthy During Finals

Encourage your students to visit our Positivity Board, located in the hallway outside the Counseling Center!