

Staying Alive

<http://www.youtube.com/watch?v=OoIRm0MI6I&feature=related>

If we manage stress appropriately, then we are “staying alive.”

Implementing Stress Management Programs on College Campuses

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Boston, MA

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Houston, TX
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Agenda

- Introduction
- Issue
- Solution
- Benefits
- Conclusion
- Q&A

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Rice University:

- Residential college system
- No Greek life



People at the colleges: undergraduates



Other support for students:

- Masters: tenured faculty who live with undergraduates and support various aspects of undergraduate student life
- Resident associates (RA): faculty or staff who work in a similar capacity as masters
- Counseling Center
- The Wellness Center



1 of 2 unique peer-based programs: Emergency Medical Services (EMS)



2nd unique peer-based program: Rice Health Advisors (RHA)

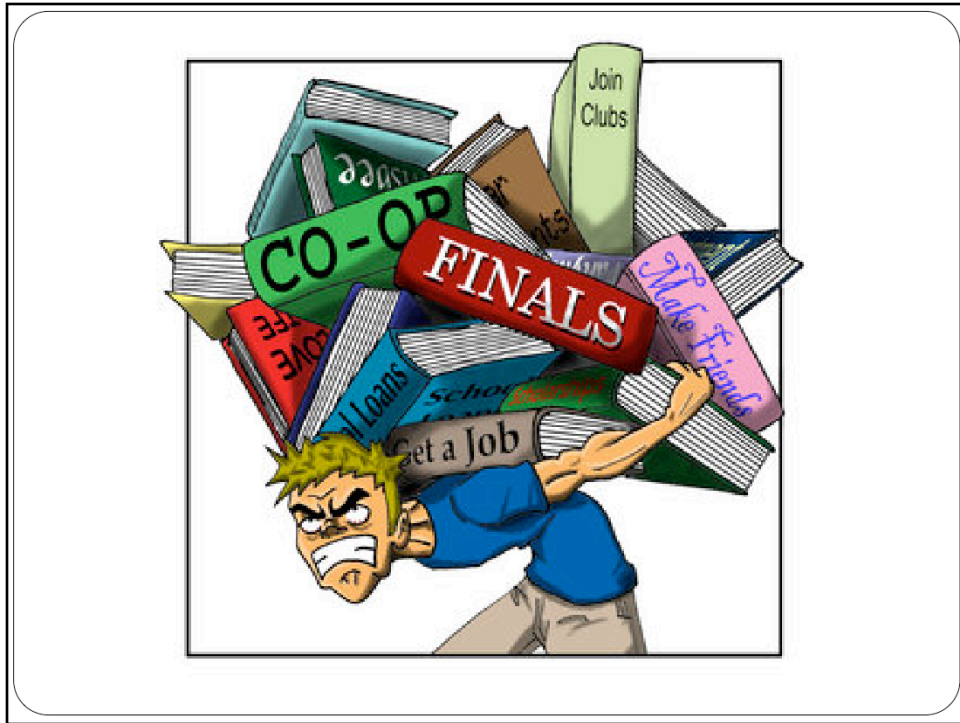


Statistics about Rice as ranked by the Princeton Review:

- 3rd year in a row being #1: best quality of life
- #1: happiest students

Agenda

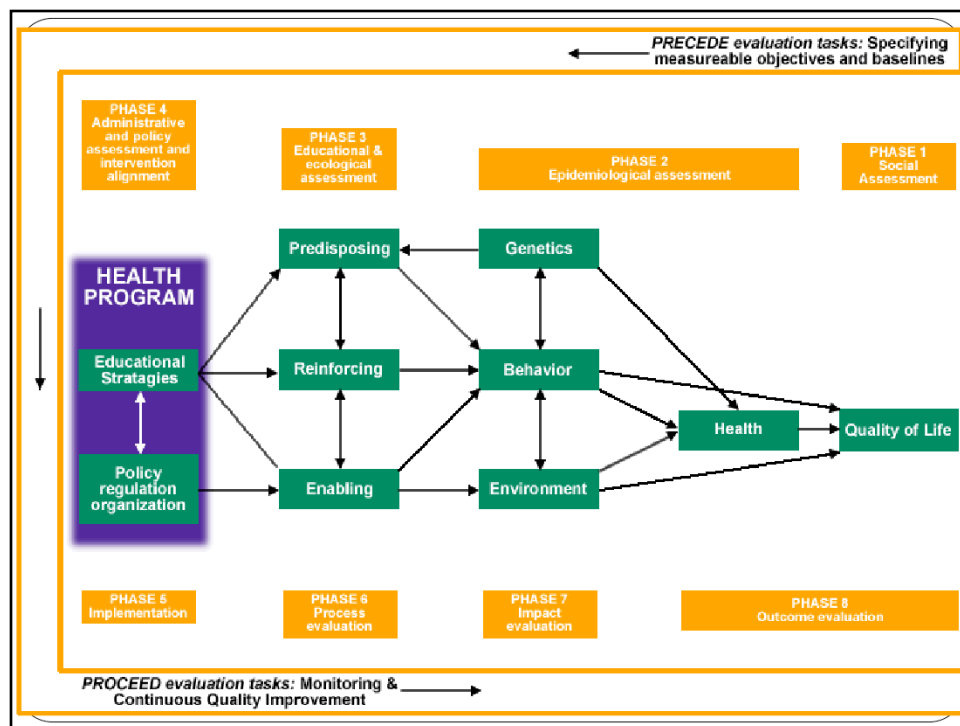
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- After doing a needs-assessment of the target population (Rice undergraduates), stress is the primary issue.
- Students get stressed with academics, social life, money, relationships, etc.

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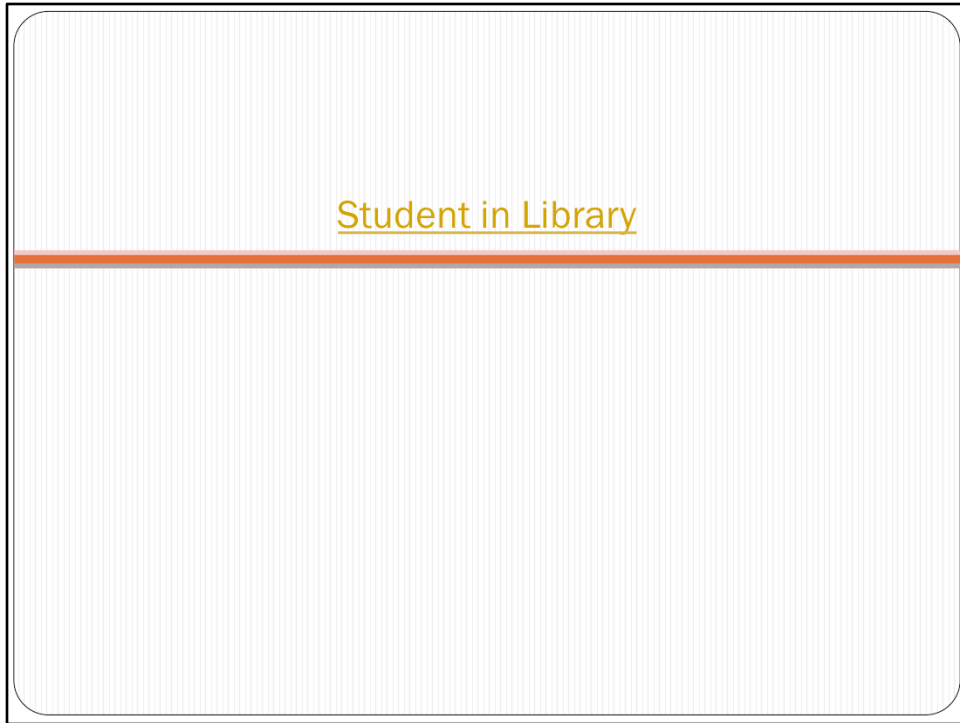


- Derived a pilot program from the Precede-Proceed model using a needs-assessment
- Modeled after successful EMS and RHA programs



Stress Management Services (SMS)

- tailored innovative pilot program
- novel approach for college-aged students that uniquely fits Rice University



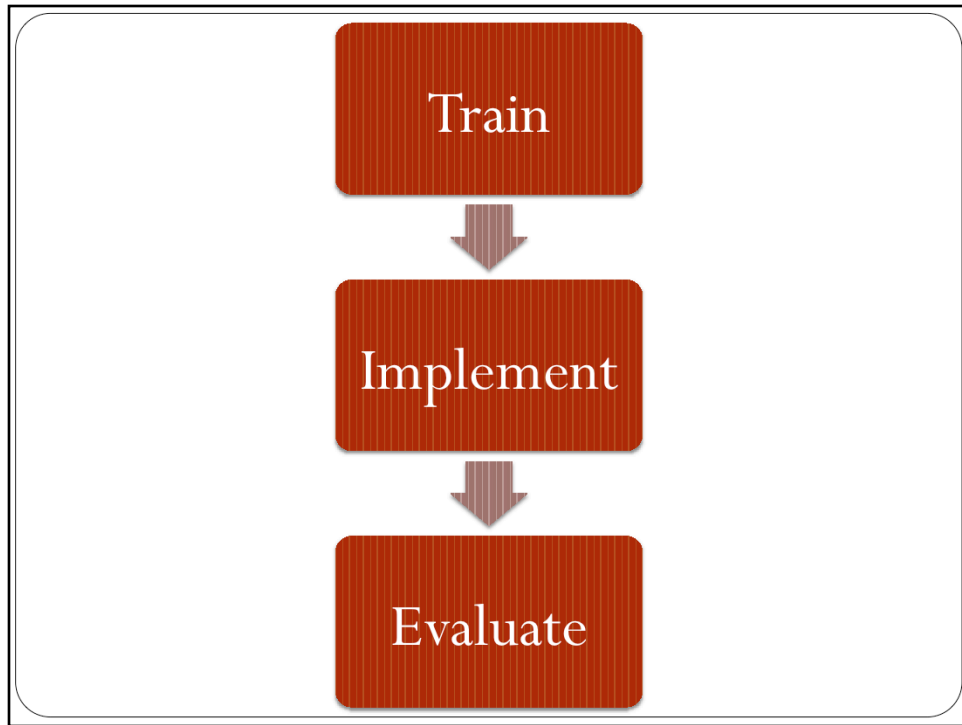
http://www.youtube.com/watch?v=2x_KAVQqdck

One possible scenario that could happen if a student does not manage stress appropriately.



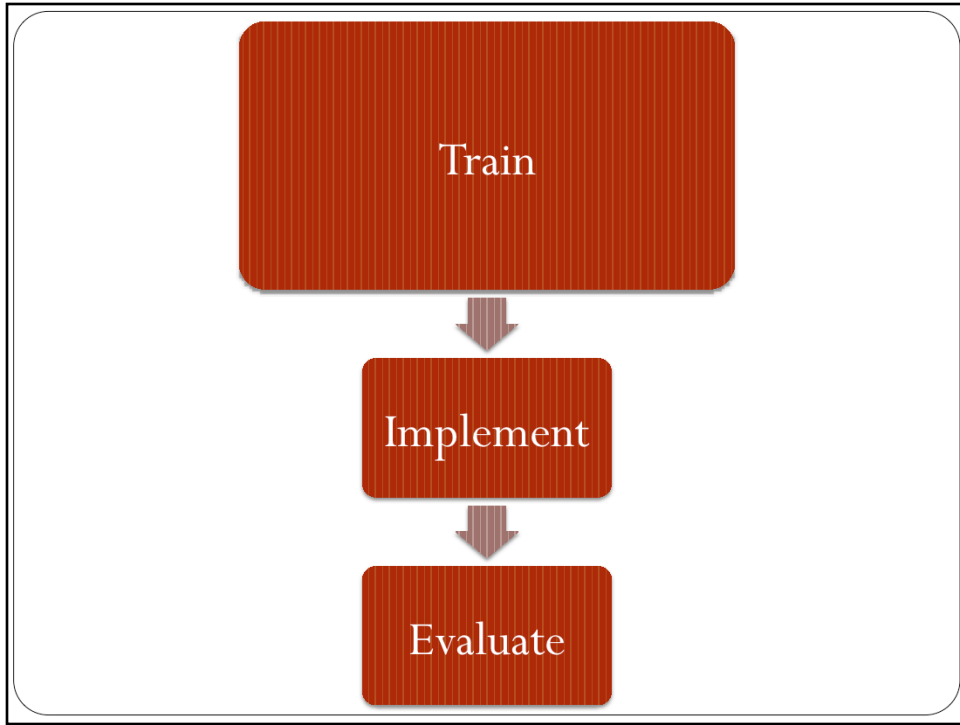
Unique models

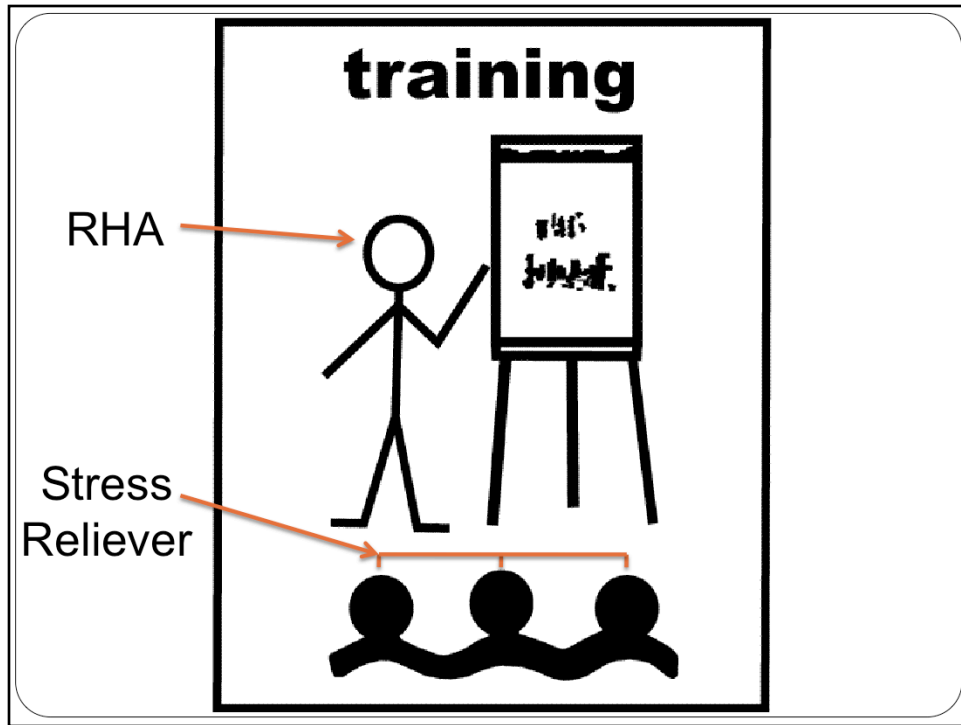
- Reactive:
 - Respond to student after stress becomes a problem
 - Examples: Counseling Center, EMS, Masters, RAs
- Proactive:
 - Respond to student before stress becomes a problem
 - Examples: RHA and SMS



3-Stage Phase Model

1. Train
2. Implement
3. Evaluate



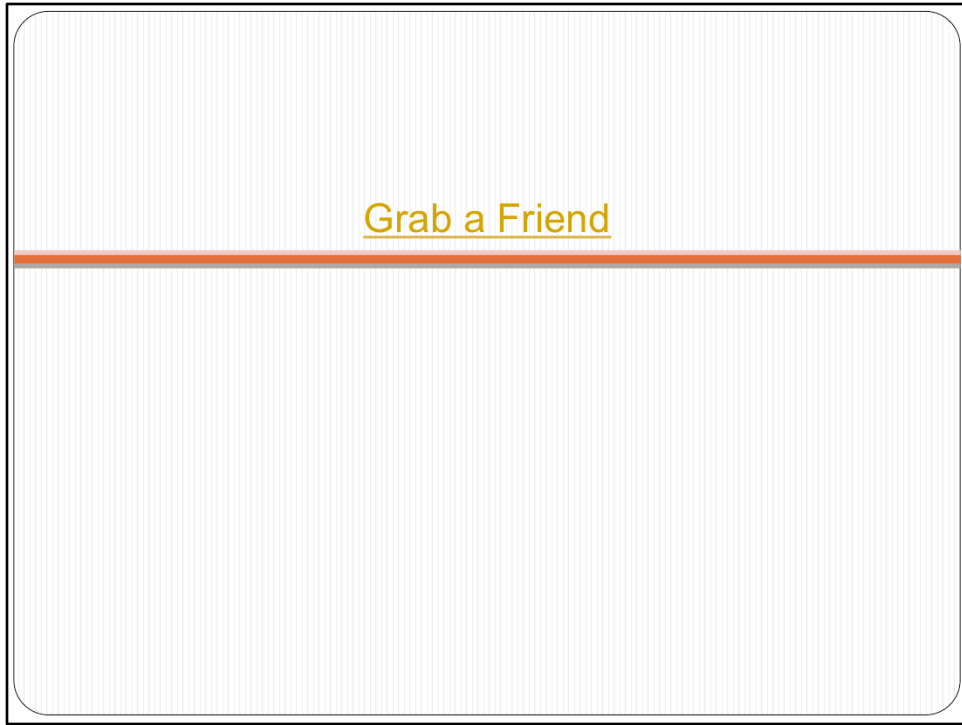


Peer education:

RHAs train the trainer (non-RHA undergraduates called "Stress Relievers") through a weekend retreat with information, role playing, etc



Focus on individual basis interaction, so you can become aware of friends experiencing stress



<http://www.youtube.com/watch?v=UzVhpHoEVil>

Grab a friend and relax.



RHAs

- Equip “Stress Relievers” with the right tools, effective resources, and structured curriculum
- Teach techniques that “Stress Relievers” can tailor for stressed students

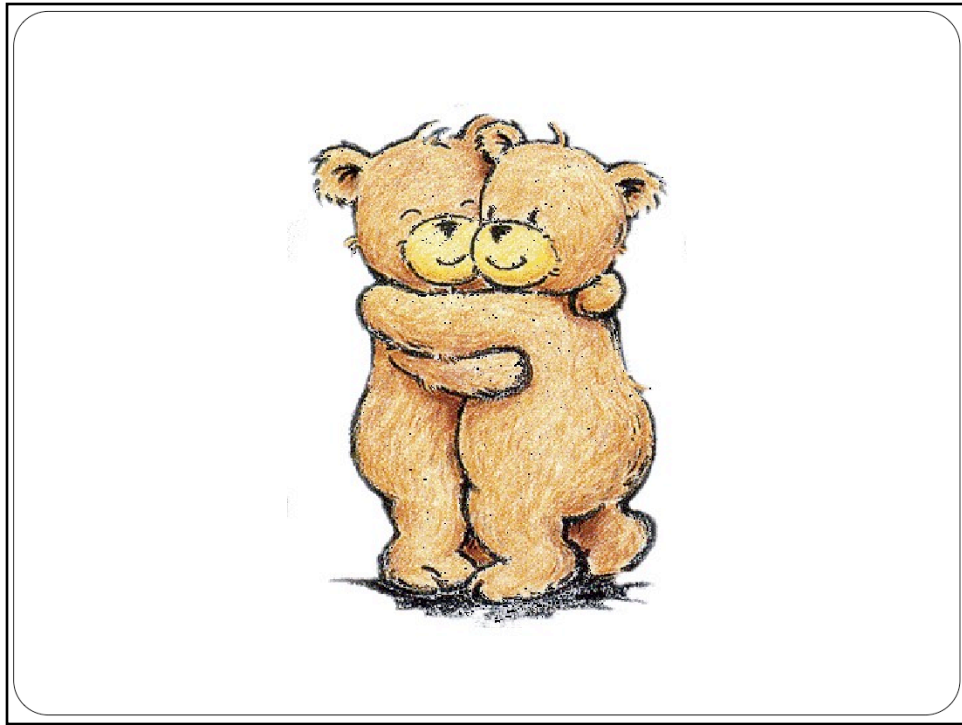


Example technique: practice active listening

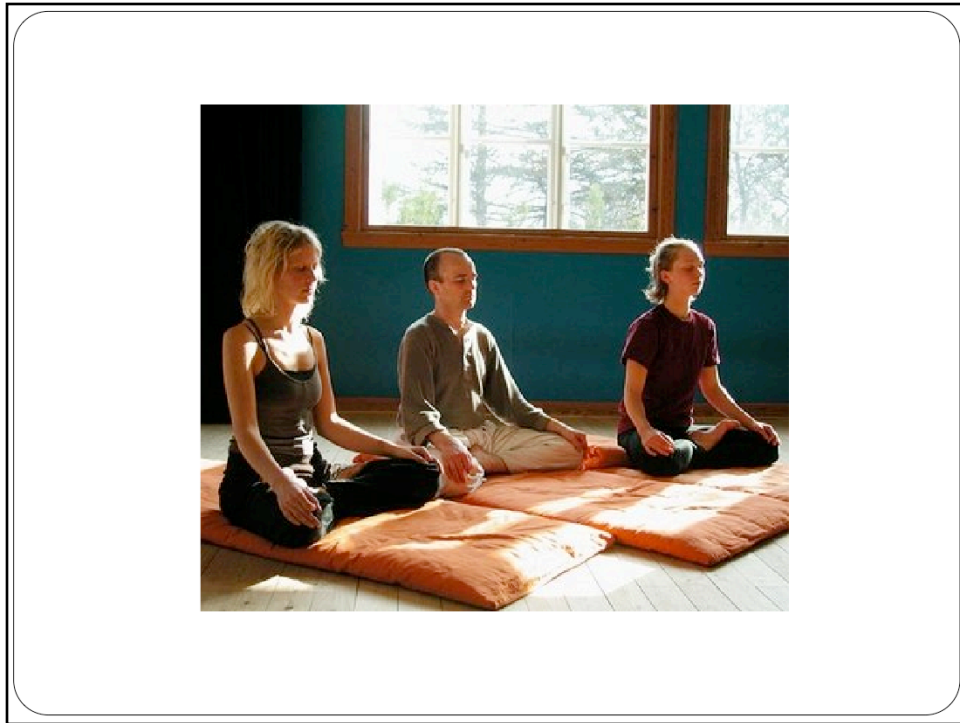
- Compare and contrast videos of effective and ineffective communication
- Provide samples of effective verbal and non-verbal responses
- Practice through role-playing



Example technique: Relieve physical tension. Give a massage.



Example technique: Show someone you care. Hug a friend.



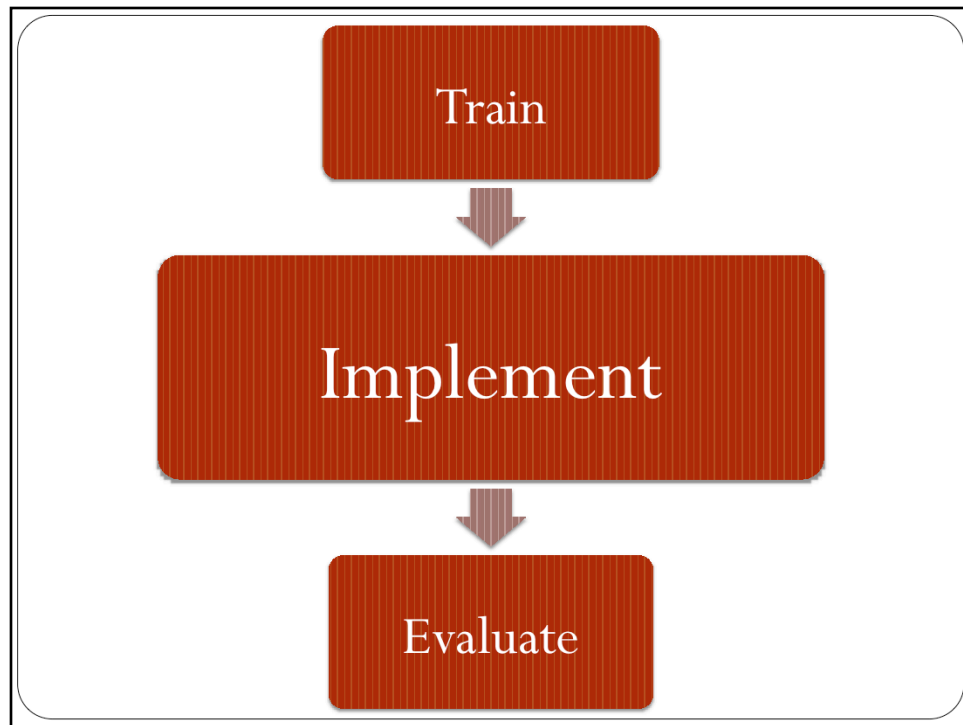
Example technique: Take a breather. Teach them meditation and guided imagery strategies.



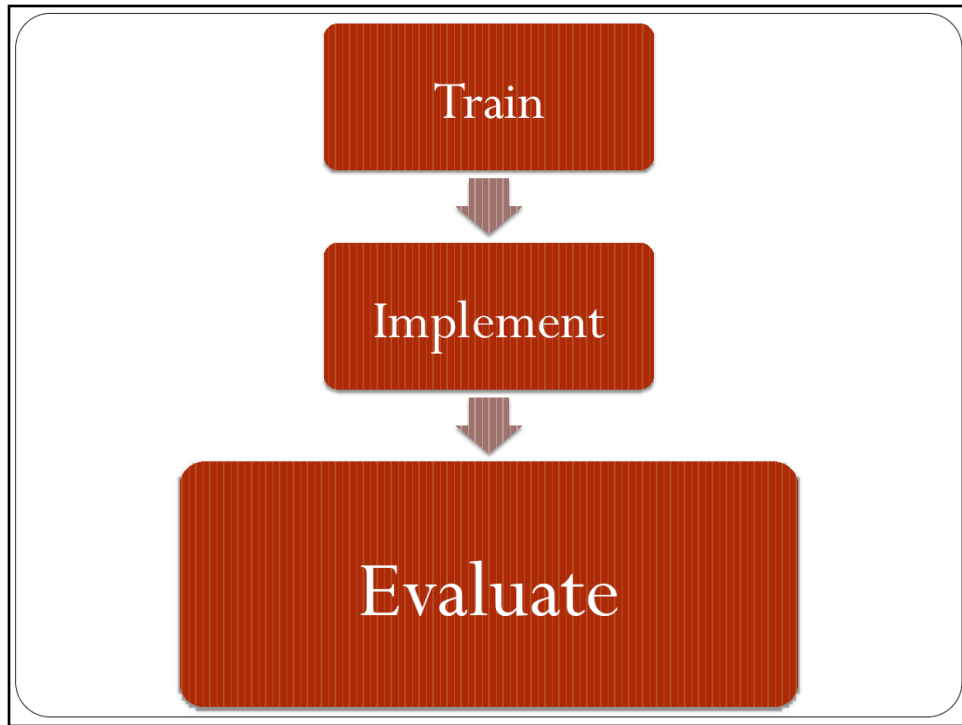
Example technique: Encourage naps. Offer to wake up a friend from a nap.



Example technique: Sweeten a friend's day. Give a friend something to enjoy i.e. chocolate, coffee, cookie, sandwich, water, etc.



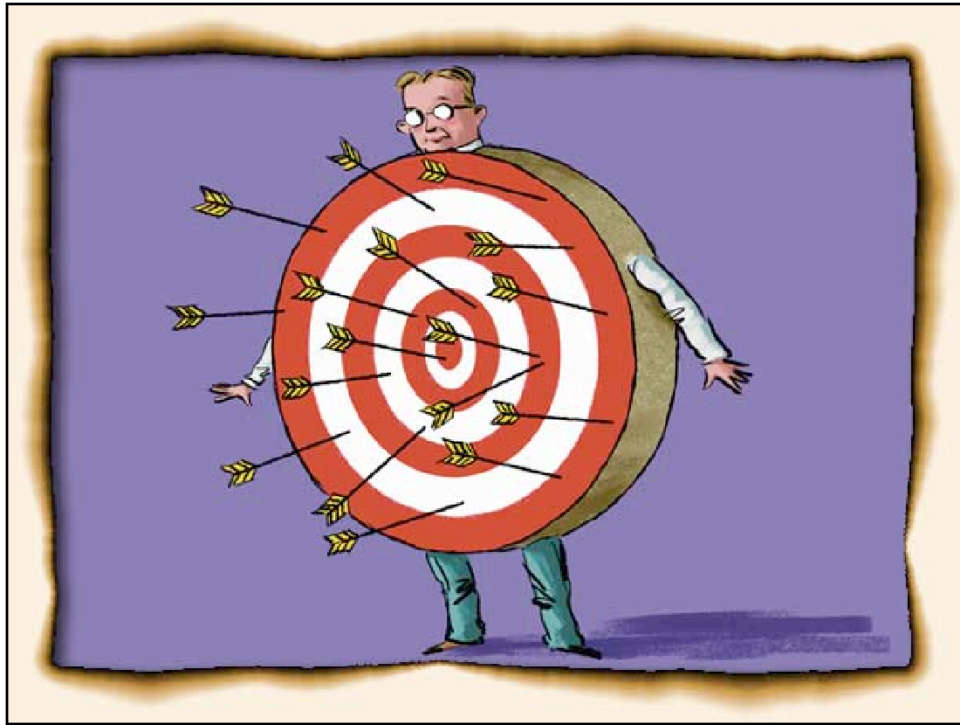
- Implement SMS on campus
- SMS integrates well with the residential college system and current support services (Counseling Center, EMS, RHA)



- Evaluate SMS to measure success
- Specific evaluation techniques: TBA

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Train the individual to target the individual:

- Creates awareness: students can recognize and follow-up on signs of stress
- Utilizes peers: stressed students are more likely to share personal issues with friends
- Peer counseling fits with the RHA model of providing health education
- RHA program is successful, and we expect SMS to be successful too



Early intervention:

- Proactive and integrative approach
- Get to the student before stress becomes a problem



Dual purpose of SMS: recognize and follow-up the signs of stress in yourself and others

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SMS: Stress Management Services

- Proactive and integrative approach for a novel pilot study derived from the Precede-Proceed model
- Peer training and education

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