Leading & Taking Care of Others (Mental Health & Wellness – Part 2)
Webinar Chat Transcript & Additional Resources
June 12, 2020

Presenters:
- Cameron Vigil, Rocky Mountain Engagement Manager, Young Invincibles
- Dr. Shawnté Elbert, Associate Dean of Health & Wellness, Division of Student Success, Central Washington University

Facilitator: Emily Campbell, Bookstore Services Manager, Lethbridge College, Alberta, Canada

BASELINE POLL: How Are YOU Feeling?
- 47% Uncertain & Anxious
- 26% Just Fine
- 16% Isolated
- 5% Depressed
- 3% Sad
- 3% Annoyed

STUDENT MENTAL HEALTH ADVOCACY
- Who is Young Invincibles?
- Young Advocates Program
- Student Perspectives on Campus Mental Health
- Healthy Minds Designation Checklist

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Resources mentioned and available for download at nacs.org/educationevents:
- “Mental Health in the Time of COVID-19”
- “Healthy Minds Designation Checklist”

Upcoming NACS Webinar featuring Young Invincibles:
- Conversation with Executive Director, Rachel Fleischer
- Tuesday, June 30, 2020 at 1:35 p.m. EST (US & Canada)
- Watch the video interview online now at https://tac.nacs.org
LEADING & TAKING CARE OF OTHERS
- First & Secondary Responders
- The Leadership Challenge
- To Take Care of Others, Start by Taking Care of Yourself
- Think Differently & Find Partners Differently
- The Caring Leader
- Brave Vulnerability & Conflict
- The Mask
- Taking Care of Others
- Fight, Flight, Freeze, and Fawn
- Immediate & Future Environmental Considerations
- Identify Resources on Campus & Partner with Outside Industry Resources

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Resources mentioned:
The 5 Languages of Appreciation in the Workplace by Gary Chapman
https://www.appreciationatwork.com/work-personality-test/

NASPA: Student Affairs Administrators in Higher Education
Wellness and Health Promotion
https://www.naspa.org/division/wellness-and-health-promotion

WHAT ARE YOUR KEY TAKEAWAYS?
Alexa Wesley: I'm still processing - very powerful and helpful!

Janet Huebner: taking care of self first is important. I forget to do that.

Debbie Cottrell: I think the key takeaway for me it to know your staff and people as best you can. It is important to know when things are off with them, and to work together to make everyone as comfortable as possible through the various processes of working through the pandemic.

Katy Grobe: I am super excited to learn about my appreciation language and curious what our student workers are.

ADDITIONAL RESOURCES

ACHA: American College Health Association (acha.org)
“Considerations for Reopening Institutions of Higher Education in the COVID-19 Era”

NACS.org/educationevents
Mindfulness & Self Care Webinar & Transcript (Mental Health & Wellness – Part 1)