

“Our Healing Breath” and other virtual drop-in groups: Responding to identity-based critical incidents during the double pandemic

RONKE LATTIMORE TAPP, PHD & BRIGID CAHILL, PHD

UNIVERSITY OF ROCHESTER UNIVERSITY COUNSELING CENTER

CONFLICT OF INTEREST STATEMENT

THE PRESENTERS
HAVE NO ACTUAL
OR POTENTIAL
CONFLICTS OF
INTEREST IN
RELATION TO THIS
PROGRAM.

Learning Objectives

1. Participants will review changes and trends in campus outreach responses to critical incidents
2. Participants will identify three benefits of counseling centers using virtual drop-in groups to support students.
3. Participants will identify institutional and student barriers and supports for providing support through virtual drop-in groups.

A Note on Changing Trends - Before

- ▶ General Mental Health
 - ▶ Stress Management
 - ▶ Performance Anxiety
 - ▶ Understanding Depression
 - ▶ Distressed and Distressing Students
- ▶ Tailored Topics
 - ▶ E.g. My Black is Beautiful
 - ▶ Outreach to Identity-based groups
 - ▶ (e.g., athletes, Greek, LGBTQIA+, etc.)
- ▶ Crisis
 - ▶ Student death/suicide
 - ▶ Natural Disasters (e.g, hurricanes abroad)
 - ▶ Discrimination event on campus

A Note on Changing Trends - Now

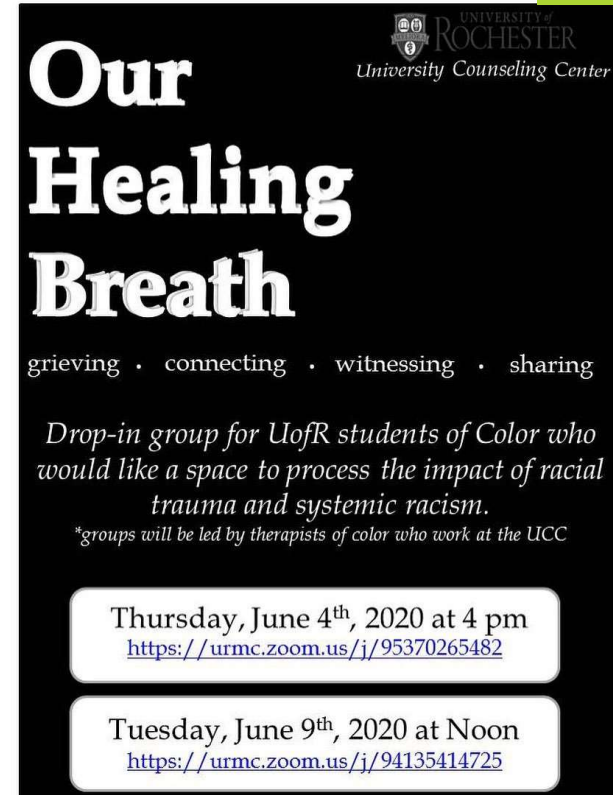
- ▶ Fewer General Mental Health requests
- ▶ Increased Crisis Response
 - ▶ Increased national/global, and identity-based violence related crises
 - ▶ Began pre-COVID amid
 - ▶ Killings of Black/Brown people
 - ▶ Mike Brown, Tamir Rice, Sandra Bland, ... so many #saytheirnames
 - ▶ Pulse shooting
 - ▶ Conflicts abroad (e.g. Syrian crisis + more)
 - ▶ Post-election rise in identity-based violence/incidents
 - ▶ Multiple executive orders impacting International and DACA student's sense of safety
 - ▶ Continued & Exacerbated amid/post-COVID



What trends
or changes
have you
noticed?

Our why

- ▶ Impact of BLM protests, other major events (continued)
- ▶ Impact of COVID and isolation
- ▶ The “Double Pandemic”
- ▶ Need to adapt our outreach responses to a virtual modality



Our Healing Breath

grieving · connecting · witnessing · sharing

Drop-in group for UofR students of Color who would like a space to process the impact of racial trauma and systemic racism.

**groups will be led by therapists of color who work at the UCC*

Thursday, June 4th, 2020 at 4 pm
<https://urmc.zoom.us/j/95370265482>

Tuesday, June 9th, 2020 at Noon
<https://urmc.zoom.us/j/94135414725>

UNIVERSITY OF ROCHESTER
UNIVERSITY COUNSELING CENTER

IN THE WAKE OF THE TRAGEDY IN COLORADO SPRINGS
UCC IS HOSTING A

LGBTQIA+ DROP-IN GROUP

TUESDAY, NOVEMBER, 22ND

4-5PM

ZOOM ID: 910 5524 9796

SUPPORT FOR AAPI STUDENTS

UPSET/AFRAID/ANGRY IN RESPONSE
TO RECENT VIOLENCE AGAINST
ASIANS & ASIAN AMERICANS?

Come together with other students for
a UCC

University Counseling Center

Crisis in Iran Drop-in Group

September 23, 2022
at 11am

ZOOM ID: 995 0101 8829

STRESSED? BURNT OUT?
ISOLATED?

TRY A UCC
DROP IN GROUP TODAY

4-5 PM

ZOOM ID: 933 0094 1195

UNIVERSITY COUNSELING CENTER
DROP-IN GROUPS

MARCH 2022

The UCC will offer drop-in groups for all UofR students
focusing on the following themes:

OUR HEALING BREATH

*FOR STUDENTS OF COLOR, LED BY CLINICIANS OF COLOR.
MONDAYS 1-2PM ON 3/7, 3/14, 3/28

ZOOM ID: 91277115322

INCREASE FOCUS

THURSDAYS 1-2PM ON 3/3 AND 3/17

ZOOM ID: 98988850456

RESOLVING CONFLICT

THURSDAYS 1-2PM ON 3/3, 3/17, 3/24, 3/31

ZOOM ID: 94911635187

COVID GRIEF

THURSDAY 8-9PM ON 3/17

ZOOM ID: 96762391655

SELF CARE

FRIDAYS 11AM-NOON ON 3/4 AND 3/18:

ZOOM ID: 93671657478

CRISIS ABROAD

WEDNESDAY 9-10AM ON 3/9

WEDNESDAY 3-4PM ON 3/16

FRIDAY 3-4PM ON 3/25

MONDAY 2-3PM ON 3/28

ZOOM ID: 96422505660

Drop-in groups are for all UofR Graduate and Undergraduate students

International Student Drop-in Support Group

Description: A safe space for international
students to share their experiences and connect
with others

Join us on Monday, November 16, 12-1pm

<https://urmc.zoom.us/j/ayNEKOH7g>

Initial barriers

- ▶ Getting the word out
 - ▶ Emails/network with campus liaison offices
 - ▶ UCC social media
 - ▶ Not always reaching the target audience, despite expressed need
- ▶ Questioning by legal

Initial barriers *continued*

- ▶ UCC staff anxiety about knowing what to do
 - ▶ Hemmings & Evans (2018) study
- ▶ Criticism from campus partners for us being 'political'
 - ▶ E.g., word choices, "death" vs. "murder"
 - ▶ Taking sides
- ▶ What we thought would be useful wasn't often attended

Identifying and treating race-based trauma in counseling. Hemmings & Evans (2018)

- ▶ Of 106 counseling professionals
 - ▶ 70.8% reported that they had worked with clients who had experiences with race-based trauma
 - ▶ 66.9% had not received training to identify race-based trauma
 - ▶ 81.1% had not received training to treat race-based trauma

Hemmings, C., & Evans, A. M. (2018). Identifying and treating race-based trauma in counseling. *Journal of Multicultural Counseling and Development*, 46(1), 20–39. <https://doi.org/10.1002/jmcd.12090>

Utilization Patterns

	Drop in groups	Students
20-21	127 (42)	88
21-22	116 (43)	60
22-23	38 (30)	80

Group examples

- ▶ Our Healing Breath series
- ▶ Support for students from Puerto Rico

Supporting our therapists' competence

- ▶ Scheduled two day-long trainings and opened them up to campus partners
 - ▶ 1) General overview of CISM
 - ▶ 2) Focused specifically on responding to identity-based traumas
- ▶ Common languages within UCC and across UR

***Trainings provided by Drs. Monica Neel and Kristee Haggins*

Lessons Learned

- ▶ Drop-in groups in response to crises were more likely to be attended than ones focused on general coping
- ▶ Immediacy is important– more students attended groups just after an event than in weeks following
- ▶ Protecting against burnout
 - ▶ Navigating involvement of BIPOC staff for race-based incidents
- ▶ What didn't happen – no zoombombs, no non UR students showing up
 - ▶ We initially provided extra check-in precautions for some groups
 - ▶ We stayed vigilant to catch/remove/report any trolling comments on social media

Impact

- ▶ Students felt seen/valued/supported – even when they didn't attend
- ▶ Staff across the university had something to **DO** to help
- ▶ When they did attend – reported feeling less alone, supported and connected

Looking forward

- ▶ At UCC (UR)...
 - ▶ Training and support for incoming training group and new staff
 - ▶ In Progress: expecting a mixture of CISM and Racial/Identity-Trauma modalities
 - ▶ Evaluating Racial Trauma Assessment (at intake)
 - ▶ University wide plan to respond to crises
- ▶ At Your Institution...

Options for Additional Training*

- ▶ Monica Neely, PhD
 - ▶ Critical Incident Stress Debriefing (CISD), ICIFS model (www.icisf.org)
- ▶ Kristee Haggins, PhD
 - ▶ Trainings on Racial Stress/Trauma, Anti-Racist Allyship (<https://www.experiencedrkristee.com/> and <https://www.safeblackspace.org/>)
- ▶ Monica Williams, PhD
 - ▶ Racial Trauma: Assessment and Treatment Techniques for Trauma Rooted in Racism (3 CEU's via PESI.com)
 - ▶ Also offers a 12-session Racial Trauma Treatment Protocol

* Not an exhaustive list

References

- ▶ Auguste, E., Lodge, T., Carrenard, N., Onwong'a, J. R., Zollicoffer, A., Collins, D., & London, L. (2022, September 15). Seeing one another: The creation of the Sawubona Healing Circles. <https://doi.org/10.31234/osf.io/hwn6x>
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Thank You for Attending

RONKE LATTIMORE TAPP, PHD (RONKE.TAPP@ROCHESTER.EDU)

BRIGID CAHILL, PHD (BRIGID.CAHILL@ROCHESTER.EDU)