

# Training, Education and Resources

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## *Training*

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UC Irvine Counseling Center offers several opportunities for Faculty/Staff & Graduate Teaching/Research Assistants to receive training on mental health and wellness. Counseling Center is also able to tailor trainings for your specific needs and time constraints. See below for current offerings:

### ***Dealing with Disruptive or Distressed Students***

Learn how to recognize and respond to distressed or distressing students. Topics include:

- An introduction to the UCI Consultation Team and how and when to consult them
- Tips and strategies for interacting with a distressed and/or disruptive student
- When and how to notify appropriate staff and refer a student to the right resources
- Information on UCI resources and policies to support faculty, staff and student leaders faced with a distressed student, disruptive student or workplace violence.

### ***Suicide Prevention Training: QPR — Question, Persuade, Refer***

Through experiential exercises and frank discussion, learn how to effectively interact with a suicidal individual and overcome obstacles that often leave someone in crisis feeling judged, misunderstood, invalidated and dismissed. Topics include:

- Helping participants to identify risk and protective factors for suicide
- How to intervene with an individual at risk for suicide
- Practice in the QPR skills of questioning, persuading and referring suicidal individuals
- How to contribute to suicide prevention

### ***Bystander Intervention Training: Step Up! UCI***

Step Up! is a pro-social behavior bystander intervention training that educates faculty and staff to be proactive in helping others. Teaching people about the determinants of pro-social behaviors increases awareness of their reticence to be more helpful. As a result they are more likely to help in the future. Topics include:

- Increased awareness of helping behaviors
- Determinants of motivation to help

- Skills and confidence development when responding to problems or concerns
- How to ensure the safety and well-being of self and others

For more information, visit <http://www.counseling.uci.edu/docs/Managing-Distress-in-the-University-Community.pdf> or call the UCI Counseling Center at (949) 824-6457.

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## Education

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### *Center for Engaged Instruction (CEI)*

*“Great teachers do not all have a single style — but they do all have a singular goal: to reach students in ways that have deep and lasting influence on how they think and act throughout their lives and careers.”*

—Anonymous

The CEI's mission is to improve the quality of teaching and learning through pedagogical development for faculty and teaching assistants; to promote the use of innovative teaching techniques, including the use of instructional technology; and to foster campuswide conversation about enhancing student learning through innovative teaching.

Resources on the CEI's website include:

- Teaching Strategies for Faculty, TAs and Post Docs
- Tips for Teaching with Technology
- Resources for Online and Hybrid Teaching

Contact the Teaching, Learning and Technology center at (949) 824-1398 or email Dr. Sheryl Hathaway at [s.hathaway@uci.edu](mailto:s.hathaway@uci.edu).

Visit <http://cei.uci.edu/> to learn more.

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## Resources

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### CAMPUS RESOURCES FOR STUDENTS

#### **Campus Assault Resources and Education (CARE)**

<http://www.care.uci.edu/>

(949) 824-7273

CARE offers counseling, advocacy, prevention education, leadership and training opportunities for survivors of sexual assault/sexual violence while working closely with the community on collaborative response and policy development.

#### **Clinical Social Worker**

(949) 824-1418

The clinical social worker works with students and campus faculty/staff to coordinate sensitive student situations, providing support and advocacy for students during crisis. CSW services include confidential consultation, high-risk case management, coordination with academic and administrative departments, and education and outreach.

#### **Counseling Center**

(949) 824-6457

The counseling center provides a wide range of mental health resources free of charge to registered students including individual and group therapy, crisis intervention, assessment and psycho-educational workshops. Provides support to the university community through consultation services and training by our multidisciplinary and caring staff of psychologists, psychiatrists, social workers, interns and peer educators.

#### **Dean of Students**

(949) 824-5590

#### **Disability Services Center (DSC)**

<http://disability.uci.edu/>

(949) 824-7494

#### **Office of Equal Opportunity & Diversity (OEOD)**

(949) 824-5594

#### **International Center**

(949) 824-7249

#### **LGBT Resource Center**

(949) 824-3277



**Office of Ombudsman**

(949) 824-7256

**UCI Police Department**

(949) 824-5223

**Office of Student Conduct**

(949) 824-5181

**Student Health Center**

(949) 824-5301

**FOR POSTDOCTORAL SCHOLARS**

<http://www.garnett-powers.com/postdoc/#close>

**CAMPUS RESOURCES FOR FACULTY/STAFF**

**ComPsych Guidance Resources/EAP**

(844) 824-3273

**Worklife & Wellness**

(949) 824-5429

**Office of Ombudsman**

(949) 824-7256

**Workplace Violence Prevention (UCIPD)**

(949) 824-5223

**Campus Consultation Team**

(949) 824-4642

**RESOURCES IN THE COMMUNITY**

**2-1-1 Local Resources**

Dial 211

**Irvine City Police Department**

(949) 724-7000

**National Suicide Prevention Lifeline**

(800) 273-TALK (8255)

**Hoag Memorial Hospital**

(949) 764-4624

**UC Irvine Medical Center**

(714) 456-7890

**Western Medical Center Hospital**

(714) 835-3555