

Training, Education and Resources

Training

UCSB offers several opportunities for Faculty/Staff & Graduate Teaching/Research Assistant training related to mental health and wellness:

Counseling & Psychological Services (CAPS) Overview

We provide an overview of mental health services for the campus, including a more in-depth look at the services that Counseling and Psychological Services (CAPS) provides. We can also provide information on the referral process and answer questions about psychotherapy in general so that students can feel more comfortable seeking services. These presentations can be done for students, staff and/or faculty and can be tailored to specific audiences.

U Can Prevent & Respond: Bystander Training

In addition to an overview of mental health services for the campus, this workshop delves into the issues of being an active bystander in our community and learning how to be a part of our campus safety net. This training includes media and an opportunity to practice interacting with a student in distress via scripted role plays. These presentations can be adapted for students, staff and/or faculty and can be tailored to specific audiences.

Responding to Distressed Students

Faculty, teaching assistants, and staff will often be the first to encounter a student who is in distress. Encouraging and helping the student to seek assistance with the appropriate campus and community resources is important. This training gives an in-depth overview of the campus Distressed Student Protocol. These presentations can be adapted for students, staff and/or faculty and can be tailored to specific audiences.

Custom Training

Special requests for presentations specific to suicide prevention, conflict management, stress management or any concern or topic that a group of students, staff or faculty may have can be easily accommodated.

Contact:

Requests can be made by calling the Student Mental Health Coordination Services main number (805) 893-3030

Education

TRAINING AND DEVELOPMENT

“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

UCSB offers a wide variety of developmental programs to build job skills for the role you have and to foster the career we hope you develop. Programs extend to all segments of the workforce. Check out the many opportunities; classes and workshops, career programs, management development, UC institutes, and training certificate programs.

UC Core Competencies

UCSB has long been devoted to identifying the skills, knowledge and behaviors (core competencies) which have been identified as being important for its employees to demonstrate in the course of their job performance. The Core Competency Model serves as a foundational tool for the assessment and development of UC staff, managers and leaders. All employees are encouraged to continually improve in these areas:

- Communication
- Diversity and Inclusion
- Employee Engagement
- Innovation and Change Management
- Job Mastery and Continuous Learning
- Resource Management
- Results Orientation and Execution
- Service Focus
- Teamwork and Collaboration
- For Managers – People Management

Resources on the Training and Development website include:

- Overview of the UC Core Competencies
- Gaucho U Certificate Program
- Managing Performance - The Year-Round Process
- Successfully Managing & Retaining Talent (S.M.A.R.T.) Workshops

Visit <http://www.hr.ucsb.edu/training> for more information about Training and Development.

Resources

CAMPUS RESOURCES

Alcohol and Drug Program (ADP)
(805) 893-5013

Campus Advocacy Resources and Education (Confidential Advocacy Line)
(805) 893-4613

Counseling and Psychological Services (CAPS)
(805) 893-4411 (Available 24/7)

Disabled Students Program (DSP)
(805) 893-2668

Educational Opportunity Program (EOP)
(805) 893-4758

Office of International Students and Scholars (OISS)
(805) 893-2929

Office of the Ombudsman
(805) 893-3285

Office of Student Life (OSL)
(805) 893-4569

Resource Center of Sexual and Gender Diversity (RCSGD)
(805) 893-5847

Student Health – Social Work Services
(805) 893-3087

Student Mental Health Coordination Services
(805) 893-3030

CAMPUS SAFETY

Community Service Org (CSO) Safety Escorts
(805) 893-2000

UC Police Department Dispatch
(805) 893-3446

OFF-CAMPUS RESOURCES

National Suicide Prevention Lifeline
(800) 273-TALK

Santa Barbara Rape Crisis Center
(805) 963-6832

Isla Vista Foot Patrol
(805) 681-4179

UNDERGRADUATE ACADEMIC

COUNSELING

College of Creative Studies
<https://ccs.ucsb.edu/>

College of Engineering
<http://engineering.ucsb.edu/>

College of Letters and Science
<http://www.college.ucsb.edu/>

Bren School of Environmental Science and Management
<http://www.esm.ucsb.edu/index.html>

GRADUATE ACADEMIC COUNSELING

Graduate Division

(805) 893-2277

<http://www.graddiv.ucsb.edu/>

Graduate Degree Programs

<http://www.graddiv.ucsb.edu/departments>

Academic Departments & Programs

<http://www.ucsb.edu/academics/depts/>

FOR POSTDOCTORAL SCHOLARS

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

