Training, Education and Resources

Training

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.

Education

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.
Visit http://cei.uci.edu/ to learn more.
Resources

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