
Presented by: Susan Toler Carr, PE
Justin Carr Wants World Peace Foundation
CALIFORNIA STUDENT MENTAL WELLNESS CONFERENCE
JANUARY 23, 2019
SACRAMENTO, CALIFORNIA

© 2018 Justin Carr Wants World Peace Foundation
SESSION OUTLINE

- My Story
- What Students Carry In Their Backpacks
- Different Strokes for Different Folks
- Rise Up
- Tools & Resources
University of Southern California (USC)
BS Civil Engineering, Certificate in Business Management
Registered Professional Engineer (P.E.)
UCSD Certified Independent College & Career Counselor
Co-Founder & Counselor: Justin Carr Wants World Peace
Certified Grief Recovery Method® Specialist
Certified Mental Health First Aid® For Adults
Certified Mental Health First Aid® For Youth
The 4-year-old who helped the underdog, who was allowed to pursue his passions and who wanted World Peace …

https://youtu.be/tm1Mi1mzr6I  Click on to see Justin’s Story

© 2018 Justin Carr Wants World Peace Foundation
After Langston Hughes
Theme for English III
The Instructor said,
“Go home and write a page tonight.
And let that page come out of you
Then, it will be true.”
I am an only child.
Not one of three,
Just me.

I go to a school where I feel like a fly in a bowl of milk.
Alone.
Walking down halls where I am one of three...
or at least one of the few with dark skin like me.
The kinks in my hair and the dark skin I wear connects me to the trailblazers
Who struggled to clear paths in order to make my journey easier.

As I walk through the white halls with the white walls,
I see the footsteps of Martin, Malcolm and Coretta before me.
Their pain and suffering endured just so I can be me.
Free.

In my classroom,
I don’t sit in the back waiting to be called on
Because the sea of seats are all available to me.
It’s hard for me to Imagine
Being stationed in the back just like my mother and father were,
Where they couldn’t even see,
That they were lacking opportunity.

I turn on the TV to see faces with brown tones
Sing through microphones,
Not of yesterday’s sorrows,
As the wounds have healed leaving scars of remembrance.
Then I look back at me and what do I see?
Not a rapper or a ball player,
But a boy with dreams,
Goals,
Promise.
Opportunity. ©Written By Justin Carr 2013
WHO ARE THE STUDENTS OF COLOR (SOC) ON YOUR CAMPUS?

- African American
- Latinx (Latino) Includes Brazil Does Not Include Spain
- Hispanic Includes Spain Does not Include Brazil
- Native American Indian
- Asian & Pacific Islanders (Far East, SE Asia, S Asia, Pacific Islands
- Middle Eastern/African/Non African
- Non-White
Do you know What Students Carry in Their Backpacks?
WHAT IS MENTAL HEALTH?

- Person’s Condition with respect to their:
  - Psychological, Emotional, Social Wellbeing

*Journal of Adolescent Health* showed significant disparities in treatment across race/ethnicity among college students with mental health problems.
Students of Color Feel Less Academically and Emotionally Prepared For College

Students of color feel less prepared, both emotionally and academically, than their peers during their first term at college. A national online poll among second semester first year college freshman found that these students feel more overwhelmed and less in control during their first term than their peers. There are positive signs that students of color are refraining from drug and alcohol use, but data show that obstacles remain to these students feeling emotionally prepared for their first term and comfortable seeking help within the college setting.

Emotional and Academic Preparedness

- Caucasian students are more likely than African American and Hispanic students to say they feel more academically prepared than their peers during their first term of college (Caucasian 50% vs. African American 36% and Hispanic 38%).
- Caucasian students also are more likely than African American students to feel more emotionally prepared than their peers (35% vs. 28%).

Perception and Environment

Caucasian students are more apt to report positive feelings regarding their first term in college.

During their first term students:

- Rate their overall experience as good or excellent: 62% vs. 48%
- Feelin in control most or all of the time: 36% & 36% vs. 21%
- Reported feeling overwhelmed most or all of the time: 51% vs. 40%
- Reported feeling angry most or all of the time: 14% vs. 8%

Help-Seeking

African American students are also more likely than Caucasian and Hispanic students to say they seriously considered transferring during their first term (41% vs. 23% and 21%).

Substance Abuse

Though many students report facing pressures to use drugs or alcohol during their first term of college, it appears that students of color are less likely to succumb to such pressures.

- African American students are less likely than Caucasian students to say they feel more pressure to drink alcohol now that they are in college (13% vs. 23%), and that drinking alcohol is a normal part of the college experience (28% vs. 35%).
- African American students are less likely than Caucasian students to regularly consume alcohol (16% vs. 26%) and less likely to report regularly consuming illegal drugs (0% vs. 1%) during their first term.

The survey was conducted online within the United States by Harris Poll, the JED Foundation, Partnership for Drug Free Kids and The Jordan Pecor Foundation between March 25 and April 17, 2015 among 1,502 students who met the following criteria: 17-20 years old, graduated from high school, currently attends a 2-year or 4-year college in the U.S., currently a first year student/freshman in their second term, and currently attending at least some of their college classes in-person. Data are weighted where necessary by age within gender, race/ethnicity, and region to bring them in line with their actual proportions in the population.

*Instances where comparisons between groups were not statistically significant were omitted from the results above.
**The term "Hispanic" was used for consistency with the survey questionnaire.
They Carry Grief?

Grief is the Normal and Natural Reaction to a Loss
Conflicting Feelings Caused by a Change or End in a Familiar Pattern of Behavior

- Emotional, Unique, Different, Better, More
- Death, Divorce, Relationship, Job
- Illness, Pet Loss, Move, Politics, Trauma
- Abuse, Loss of Trust, Safety, Income
- DACA, Natural Disaster, Terror
- Can’t Compare, Can’t Compete, No Timeline
- Grief is often mislabeled as ADHD, Depression, PTSD, and many other pathological conditions.

Grief Recovery Method®
They Carry Trauma?

Trauma occurs when a person is overwhelmed by events or circumstances and responds with intense fear, horror and helplessness, 5x more Depressed, 1:8 kids suffer trauma, MH, -20 years life

- Witnessing a parent homicide or sexual assault can lead to PTSD
- 90% sexual assault, 77% school shooting, 35% violence=PTSD
- 70% of adults in U.S. experienced some trauma = 223.4 Million people
- In U.S. a woman is beaten up e/15 sec. Forcible rape occurs e/ 6 mins.
- Look for emotional swings, isolation, withdrawals, self blame survivor guilt
- Help them connect with others, write, avoid stimulants
- Trauma Informed Care (Treating the Whole Person) Healthcare or Professional Treatment
They Face Racism?

Beverly Daniel Tatum, PhD says:

- It is Not Overt Discrimination
- Not Individual Acts of Hate
- Benefiting from a System of Privileges based on Race Subtly Ingrained in Surrounding Culture
- Difficult to Detect
- Institutional – Assume Affirmative Act of Athlete
- Micro-aggressions
- Moving Sidewalk if you stand still and do nothing you are helping to perpetuate. Must walk against it for change.
DIFFERENT STROKES FOR DIFFERENT FOLKS

JUST LOOK AT THE HEADLINES

Bank robbery suspect was outstanding Blue Hills student

Oregon school shooting suspect fascinated with guns but was a devoted Mormon, his friends say

Police: Warren shooting victim was gang member

Police: Slain Lakeland Teen Had Been Shot Before; Death Possibly Drug-Related

Santa Barbara shooting: Suspect was ‘soft-spoken, polite, a gentleman’, ex-principal says

Shooting victim had many run-ins with law

Ohio man was carrying variable pump air rifle — not a toy — when cops killed him: attorney general

Ala. suspect brilliant, but social misfit

Montgomery’s latest homicide victim had history of narcotics abuse, tangles with the law

And that’s the headline AL.com ran about the shooting death of a 28-year-old black man in Alabama earlier this year.
STUDENTS OF COLOR

- Historical stereotypes: dumb, lazy, scary, violent
- Micro-aggressions, token, pioneer,
- marginalized, pet-threat. Bullied, ignored, invisible
- Cumulative effects-Physical & Psychological- Fatigue and Trauma, Penalized for Praying or for their Religion
- Not taken seriously-anxiety, insults, racial slurs. Assumed they should be grateful

What SOC See When They Walk In the Classroom…

“In that sense, when young people walk into a classroom, they want to see someone who they identify with, maybe because they’re the same race:

But the Reality speaks for itself:
- Black Public school teachers 7%
- Hispanic Public school teachers 8%
- Asian Public school teachers 2%
- American Indian Public school teachers .05%
WHITE IDENTITY

- Norm = Live, Go to School, Work
- Don’t Think Much About It
- Mixed-Spaces = Awareness
- Notice Advantages & Benefits

The New York Times: When Whites Just Don’t Get It (Parts 1-7)
White Privilege: Unpacking the Invisible Knapsack Peggy McIntosh, 1990
https://www.racialequitytools.org/resourcefiles/mcintosh.pdf
DEMANDS

students decided to make a list of "demands" in which they enumerated the changes they wanted the administration to make to ensure a more inclusive environment for minority and marginalized students on campus.

A list of formal demands made at 51 U.S. campuses has been collected on a website called The Demands. FiveThirtyEight sorted through the list, categorizing each request and looking for patterns in the students' priorities. The results, which offer a fuller portrait of this new movement, are shown in the following chart:
How to Respond to Students of Color (SOC)

- Understand their Culture that Discourages Emotions
- Listen to their Stories, Family Matters, Show Empathy
- Use Adverse Events As a Teachable Moment
- Don’t Work in Silos- Create Spaces
- Can You Solve A Problem w/o Talking About It?
- Use Classrooms or Office for Conversations
- Use Positive Psychology by Listening and Talking Honestly
- Provide Open Sharing. All Students Need Life Balance
Talking to Students about Grief or Loss

Simple DO’s

- DO-Find time to support them
- DO-Go first. You are the leader
- DO-Tell the truth about how you feel
- DO-Recognize grief is emotional
- DO-Listen with your heart not your head
- DO-Remember that everyone is unique
- DO-Be patient. Don’t force conversation

Grief Recovery Method®
Talking about Their Situation

Simple DONT’s

- DON’T Say: “Don’t Feel Scared”
- DON’T Say: “Don’t Feel Sad”
- DON’T Say: “Everything happens for a reason”
- DON’T Say: “Be strong for others”
- DON’T Compare their lives to others
- DON’T Say: “I know what you’re going through”
- DON’T Say: “Get Over It”

Grief Recovery Method®
When Talking to Someone Suffering …

DO SAY:

- I am concerned about you. Is something bothering you?
- How long have you been feeling like this?
- Have you spoken to anyone about this before?
- What was your relationship like?
- I can’t imagine how painful, devastating…
- I have not seen you lately—are you okay? What happened to you?
- Don’t always talk just listen
STUDENT ID ENHANCEMENTS

Add counseling and crisis hotline numbers on the back of Student ID's
Simple as making them with Sticky Name Tag Templates

<table>
<thead>
<tr>
<th>EMERGENCY CONTACTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crisis Text Line: Text &quot;start&quot; to 741-741</td>
</tr>
<tr>
<td>Lifeline Crisis Chat: <a href="http://www.crisischat.org">www.crisischat.org</a></td>
</tr>
<tr>
<td>National Help Line for Substance Abuse: 1-800-662-4357</td>
</tr>
<tr>
<td>National Sexual Assault Hotline: 1-800-656-HOPE (4673)</td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline: 1-800-273-TALK (8255)</td>
</tr>
<tr>
<td>Online Crisis Network: <a href="http://www.imalive.org">www.imalive.org</a></td>
</tr>
<tr>
<td>Poison Control: 1-800-222-1222</td>
</tr>
<tr>
<td>Rape, Abuse, and Incest National Network: <a href="http://www.rainn.org">www.rainn.org</a></td>
</tr>
<tr>
<td>Trevor Lifeline for LGBT Youth: 1-866-488-7386</td>
</tr>
</tbody>
</table>
A GUIDE TO HELP STUDENTS & PARENTS TALK ABOUT MENTAL HEALTH

Starting the Conversation: College and Your Mental Health

Important conversations about MH before students leave

Laws and rules around privacy and parental notification, and encourages discussion about how students can keep their parents informed.

DURABLE POWER OF ATTORNEY

A power of attorney is a legal document that gives someone you choose the power to act in your place. In case you ever become mentally incapacitated, you'll need what are known as "durable" powers of attorney for medical care and finances.

The Durable Power of Attorney: Health Care and Finances ...  
www.nolo.com/.../durable-power-of-attorney-health-finances-29...  
Nolo.com
MENTAL HEALTH FIRST AID FOR YOUR STAFF, STUDENTS & THE WHOLE COMMUNITY. IT’S FREE!!!
Today we’re updating the resources we offer to people around the world who may be experiencing self-injury or suicidal thoughts, as well as the support we offer to their concerned friends and family members.

Developed in collaboration with mental health organizations and with input from people who have personal experience with self-injury and suicide, these tools first launched in the US with t... See More
Can Your Instagram Photos Reveal That You're Depressed?

A computer program was able to spot depressed people just by scanning their Instagram photos. Do your pictures fit the profile?

Researchers found depressed individuals posted photos that were bluer, darker and grayer than images posted by others.
MENTAL HEALTH RESOURCES

Grief Recovery Method.  
https://www.griefrecoverymethod.com

Healthy Minds Network  
http://healthymindsnetwork.org/

National Alliance on Mental Health  
https://www.nami.org

Active Minds  
https://www.activeminds.org

Research on Adolescent and Young Adult Mental Health  
Healthy Minds Network  
http://healthymindsnetwork.org

SCHOLARSHIP FOR MH STUDENTS  
http://www.top10onlinecolleges.org/scholarships-for/mental-illness/

CRISIS TEXT LINE  
www.crisistextline.org

THE STEVE FUND  
http://www.steefund.org/
Supports the mental health and emotional well-being for students of color

THE JED FOUNDATION  
https://www.jedfoundation.org/
Nation's leading organization that works to promote emotional health and prevent suicide among college and university students

OK2SAY  
tip hotline for students for peer abuse, suicide and cyber bullying  
Stop the Silence and end the Violence  
http://www.michigan.gov/ok2say/0,5413,7-309-67286---,00.html

7 CUPS OF TEA  
https://www.7cups.com/member/

7 Cups of Tea is an on-demand emotional health and well-being service. Our bridging technology anonymously & securely connects real people to real listeners in one-on-one chat.
VIDEOS/BOOK RESOURCES

Calling in Black to Work... To School
https://youtu.be/cpVeUVcFMAU

Being a Latina...
https://youtu.be/385EzrLq6pE

Looking for Luke
https://www.youtube.com/watch?v=qipDNvyHn-8

The Hate You Give
https://youtu.be/ZuSFslrWmgAg
“Beverly Daniel Tatum PhD Students need to learn to communicate about cultural differences in the broadest possible sense, including those usually grouped together as “diversity” issues like gender, race and power relationships. They must be prepared to have challenging conversations with people different from themselves in order to achieve cooperation. Intercultural competence, in its widest sense, is a vital key for success in the future.”

” Sarah Ketchen Lipson, PhD, EdM, from Boston University School of Public Health, said in a press release. “Understanding and addressing the mental health needs of racially diverse students is essential to supporting their success and creating equity in other dimensions, including persistence and retention.”