



## Title III

# Counseling Services – March 2025

### Message from the Director

Counseling Services provided a variety of mental health-related training courses to the faculty staff and students. This effort is to equip the campus community to be informed, educated, and empowered to respond effectively to students who are present with a mental health crisis. Counseling Services started the 2024 Fall academic semester by training the resident hall coordinators and resident advisors in Mental Health First Aid. Mental Health First Aid is an 8-hour course that teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. At the end of the training, participants receive a three-year certification in providing mental health first aid to those who may be experiencing mental health issues. Additionally, Counseling Services provided QPR Suicide Prevention to students including incoming freshman for the 2024 Fall and Spring 2025 semester. QPR is a suicide prevention training for participants to be able to recognize the warning signs of suicide and question, persuade, and refer people at risk for suicide for help.



Central State University Counseling Services has embarked on two new initiatives. We have partnered with the Agriculture Department and Social Work Department to offer Horticulture Intervention and Knitting as a response to stress. These initiatives are facilitated by counseling services staff and our student mental health advocates. The programs are available to all CSU students, and we have specifically partnered with Residence Life to provide the services in Williamson Hall and Foundation Hall 2.

In addition to the new initiatives, counseling services have a relaxation room, art room, pantry, and a student resource room. All services are free and can be scheduled or first come first-served basis. Our behavioral health services are Monday- Friday from 9am until 6pm in person or as needed. We are available to assist our students virtually 24 hours daily.

## National Alliance on Mental Illness

NAMI local partners continue to provide resources to support our NAMI on Campus. NAMI Green, Clark, and Montgomery County provided fellowship opportunities to two Master level students and donated mental health awareness resources to support the campus community outreach table. ARK Builders/NAMI Franklin County and Ohio Department Mental Health and Addiction Services Collaborative has partnered with Counseling Services to train CSU students in Sources of Strength Suicide Prevention to provide training to the younger population. They provided Mental Health First Aid training to our campus community on March 22, 2025



This past fall 2024, NAMI on Campus provided the Mental Health Awareness Walk and was in the Central State University Homecoming parade. They have provided ongoing events to their peers that include Mental Health 101 and The Power of Self Love. Upcoming events are scheduled for March “Power of Movement” and April “Pause and Panic”. If a student asked, “Why should they become a NAMI on Campus leader, member, or participate in NAMI on Campus events”. The answer would be NAMI on Campus receive opportunities to participate in intervention and prevention training, NAMI fellowship, host mental health education and awareness events, participate in mental health awareness walks, attend local NAMI conventions, receive NAMI scholarships, internships with NAMI, and most important learn the tools to support their peers who may be having a mental health-related issue. Several of our NAMI on Campus students have graduated, completed a master’s degree in social work and psychology and serving in a behavioral health work position.

## Restorative Practice Arts

### Restorative Justice Arts (RJA) continues to help build a culture of care at Central State University through Counseling Services

**Restorative Justice Arts (RJA)**, in partnership with Central State University (CSU) Counseling Services, has been at the forefront of transforming campus culture since 2023 through Restorative Circle Practices Training. Their ongoing efforts have extended across multiple departments, reaching students campus-wide and fostering a community rooted in healing, collaboration, and care.



Basketball Game Mental Health Awareness Day

RJA has facilitated a variety of innovative Circle Practices in diverse areas, including:

- **Healing and Wellness Circles** to support emotional and mental health.
- **Horticulture Circles** focused on team building and nurturing growth.
- **Music and Creative Expression Circles** for fostering self-expression.
- **Athletics Circles** to promote teamwork, discipline, and shared goals.
- **Land Grant Circles** connect sustainability with restorative practices.
- **Dance and Movement Circles** for stress relief and self-discovery.
- **Collaborative Leadership Circles** offering support to programs such as Upward Bound, Ark Builders, and Violence Prevention initiatives.

## Introducing the new Restorative Kinder College Initiative

In April 2025, RJA will take its impact even further with the launch of the **Restorative Kinder College Initiative** in collaboration with City Day Community School in Dayton, Ohio. This groundbreaking program connects CSU social work majors with kindergarten students, bridging the gap between early childhood education and higher learning. Since 2024, CSU students have provided onsite **literacy circles** and participated in a **Harambe Circle** session at the school, preparing the young learners for a memorable on-campus visit in April 2025. The initiative exemplifies RJA's commitment to expanding restorative practices beyond the university and into the broader community. Recently CSU students circled up with City Day Community School fifth through eighth grade students at the CSU Dayton Location supporting the RJA 'Staying Restorative' Model.

## Showcasing success on a global stage

RJA's campus-wide implementation of Circles will be showcased at the upcoming **International Institute of Restorative Practices (IIRP) 2025 World Conference** this fall. This prestigious platform will highlight RJA's impact in fostering a restorative culture at CSU and beyond.



**Mr. Deron Bell**, a Licensed Practitioner of Restorative Practices and the driving force behind RJA's success, has been selected as:

- **Keynote Speaker** to share insights on integrating restorative practices in higher education and community engagement.
- **Breakout Session Facilitator** providing practical strategies for replicating RJA's model of success.
- **Music Artist Performer** to blend the power of music with restorative storytelling, demonstrating how the arts can transform spaces and relationships.

## A commitment to restorative excellence

"Restorative Justice Arts has been instrumental in fostering a culture of care, not just within the walls of Central State University but also within the greater community," said Mr. Bell. "Our work with Counseling Services, academic departments, and community partners continues to inspire a commitment to healing, growth, and collective well-being."

As RJA continues to deepen its impact through collaborative opportunities and innovative programming, its vision of a restorative, inclusive, and empowered community is steadily becoming a reality.



## Central State University: Office on Violence Against Women

### Empowering our campus

April is Sexual Assault Awareness Month (SAAM), and Counseling Services is hosting events focused on prevention, education, and empowerment. In response to a Department of Justice initiative, we've created the Coordinated Community Response Team (CCRT) composed of students, staff, faculty, and community partners who strive to provide prevention, response, education, and empowerment efforts towards ending sexual, domestic, and dating violence and stalking in all its forms and promote a safe space and a culture of care for our campus community.

#### What's happening this month:

##### **Week 1: Consent Through Improv**

Students will act out and show what consent looks like in 2025 through engaging improv skits. This event will be offered twice during the week — don't miss out on the creativity and conversation!



##### **Week 2: Empowerment Self-Defense with We Are Worth Defending + Denim Day**

We Are Worth Defending, a Columbus-based self-defense program dedicated to empowering Black women and girls, will lead a workshop focused on enhancing self-awareness and boosting confidence. Students will learn tools to set boundaries and navigate challenging situations. On April 10, we will be wearing to stand in solidarity for survivors of sexual assault for a campus-wide Denim Day.

##### **Week 3: Pledge for a Violence-Free Campus + Paint N' Talk**

Students can sign a pledge to commit to creating a violence-free campus. Plus, join us for a powerful Paint N' Talk with Taniece Temple, a human trafficking survivor, who will share her story of resilience and offer tips for current survivors, bystanders, and allies.

##### **Week 4 & 5: Movie Screening & One Walk, Many Voices**

Come together for a special movie screening and reflect on the month's conversations. We'll close out with "One Walk, Many Voices" a walk to honor those affected by sexual violence, amplify silenced voices, and show our solidarity as a community.