



Student Advocacy, Mental Health, & Wellbeing

First-Year Orientation 2026

**Dr. Rob Orf, Licensed Psychologist,
Director of the PSU Counseling Center
(he/him)**

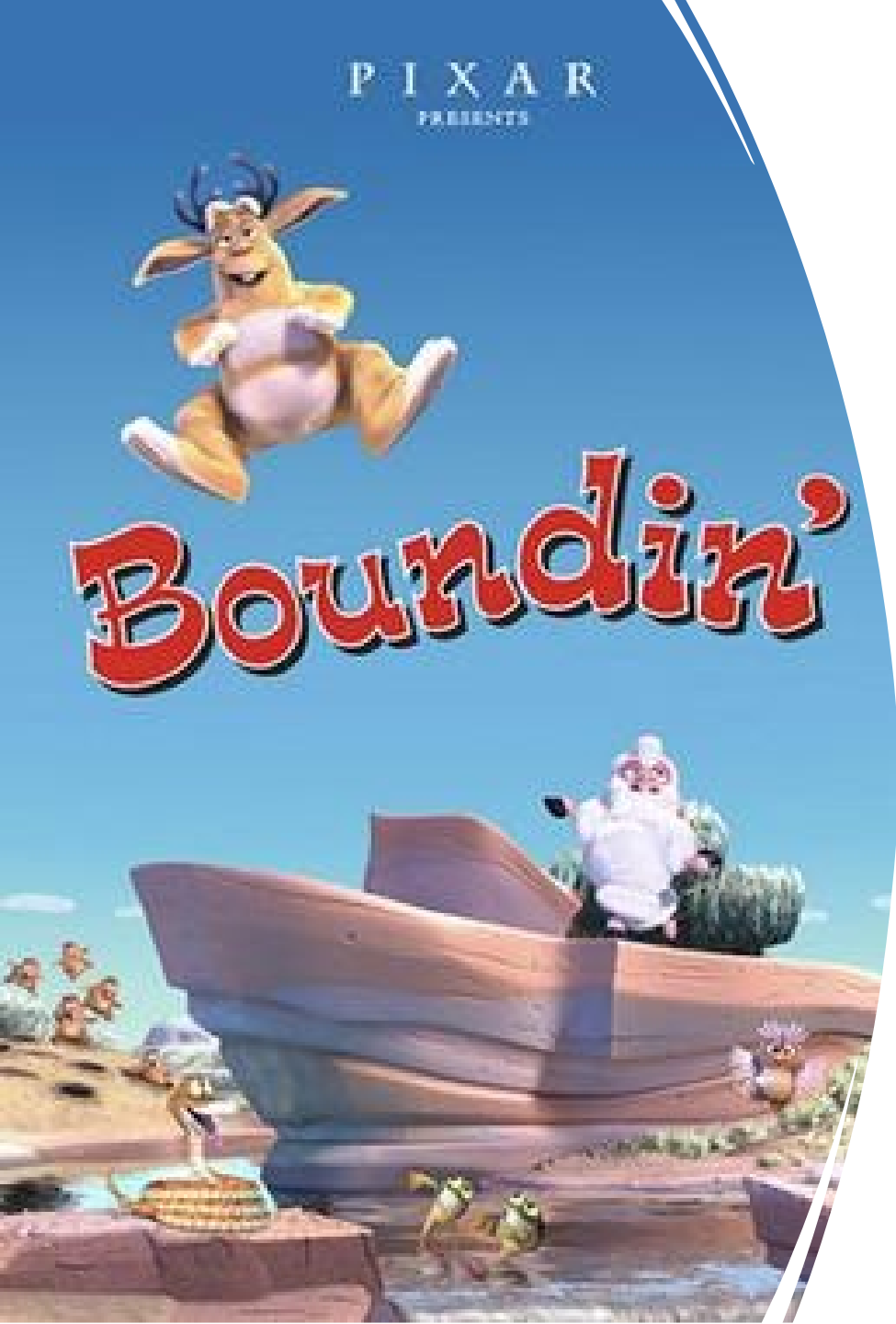




What is your favorite
Pixar movie?



<https://www.youtube.com/watch?v=673xA09miX8>



What do you think of the video?

- What did you like?
- How might you relate this video to your experience or that of your student?

Hero's Journey

- Think of your favorite movie, book, or story that involves a hero
- Take 10 seconds to think of that hero, and what makes them a hero to you





Hero's Journey: Growth Mindset and Resiliency

- The journey of that hero was likely NOT:
 - “There once was a hero, they faced no challenges, they lived happily ever after, learned nothing, and did not grow.”
- The journey of the heroes involves challenges, struggles, times of doubt, times of questioning, times of suffering, times of fear/anxiety, times of sadness, times of wanting to give up trying, or so on.
 - The hero does what aligns with their values and goals anyway
 - In so doing, they learn, grow, and advance skills



Hero's Journey: Growth Mindset and Resiliency

- Growth Mindset
 - We can learn and grow the most through challenges
 - You get out of it what you choose to put into it
 - 90/10 Rule
- All of you and your students are heroes
 - Think of all you have accomplished and overcome thus far in your life

The Hero's Journey is All About Building Resiliency

Resiliency is the path to long term mental health and wellbeing

Resiliency is the process of adapting well in the face of difficult life challenges

It means 'bouncing back' (or boundin' back) from difficult experiences (APA, 2004)

Being Resilient

Resilience builds confidence

Anyone can be resilient

**Road to resilience may involve
considerable emotional distress**

Sports Metaphor

- Reality for all athletes
 - The best athletes in the world have statistically failed, fallen, or lost more games/matches than the vast majority of the population
- Example- Figure skating
 - The best figure skaters have fallen on their butts more than the vast majority of the population
 - They continue to put themselves out there to learn, fall, learn, fall, etc.
 - Alysa Liu





https://www.youtube.com/watch?v=Q_EyPX3CD-g

Video Games

- Players level up and advance their skills through experience
- Going beyond the training level
- We learn through making mistakes
 - Mistakes are opportunities for growth
- The best gamers in the world, have lost and failed the most



10 Ways to Build Resilience

1

- Make Connections

2

- Avoid seeing crises as insurmountable problems

3

- Accept that change is a part of living

4

- Move toward your goals

5

- Take decisive actions

10 Ways to Build Resilience

6

- Look for opportunities for self-discovery

7

- Nurture a positive view of yourself

8

- Keep things in perspective

9

- Maintain a hopeful outlook

10

- Take care of yourself

Resiliency Mindset

“Challenges are what make life interesting and overcoming them is what makes life meaningful.”

— Joshua J. Marine



Road Trip

- Who has gone on a road trip?
- Who thinks they have driven the furthest?
- Where did you go?



Road Trip Choice

- Choice of Focus
 - Potholes
 - One's Car





Make Time for Effective Self-Care :

Focusing on One's Car/Self

- Physical
- Emotional and Relational
- Spiritual

Physical Self-care

Sleep

Regular 7-10 hours per night

- Less than 7 hours per night is sleep deprivation for college-aged people

Sleep deprivation leads to:

- Memory/Learning challenges
- Frustration
- Anxiety/stress
- Depressed mood
- Exhaustion

Substance use can also be detrimental to sleep quality

Exercise

30 minutes or more of exercise a day for three to five days a week may significantly improve depression or anxiety symptoms

Do something you enjoy (e.g. PSU Intramural Sports, PSU Athletics, PSU Outdoor Center)

Healthy Eating

3 meals per day or snacking throughout the day (every 3-4 hours)

At PSU, we have Food Coach Maggi Walsh at the Dining Hall

Emotional Self-care: Meaningful Activities

It is important to find activities that interest you and share those activities with others

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Social connection correlates with emotional health and wellness

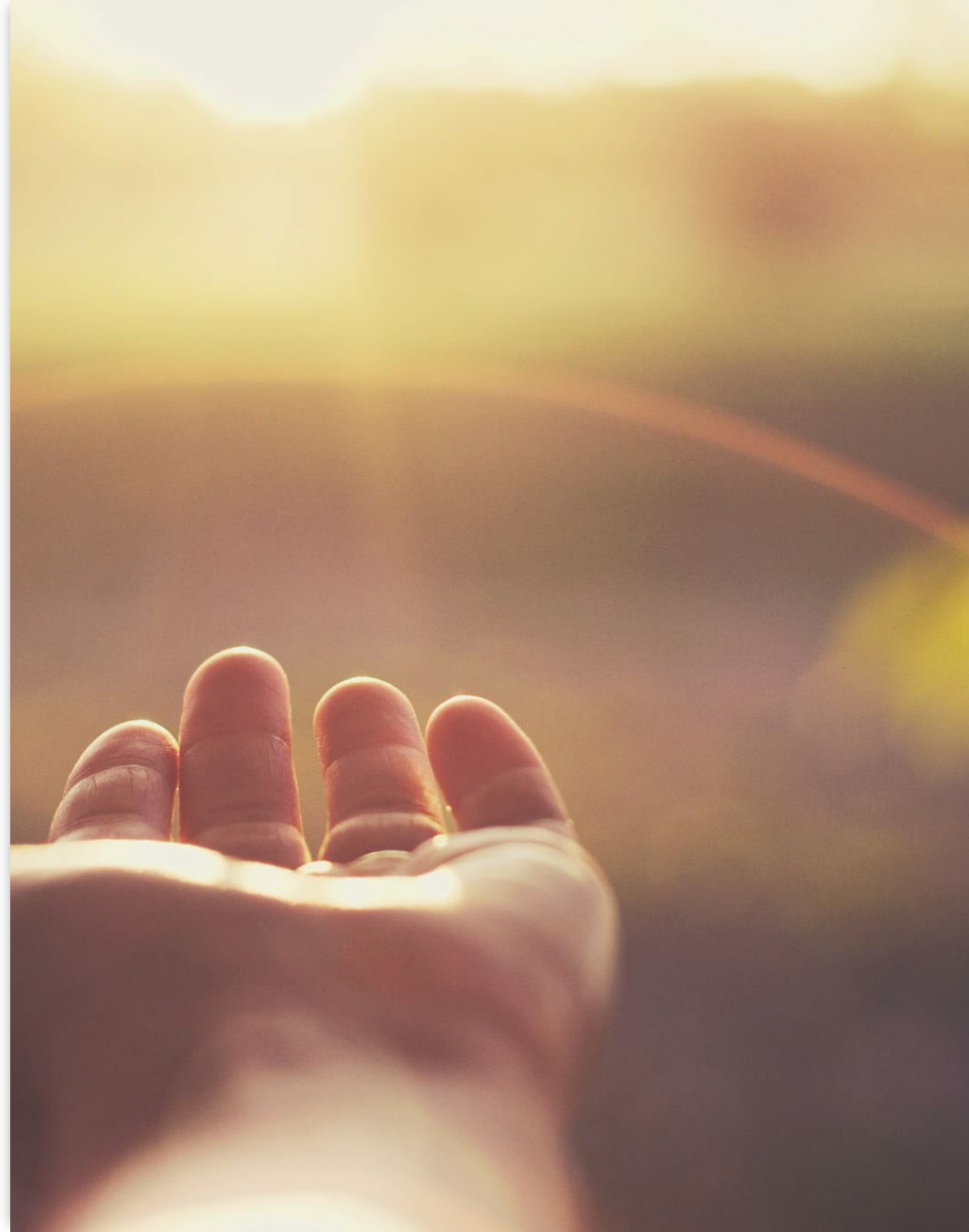
A reddish-brown rounded rectangular box with a white downward-pointing arrow on its right side, indicating a flow to the next box.

Do things that you love with people who share that interest

- E.g. Student Activities (Clubs), Office of Community Impact, Athletics, Intramural Sports, Office of Student Advocacy and Well-being (OSAW)

Spiritual Self-care

- Connect with things that give you a sense of awe
 - Could be:
 - Music
 - Nature
 - Art
 - Religious or Spiritual practices
 - Religious or Spiritual community
 - (e.g. PSU Reflection and Spiritual Care Center)



Who Wants the
Secret for
College
Success?

Any Guess?



*The General Secret to
Success Is...*



*The General Secret to
Success Is...*

Connectedness!



*The General Secret to
Success Is...*

Connectedness!

- 1) Resources
- 2) Meaningful Social
Group or Community



Ways To Connect at PSU!

- Attend all activities during Panther Days (even if nervous or scared!)
- Go to the club fair in the first week of school and sign up for a ton of clubs!
- Sign into the PAW, know what's going on, and show up
- Attend connection, support, and empowerment groups through the OSAW
- Go to activities hosted by CA's in res halls
- Get involved with intramural sports, campus rec, or e-sports



Other Pro Tips for College Success

- Use campus resources – seek help!
 - Know what resources are available
 - Counseling Center website has the full list
- Have coping skills list ready to go
 - Students can make a coping list on their phone
- Have organization and time management skills ready
 - Students can have a time management skills list on their phone
- Have boundaries with social media
 - More time on social media, lower self-reported happiness

PSU Counseling Center Services

- Comfortable, Caring, Non-Judgmental Environment
- Provide confidential short-term, goal focused, and skill building focused in-person counseling services
- Free to PSU students
- Treatment types include:
 - Short-term individual therapy (up to 8 sessions per semester)
 - Group counseling/skill building groups
 - Consultations
- Collaborate with Health Services physicians for medication management for anxiety, depression, and ADHD
 - If your student is prescribed medication, please make sure they have a full prescription when they arrive

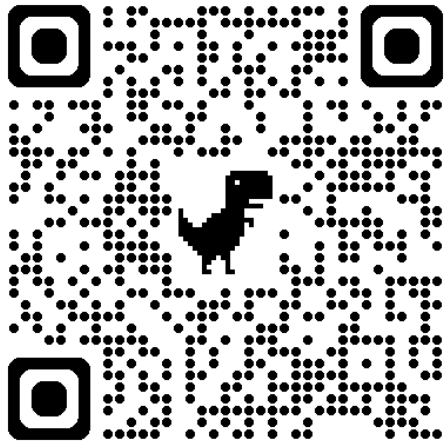


PSU Counseling Center Services

- 24 hour/7 day a week emergency on-call system, in collaboration with Lakes Region Mental Health Center & NH Rapid Response
- If students are seeking services outside of the Counseling Center's treatment model or scope of practice, we can refer them to outside treatment and community resources and continue to meet with them as a bridge of treatment.
- If your students have an established counselor that they have a good relationship with, you might consider continuing via TBH or in-person, if they are licensed in NH.
 - Best predictor of therapeutic outcome is the strength of the therapeutic relationship
 - We do not split care, per best practices
- Check out the PSU Counseling Center website for more information, including the list of PSU resources



If in Crisis/Emotional Health Emergency



- During business hours, can go in person to the PSU Counseling Center or Call
 - 1-603-535-2461
- After Hours call:
 - NH Rapid Response/Lakes Region Mental Health Center
 - 1-833-710-6477
or 1-603-524-1100 (option 9)
- Other numbers to know:
 - Plymouth Police Department
 - 1-603-536-1804 or dial 911
 - Speare Hospital Emergency Room
 - 1-603-536-1120
 - Suicide and Crisis Lifeline (National Suicide Prevention Hotline)
 - 988

Office of Student Advocacy and Wellbeing (OSAW)

- Professional and peer support, advocacy, resource navigation, and guidance.
- A warm, inclusive space where students can find support, build community, and feel a sense of belonging.
- Well-being, empowerment, and connection groups



Office of Student Advocacy and Wellbeing (OSAW)

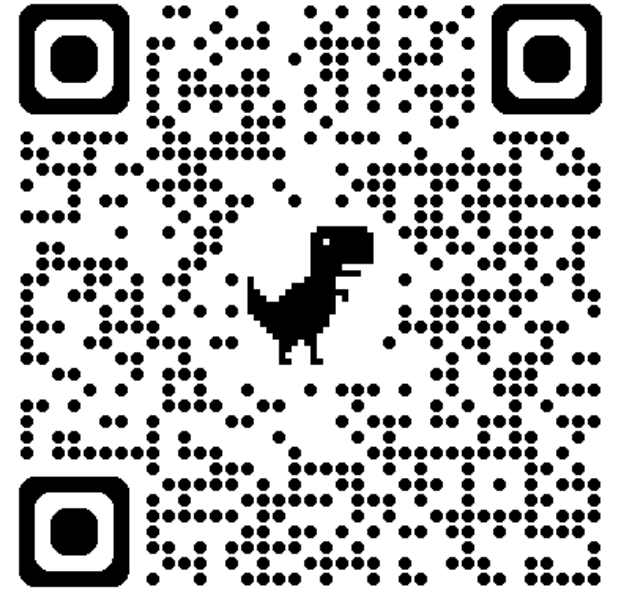
Go check them out in Speare 202!

<https://www.plymouth.edu/office-student-advocacy-well-being>

Matthew Toms, Executive Director for Student Advocacy, Well-Being and Crisis Intervention

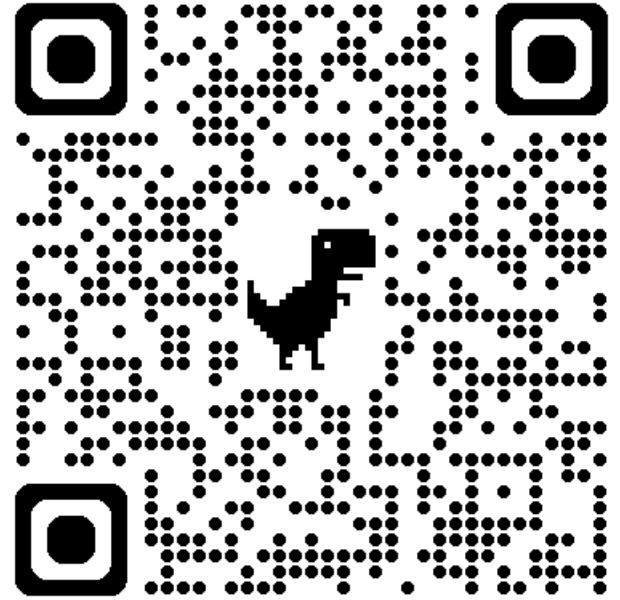
matthew.toms@plymouth.edu

603-535-2405



The CARE form

- Tool to share concerns about students to the Office of Student Advocacy and Wellbeing
- Can come from students, student family members, faculty, staff
- Purely supportive
- Leads to holistic intervention and resource referral to help connect students to appropriate resources
- Just Google “Plymouth State CARE Form”
- You can also call or email the OSAW directly



Plymouth State UNIVERSITY Concern, Awareness, Referral, Engagement (C.A.R.E.) FORM

If you believe the person you are reporting about is an imminent threat or danger, please call 911. Please complete this form to report concerns regarding a student. Your name and contact information is not required, but the CARE team may be limited in their ability to respond if this information is not available. Confidentiality will be maintained by the university's FERPA policy. For any questions, please contact the Frost House at 603-535-2206.

Background Information

Please provide the following information about yourself, the reporter, so that we may contact you if we have additional questions and/or for follow up.

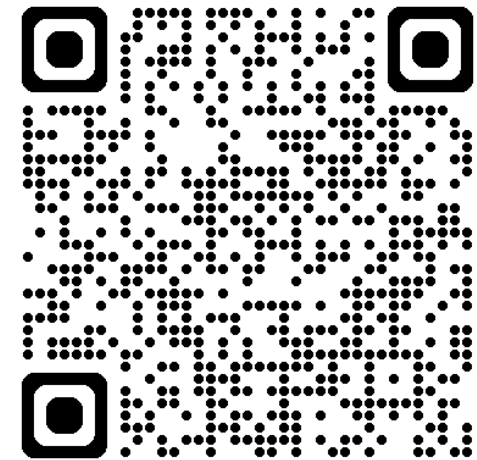
Your full name:

Faculty/ Staff/ Student/ Other:

Your phone number:

TimelyCare

- PSU has partnered with TimelyCare to deliver a virtual health and well-being platform.
 - Provides PSU students with 24/7 access to virtual care at no cost.
 - Students can go to timelycare.com/plymouth or directly download the TimelyCare app from the app store to register with their school email address.
 - MedicalNow: 24/7, on-demand medical care.
 - TalkNow: 24/7, on-demand emotional support.
 - Scheduled Counseling: 12 visits per year
 - Averages to 6 a semester
 - Cancellations, reschedules and no-shows count towards the 12
 - Scheduled Medical
 - Self-Care Content: 24/7 access to self-care tools and resources (ie. videos and articles)
 - Peer Community: An anonymous and judgment-free space where you can connect with, react to, and support other students going through similar situations.



**“Life isn't about waiting
for the storm to pass...
Its about learning to
dance in the rain.”**

— Vivian Greene



Questions

Any questions to share in front of the group?

I will also be available after the presentation for more specific or private questions.



Materials In Back

PSU Counseling Center Brochures and
Posters

CARE Form Handout

OSAW Fliers

TimelyCare Fliers

Effective Self-care Handout

Positive Affirmations

References

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Take Care!