



Mental Health for Faculty and Students

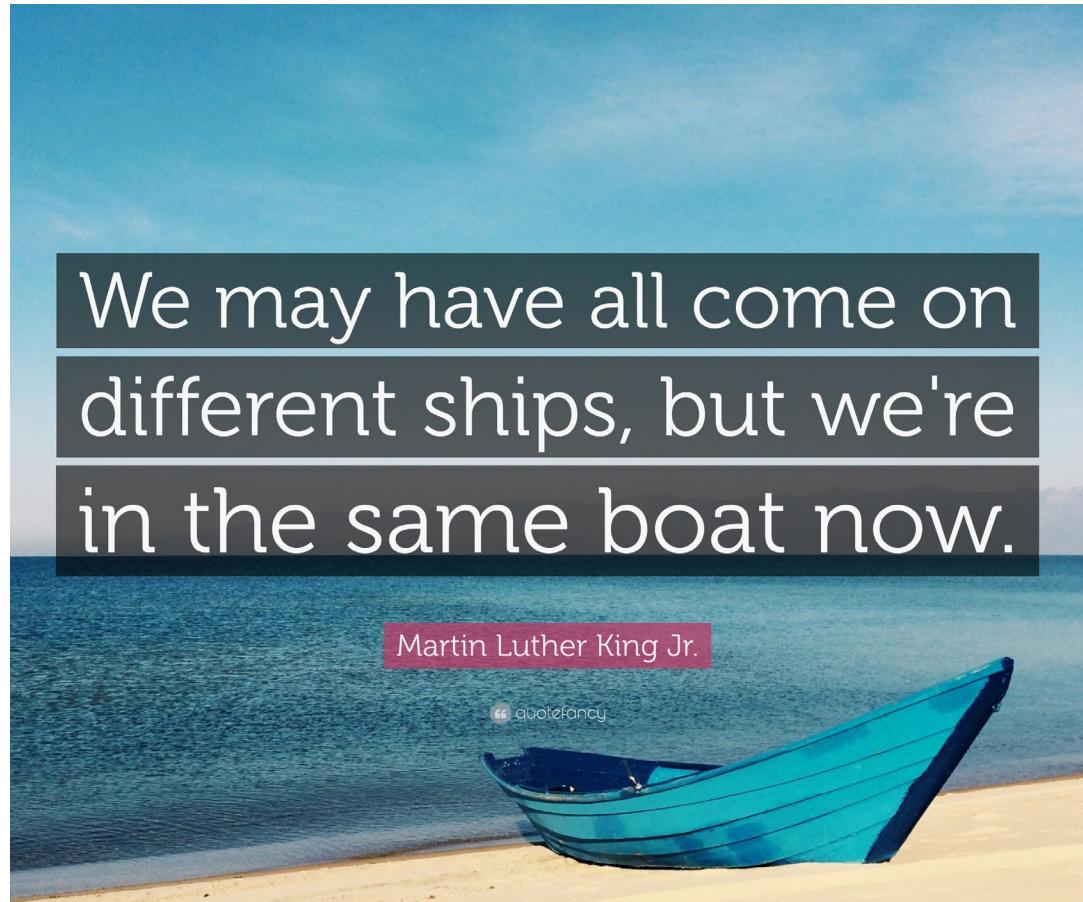
Jack Mack, PhD

Associate Clinical Manager, Psychologist
University Counseling Center

Krista Vince Garland, PhD, LMHC-P

Associate Professor
Exceptional Education Department

We're in this together



We may have all come on
different ships, but we're
in the same boat now.

Martin Luther King Jr.

quotefancy

You're not alone.

Faculty are integral to the flow and flourish
of the Buffalo State University campus.

We can support students **and** each other at
the same time.

Communication

Student perspective

Counseling sessions v. class interactions.

Anxiety/avoidance trap.

Students respond to caring,
even when it looks different
across instructors.

Teaching modality + student needs vary—
expect different engagement patterns.



Maintaining Homeostasis: Toe-crunch, ice munch, keep CALM



Somatic grounding: firmly press and “crunch” your toes for 5-10 seconds, then fully flex- repeat.



Cold object touch: Bring cup of ice. Crunch the heck out of it; slip ice into your hand and let it melt. FEEL IT. Slow your breath.



CALM: Center (feet down), **Air** (slow breath), **Label** (name the feeling), **Move** (next small step).

Counseling Center

Question, Persuade, Refer



The Counseling Center is here for faculty too. We can visit your class, faculty meetings, and retreats.

QPR is an evidence-based training about identifying people in a mental health crisis.

Learn about how to start conversations about mental health and ways to get students connected with resources effectively.

<https://counseling.buffalostate.edu/faculty-staff>



Table Discussion

Use the Faculty Coping Card printout to assist in discussing the following with your group:

What do you notice about yourself when you become stressed/dysregulated?

What helps you “in the moment” to regulate your nervous system?

Who are the people (both professional and personal) you can consult with?

How do you take time to process/reflect when conflict occurs?

Keep the conversation going...



Jack Mack, PhD

Associate Clinical Manager, Training Director,
and Licensed Psychologist
219 Weigel Wellness Center
716-878-4436
mackjp@buffalostate.edu

Krista Vince Garland, PhD, LMHC-P

Associate Professor, Exceptional Education
216 Ketchum Hall
716-878-5311
garlankm@buffalostate.edu