



ALCOHOL & DRUG PREVENTION

PRESENTED BY



**THURSDAY, APRIL
25, 2024
AT 10:00AM**

**GUAM COMMUNITY
COLLEGE
E-BUILDING
ROOM E-118
(FIRST FLOOR)**



LEARN ABOUT

WPI Substance Abuse Programs

Warning Signs

Facts about Drug Misuse

Preventative Strategies

**NO REGISTRATION
NEEDED**



WELLNESS SUPPORT PROPOSAL
PRESENTED TO GUAM COMMUNITY COLLEGE



WESTCARE PACIFIC ISLANDS

WPI focuses all its collective efforts toward *"uplifting the human spirit"* in everything we do. WPI is committed to providing culturally competent and person-centered services to the most vulnerable populations in our community. WPI offers a broad array of programs that address gaps in services aligned with our mission. Reaching out to those most in need, WPI has targeted services that support the recovery and resiliency of individuals struggling with homelessness, substance use, mental illness, and adverse experiences. In addition to meeting the most critical needs in our community, WPI is committed to promoting prevention programs and strategies that aim to address a variety of life challenges, such as substance use, teen pregnancy, and STI/HIV infections, from the start, engendering an environment where positive outcomes can be realized. WPI moves with the spirit of *"inafa' maolek"* guiding the work we do, bringing new resources to the islands through funding, training, and community awareness.



ABOUT UPLIFT COUNSELING SERVICES

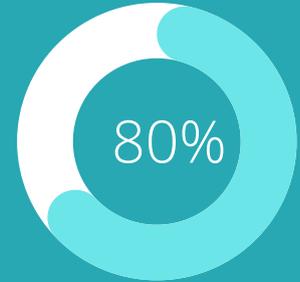
At Uplift Counseling Services, we believe in a holistic approach to help individuals navigate their journey in the healing and recovery process. Our vision is to deliver compassionate, meaningful, and culturally sensitive care that empowers individuals and their families to overcome barriers and significant life challenges. A CARF Accredited program, Uplift maintains the highest standard of care in the industry. Clients can expect a caliber of care that is on-par with recognized organizations both nationally and internationally.

Uplift Counseling's services include outpatient behavioral health counseling and/or substance use assessment and treatment. Utilizing evidence-based practices, our team is dedicated to providing counseling to individuals seeking support in personal growth, relationship difficulties, major life changes, family issues, stress, anxiety, depression, and substance use. Services also include appropriate linkages and referrals to supports within the community. Counseling services are available to individuals, couples, families, and groups.



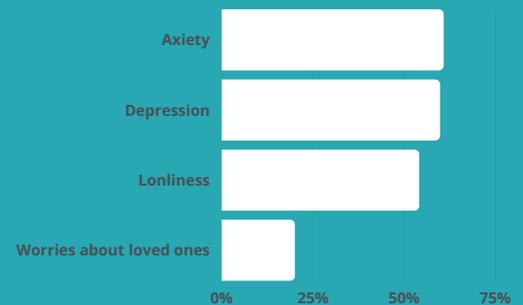
The Impact of COVID-19 on Student Mental Health

Recent studies of sampled college students indicate:

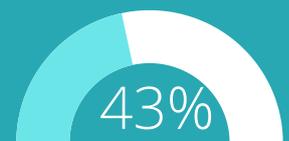


of college students report COVID-19 has negatively impacted their mental health¹

Most common mental health challenges²



18% students surveyed had suicidal thoughts directly related to the pandemic³



Less than half of students surveyed were able to positively cope with the stress related to COVID-19⁴

¹ <https://www.activeminds.org/wp-content/uploads/2020/04/Student-Survey-Infographic.pdf>
² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7473764/>
³ <https://www.jmir.org/2020/9/e22817/>
⁴ <https://www.jmir.org/2020/9/e22817/>

GOAL

Provide Wellness Support to GCC Students & staff

WestCare Pacific Islands, through its Uplift Counseling Services will provide a holistic approach to wellness with an emphasis on fostering improved mental health for the students and staff of Guam Community College

MEET OUR TEAM



Lavina Camacho
M.S., MFT, LPC

Mrs. Camacho serves as the Behavioral Health Administrator for Uplift Counseling Services. A daughter of Guam, she is a proud graduate of the University of Guam where she received her Bachelor of Arts in Psychology with a minor in Sociology. She also holds a Master of Science in Psychology with a specialization in Counseling from Capella University. Prior to joining WestCare Pacific Islands in 2020, Ms. Camacho was employed with the Guam Behavioral Health and Wellness Center and the Department of Public Health and Social Services. She has over 16 years of combined experience of social work, wraparound care coordination, and counseling in the behavioral health field working with early childhood, adolescent, young adults, and family systems. She is also a Licensed Professional Counselor and Marriage and Family Therapist.



Beverlyn Coleman
BSW, M.A.

Ms. Beverlyn Coleman is the Clinical Program Director for WPI's youth behavioral health program Malak Na Na'ani. Beverlyn earned her Masters of Arts in Mental Health Counseling from the University of Guam. She has over 10 years of clinical experience with at-risk youth, young adults, and children with disabilities in Guam and throughout the U.S. A veteran and a native daughter of Guahan, Beverlyn lends her expertise in mental health counseling to foster a brighter future for every person she serves.

SCOPE OF SERVICES

OUTREACH & AWARENESS

- Provide virtual and in-person presentations to students and staff on topics related to wellness such as stress management, coping skills, effective communication, trauma-informed care, strengthening resiliency, signs and symptoms of anxiety and depression, navigating life changes
- Attend and participate in outreach events on campus and in the community where GCC is leading or participating
- Collaboration with students and employee groups/associations

INDIVIDUAL SUPPORT

- Confidential individual counseling sessions with Licensed or Master's Level License-eligible Mental Health Counselors
- On-campus, virtual, or office-based sessions at WPI based on client's preference
- Evidence-based therapeutic modalities
- Referrals and linkages to community supports and organizations based on client needs
- Crisis support and referral including suicide, depression and anxiety screening
- Drug and alcohol assessments and treatment

CONSULTATION

- Professional consultation on individual student or employee mental health concerns
- Professional consultation on community or campus events that adversely affect students and employees (i.e. critical event debriefs, short term group counseling due to traumatic community event)

***Price for services/contract to be negotiated**



GUAM BEHAVIORAL
HEALTH AND WELLNESS
CENTER



FOCUS ON
LIFE

safeTALK

Tell. Ask. Listen. KeepSafe.

Date: 4/12/2024

Time: 8:00am - 12:00pm

Location: GCC, Rm. 6221,
Foundation Building



For more information or registration:



staff@peaceguam.org



671-646-5194

**make a connection.
help save a life.**

Funded by SAMHSA Grant #H79SM082116



Wellness Support to GCC Students & Staff

Who Are We?

At Uplift Counseling Services, we believe in a holistic approach to help individuals navigate their journey in the healing and recovery process. Our vision is to deliver compassionate, meaningful, and culturally sensitive care that empowers individuals and their families to overcome barriers and significant life challenges.

**We are here to help and listen. We provide:
Individual Counseling Support, Outreach &
Advocacy, and Professional Consultation Services**

Meet our behavioral health care providers on campus or at our Uplift Counseling Center located at 665 Marine Corp. Drive Ste. 102 Tamuning.

Contact us at 671-989-1962 or by emailing uplift@westcare.com



WELLNESS SUPPORT

FOR GCC STUDENTS, FACULTY & STAFF

Meet with our behavioral health care providers on campus or at our WestCare Pacific Islands office. Connect with us to schedule an appointment.



**INDIVIDUAL COUNSELING, OUTREACH &
AWARENESS, AND CONSULTATION SERVICES**
IN PARTNERSHIP WITH



TALKING ABOUT IT CAN HELP.

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**CONTACT US AT 671-989-1962 | UPLIFT@WESTCARE.COM
WWW.WESTCAREPACIFICISLANDS.ORG**



“UPLIFTING THE HUMAN SPIRIT”



WPI: AT A GLANCE



VETERANS

SSVF

PATH TO FREEDOM

I GUMA-TA



BEHAVIORAL HEALTH

**MA'LAK NA HA'ANI
(Youth)**

**UPLIFT/HÂTSA
(Adults)**



YOUTH ENRICHMENT PROGRAMS

I LINA'LA-HU

THRIVE: CDFD

MAOLEK NA LINA'LA

STEER

CHEBERDIL - PALAU



ABOUT US

Broad-based, private nonprofit organization that opened its doors in 2009, filling the gaps in services to our communities, serving populations in need;

Affiliated with WestCare, a family of nonprofit organizations spanning across 18 states, three (3) U.S. Territories and the Republic of Belau (Palau);

Provides a wide spectrum of health and human services;

Partnerships with like-minded, community-oriented programs that focus on providing the highest quality of services.



ABOUT UPLIFT

An adult outpatient behavioral health and substance use program providing counseling to individuals seeking support in personal growth, relationship difficulties, major life changes, family issues, stress, anxiety, depression, and substance use;

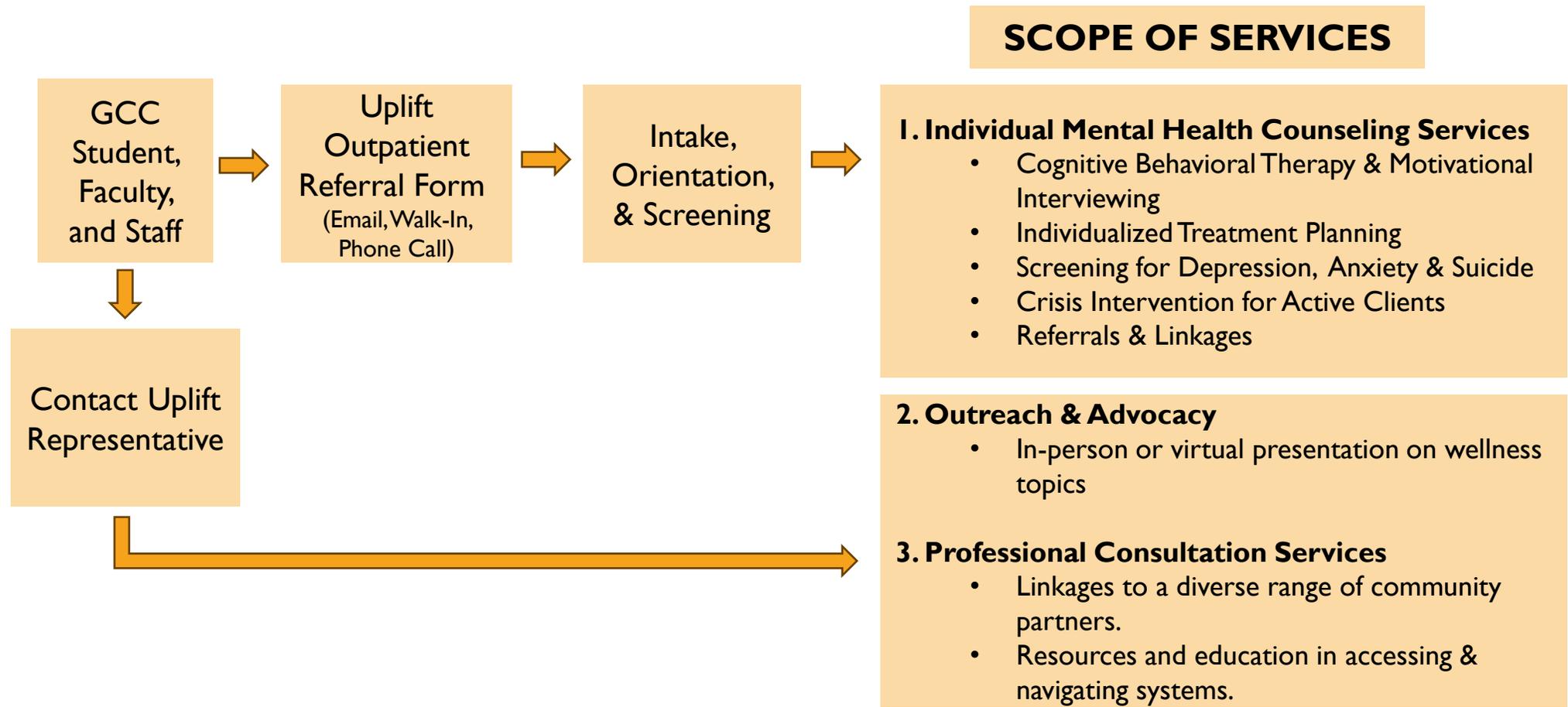
Accredited with the Commission on Accreditation of Rehabilitation Facilities (CARF);

Masters Level, licensed and licensed-eligible treatment providers;

Our vision is to deliver compassionate, meaningful, and culturally sensitive care that empowers individuals and their families to overcome barriers and significant life challenges.



ACCESSING OUR SERVICES



DISCLAIMER

The views, opinions, and content, and discussion expressed in this presentation do not reflect the views, opinions, or policies of WestCare Foundation or WestCare Pacific Islands and its programs.





COMMON SIGNS OF STRESS

- **Physical Symptoms**

- Muscle tension
- Head aches
- Frequent colds
- Trouble sleeping
- GI distress

- **Emotional Symptoms**

- Anger
- Depression or anxiety
- Trouble making decisions
- Forgetfulness
- Being easily distracted

- **Behavioral Symptoms**

- Arguing with others
- Avoiding responsibility
- Having trouble completing tasks
- Neglecting appearance
- Withdrawing

Source: Your Guide to Managing Stress





COMMON SIGNS OF DEPRESSION

- Feeling sad, hopeless, or irritable
- Not wanting to do or enjoy doing fun things
- Changes in eating patterns (eating a lot more or a lot less than usual)
- Changes in sleep patterns (sleeping a lot more or a lot less than normal)
- Changes in energy (being tired and sluggish or restless a lot of the time)
- Feeling worthless, useless, or guilty
- Self-injury or self-destructive behavior

Source: Centers for Disease Control and Prevention





COMMON SIGNS OF ANXIETY

- Fear of a specific thing or situation
- Fear of school, work, and other places where there are people
- Fear about bad things happening
- Physical symptoms (e.g. heart pounding, having trouble breathing, or feeling dizzy, shaky, sweaty)
- Constant worries about family, school, friends, or activities
- Repetitive, unwanted thoughts or actions
- Fear of embarrassment
- Low self-esteem or self-confidence

Source: Centers for Disease Control and Prevention





WHEN TO SEEK HELP

SEEK PROFESSIONAL HELP IF YOU:

- are unable to handle the intense feelings or physical sensations
- don't have normal feelings or continue to feel numb and empty
- feel that you are not beginning to return to normal after three or four weeks
- continue to have physical stress symptoms
- continue to have disturbed sleep or nightmares
- have no one you can share your feelings with
- find that relationships with family and friends are suffering
- are becoming accident-prone and using more alcohol or drugs
- cannot return to work or manage responsibilities

Source: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/trauma-reaction-and-recovery#physical-reactions-to-trauma>



COPING STRATEGIES

- Accept what you can't change, focus on what you can change.
- Adjust your expectations.
- Put an end to negative talk.
- Break big jobs into smaller tasks.
- Look for ways to be more efficient.
- Take regular breaks.
- Don't be afraid to ask for help.
- Learn to say "no".
- Make time for yourself (try a new hobby).
- Get regular exercise and enough sleep.
- Relaxation techniques and meditation.
- Deep breathing or visualization exercises.
- Make a plan to manage your stress.



WHAT IS SELF-CARE?

The practice of doing activities that you enjoy or that are relaxing especially in order to improve or avoid stress.

An umbrella term for engaging in all kinds of things that impact our health in a **positive way- emotionally, physically, socially, and spiritually.**

LET'S DEBUNK SOME MYTHS....

Source: <https://dictionary.cambridge.org/dictionary/english/self-care>
<https://www.priorygroup.com/blog/mental-health-and-self-care>



TYPES OF SELF-CARE

TYPES OF SELF-CARE AND SOME EXAMPLES

 Mental Self-Care	 Physical Self-Care	 Emotional Self-Care	 Spiritual Self-Care	 Social Self-Care
<p>Reading a book</p> <hr/> <p>Solving a puzzle</p> <hr/> <p>Engaging in self-compassion</p>	<p>Getting enough sleep</p> <hr/> <p>Exercising</p> <hr/> <p>Taking any prescribed medication</p>	<p>Socialise</p> <hr/> <p>Write daily gratitude</p> <hr/> <p>Attend a therapy session</p>	<p>Meditation</p> <hr/> <p>Attend a religious service</p> <hr/> <p>Mindfulness sessions</p>	<p>Coffee with friends</p> <hr/> <p>Phoning your parents for a catch-up</p> <hr/> <p>After-work meal with colleagues</p>

Source: <https://www.priorygroup.com/blog/mental-health-and-self-care>

WHAT'S YOUR SELF-CARE?

At School?	At Home?

MENTAL HEALTH SUPPORT

If you or someone you know are experiencing thoughts of suicide, a mental health or substance use crisis, or any other kind of emotional distress contact the following numbers
24 hours, 7 days a week, at no charge:

- **The Suicide and Crisis Lifeline** at 988. Call or text 988 or chat 988lifeline.org a. Veterans and their families can call 988 and press option 1.
- **Healing Hearts (Rape Crisis Center)** at 671-647-5351.
- **Victims Advocate Reaching Out (VARO)** at 671-477-5552.
- **National Domestic Violence Hotline** at (800) 799-7233, if you are in a violent relationship and need help.
- **Poison Help** at 1-800-222-1222, If you are needing a resource for help in a poisoning emergency
- **Narcotics Anonymous** at 671-989-NAGM (6246).
- **Tohge Guam Warmline** at 671-989-6687

CONNECT WITH US!

UPLIFT@WESTCARE.COM

WWW.WESTCAREPACIFICISLANDS.ORG

Tel: 671.989.1962 | Fax: 671.989-5579

SOMA Bldg. 665 Marine Corps. Drive Ste. 102 Tamuning



PLEASE TAKE A MOMENT TO
FILL OUT OUR SURVEY.



THANK YOU!

WestCare Pacific Islands

H  T S A

We rise together.

Grants for the Benefit of Homeless Individuals (GBHI)



HÅTSA

A 5 -year grant that will work with a broad consortium of community partners to offer intensive outpatient behavioral health counseling and/or substance use treatment to individuals and their families experiencing homelessness.

Once engaged in treatment, case management, emergency food and shelter assistance, and support services will be provided.



OUR TEAM



**Project Director | 2 Masters-Level Licensed Clinicians | Case Manager
Administrative Assistant | Research Assistant**



WHO WILL HÅTSA SERVE?



- Individuals and their families experiencing homelessness in Guam;
- Those who meet criteria for intensive outpatient level of care for substance use and mental health treatment;
- Those who consent and volunteer for treatment;
- Non-profit organizations and government agencies servicing individuals and families experiencing homelessness.



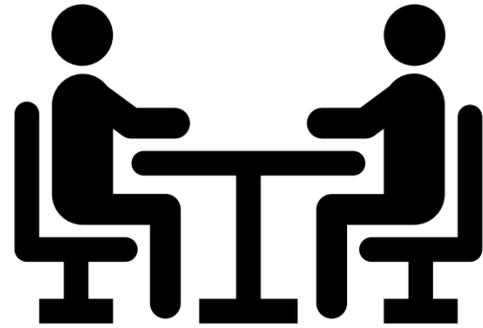
HOMELESS IS DEFINED AS:



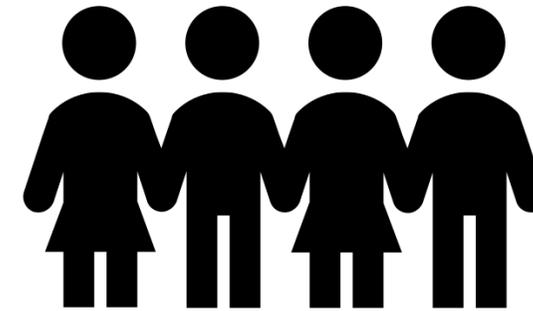
- Lacks a fixed, regular, and adequate nighttime residence, **or**
- Lives in a shelter or a place not meant for human habitation, **or**
- Is fleeing or attempting to flee domestic violence, **or**
- Is at imminent risk (within 14 days) of losing their housing, **or**
- Was homeless in the 60-day period before enrollment and has found housing since.



GOALS



Increase access to culturally appropriate, client-centered substance use disorder treatment in Guam to reduce alcohol, illicit drug, and prescription drug misuse among homeless families.



Enhance social and behavioral health functioning among homeless families.

Provide services to 40 individuals and/or households per year -200 during the entire project period



SERVICES



- Individual and/or Group counseling
- Case Management
- Transportation Aid
- Emergency Food and Shelter Assistance (Enrolled Clients)
- Outreach

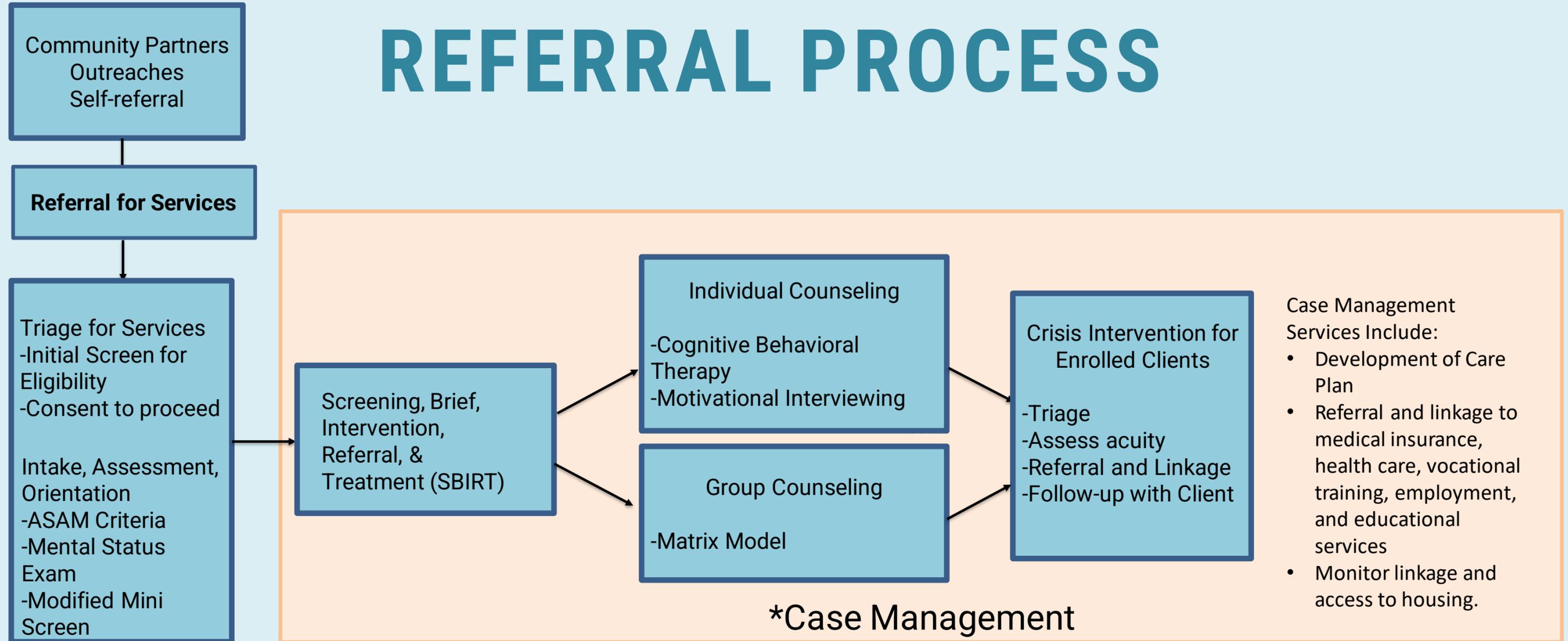


EVIDENCE BASED PRACTICES

- Screening, Brief Intervention, and Referral to Treatment
- American Society on Addiction Medicine Criteria
- Motivational Interviewing
- The Matrix Model
- The Housing First Model
- Safe Street Outreach Interventions



REFERRAL PROCESS





SERVICE MODELS:

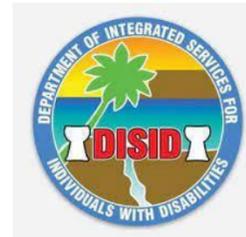
- **Intensive Outpatient Model**
- Housing First Model
- Coordinated Entry Model
- Office appointments & Walk-Ins
- Outreach services



COMMUNITY PARTNERS



GUAM BEHAVIORAL
HEALTH AND WELLNESS
CENTER



GUAM MEMORIAL
HOSPITAL AUTHORITY
ATURIDÁT ESPETÁT MIMURIÁT GUÁHAN



“Each one of us can make a difference. Together we make change.”
-Barbara Mikulski



PARTNER FEEDBACK

- Are these services relevant to your population? If so, what resources are currently available to your clients?
- Is the current need being met?
- With the proposed services, can you identify areas of potential collaboration?
- Are there other community partners that could benefit?



NEXT STEPS

Planning:

- January 23, 2023- begin to accept referrals
- Individual presentations to community partners
- Engagement in MOUs
- Implement Outreach Plan



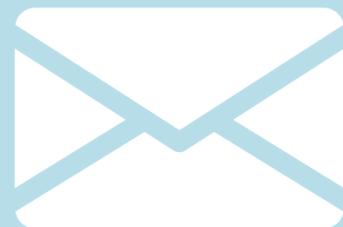
SI YU'US MA'ÅSE!



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