

ROLES OF DISCUSSION LEADERS

Facilitation Tips & Tricks (adapted from Handelsman et al. 2006)

Create an inclusive environment

Opportunities for reflection:

- What do the participants bring to the group? ("Characteristics that may give you a unique perspective")

Self-awareness; awareness of others:

- What do I bring to the group? What surprises or challenges me?
- What behaviors am I most familiar or comfortable with?
- What behaviors challenge me?

Do:

- Allow participants to introduce themselves – you can even set up a structure to introduce each other.
- Be clear up front about expectations and intentions amongst participants.
- Use inclusive language.
- Ask for clarification if unclear about a participant's intent or question.
- Treat participants with respect and consideration.
- Develop an awareness for barriers.
- Provide sufficient time and space.
- Provide opportunities for participants to share.

Don't:

- Use certain conventions or language that may make participants feel uncomfortable.
- Assume participants all have the same background.
- Over-generalize behavior or habits.
- Use (or allow others to use) discriminatory language.
- Convey a sense of self-importance.
- Allow only the dominant or most vocal participants to share.
- Discourage alternate views or opinions.
- Try to be someone else- be yourself.



PEERS Coalition Workshops 2013 - 2014

September 2013: Exploring the seven realms of wellness (Faculty speaker on the topic of holistic health, and activities that allowed for participants to critically think about their level of awareness to the different realms of wellness and how they impact one another).

October 2013: Recognizing the signs of suicidal behavior (student-led discussion of suicide, the macro issue, how students may be affected by the issue directly and indirectly, and how to respond to signs).

November 2013: Positive self-image and self-empowerment (speakers from the Northern California Center for Well-being on the issue of positive self-talk and student-led, self-affirmation activities).

December 2013: Foods and fitness (Faculty speaker from the nutrition department, student presentation on fitness, and student-led exercise activities to empower people to incorporate small exercises into their everyday lives).

February 2014: Goal-setting for success (Student Psychological Services Intern keynote speaking on positive self-talk, achievable goal setting, and tangible skills for time management).

March 2014: Sexual health empowerment and resources (Nurse practitioner keynote and student-led educational stations for different areas of sexual health).

April 2014: Sexual assault awareness and survivor empowerment (speakers from local rape crisis center, Verity, campus police department, and Student Health Services staff; topics included bystander intervention, myths and misperceptions, and access to resources).

May 2014: Sleep hygiene (Student Psychological Services staff keynote speaking on tips and techniques for effective sleep habits, student-led activities for self-reflection and habit changing, including tangible steps towards improvement).

PEERS Coalition Workshops 2012 - 2013

October 2012: Introducing the Peer Health Coalition (the "PEERS Coalition" name was developed following this meeting)

November 2012: Question, Persuade, Refer (QPR) Suicide Prevention Training (certification and role-play)

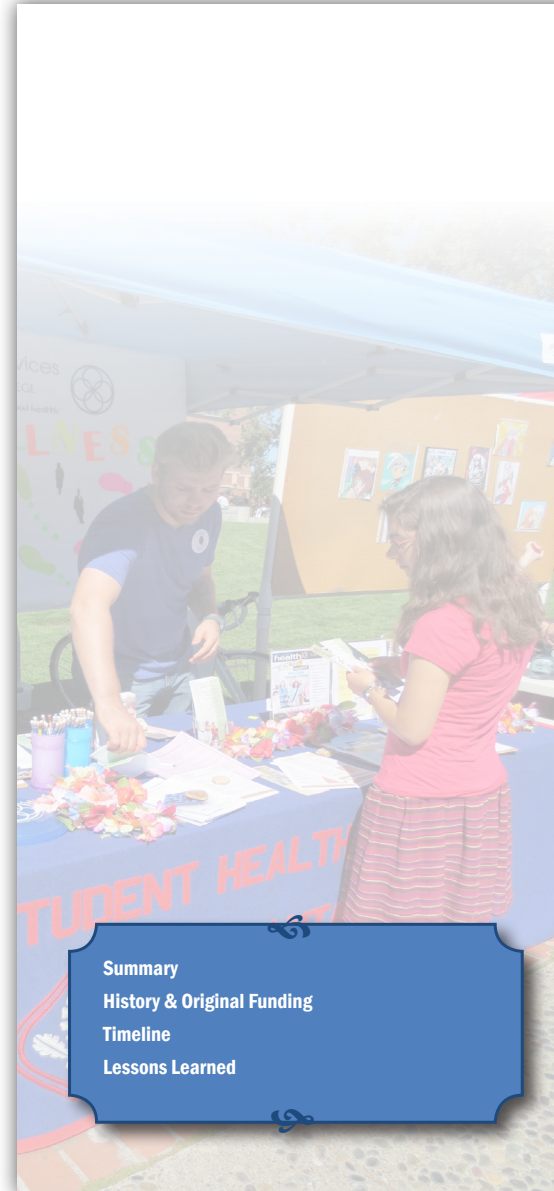
December 2012: Recognizing Signs of Distress among Peers (Kognito On-Line Training in computer lab and staff-led group discussion)

February 2013: Fitness and Nutrition (student speaker from the Dietetics Club and exercise/yoga training by student physical trainer)

March 2013: Substance use and abuse awareness (speakers from local drug resource center, former addicts, and student involvement from the Human Services department at SRJC)

April 2013: Sexual assault awareness (speakers from local rape crisis center, Verity, and campus police department)

May 2013: Cultural responsiveness workshop (faculty keynote speaker and panel of students representing a diverse array of marginalized populations including LGBTQ, student veterans, students with disabilities, foster youth, and others)



Summary

History & Original Funding

Timeline

Lessons Learned

PEERS PROGRAM OVERVIEW