

Counseling and Consultation Services

For more information, visit the [CCS website](#) or email Christine Kiray (ckiray@butler.edu).

- **Animal-Assisted Therapy** (Length varies) AAT outreaches can be tailored to the audience's needs. Our therapy dog(s) can attend as an introduction to AAT at CCS or added to another outreach activity to facilitate participants' comfort. Lengthier programs provide a description of AAT, why it is effective, and provide more time to interact with the therapy dog(s).
- **Campus Connect** (2-3 hours) is suicide prevention training aimed at students/faculty/staff who would like to understand more about the prevalence of suicidal behavior, the factors which contribute to suicide, and who is at risk for suicide. Additionally, participants will develop communication and relationship building skills to facilitate successful support, intervention, and referral of distressed students. Content includes didactic, video, activities, discussion, and role play.
- **Connecting to CCS** (~15 minutes) education about accessing CCS, including a description of our treatment model, and ways to schedule a first contact. This program provides answers to frequently asked questions about CCS and allows participants to ask questions specific to their situations.
- **Cultural Identity & Awareness** (1 hour) aims to improve students'/staff/faculty's awareness of their own cultural identity and how it may impact their interactions with others. It encourages increased self-reflection, empathy, and awareness of privilege/oppression. This presentation is primarily discussion and activity based including both small and large group activity.
- **No More Test Anxiety!** (1 hour) provides psychoeducation about what test anxiety is, what contributes to test anxiety, and ways to cope with test anxiety. The program includes didactic, activities, and discussion. It is commonly offered in collaboration with the CASE office's academic workshop series.
- **Safe Space** (2-3 hours) a LGBTQIA+ ally training aimed at heterosexual and/or cisgender students/faculty/staff who would like to increase knowledge base and develop skills in advocating for LGBTQIA+ peers on campus. The training can be offered in a 2 hour or 3 hour format and includes didactic, video, activities, and discussion intended to improve participant's empathy for this population and identify resources for supporting peers on campus.
- **Self-care** (1 hour) describes what self-care is, barriers to self-care, ways to practice self-care, and why self-care is beneficial for overall student well-being. Related topics of self-compassion and perfectionism may be involved. The program includes didactic, activities, and discussion.
- **Stress management** (1 hour) describes what stress is, what contributes to increased stress, and ways to practice effective stress management in an academic environment. The program includes didactic, activities, and discussion.

Health Promotion

For more information, visit the [Health Promotion website](#) or email Katie Wood (kewood1@butler.edu).

- **Alcohol 101** (45-60 minutes) includes education (standard drinks, navigating BAC), national and campus data around alcohol, how to hold space for everyone's choices, tips/language to check in and support someone who you think might be struggling with their alcohol use, and what to do when things go wrong.
- **Dawgs do Self-Care** (45 minutes) covers the basics of self-care and includes a variety of strategies you can incorporate into daily life. You'll create your own self-care plan to take home and reference throughout the semester.
- **Health Promotion Overview** (30-45 minutes) overview of the variety of health and wellness resources available to Butler students, including different wellness-focused apps, screenings, toolkits, and offerings (Calm, e-checkup to go, 360Proof, sexual health supply delivery).
- **Mental Health First Aid** (1 hour prework, 6 hour session with instructors) This training educates and prepares participants to provide initial support when they encounter someone struggling with mental health and/or substance use issues. We can run each session with a minimum of 10 people, and each session has a maximum capacity of 30. Dates are available on www.butler.edu/mhfa for anyone to sign up (free), or we could create specific dates for your groups.
- **Sex In The Dark** (45-60 minutes): allows students the opportunity to ask any and all of their questions about sex, sexual behavior, consent, and STDs. All questions are 100% anonymous and answered by Butler's experts in sexual health and relationships.
- **Sleep: from A to Zzzz** (45 minutes): education about sleep data, routines to promote sleep, how diet/nutrition can impact sleep, and a variety of tips and strategies anyone can use to improve their sleep.

Health Services

For more information, email healthservices@butler.edu or visit the [Health Services website](#).

- **Dawgs Helping Dawgs in Health Emergencies** (90 minutes) Learn how to recognize signs and symptoms of anaphylaxis and administer an epi-pen, recognize a drug overdose and administer Narcan, apply a tourniquet, safety precautions to take when someone is having a seizure, and how to use an AED.

Prevention Education

For more information, visit the [Prevention Education website](#) or email Amanda Nelson (arnelson1@butler.edu).

- **Accessible Love: Healthy Relationships for Everyone** (45-60 minutes) Students will explore the unique strengths and challenges of building healthy dating relationships for those with disabilities. They will also learn how and why sexual violence disproportionately affects disabled people and what they can do to help someone who has experienced sexual violence.
- **Consent, Communication, Connection** (45-60 mins) This workshop examines the topic of consent from a variety of lenses and engages students in conversation about the role that consent plays in their own relationships. Students practice new techniques to communicate with their partner, examine how society affects our individual lives, and practically apply new tools to intimate situations.
- **Green Dot** (overview 30-60 mins ; 3 hour certification training) Green Dot is a nationally recognized violence prevention program designed to create a safer, more supportive environment by empowering everyone on campus to look out for one another. The program covers how to recognize potentially harmful situations and respond in safe, effective ways, as well as how to prevent such behaviors. Register [here](#).
- **Love in the Media** (45-60 mins) Discuss and consider the representation of healthy, unhealthy, and abusive relationship behavior as demonstrated in film and television, and how to recognize the signs of healthy and unhealthy relationships.
- **Love Shouldn't Hurt: Recognize, Respond, Prevent** (45-60 mins) This workshop teaches students how to recognize signs of intimate partner violence, respond safely, support friends in need, and help prevent abuse in their communities.
- **Queer Love, Clear Boundaries** (45-60 mins) This workshop empowers LGBTQ+ students and allies to build healthy relationships, understand consent, and prevent sexual violence through open and affirming conversations.
- **Redefining Strength: Men, Consent, and Healthy Connections** (45-60 mins) Participants will evaluate the portrayal of sexual assault in popular media and discuss the effects such portrayals have on how male survivors are believed and treated. The workshop will also encourage participants to consider how men and masculine identities can contribute to a culture of respect and healthy relationships.
- **Safe Steps: Recognize, Respond, and Prevent Stalking** (45-60 mins) This workshop will provide a comprehensive overview of stalking behaviors, how to recognize stalking as a bystander, and how to prevent stalking from occurring in our communities. Participants will also consider the implications of romanticizing stalking behaviors and violent relationships in pop culture.