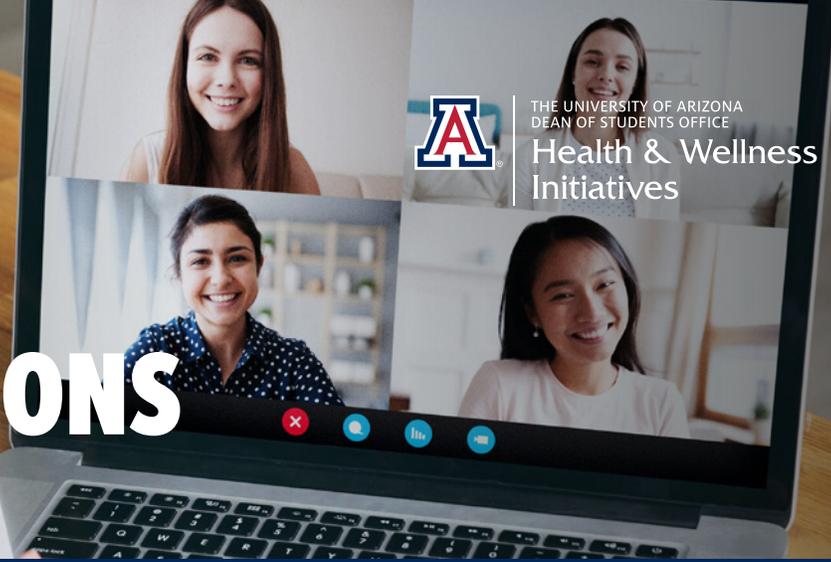


WILDCATS R.I.S.E.

FREQUENTLY ASKED QUESTIONS



THE UNIVERSITY OF ARIZONA
DEAN OF STUDENTS OFFICE
Health & Wellness
Initiatives



General

What is Wildcats R.I.S.E.?

Wildcats R.I.S.E., which stands for Resilience In Stressful Events, is a peer-to-peer program at the University of Arizona that offers Psychological First Aid (PFA) to students in a confidential and safe environment, as part of a group or a one-on-one session. This is not psychological treatment but rather a supportive intervention to help students connect and share tools to cope with stress. Wildcats R.I.S.E. was developed by UArizona's Health and Wellness Initiatives Office in consultation with Dr. George Everly, faculty at the Johns Hopkins School of Medicine and Public Health. To learn more about the program, visit <http://wellbeing.arizona.edu/wildcats-rise>.

Who can use the Wildcats R.I.S.E. service?

Wildcats R.I.S.E. is available for all undergraduate and graduate students currently enrolled at the University of Arizona.

What is psychological first aid?

Psychological First Aid (PFA) is an evidence-informed support designed to strengthen one's healthy coping practices, mitigate distress and facilitate access to continued care, if needed. Peer-support PFA programs are standards of care in supporting the mental health and wellness needs of community members in response to large scale, critical incidents such as illness, disasters, violence, etc.

Is Wildcats R.I.S.E. providing psychological treatment in its group and individual sessions?

No. Psychological first aid is just that – first aid. It is not considered a psychological treatment. Consider the physical health intervention model – as helpful community members we learn physical first aid to help respond, support and facilitate care, as needed, to another community member who may be physically hurt. It is not a regulated practice but rather a set of skills that one learns to best assist another member of the community. Similarly, psychological first aid offers skills to best support other community members during times of stress and facilitates referrals to additional levels of care, if needed.

What kind of sessions are available?

Wildcats R.I.S.E. offers group and individual sessions and students are free to choose whichever setting is most comfortable for them.

How many people are the group sessions designed to accommodate?

Each Wildcats R.I.S.E. group session will be co-led by two R.I.S.E. Peer Leaders and offer service to a maximum of 10 students.

Where do the sessions meet?

Wildcats R.I.S.E. will offer all group and individual peer support consultations online using Zoom.

General Cont.

How often are sessions offered?

Wildcats R.I.S.E. will initially launch at least 10 peer groups serving both undergraduate and graduate students. Individual sessions are offered based on Peer Leader availability.

How much does the Wildcats R.I.S.E. service cost?

Wildcats R.I.S.E. is offered at no cost to you if you're a UArizona graduate or undergraduate student with a valid UArizona email address.

How private is what I share with my Wildcats R.I.S.E. Peer Leader and/or group?

Wildcats R.I.S.E. peer support members will advise group members of the R.I.S.E. standards, including expectations of being respectful and maintaining privacy. Wildcats R.I.S.E. is meant to provide a safe space for you to share and gain support. Personal disclosures are considered to be confidential although R.I.S.E. Peer Leaders will seek guidance from professional health and wellness staff on how best to support students who may be in danger of self-harm or harm to others to access appropriate levels of care beyond psychological first aid.

How can Wildcats R.I.S.E. help me?

Wildcats R.I.S.E. offers a number of antidotes to help promote resilience and help you deal with the stress in your life. First, it's a space to connect. Social connection is the most powerful antidote for resilience. We are in this together and Wildcats R.I.S.E. gives you the opportunity to connect with peers dealing with similar stressors. Second, our R.I.S.E. Peer Leaders are trained to offer specific ideas of support and ways to cope with stress that have been shown to help reduce the impact of stress and facilitate resilience.

Is there a limit to how often I can attend?

You may participate in Wildcats R.I.S.E. group meetings weekly – there is not a cap of the number of weeks you may attend. You also have access to schedule one-on-one consultations with R.I.S.E. Peer Leaders. These one-on-one PFA consultations are limited to three, 20-minute sessions. If you are in need of additional individual support, the R.I.S.E. Peer Leader can assist in making referrals to additional mental health and wellness services.



R.I.S.E. Peer Leaders

How were the R.I.S.E. Peer Leaders selected?

Wildcats R.I.S.E. Peer Leaders were selected after submitting applications of interest and participating in group and individual interviews. R.I.S.E. Peer Leaders demonstrated an interest in serving our community, and illustrated active listening skills, coachability, a commitment to self-care, and cultural awareness and competency.

What training did R.I.S.E. Peer Leaders receive?

R.I.S.E. Peer Leaders completed an asynchronous, professional online learning course, titled “Assisting Individuals in Crisis,” offered by the International Critical Incident Stress Foundation. Additionally,

R.I.S.E. Peer Leaders completed a synchronous, full-day skills training provided by Dr. Amy Athey, UArizona Chief Wellness Officer, and Dr. George Everly, author of the *Johns Hopkins Guide to Psychological First Aid* and an international expert in crisis intervention.

What support do the R.I.S.E. Peer Leaders receive?

R.I.S.E. Peer Leaders are provided mentoring and support by upper-level graduate students from the UArizona Department of Psychology, as well as Licensed Professional Counselors staffed in the Health and Wellness Initiatives office.



Service Availability

How can I receive Wildcats R.I.S.E. support?

If you are interested in connecting with Wildcats R.I.S.E., you can attend a group session or schedule a one-on-one session at various times during the week. For more information, check out the webpage here: <http://wellbeing.arizona.edu/wildcats-rise>.

Do I have to register to attend a Wildcats R.I.S.E. group?

In an effort to provide a safe online experience, we ask that you complete a form of interest on the website (<http://wellbeing.arizona.edu/wildcats-rise>) to indicate the time that you would like to meet. After the form is submitted, and you've provided a valid UArizona email address, you will receive information about connecting to your Wildcats R.I.S.E session and receive a Zoom link and passcode for the meeting.

Once I register, how do I get information about the session I'll be attending?

You will receive an email noting your Wildcats R.I.S.E. registration and providing information about your session. This includes the meeting time, Zoom link and passcode to the Zoom meeting.

What if I can't attend the sessions I registered for?

Please notify us as soon as possible at wellness@arizona.edu so we can offer the session to another student in need.

I am more interested in individual consultation than group. How can I set up an individual support appointment?

We get it. Often students just need a one-on-one consultation to get more personalized support and feedback. Our R.I.S.E. Peer Leaders are available to schedule one-on-one consultations with you. To register, visit <http://wellbeing.arizona.edu/wildcats-rise>. Even if you participate in one-on-one consultations, you are still welcome to attend group sessions.