

CS3 & BeeWell

Initiatives Support Student Wellness

Written by Jordan Petteys and Colleen Miller, Photos by Kendra Frankle

College can be a tumultuous journey that's filled with many ups and downs. Luckily, when SCAD students are in need of a little extra support, Counseling and Student Support Services (CS3) is there to help.

"Mental health ultimately is part of everything we do," said Christopher Corbett, Director of Counseling and Student Accommodations.

Corbett oversees counseling services across all campuses, but primarily works with the Savannah team to support mental health based and academic accommodations for students. Corbett also provides services as a licensed psychologist. He understands that academic and professional pressures within SCAD's environment, time management and social atmospheres can all contribute to a student's overall mental health.

The classes a person takes, their time management skills, living situation, deadlines and physical health all arguably impact their mental health. Corbett stressed the importance of nurturing physical health to support mental health. Because the university attempts to replicate the professional environment with time sensitive art and design projects, Corbett believes it's crucial to create a structured schedule and communicate with others.

After suicides on campus, the counseling department implemented new strategies to their practice based on feedback from students and faculty.

The Bee Well initiative is just one example of extending programs [already in place with CS3] and incorporating additions to CS3's mission of wellbeing. "It is important for us to be able to talk about it positively and helpfully, and it's okay to say the word suicide out loud," Corbett said. "There are a number of programs and services offered for SCAD students, but one of the things CS3 wants to do a better job of is making sure students know all the resources available. Bee Well is our way to centralize the information and communication."

In an effort to promote open communication and overall wellness, their events around campus aim to reduce stress. A partnership formed between CS3 and SCADfit to advocate for a healthy lifestyle with pop-up yoga and other ways of destressing. Student Activities and leadership are also pitching in to support the Bee Well initiative. "It's really an entire university effort to help students," Corbett said.

The Bee Well initiative also changed CS3's online presence. Now, their website has

a new look and helpful links including MindWise mental health screenings. These anonymous online surveys assess mental health and help make suggestions for next steps. Screenings may recommend making an appointment with the counseling staff where there are five new team members. After these hirings, there will be fifteen counselors total.

The physical manifestation of the Bee Well initiative is the Bee Well Center at Turner House. This satellite location of Bradley Hall counseling will maintain two staff members Monday-Friday from 10 a.m. to 8 p.m. "We can't wait to fill all our appointments up because the reason we exist is to help students," Corbett said.

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The office was once home to Residence Life and Housing but has been transformed into a mental health haven. Located just a few steps from the Hive and Turner House, the Bee Well Center strives to be convenient and welcoming. The space, designed by a team led by Glenn Wallace, SCAD Chief Operating Officer, offers scheduled counseling sessions as well as walk-in visits for urgent situations.

"We designed with holistic wellness in mind," Wallace said. "We established a calming yet vibrant space that encourages students' feelings of comfort and openness. The Bee Well initiative promotes emotional, physical, and social wellbeing, and we catered to each of those in the design." When the doors swing open at the Bee Well Center, students are transported into a soothing environment with ambient music, casual seating and colorful accents.

"CS3 wants students to know the office and SCAD in general cares greatly about every student and we hope that has always been their experience. If not, the goal of Bee Well is to really make sure students are hearing, as well as experiencing, that message," Corbett said. "You can say a lot of things, but you have to back it up with actions. This is about action." ◊

Reach Out

Call **912-525-6971** to make an appointment for free counseling and mental health services.

In crisis situations, drop by the Bradley Counseling Offices or Bee Well Center without an appointment.

SCAD Security can be reached 24/7 at **912-525-4500** to connect you with an on-call counselor.



Activities at Back40's apiary show the importance of connecting with others and overall wellness.



Mental Health Follow-Up: May 4

May 4, 2020
Written by Colleen Miller

The limited human contact and quarantine environment created by the worldwide COVID-19 response presents an obvious challenge for schoolwork. At the same time, these limitations present a difficult scenario for those struggling with or working to maintain mental health. SCAD's Counseling and Student Support Services (CS3) foresaw these difficulties in February 2020 and began planning how their services could be offered in a virtual environment.

Luckily, almost all of CS3's services were adapted to virtual platforms including, one-on-one counseling, group counseling, and mental health workshops. "We have options available," said Chris Corbett, Director of Counseling and Student Accommodations. In fact, CS3 has worked diligently to understand the tele-health laws in not only Georgia, but every state a student may reside in. This allows the clinically trained staff to continue

providing support within the regulations set by each state.

"[CS3] has heard concerns about students being overwhelmed, unsure, and missing personal connection," Corbett said. As a response, virtual events such as karaoke, origami, and a pet parade are being held to reach an even greater number of students. In fact, CS3 has worked with more students by the seventh week of the Spring 2020 quarter than in the entire Spring 2019 quarter.

At the end of the day, "working with and supporting students is a significant passion for us," Corbett said. "We are ready to support in any way we can." ◊



SCAD Active Minds: May 4th

May 4, 2020
Written by Colleen Miller

With its focus to bring concerns and awareness about mental health from the SCAD student body to administration, SCAD's chapter of Active Minds continues its message despite quarantine.

"We want students to have someone to go to if they aren't comfortable talking to an adult or counselor," said Saige

Buffington, ICC Liaison and Social Media Coordinator for the club.

Active Minds reaches over 100 members for weekly check-ins and general encouragement. "We want people to know it's okay to reach out," Buffington said. "There's no judgement." ◊



SCAD Back40 celebrates a day focused on health and wellness by partnering with SCAD Serve and Bee Well.

SCAD Back40 & Bee Well

With farm tours and sketching sessions, SCAD Back40 celebrates a day focused on health and wellness as well as a connection with the land. For this outdoor event, SCAD Back40 partnered with SCAD Serve and the Bee Well initiative to encourage students to engage in awareness of mental health and ways to create a more sustainable future.