

THE INTERVENTIONIST

HUMAN SERVICES INSTITUTE
SUNY MORRISVILLE – NORWICH CAMPUS

MAY 2022 SPECIAL EDITION

Mission: The role of the Human Services Institute is to be a resource for students, the college and the community through the development of ongoing partnerships and collaboration between the human service program, college faculty and staff, and human service professionals in Norwich, Chenango and Madison counties and the Central New York region.



INTERNS MAKE A DIFFERENCE TO THE NORWICH COMMUNITY AND TO THE NORWICH CAMPUS COMMUNITY

The Human Service Institute played host to four interns this academic year. Three of these interns worked on the new Wellness Center at the Norwich Campus, and one completed the Silhouette Project that began during the previous academic year. In this special edition of the Interventionist, the Institute will highlight the work of the Institute interns and the efforts of the many collaborators on these projects. In particular, two of the Institute's interns will be graduating in May with their Human Services A.A.S. degree.

May graduate and Institute Intern Shelby Haynes completed the Silhouette Project by working closely with The Help Restore Hope Program to plan and coordinate efforts to reach out to local agencies to sponsor the silhouette at their locations during Sexual Assault Awareness Month in April. We asked, and the community answered, with enormous support for the project. As you will see in this issue, the silhouettes were located at nine different sites over the month of April. At the beginning of the month they were hosted at the Norwich Campus Liberty Partnership Program and the Norwich Police Department. In the middle of the month, they were shared among the CVfree Church, Dr. Vogel's Office,

the Chenango County Historical Society, Chenango Memorial Hospital and the Sherburne-Earlville High School. During the last week of April, the 12 silhouettes were reunited on the pavilion stage in the park in the center of Norwich, hosted by the Mayor Brian Doliver. Live Events NY lit them up at night in the teal blue of Sexual Assault Awareness Month.



SUNY Morrisville and the Help Restore Hope Program are enormously grateful to all of the hosts and Live Events for their support of this project and for their efforts in raising awareness around the services available to the Norwich and Chenango County community.

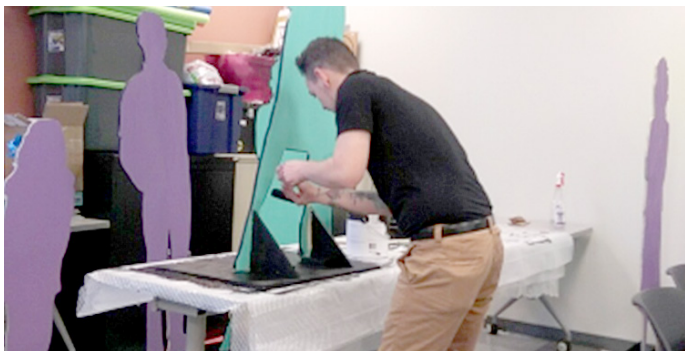
The other location where the silhouettes were hosted was at the Morrisville Campus as part of the Applied Learning Student Showcase during the Earth Day Celebration. Shelby Haynes brought three of the silhouettes with her for this event as well as one of the Help Restore Hope Program staff who shared information with students, staff and faculty who attended the Conference in STUAC. When Shelby described her participation in the Showcase, she said this was “really stepping out of my comfort zone.” “I had been on the Morrisville Campus once before as an LPP student, but coming back as a college student made me glad that I decided to do this.”



Dr. Julie Burton pictured above with students Kara Collins & Aubrey Root

The Human Services Program’s other May graduate is Abigail Elwood. She worked on the Wellness Center and hosted the first event in the center. Abby was the third Human Services Institute intern to work on the Wellness Center project. She knew that she would be following in the footsteps of two other interns and described her experience this way, “It’s great that there is an environment where the student can go to relax and unwind. It’s been nice to be a part of that—even a small part.”





Alex Holland, with the Help Restore Hope Program

THE SILHOUETTE PROJECT

The Assignment: HUMS 101, Introduction to Human Services

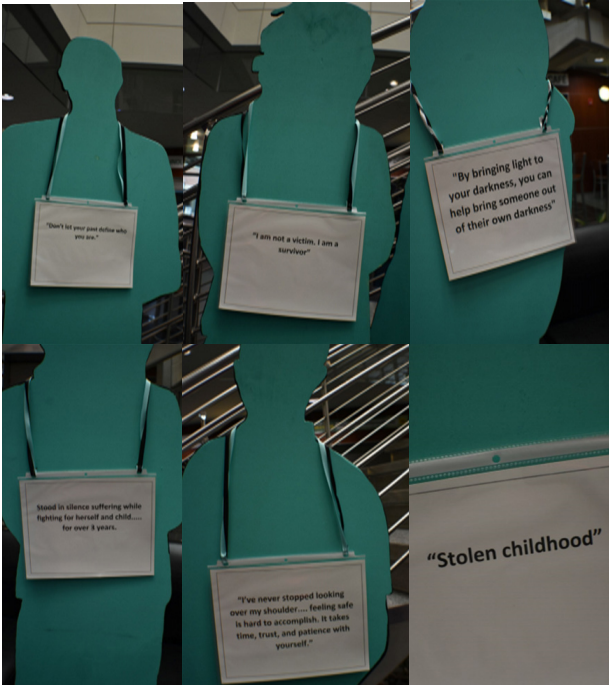
Critical Action Project called Big Ideas About Social Justice asks students to develop an idea to influence some type of social injustice in the community, develop a plan of action, and begin taking steps to implement their idea.

The Big Idea About Social Justice: Three students propose an idea to build life-size silhouettes of survivors of domestic violence to display throughout the community to raise awareness about sexual assault and domestic violence.

The Partnership: The Help Restore Hope Program in Norwich agrees to collaborate on the project with the HUMS 101 students.

The Support: The Human Services Institute agrees to host the three HUMS 101 Students as interns in order to support them in moving their Big Idea About Social Justice idea forward. The interns are Coree Cunnius, Jacob Davis and Shelby Haynes.

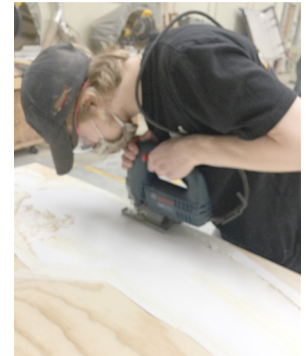




The Funding: Norwich Campus Director Lindsey Lefevre agrees to buy the material to build the silhouettes.

The Collaboration: SUNY Morrisville's Wood Products Program agrees to build 12 life-size silhouettes.

The Survivors: The Help Restore Hope Program asks survivors to share quotes about their experiences to attach to the silhouettes.



Students Finneas Goodwin & Justin Amato pictured





and complete the project in the Spring 2022 semester. Shelby Haynes asks to work on this project to offer continuity.

The Awareness-Raising: Commuter Learning Specialist Judy McCann designs posters to display with the silhouettes to raise awareness during Sexual Assault Awareness Month.

Dr. Julie Burton and student Kara Collins pictured to the left

The Marketing:

The Human Services Institute publishes the Interventionist Newsletter in June 2021 highlighting the project.

The Applied Learning:

Human Services Institute Intern Coree Cunniss presents the project at the 2021 Applied Learning Virtual Conference.

The Closer: The Human Services Institute plays host to another intern to finish



“Liberty Resources – Help Restore Hope Center has always wanted survivors of sexual assault to know they are not alone. The Silhouette Project has allowed us to provide support by partnering with individuals and organizations in the community to showcase the silhouettes to increase awareness.” - *Kristin Hinrichsen Program Supervisor*



“I was a latecomer to this project, but very quickly learned how dynamic and powerful a small team can be. Our team brought much needed awareness to the community regarding sexual assault in addition to giving survivors a voice.”

ELIZABETH WICKS, ADVOCATE

The Ask: The Human Services Institute and Help Restore Hope ask local agencies to sponsor silhouettes and posters during Sexual Assault Awareness Month (April 2022).

The Response: Norwich City Police Department, UHS Chenango Memorial Hospital, Liberty Partnership Program, Sherburne-Earlville High School, CVfree Church, Chenango County Historical Society, Dr. Vogel’s Office and the Mayor of Norwich agree to host the silhouettes during the month of April 2022. Live Events NY agrees to light up the display during the last week of April while they are being displayed in the park in the middle of Norwich.



Silhouettes on display at the Norwich City Police Department pictured





Silhouettes on display at UHS Chenango Memorial Hospital in Norwich pictured right and Silhouettes on display at SE High School pictured below with staff members Elizabeth Pirnie, Andrea Gunther, Tiffani Thorpe, Nick Colosi, Al Irwin, and Cosmo, the therapy dog

Silhouettes on display at SUNY Morrisville Norwich Campus featuring Dr. Julie Burton





*Silhouettes on display at Chenango County Historical Society pictured above.
Silhouettes being displayed at CVfree Church bottom left, and Dr. Vogel's office in Norwich, bottom right*





The Silhouettes on display in East side park in the City of Norwich





Live Event NY lighting up the Silhouettes as they are being displayed in the park in the center of Norwich



The Translational Learning: The Human Services Institute Intern Shelby Haynes presents the final project at the 2022 Applied Learning Conference. HUMS student Shelby Haynes pictured, along with Logan Dolan from Help Restore Hope.



SUNY MORRISVILLE NORWICH CAMPUS WELLNESS CENTER

The Norwich Campus is excited to offer a brand new student centered space to promote overall wellness! It is a great way to relax in-between classes in addition to providing a quiet study area.

A Wellness Center grand opening for students was held on February 7th and 8th where participants made their own essential oil roller balls and learned how to make overnight oats! We hope our students love this newly created space as much as we do!



WELLNESS CENTER GRAND OPENING! SPRING 2022



NORWICH CAMPUS WELLNESS CENTER DESIGN AND DEVELOPMENT

Prior to the arrival of the pandemic, colleges and universities were sounding the alarm on the rising number of students withdrawing from school due to adjustment issues, personal crisis and overwhelming mental health concerns. When you add to that the enormous social and emotional toll the pandemic has taken on almost everyone, including college students, it is not surprising that student health and wellness has leapt to the forefront as a concern for educational institutions across the nation.

In response, college campuses are implementing a variety of measures to address student emergent mental and physical health needs, but also creating innovative programs and services aimed at promoting healthy attitudes and wellness skills for student's during their college years and life after. This is in line with what is being considered by SUNY as an historic investment in student mental health services through the utilization of the Higher Education Emergency Relief Fund (HEERF). SUNY Morrisville created a Mental Health and Wellness Task Force to plan for how the college would spend the SUNY funds.

SUNY Morrisville—Norwich Campus recognizes its critical role and embraced the opportunity to not only provide education and services that address students' academic needs, but also support the area of needs which effect a student's ability to succeed and thrive—their personal mental health and well-being. Thus, the campus spent this academic year designing and developing a Wellness Center.

We began designing the space by engaging all Norwich students in the process. This was done by the Human Services Institute hosting two human services student interns, Angel Audette and Sammy Musk, in the fall 2021 semester to work with the design team of Campus Director Lindsey Lefevre, Norwich Campus Mental Health Counselor Betty Ann Liddell and Assistant Professor Dr. Julie Burton to find creative ways to engage students in the topic of mental health and wellness.

The Human Services Institute interns developed a survey to measure the level of interest in using a wellness space if the campus were to make one available. In the Wellness



Center survey sent to students, 100% of the (34) surveys returned identified that a Student Wellness area was needed on campus, agreed that the space would be utilized by the students, and strongly supported the idea of wellness services and programs being offered through a Wellness Center. They agreed that by developing a Student Wellness Center, students would be provided a much-needed, centralized space where they can go to decompress, respond to and manage stress, address topics related to health and well-being, and connect with peers in a constructive way.

CREATE OPPORTUNITIES

As we learned more about the needs of students directly from them, we decided that this space could be used to create opportunities at the Wellness Center that focus

Our goal in designing the Center was to provide tools to students that they can carry with them into their classrooms, work and home environments to support their mental health and wellness needs.

on how students can utilize health and wellness resources, participate in well-being workshops, engage with other students, participate in hands-on activities for their wellness, and experience and practice self-care skills.

Overall, our goal in designing the Center was to provide tools

to students that they can carry with them into their classrooms, work and home environments to support their mental health and wellness needs. Everything that is offered in the Wellness Center will be provided with the idea that students should be able to replicate the spaces and resources in their own lives. That would include the use of a Wellness lending library, where they can take these ideas and use them as tools outside of the Center. We want to impact student mental health and wellness long after they graduate from the college.

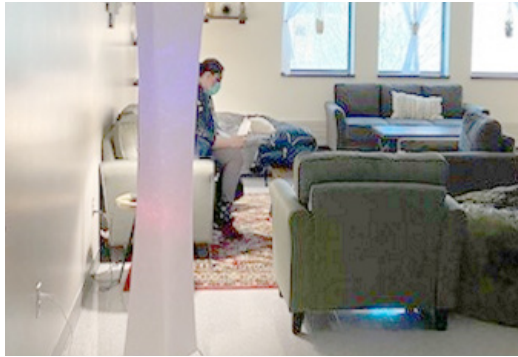


WELLNESS DAY FALL 2021



As we began designing the Wellness Center, the interns hosted several events with the Norwich Student Activities Board (N-CAB) to build interest and support for the Wellness Center. According to intern, Angel Audette, “We held a wellness awareness event for two days where students were able to make wellness yogurt parfaits and smoothies, while students learned about what the Wellness Center was going to look like. We were able to receive more feedback and suggestions about how they would benefit from a center in the college. Following that event we held a wellness workshop where students learned what holistic wellness is and how they can apply it to their own lives. Participants received bags





full of prizes and T-shirts with the new wellness logo. The grand prize was filled with wellness gifts that represented something from each of the seven sections on the wellness wheel was won by a student named Nick O'Neill.” Angel noted, “We want the Wellness Center to be a place where students can go to recoup and learn what it means to be well, both mentally and physically.”

During the spring semester, the space came together with the addition of comfortable furniture and amenities that aids in promoting well-being, improving self-confidence and inspiring success. The space design offers individual and small group seating combinations, low lighting, and a natural environment influence with access to quiet activities and conversations. Two massage chairs were added, as well as a fireplace, television and music. The Human Services Institute also hosted another intern, Abby Elwood. With the addition of resources to the Wellness Center space, Abby planned and hosted the first event in the Wellness Center, where students came together for a Game Night.



According to The Education Data Initiative (educationdata.org/college-dropout-rates), in the United States, 40% of students drop out of college as an undergraduate. Almost one-third of those are freshmen who do not make it to their sophomore year. While 38% of those who drop out indicate it is for financial reasons, the other 62% are related to everything from social problems (13%), to a lack of family support (9%) to health/mental health problems (8%).

While we may not be able to address all these issues, we certainly can address the social, emotional and mental health issues that may be impacting the dropout rate. We clearly have to do better. We have to make every effort to address the issues that directly influence whether students stay in school and complete their degree programs, including anxiety, depression, and attention problems. As we know, these were issues that were problems before the pandemic, and COVID has only served to exacerbate their impact on college students.





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NORWICH CAMPUS

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