



# Step outside the box: Recommendations for culturally diverse outreach programming

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# Outline

- Introductions
- Established relationships
- New relationships
  - Responses to hate/bias events
- Overcoming barriers



# Who are we? Where are we from?

- Rashanta A. Bledman
  - Licensed psychologist in MD and DC
  - 8yrs at UMD Counseling Center
    - Coordinator of Consultation & Outreach Services
    - Training Committee
  - 6yrs in Private Practice
- Aisha J. Evans
  - Psychology Resident at FSU Counseling Center
    - Outreach Track
    - Diversity, Outreach, and REACH Committees
  - Predoctoral Internship Completed at BGSU Counseling Center
  - 6yrs in University Counseling Centers



# Establishing Relationships: University of Maryland

- Several long-standing relationships
  - Resident Life
  - Academic Deans
  - Mental Health Service/Health Center
  - BETA team
  - Office of Diversity & Inclusion
  - Office of Multiethnic Student Education
  - NYUMBURU
  - International Students
- New & revived relationships
  - MICA
  - Equity Center (revived)
  - Undocumented students
  - Help Center
  - Rec Well
  - Title IX
  - Terpoets

# Establishing Relationships: Florida State University

- Askew Student Life Center (ASLC)
- Career Center
- Center for Academic Retention & Enhancement (CARE)
- Center for Global Engagement (CGE)
- Center for Health Advocacy & Wellness (CHAW)
- Center for Leadership & Social Change (CLSC)
- Office of Fraternity & Sorority Life
- Residence Life
- Student Resource Disability Center (SDRC)
- Student Veterans Center
- Pride Student Union
- University Health Services (UHS)

# Services for Marginalized Students

- Specialized Walk-in Hours
  - Student-of-Color
  - Rainbow
  - International Students
  - Veterans
  - (Athletes - discontinued)
- Therapy Groups
  - LGBTQIA+ Support Group
  - Graduate Diversity Discussion
  - Surviving & Thriving
  - Circle of Sisters
  - Women of Color



# Services for Marginalized Students

## Therapy Groups

- Black Student Empowerment Group\*
- Multicultural Process Group (in planning)
- Trans Empowerment Group
- LGBTQ Empowerment Group
- Empowering Young Women
- Women's Graduate Process Group



# Outreach Services

- Calling In Black tabling event
- Mental Health Monologues
- Brownbags: Body image in the queer community; body image in biracial communities; body image in Latinx community
- Depression Screenings (in Student Union)
- Racial Trauma presentations
- Clinical Rotations





# Outreach Services

## **REACH Committee Outreach Activities**

- International Coffee Hour
- Engineering Stress Buster Event

## **Research Efforts**

- Current Research

## **Outreach Activities**

- A Seat at the Table: Minority Mental Health Fair
- UCC Tours for International Students (CGE)
- Social Justice Presentation
- Take Back the Night Tabling
- CARE Program Presentations

# Potential Barriers

- Stigma & mistrust
- Limited resources (time, money, energy)
- Lack of culturally competent therapists
- Low attendance
- Poor marketing
- Diversity of staff
- Others?



# Recommendations

- Focus groups
- Meeting the students where they are
  - Contact student groups to connect
  - Ask for an invitation
  - Tailor outreach to their needs
- Attend student events
- Hone in on staff interests
- Establish partnerships with specific goals
- Collaborate with planned events
- Others?

