



University of Colorado
Colorado Springs

SAHE E-Newsletter | December 2018



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SAHE students photographed with Jonathan Poullard during the 2018 Cultivating Cultural Humility Training on September 8th, 2018.

Jonathan Poullard is the President of The Equity Consulting Group based on California. SAHE students participated in a one-day training with Mr. Poullard learning about Cultural Humility, Emotional Intelligence and much more.

ANNOUNCEMENTS



New SAHE GA

Hello everyone!

I am the new SAHE graduate assistant, Blake Barnes. I am a graduate of the University of Colorado Colorado Springs in my first year of the SAHE program. I graduated from UCCS in December 2017 with a BS in Business with a double emphasis in Business Administration and Finance. Originally from Dallas, Texas, I chose to attend UCCS for my undergraduate degree due to their business program and the ability to play collegiate soccer at the university. As a former student athlete, I aspire to work with student athletes as an athletics academic advisor or in student athlete development after graduation. I am looking forward to my time as the SAHE GA and working with everyone in the department!

Congratulations to our Fall Graduates!

Sarah Marshall

Ben Vargas

Jenny Garces

Alyssa Landsberger

Ashley Owens

Upcoming Professional Development Opportunities:

ACPA 2019 Convention

March 3-6, 2019

Boston, MA

2019 Annual NASPA Conference

March 9-13, 2019

Los Angeles, CA

NAFSA Annual Conference

May 26-31, 2019

Washington, DC

2019 ACUHO-I Annual Conference

June 22-25, 2019

Toronto, Canada

10 Year Celebration

Amner Carmona Molina SAHE Minor '18



Amner Carmona Molina is a first year cohort student in SAHE Master's Program at UCCS. He was a member of the first group of SAHE Minors at UCCS. He currently is the Coordinator of Student Support and Early Alert Initiatives in the Division of Student Services at PPCC.

"It was an amazing experience to not only share my own story of how I got involved with the SAHE program but also learn from alumni. It is fantastic to know that this program has been going on for 10 years; the impact is astonishing. The event was well put together with plenty of time to interact with others. The speaker delivered a stimulating speech. I enjoyed hearing him share his experiences and thoughts. The minor gave me the ability to explore areas of Student Affairs earlier in my education. It gave me a great foundation of knowledge to utilize, implement, and affirm in the SAHE Masters. Each class in the minor was well put together; they validated for me that I truly did want to become a student affairs practitioner."

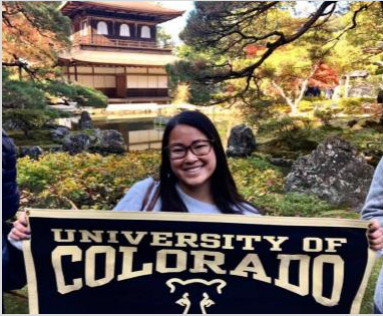


Members from the 1st Year Cohort photographed at the 10 Year Celebration.

Members from the 2nd Year Cohort enjoying the 10 Year Celebration.



Japan Study Abroad Trip



"The trip to Japan was not only amazing, but life changing!" I was able to get to better know the members of both cohorts as well as their friends and family. My favorite higher-ed institution we visited was the Kyoto University of Foreign Studies, and my favorite activity was the Taiko drumming in Hiroshima. I specifically want to give a shout out to Dr. Mendez, Dr. Witkowsky, and the Asia Institute for planning such a wonderful experience. This opportunity for experiential learning and changed my entire view and global perspective! Through the experiences of the SAHE travel tour, I am now inspired to try new things and seek out student-focused positions abroad."

Ann Schwab



"Studying abroad in Japan, even for a short period of time, was an amazing learning experience! It provided a wonderful opportunity to expand my knowledge and understanding of the culture, history, and values of the people – being able to experience it firsthand rather than simply reading about it. The experience provided me with a deeper appreciation for cultures and systems outside of what I am familiar with; a deeper appreciation for the diversity on our campus and how much we learn from people who have different backgrounds, cultures, experiences, and perspectives from our own."

Sarah Marshall



"The study abroad course was a trip of a lifetime. I was able to learn firsthand from about Higher Education system the students currently enrolled in undergraduate programs and faculty from three different institutions. I was fortunate enough to share the experience with my husband Scott. Though he is not a student at UCCS he made the experience that much more memorable. Experiential learning gives you the opportunity to open yourself up to full cultural emersion. I feel experiential learning will benefit my future career as a Student Affairs Practitioner by constructing a more culturally respective person."

Kimberly Hinkle



New Lecturer Spotlight



Stephanie Hill, MA, LPC

Professional Background: I graduated with a Masters in Counseling in 2006, and have worked full time in the counseling field since then as a clinician, supervisor, and program director of intensive outpatient programs. I have lived and worked in both Arizona and Colorado. My specialty has primarily been in treating relational and sexual trauma as well as eating disorders. (I've worked at 3 different eating disorder treatment centers over the latter half of my career. Right now, I work full time at the Wellness Center, and am making the exciting transition in January to full time private practice.

SAHE Teaching Experience: I am a newbie! I taught the Counseling in Higher Education course this fall of 2018 for the first time.

What did you enjoy most about teaching the Counseling in Higher Education course?

I most enjoyed the personalities of the class! We had great discussions, and it made the time pass quickly (for me). I stressed self-work as a part of this course and enjoyed reading papers and assignments in which students dug deep and seemed to really learn something about themselves. It is fun for me to see people grow as helping professionals, and for some, to see their opinions about counseling shift for the better.

Fun Fact: I am a lifetime animal rescuer. My most recent rescue is a cute little Podenco I named Winny. She is a hunting dog from Spain who grew up in a pack of hunting dogs. She has made the transition to living in a home in the US so well! I plan to make her my hiking buddy when I summit some 14er's next summer!

Alumni Spotlight



DeShaun Bennett

Professional Background: I have pretty much worked administrative jobs ever since I started working. My first several jobs were through the Summer Hire Program at Peterson AFB. I worked in several different offices on base each summer while in school during the school year. I later started a job at a utility billing company, while completing my Bachelor's degree in Business. A little after that, I began working at UCCS in the Office of the Registrar, where I progressed into a few different roles in my almost 10 years working there. In that time, I also began and completed my Master's degree in the SAHE program.

How did your work experience at UCCS and the SAHE Masters lead you to your current position at the United States Air Force Academy?

Through my work experience at UCCS, I was able to develop a wealth of knowledge in the Oracle PeopleSoft system that UCCS newly brought online in the Fall of 2010. I was there to use and see the transition from one student information system to another. At one point, I was a part of the conversion project team helping to validate information was converting to the new system correctly. The SAHE program not only provided me a Master's degree to add to my resume and expand my career opportunities, but gave me a good breadth of knowledge in higher education and introduced me to looking at the Air Force Academy as more than a military base and tourist attraction.

What advice do you have for current and future SAHE students after such a long career at UCCS?

Take in all of the knowledge that you obtain and make it work for you. Everyone may not be cut out for a career as a resident advisor, counselor, or the more hands on career paths associated with the SAHE profession, but the knowledge and experience can be used regardless.

Fun Fact: I thought the active listening/counseling script sounded too robotic when we learned that in the counseling course, but I actually found myself using it without intentionally doing so... "So, what I heard you say was...". Paraphrasing is important when trying to learn and understand a new student information system and have the conversation of needs/expectations with a developer (part of my current job duties).

Mental Health First Aid Training



MENTAL HEALTH FIRST AID TRAINING

Suicide is the
2nd
leading cause of death
among people 10-35
years old.

Rates of suicide have
increased annually
since 1999

National Institute of Mental Health

1 in 5
teens & young adults
lives with a mental
HEALTH CONDITION.
*National Alliance for Mental
Illness*

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHO SHOULD TAKE IT

- Faculty/Teachers
- Counselors
- Administrators
- Coaches
- Community members
- Caring individuals

WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.

The course will teach you how to apply the ALGEE action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Saturday, April 20, 2019 Location: UCCS Downtown
Time: 8am - 4pm

**"This program is a top-notch service to area communities like ours
and we are so grateful for the opportunity to have this program."**

-Nikki Carber, Speak Out Against Suicide

More than one million trained!



MENTAL
HEALTH
FIRST AID®

SAHE Alumni and Student Job Updates

Kaeley Neppel: Testing and Entrance Advising Specialist at Pikes Peak Community College

Greg Gentry: Assessment Analyst at the Center for Character and Leadership Development at the United States Air Force Academy

Trevor Hardin: Academic Advising Coordinator at Pueblo Community College

Brittany Beard: Pathway Advisor for Business Students at the Community College of Aurora – Lowry Campus

Caitlin Huckfeldt: Assistant Director of Residence Life and Student Engagement at the University of the Ozarks

Jake Murphy: Coordinator of Weekend and Late-Night Programming at the University of Portland

Antonio Robinson: Residence Life and Housing Graduate Assistant at CSU-Pueblo

Kaitlin Shields: Academic Advisor at UCCS

Sarah Long: Strengthening Institutions Program (SIP) Project Manager at UCCS

DeShaun Bennett: Business Analyst for Student Information System Change Management for Aleut Management Services at the United States Air Force Academy

Sam Kelleher: Residence Life and Housing Graduate Assistant at CSU-Pueblo

Crystal Cyr: Assessment Specialist for the Division of Student Affairs Office of Assessment and Planning at CU Boulder

Molly Cammell: Campus Connections Program Coordinator in the Department of Counseling and Human Services in the College of Education at UCCS

Andi Diamond: Academic Services Program Director with Pre-Collegiate at UCCS

Alex Baker: Case Manager in the Dean of Students Office at UCCS



Student Affairs
in Higher Education

UNIVERSITY OF COLORADO
COLORADO SPRINGS