

# Looking after Our Mental Health

New Faculty Orientation

September 14, 2022

**Negar Shekarabi, Psy.D.**

Coordinator  
Faculty & Staff Support Services  
Samueli Office of Wellbeing





About the Speaker

**Negar Shekarabi, Psy.D.**

**Coordinator | Faculty & Staff Support Services**

Free and confidential resource for you to assist with navigating and understanding all of your behavioral health resources and to access support for wellbeing and mental health concerns.

A part of UCI, embedded within Health Sciences but available to all faculty enterprise-wide.

# Behavioral Health & Wellbeing Resources

for Faculty at UCI Irvine



# Student Mental Health

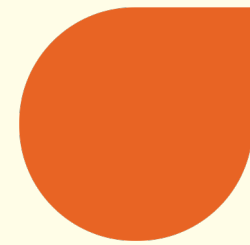
Important Resources and Referrals for Students at UCI



## Counseling Center

Short-term, time-limited individual, couple & group counseling. Psychiatry Services & Crisis Intervention.

Urgent Care walk-in: Mon-Fri.  
8:00am-4:30pm  
949.824.6457



## Campus Social Worker

Case management, support & resources for students experiencing multiple stressors & needs. Must be referred by UCI faculty or staff.

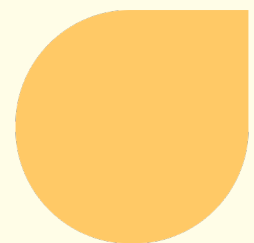
949.824.0101  
campussocialworker@uci.edu



## Disability Services

Accommodations and support services for students with documented permanent & temporary disabilities.

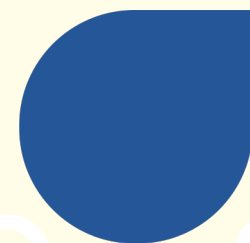
949.824.7494



## Campus Assault Resources & Education

Direct victim services and campus education on topics of sexual assault, sexual harassment, relationship abuse & stalking.

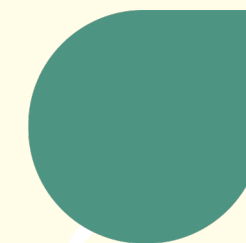
949.824.9756  
care@uci.edu



## Student Health Center

Outpatient medical and dental clinic providing primary care, preventative care, physical exams, and psychiatry services.

949.824.5301



## Consultation Team

Functions as the campus' Behavioral Threat Assessment Team. Reviews, discusses & manages a broad array of issues of concern to campus safety or well-being involving students, faculty, staff or community members.

949.824.4642

## Faculty & Staff Support Services

Consultative Services & support to resolve behavioral health issues, crisis intervention & coordination of services. By appointment only.

949.824.5208

Negar Shekarabi, Psy.D. [nshekara@uci.edu](mailto:nshekara@uci.edu)

## Life Resources Program (EAP)

Free, confidential benefit for personal or work-related issues.

Problem identification, assessment & referral to a treatment provider.

844.824.3273

[www.guidanceresources.com](http://www.guidanceresources.com)  
(UCIEAP3)

## UCI Faculty

## Medical Plan Benefits

UC's medical coverage includes behavioral health benefits for mental health services & substance abuse treatment. Sessions with counselors, psychologists, or psychiatrists.

## HR Wellness Programs

Supports employees & retirees in achieving a more balanced & healthy lifestyle. Webinars, workshops/classes, perks, discounts.

949.824.5429

Dyan Hall: [dyhall@uci.edu](mailto:dyhall@uci.edu)

# Faculty & Staff Support Services

Consultative services &  
support to resolve  
behavioral health issues

**01**

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Primary crisis  
intervention  
resource to  
facilitate and  
coordinate  
appropriate  
resources

**02**

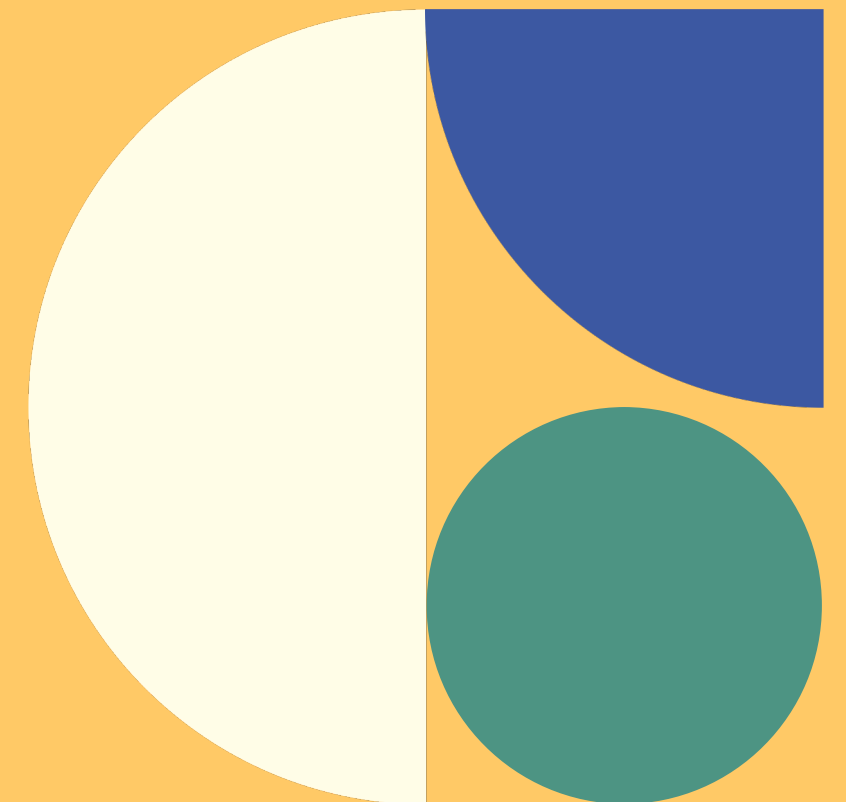
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Time-limited case  
management for  
individual  
employees

**03**

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Instructional  
trainings and  
materials to assist  
in the promotion  
of mental well-  
being for all UCI  
(campus, UC  
Irvine Health,  
UCIMC) faculty &  
staff





# Faculty & Staff Support Services

## Individual Services

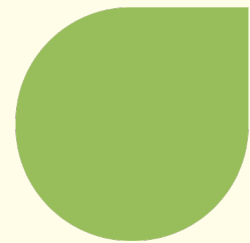
- Problem assessment – safe, confidential sessions in which to discuss your problems, set priorities, and determine appropriate campus and community resources, when needed
- Referral – referrals to mental health resources within the health plans available to faculty and staff as well as community resources
- Crisis intervention – assistance to individuals experiencing critical incidents or problems

## Services for Managers & Supervisors

- Phone or in-person consultations
- Critical incident response following crisis events
- On-site small work group facilitation
- Workshops and trainings customized to department needs
- Educational materials

# Faculty & Staff Mental Health

Important Resources and Referrals for Employees at UCI

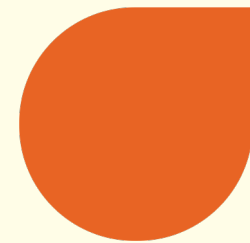


## **Disability Management Services**

Assist employees with return to work options and disability benefits, and provide guidance on leave policies.

949.824.9756

Wendy Pawling:  
wpawling@uci.edu



## **Consultation Team**

Functions as the campus' Behavioral Threat Assessment Team. Reviews, discusses & manages a broad array of issues of concern to campus safety or well-being involving students, faculty, staff or community members.

949.824.4642

Marcelle Hayashida:  
Marcelle.hayashida@uci.edu



## **HR Wellness Program**

Supports employees & retirees in achieving a more balanced & healthy lifestyle. Webinars, workshops/classes, perks, discounts.

949.824.5429

Dyan Hall: dyhall@uci.edu

0 1 2 3 4 5 6 7 8 9



# Your Portfolio of Mental Health Resources

whcs.uci.edu/redfolder

Do Something.

**Disruptive or Distressed?** Use this information to determine:

**Distressed Student**  
A student with persistent behaviors such as

- unduly anxious
- self-harm
- irritable
- withdrawn
- confused
- lacks motivation and/or concentration
- seeks constant attention
- demonstrates bizarre or erratic behavior
- expresses suicidal thoughts

**Refer students to Support Services Resources**

- Counseling Center
- Student Health Center
- CARE
- Campus Social Worker

**Administrative/Student Conduct**

- School Academic Advisor
- Division of Undergraduate Education
- Graduate Division
- University Registrar
- Office of the Ombudsman

**For Illness or Injury**  
Non-urgent:  
Student Health Center  
949.824.5301  
**Medical Emergency: 911**

**Still unsure?** For consultation or emergency counseling call the Counseling Center.

**Disruptive Student**  
A student whose conduct is clearly and imminently reckless, disorderly, dangerous, or threatening, including self-harmful behavior.

**Safety concern**

- If you are concerned for your or others' safety due to a student's disruptive and/or threatening behavior, call 911 or the UCI Police Department.

**If a student is causing a disruption but does not pose a threat**

- Ensure your safety in the environment.
- Use a calm, non-confrontational approach to de-escalate the situation.
- Set limits by explaining how the behavior is inappropriate.
- If behavior continues, ask the student to stop and warn them that official action may be taken.
- If the disruptive behavior persists, notify the student that disciplinary action may be taken. Ask the student to leave.
- Inform them that refusal to leave may be a separate violation subject to discipline.
- Immediately report the incident to the Office of Student Conduct.

**Campus Resources for Students**

Campus Assault Resources & Education (CARE)	949.824.7273
Campus Social Worker	949.824.1418
Counseling Center	949.824.6457
Dean of Students	949.824.5590
Disability Services Center (DSC)	949.824.7497
Office of Equal Opportunity and Diversity (OEOD)	949.824.5594
International Center	949.824.7249
LGBT Resource Center	949.824.3277
Office of the Ombudsman	949.824.7256
UCI Police Department	949.824.5223
Office of Student Conduct	949.824.5181
Student Health Center	949.824.5301

**Campus Resources for Faculty & Staff**

ComPsych Guidance Resources/EAP	844.824.3273
Worklife & Wellness	949.824.5429
Office of the Ombudsman	949.824.7256
Workplace Violence Prevention (UCIPD)	949.824.5223
Campus Consultation Team	949.824.4642

**Resources in the Community**

2-1-1 Local Resources	211
Irvine City Police Department	949.734.7000
National Suicide Prevention Hotline	800.273.8255
Hoag Memorial Hospital (Newport Beach)	949.764.4624
UC Irvine Medical Center	714.456.7990
Western Medical Center Hospital (Santa Ana)	714.835.3355

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Faculty & Staff Mental Health Care

UC Irvine Faculty & Staff Mental Health Care

**BEHAVIORAL HEALTH RESOURCES**

Because mental health and physical health go hand in hand, UC Irvine provides resources for faculty and staff including benefits for mental health services and substance abuse treatment. Faculty and staff can use these behavioral health benefits for a personal consultation or to discuss a concern about an employee or colleague. Sessions with counselors, psychologists and/or psychiatrists are available to address a wide range of issues. This guide provides a summary of the resources available to assist you.

**Faculty/Staff Mental Health Care Coordinator**

On-site services and support are available to address behavioral health issues, help with crisis intervention and to facilitate and coordinate resources for time-limited therapy and case management for employees. The coordinator also helps develop and implement instructional training and materials to promote mental well-being for faculty and staff.

Support is offered for a wide range of issues including:

- Work-related stress
- Relationship/couples issues
- Family problems
- Depression, anxiety and other emotional issues
- Grief and loss
- Alcohol, drug and other addictions
- Consultations and training services for faculty and staff management

Contact: Negar Shekarabi, Psy.D.  
(949) 824-5208 or [nshekar@uci.edu](mailto:nshekar@uci.edu)  
[whcs.uci.edu/faculty-staff-mental-health-care](http://whcs.uci.edu/faculty-staff-mental-health-care)

**UCI** Wellness, Health & Counseling Services

**Employee Assistance Program (EAP)**

Separate from your medical plan behavioral health benefits, EAP is a free confidential benefit that helps with problem identification, assessment and referral to treatment providers and community resources. The first three sessions are free. EAP Benefits are available 24/7 to you and your dependents.

(844) 824-3273  
[guidanceresources.com](http://guidanceresources.com) (UC ID: UCEAP3)

**Behavioral Health Benefits with Medical Coverage**

Depending on your medical plan, faculty and staff have access to behavioral health providers in the community through Anthem Blue Cross, Optum Behavioral Health, HealthNet MHN and Kaiser Permanente.  
[ucnet.universityofcalifornia.edu/compensation-and-benefits/health-plans/behavioral-health/index.html](http://ucnet.universityofcalifornia.edu/compensation-and-benefits/health-plans/behavioral-health/index.html)

**Human Resources Wellness Programs**

The university wellness program, UC Living Well, provides activities and resources to help faculty, staff and retirees reach their wellness goals. UCI's wellness program works to build a healthy workplace culture and offers on-site activities, health education, local programs and challenges and more to help you lead a healthy life.

[wellness.uci.edu](http://wellness.uci.edu)

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# Opportunities for Training



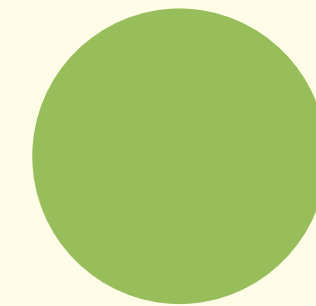
## **Mental Health First Aid (MHFA) Certification**

<https://whcs.uci.edu/faculty-staff-support-services/mental-health-first-aid>



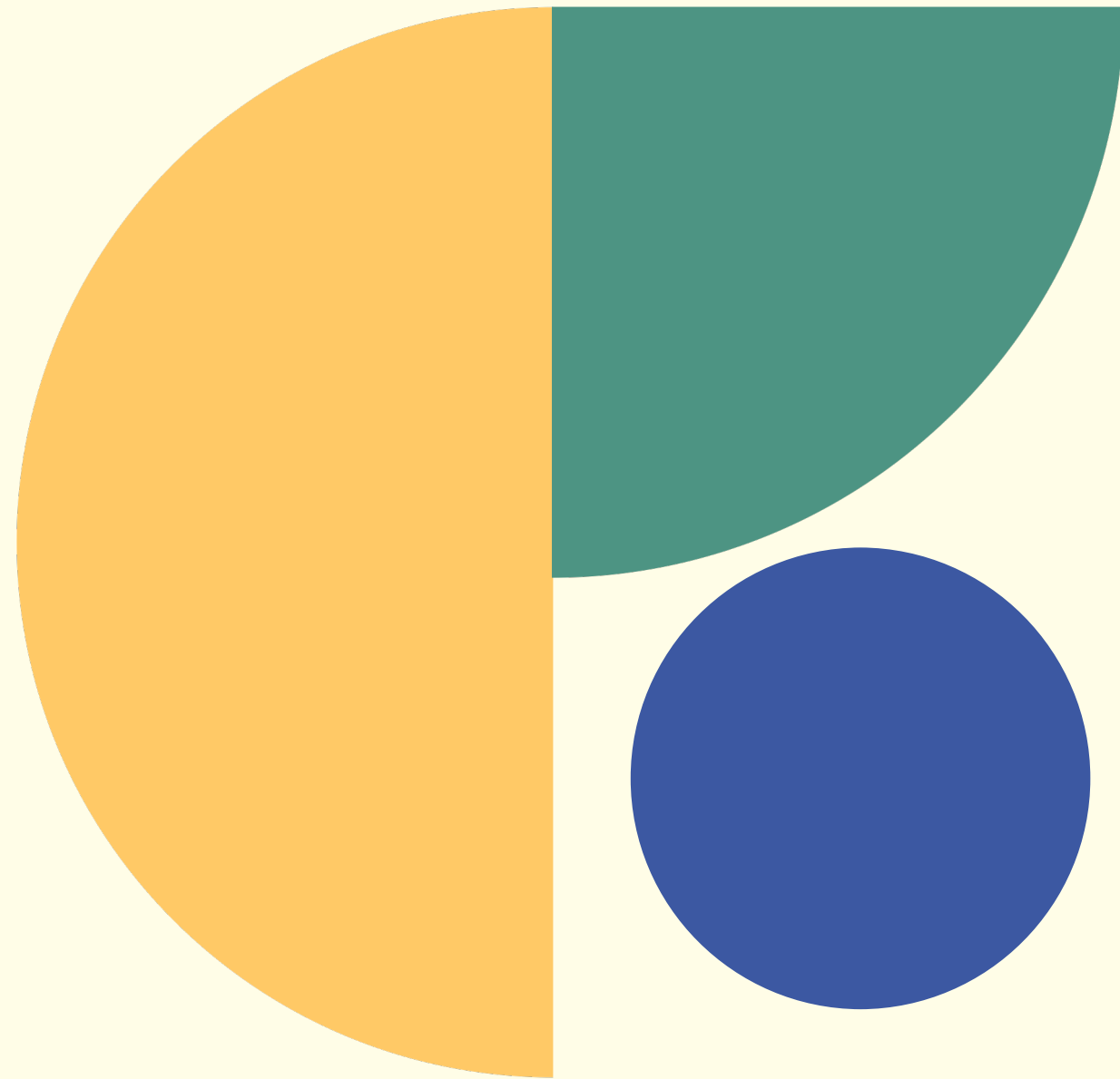
## **Question, Persuade, Refer (QPR) Suicide Prevention Training**

<https://counseling.uci.edu/outreach/suicide-prevention-training.html>



## **Online Mental Health Webinars**

<https://whcs.uci.edu/faculty-staff-support-services/trainings>



# Thank you!

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