

THE WELLNESS CONNECTION

The Behavior Intervention Team Has a New Name



CHAFFEY
CONNECTS

Connecting Students to Resources

To start the 2024-2025 academic year, Chaffey's Behavior Intervention Team (BIT) actively engaged with campus groups and stakeholders to raise awareness about available student supports and resources through BIT presentations. A common concern raised was the negative connotation associated with the BIT name, with some feeling it implied discipline or consequences. In response, we've rebranded the team as **Chaffey Connects**, better reflecting our mission: supporting students, faculty and staff by connecting students to the services, support, and resources they need for academic, mental, and personal success. We believe **Chaffey Connects** represents this mission more effectively.

Social Wellness is Expanding

We have exciting news! As the mental health needs of our students continue to increase, we are excited to announce that we will be recruiting for additional staffing to support the Social Wellness and Behavioral Support (SWBS) Team. We are seeking to hire dynamic, experienced Licensed Clinicians who can support our students with the recruitment of at least one, full-time Licensed Clinician and two part-time Licensed Clinicians. In addition to providing counseling services to students, this additional support will also assist with the coordination of education and outreach efforts,



provide workshops and training, and develop communication materials to support the Chaffey Community. We are excited to start the recruitment process and look forward to expanding the Social Wellness Team.

New Partnership

Chaffey College is exploring a collaboration with California State University, San Bernardino (CSUSB), to welcome MSW (Master of Social Work) level interns into the internship program. The Social Wellness and Behavioral Support (SWBS) program aims to provide valuable, learning opportunities for CSUSB students while enriching Chaffey College's campus environment with fresh perspectives and professional skills. The partnership will strengthen both institutions by fostering student development, enhancing community engagement, and promoting the



well-being of our diverse student body. MSW interns bring a wealth of knowledge and skills in social work, mental health, advocacy, and community service. Their academic background, combined with fieldwork experience, allows them to offer critical support in student counseling, crisis intervention, case management, and outreach initiatives.



Upcoming Workshops

The Social Wellness and Behavioral Support program will be presenting a series of impactful workshops that will address crucial topics designed to enhance student personal growth and student mental well-being.

Please check the [Chaffey College Event Calendar](#) for dates/ times/locations and join us for workshops like:

- SI Prevention: Recognizing Warning Signs, Offering Support & Taking Action
- Mental Health 101: Recognizing the Signs of Depression and Anxiety
- Focus & Flow: Mindful Moments for Students in the Wignall Museum
- Navigating Grief and Loss
- Supporting a Friend: How to Help Someone Struggling with Mental Health
- Navigating Toxic Relationships
- Building Healthy Relationships

Let's Talk About Mental Health



Mental Health Location Survey



At the end of the Fall semester, Social Wellness and Behavioral Support disseminated a survey to students who have sought mental health services over the last year. The goal of the survey was to determine students' perspective on the current location for mental health services on campus. 46 responses were collected, and the results showed that the majority of students

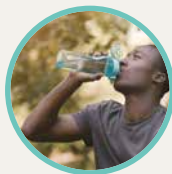
surveyed would like a more quiet and confidential location to receive mental health services. Additionally, the survey revealed that students prefer to have a central location to receive Student Health and Social Wellness services. This feedback will be utilized to assist us in determining an ideal location for students to receive mental health services.

Wellness Tips



Prioritize Quality Sleep

Getting 7-9 hours of sleep each night is essential for memory, focus, and overall cognitive health.



Stay Hydrated

Keep your body fueled with plenty of water to avoid fatigue and maintain concentration.



Practice Mindfulness

Dedicate a few minutes daily to meditation or mindfulness exercises to clear your mind and reduce stress.



Nourish Your Brain

Eating balanced meals with protein, healthy fats, and whole grains supports mental clarity and sustained energy.

CONNECT WITH US TODAY!

Contact the Office of Social Wellness and Behavioral Support at (909) 652-6510 to make an appointment.

Visit the Chaffey college website:
www.chaffey.edu/student-affairs/mental-health