Once upon a time there was a CALS student named Coleman Simpson that cared a great deal about mental health.
Coleman Simpson

Student Services Specialist and Scholarship Coordinator
919-515-9706
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Groups

Now Coleman works for CALS AP!
College of Agriculture and Life Sciences

CALS Cares Wellness

CALS Cares provides resources, skills and community to help manage your stress and build your success as a student.

College is stressful — we know! With a dedicated counselor, workshops and learning opportunities, community groups and stress busters, CALS Cares is here to help you be resilient and successful. Explore below to see the ways you can build wellness into your life.
What is CALS Cares?

- **CALS and Sciences Counseling**
  - Embedded counselor for CALS and COS students

- **Wellness Workshops**
  - Workshops to help students develop skills that hit on NC State’s six elements of wellness
  - CALS Cares Summit

- **Stress Busters**
  - Dedicated studying spaces with snacks, drinks, and stress buster items/activities

- **Affinity Spaces**
  - Supporting groups of like company

- **Wellness Council**
  - Grass roots volunteers from all CALS programs
CALS Wellness Council

81 volunteers including 29 students from nearly every department and across the state.
CALS Cares Impacts year 1

- Over 4000 impressions on social media posts about CALS Cares opportunities
- Over 1700 website clicks
- Over 300 clicks for our wellness programs registrations
- Saw 45 students/175 individual appointments in 2021-2022
- Delivered 4 workshops in Spring 2022
- Delivered 10 workshops and class presentations in Fall 2022
The Future of CALS Cares

- **Embedded counselor** for the next three years (Provost’s Office helps with funding)
- **CALS Strategic Plan** (2023) includes wellness and belonging
- **Faculty Fellowship** on Wellness and Belonging
- **CALS Cares Wellness website** marketed
  - [go.ncsu.edu/CALSCares](go.ncsu.edu/CALSCares)
- Continuing workshops
- Support for faculty and staff
- **Postvention** plan for college
Long Term Goals

- Increased awareness and conversations across the college about the importance of mental health
- Develop faculty and staff comfort for identifying students and colleagues in need of support and helping them gain support
- College-wide wellness team
Faculty Mental Health Toolkit
https://sites.google.com/ncsu.edu/facultytoolkitmentalhealth/introduction

Fostering a Campus Environment Supportive of Student Mental Health

A Faculty Toolkit for Supporting Student Mental Health
For more information, please contact:

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Questions?
Resources

- Your “Surge Capacity’ Is Depleted - It’s Why You Feel Awful
  https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c

- K-12 Online Learning Resources and Advice
  https://provost.ncsu.edu/news/2020/04/k-12-online-learning-resources-and-advice/

- 8 Types Of Self-Care & How To Practice Them

- CDC Report Reveals “Considerably Elevated” Mental Health Toll from COVID-19 Stresses
  https://jamanetwork.com/channels/health-forum/fullarticle/2770050

- Pandemic Will ‘Take Our Women 10 Years Back’ in the Workplace

- National Suicide Prevention Lifeline
  https://suicidepreventionlifeline.org/