

CALS Cares



Kim Allen

Coleman Simpson

Rhonda Sutton

North Carolina State University

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

College of Agriculture and Life Sciences

[About](#)[Departments](#)[Students](#)[Research](#)[Extension](#)[Initiatives](#)[Alumni and Giving](#)

Coleman Simpson



Student Services Specialist and Scholarship Coordinator

[919-515-9706](tel:919-515-9706)

cksimpso@ncsu.edu

Groups

Now Coleman works for CALS AP!

College of Agriculture and Life Sciences

[About](#)

[Departments](#)

[Students](#)

[Research](#)

[Extension](#)

[Initiatives](#)

[Alumni and Giving](#)

 [GIVE NOW →](#)



CALS Cares Wellness

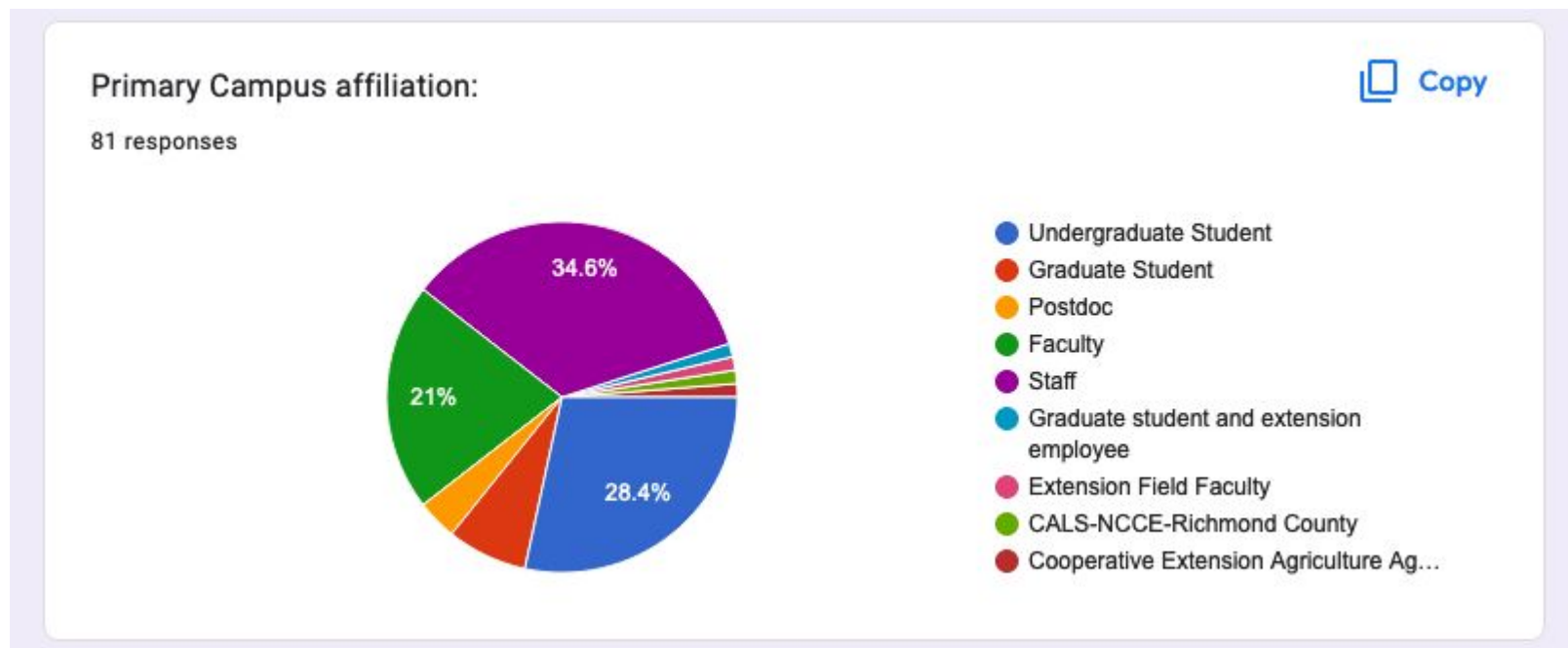
CALS Cares provides resources, skills and community to help manage your stress and build your success as a student.

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



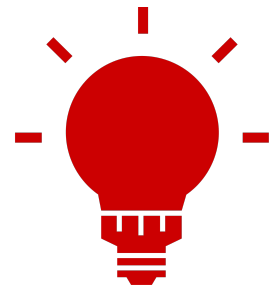
81 volunteers including 29 students from nearly every department and across the state.

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
- **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>



NC STATE

Counseling Center

Fostering a Campus Environment Supportive of Student Mental Health

A Faculty Toolkit for Supporting Student Mental Health

For more information, please contact:



Dr. Kimberly Allen

Interim Associate Dean and
Director of Academic Programs
College of Agriculture and Life Sciences
kimberly_allen@ncsu.edu

Dr. Rhonda Sutton

Assistant Dean of Professional Development
NC State University Graduate School
rhonda_sutton@ncsu.edu

Coleman Simpson

Student Services Specialist & Scholarship
Coordinator
College of Agriculture and Life Sciences
cksimpso@ncsu.edu

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**
<https://www.bustle.com/wellness/types-of-self-care-how-to-practice-experts>
- **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**
<https://www.nytimes.com/2020/09/26/world/covid-women-childcare-equality.html?referringSource=articleShare>
- **National Suicide Prevention Lifeline**
<https://suicidepreventionlifeline.org/>