Spring 2024 Workshop Descriptions

Workshops teach specific concepts and skills that students can either use on their own or bring into individual or group counseling sessions at RIH to deepen their work.  Workshops are open to all members of the UMBC community and require no clinical intake with RIH.   As non-clinical informational sessions, workshops do not require personal sharing, though active engagement is always encouraged.

Rooms for in-person workshops are listed below and links for virtual sessions can be found on the event listings on RIH’s [myUMBC](https://my3.my.umbc.edu/groups/health/events) site.

**Question, Persuade, Refer: Suicide Prevention Training**

Suicidal thoughts are more common than people realize, with suicide being the 10th leading cause of death in the United States. Retriever Integrated Health is offering a new 1-hour training option for supporting people who experience suicidal thoughts.

The Question, Persuade, Refer (QPR) Suicide Prevention Training is an evidence-based program that will help you learn the signs that someone might be thinking about suicide, how to talk to them about their mental health, and how to refer them to a mental health professional to get help and support. With these skills, YOU have the power to help save a life.

* [Tuesday, February 13 from 3 – 4 p.m](http://events.umbc.edu/go/124726). (Virtual)
* [Thursday, March 14 from 3:30 - 4:30 p.m](http://events.umbc.edu/go/124727). (Virtual)
* [Wednesday, April 17 from 1 – 2 p.m](http://events.umbc.edu/go/124728). (In-person) CWB 118

In addition to these planned workshops, departments can request QPR training for their group by using this [form](https://docs.google.com/forms/d/e/1FAIpQLSfem3JZmeofrQ6k2JXZ_GbmZCyl7RoLeUcOOi8bYallyLlWTA/viewform?usp=sf_link).

**Executive Functioning Workshop Series**

Executive functions are things we do daily that help us get things done, like making lists, managing a schedule, and setting reminders.  Attendees of this 3-workshop series will work on developing skills to overcome barriers to success, including time management, task prioritization/implementation, motivation, and self-accountability.

* Tuesdays, March 26, April 2 and 9 from 2:30 – 3:30 p.m. (In-person) CWB 118

**Anxiety Toolbox Series**

Anxiety Toolbox is a series of 3 workshops designed to help people learn about anxiety and some basic skills to help identify and manage anxious thoughts and behaviors.  You can also download and review the [Anxiety Toolbox Student Workbook](https://umbc.app.box.com/folder/223939211489?s=5wwddl0t6b8slm1n29yl34myzam39wut) that we'll use in the workshop.

* [Thursdays April 11, 18, and 25 from 11 a.m. – 12 p.m.](https://umbc.webex.com/umbc/j.php?MTID=md0fd6d7610b92ac8c2051aa78a73140d) (Virtual)

**How to Get a Good Night’s Sleep**

Sometimes it feels like there aren't enough hours in the day, and when we're busy what ends up falling to the wayside? Probably sleep. But sleep is actually one of the most important ways to promote healthy brain function- including concentration and memory- the things you need to succeed in college! Join Retriever Integrated Health to talk about some ways to improve sleep and learn how RIH's counseling and medical services can further support your journey to a better night's sleep.

* [Monday, March 11 from 11 a.m. – 12 p.m.](http://events.umbc.edu/go/124718) (In-person) CWB 118

**BRIDGE (Building Relationship Intimacy and Dialogue Effectiveness)**

The BRIDGE workshop series focuses on identifying ways to foster healthy relationships via self-monitoring, effective communication, and conflict resolution skills. The sessions include modules dedicated to help you: (1) better understand your values and boundaries in relationships, (2) learn the role of culture in communication, different styles of communication, and strategies for effective communication, and (3) identify common causes of conflict and effective conflict management techniques. You can also download and review the [BRIDGE Student Workbook](https://umbc.box.com/s/w3paxxpvkwxo70wu9gxcf6xws4ue12if) that we’ll use in the workshop.

* Wednesdays, February 28, March 6 and 13 from 10:45 a.m. – 12 p.m. (In-person) CWB 118

**Mindfulness**

Feelings of anxiety can interrupt daily life and can be difficult to bounce back from. One practice that can help prevent anxiety and panic from taking over is mindfulness. Mindfulness is a state of nonjudgmental awareness of what is happening in the present moment, including the awareness of one's own thoughts, feelings, and senses. The ability to be mindful can reduce symptoms of depression, improve memory, enhance relationships, and improve your ability to manage emotions. During this workshop, you will learn the benefits of mindfulness practices and be guided through various exercises.

* Wednesday, May 1
* Wednesday, May 8 from 12 – 1 p.m. (In-person)