



**Thrive**  
Stepped Care Model



All Students

Students with Concerns About Coping

Students with Mental Health Concerns

**Practice Self-Care**

**Engage in Mindfulness, Prayer, and Meditation:**

- **Mindfulness Practices:** Wellness Resource Center, Fitness Center, Innovation at CC, Chaplain
- **Spiritual, Meditative, & Contemplative Practices:** Chaplain's Office

**Prioritize Physical Wellbeing by Sleeping 7-8 hours/night, Exercising 30 minutes/day, and Eating a Balanced Diet:** Adam Press Fitness Center equipment, classes, and fitness consultations; Outdoor Education trips

**Deepen Self-Awareness:** Wellness Resource Center Journaling Series; Self-Help Resources: Websites like [Ulifeline.org/CC](http://Ulifeline.org/CC), and [coloradocollege.edu/wellness/](http://coloradocollege.edu/wellness/); Apps like Headspace, SleepTime, and Gratitude Journal

**Connect to Joy:** make art, listen to music, laugh, connect with a friend, . . .

**Build Your Community**

**Connect with campus communities:** Student Organizations, Affinity Communities, The Butler Center, Residential Experience Communities, Spiritual Life Communities, Outdoor Education, Arts & Crafts

**Connect with the city of Colorado Springs:** Collaborative for Community Engagement

**Participate in Activities and Events:** Campus Activities, Intramurals, FAC, Innovation at CC

**Develop Your Skills**

**Face-to-Face Staff-Facilitated Psychoeducation:** workshops on topics like stress management/emotional wellness, emotional and communications skills, how to help a friend, and self-awareness skills through Wellness Resource Center, Accessibility Resources, Counseling Center, SARC, Chaplain

**Face-to-Face Peer-Facilitated Psychoeducation:** PEEPs and NAMI On-Campus tabling & workshops

**Academic Support:** Colket Center for Academic Excellence

**Talk About Concerns**

**Problem-Focused Consultation:** Individual consultation through Wellness Resource Center, Accessibility Resources, The Butler Center, SARC, Chaplain, Student Opportunities & Advising Hub

**Facilitated Issue-Specific Groups:** Dating After Abuse; Grief Group; AA/NA/ALANON; Smart Recovery

**Trained Peer Supports:** PEEPs; Healing Project; START; Residential Advisors

**On-line Screening:** [Ulifeline.org/CC](http://Ulifeline.org/CC)

**Utilize Campus Mental Health Support Resources**

**Triage/Screening/Care Plan** at Counseling Center; Call the Counseling Center's after-hours Protocol Line (719-389-6093 & dial 2)

**Group Therapy** at Counseling Center

**Individual Psychotherapy** at Counseling Center (typically short-term, problem-focused)

**Medication Management** at Counseling Center or Student Health Center

**Disability-Related Accommodations** through Accessibility Resources

**Engage Off-Campus Referrals**

**Off-Campus Referrals for Intensive, Specialized or Long-term Treatment:** Referrals can be made by Counseling Center, Wellness Resource Center, SARC, Accessibility Resources, Chaplain, The Butler Center, etc.

**Seek Immediate Help**

**Crisis Resources:** Call 911; Call Campus Safety (719-389-6707) to access the CC Counselor On-Call; Call Suicide Crisis Line (800-273-8255); Text Suicide Crisis Line (741747-text "START" or "HELLO"); Call CC's SARC Advocate On-Call (719-602-0960)