



RETRIEVER INTEGRATED HEALTH

Fall 2023 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](#) 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, September 19 from 11 a.m. – 12 p.m. (Virtual) Register [here](#)
- Wednesday, October 18 from 2 – 3 p.m. (In-person) Register [here](#)
- Thursday, November 9 from 1:30 – 2:30 p.m. (Virtual) Register [here](#)

In addition to these planned workshops, departments can request QPR training for their group by using this [form](#).

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.

- Round 1- Tuesdays, September 12, 19, and 26 from 2 – 3 p.m. (In-person) CWB 118
- Round 2- Tuesdays, November 28, December 5, and 12 from 2 – 3 p.m. (In-person) CWB 118

Anxiety Toolbox Series



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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 that we'll use in the workshop [here](#).

- Round 1- Tuesdays, October 10, 17, and 24 from 10:30 – 11:30 a.m. (Virtual)
- Round 2- Fridays, November 3, 10, and 17 from 1 – 2 p.m. (Virtual)

Insurance 101: Know the Basics

Let's face it, health insurance is confusing! Retriever Integrated Health is offering our Insurance 101: Know the Basics workshop to help demystify some of the common terms associated with health insurance. Our insurance expert will also answer questions that students have when learning to navigate insurance and healthcare for the first time.

- Thursday, September 14 from 1 – 2 p.m. (Virtual) Register [here](#)

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.

- Tuesday, October 17 from 3:30 – 4:30 p.m. (In-person) Commons 318