

# BEHIND HAPPY FACES

## ADVISOR SERIES FREQUENTLY ASKED QUESTIONS

### WHAT ARE THE BEHIND HAPPY FACES ADVISOR WORKSHOPS?

The Behind Happy Faces advisor series is an Alpha Chi Omega program designed to provide advisors with a better understanding of mental health. The five online workshops for advisors complement the collegiate curriculum and provide advisors a shared definition of mental health and vocabulary to support a member in need.

### WHAT KIND OF TOPICS DO THE WORKSHOPS COVER?

Each workshop provides a review of mental health education from the lens of being a chapter advisor or volunteer supporting collegiate members.

#### FACE THE FACTS: MENTAL HEALTH OVERVIEW

This lesson will give you an overview of mental health, explain the role brain development plays in members' behavior, allow you to interact with the five categories of mental health challenges and share how mental health disorders develop.

#### FACE FORWARD: CREATING EFFECTIVE COPING

This lesson teaches you about where coping mechanisms come from and what we can do to create effective coping. Knowing more about coping will help you be able to talk to members about their behavior and assist them in identifying what they may need to make positive changes in their lives.

#### FACE REALITY: MENTAL DISTRESS WARNINGS AND HOW TO HELP

This lesson is designed to help you better understand how to talk to a member experiencing a challenge and get her connected with a mental health professional who can help. You will learn some basic steps to assist you as you reach out to members.

### FACE THE MIRROR: SELF-CARE FOR ADVISORS

This lesson will reinforce information shared from previous workshops, but through the lens of advisor self-care.

### FACE THE CHALLENGES: HANDLING CRISIS SITUATIONS

This lesson will review what to do in a mental health crisis. Through the lens of Alpha Chi Omega procedures, you will review situations advisors may face to assist a member in need.

### HOW DO I ACCESS THE WORKSHOPS?

All advisors have access to the five workshops in The Heights Learning Center. Once you log in to [The Heights via the Alpha Chi Omega website](#), you'll navigate to your Learning Center via the red button toward the top of your dashboard. From the Current tab, you will be able to enroll yourself in the Behind Happy Faces workshops. Please note that prior to completing any trainings in The Heights, you must complete the Intro to The Heights Learning Center training.

### DO I HAVE TO DO ALL FIVE WORKSHOPS?

It is our recommendation that advisors complete all five workshops. To encourage participation and completion, the chapter advisor should create deadlines for advisory board members to complete the workshops and discuss the material learned in advisory board meetings. This provides an opportunity to discuss the program content through the lens of chapter and campus culture.

### CAN I DO THE WORKSHOPS IN ANY ORDER?

It is recommended that advisors complete workshop one first to create foundational knowledge of the program. From there, advisors can complete the remaining sessions in any order. Please note that for optimal learning, it is beneficial to complete the workshops in sequential order.

### HOW LONG ARE THE WORKSHOPS?

The five workshops vary in completion times, though they are all designed to be completed in 10 minutes or less. Each session will ask you to reflect on your experience as a volunteer and how you can best support the emotional well-being of collegiate members. Lesson four will ask you to reflect on your own mental health.

## HOW CAN ADVISORS SUPPORT THE COLLEGIATE LESSONS?

When advisors have a strong understanding of Behind Happy Faces, they can support and encourage chapters to facilitate lessons. Advisors can review the nine collegiate lessons in the [Resource Center](#) of the Alpha Chi Omega website and encourage chapters to facilitate lessons.

## HOW WILL THIS HELP ME SUPPORT MY OFFICER?

We know that mental health affects everyone. As a volunteer, we want you to be aware of the language and tools to assist a member in need. From chapter programming to officer meetings, we want you to feel equipped to have a conversation with members about mental health. Lesson four discusses the importance of practicing self-care to model healthy behaviors for collegiate members and officers.

## WHO CAN HELP ADVISORS WHEN WE HAVE QUESTIONS ABOUT THE BEHIND HAPPY FACES PROGRAM?

Your province's risk management specialist! She has awareness of the Behind Happy Faces, both the collegiate and advisor series. Your province collegiate chair (PCC) can also help answer questions and connect you to an appropriate volunteer or staff member to assist in answering your questions.

Your chapter consultant also has an understanding of the nine collegiate lessons and advisor series. She can assist in the planning or implementation of the program. You may also contact the [collegiate experience department](#) at Alpha Chi Omega headquarters for additional support.

## WHO IS ROSS SZABO?

Ross is the creator of the Behind Happy Faces curriculum and is an award-winning speaker, trainer, writer and returned Peace Corps volunteer who served in Botswana. As the former director of outreach for the National Mental Health Awareness Campaign, Ross pioneered a new genre of speaking and created a training program to empower the next generation of mental health advocates. He received the 2010 Didi Hirsch Removing the Stigma Leadership Award, the 2012 Minding Your Mind Changing Minds Award and the 2007 Campus Activities Best Male Performer Award, and he had his advocacy work entered into the Congressional Record. He has reached millions in wide-ranging media appearances and is a blogger for *Huffington Post*.