

neighbor to neighbor

COMMUNITY NEWS FOR THE RESIDENTS OF ORANGE

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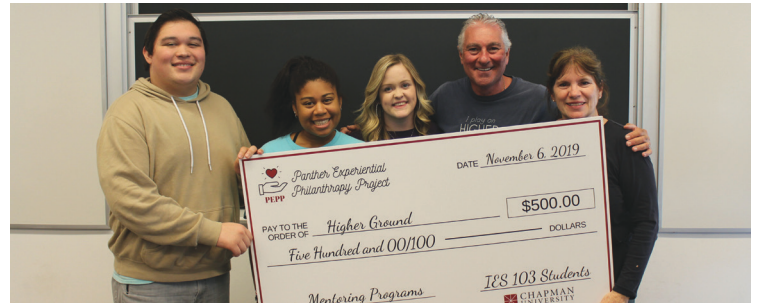
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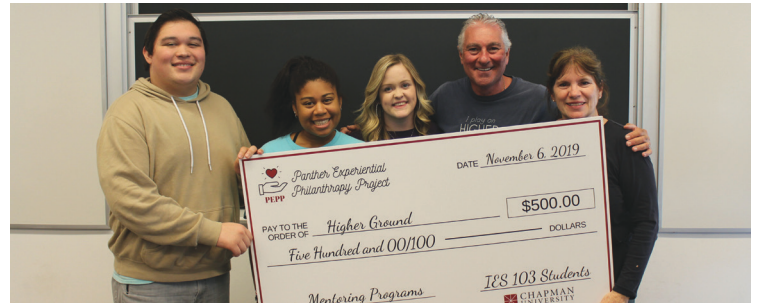
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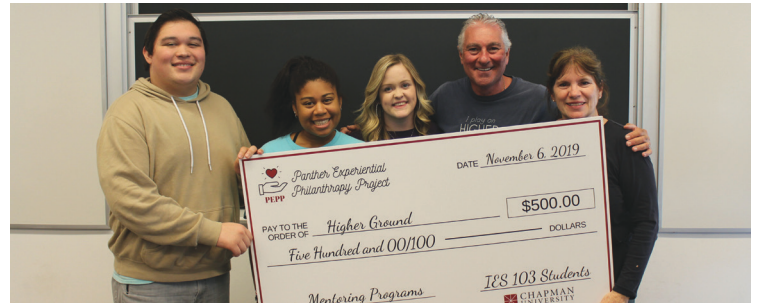
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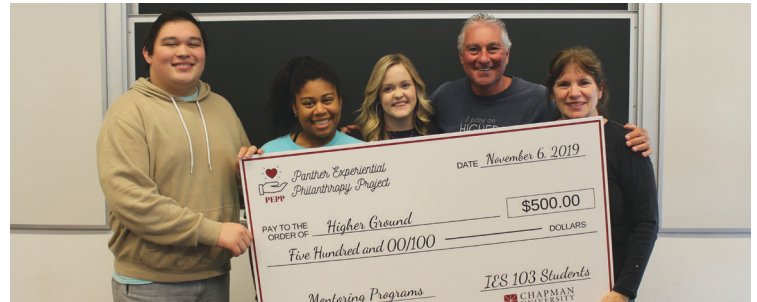
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Find more news at
NeighborsofChapman.com

COVID-19 IMPACTS ON MENTAL HEALTH EXPLORED AT CHAPMAN'S ASK THE EXPERTS TOWN HALL

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The experts connected the pandemic to upticks in suicidal thinking and actions, depression, substance abuse and other stress-related behaviors, but added that a shortage of mental health providers and early intervention is exacerbating the challenge of offering care to those in need.

"The data is very clear. One in five people have a mental health problem in a given year and the ability to provide for that care for people who have that need is clearly insufficient," said Dr. Richard Afable, president of the nonprofit organization MindOC/Be Well OC and a Chapman University trustee.

At Chapman's Frances Smith Center for Individual and Family Therapy, advanced students in the MFT graduate program provide free COVID-19 response counseling under faculty supervision. Some of the most common issues clients need help with include social isolation, job loss and financial worries and home life problems exacerbated by quarantine.

Children could have an especially hard time, said Heather Huszti, Ph.D., a licensed psychologist and chief psychologist at CHOC children's hospital. Her department has seen a 100% increase in requests for mental health services. Data from other disasters and traumas show that the effects can be long lasting or delayed in children, she said. Symptoms can include anxiety, acting out, depression, self-injury and suicidal thoughts and actions.

"Some people don't have symptoms until well after the event," Huszti said. "That's something to think about."



Andrew Kami, Ph.D., Chapman's director of Student Psychological Counseling Services, participated in the recent Ask the Experts town hall with local mental health experts.

More inside! 

neighbor to neighbor

COMMUNITY NEWS FOR THE RESIDENTS OF ORANGE

CHAPMAN STUDENT PHILANTHROPISTS SUPPORT ANTI-RACISM AND BLACK COMMUNITY NONPROFITS

Having now completed its fourth semester at Chapman University, the Panther Experiential Philanthropy Project (PEPP) has grown over the last year and half in terms of size and scope. By aligning fieldwork assignments with course learning outcomes, PEPP exposes students to the work going on in the nonprofit sector. It offers Chapman students the opportunity to become grant makers and address some of the most urgent issues facing Orange County communities and nonprofits.

This fall, Chapman courses embedding PEPP fieldwork assignments and projects focused on social justice issues, particularly looking at nonprofits that support anti-racism efforts and serve Black and other marginalized communities.

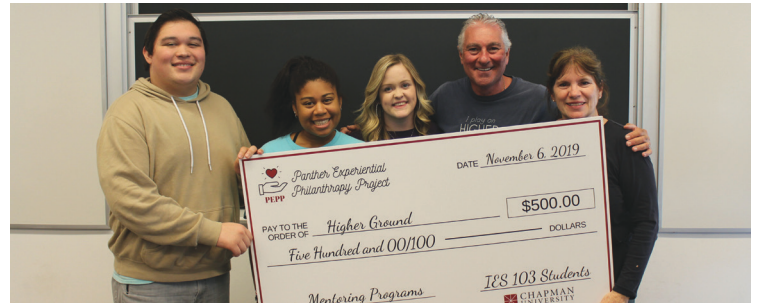
“In doing this work, students will have the opportunity to increase their awareness of the Black Lives Matter movement,” said Dr. Whitney McIntyre Miller, associate professor of leadership studies and PEPP co-director.

“By researching organizations that address these issues in meaningful and practical ways, students can gain deeper understanding of anti-racist work.”

“We have learned so much about the intricacies of the nonprofit sector,” said Allie Persing ’21 when grants were presented at the end of the fall semester. “Our goal was to use all we’ve learned so far to select a local organization that we feel embodies social service and social change, solidarity in the community and working with individuals from an empowerment lens.”

A total of \$7,000 was awarded to four organizations during the December 2nd presentation:

- Together We Rise - Provides resources for children in the foster care system. (\$1500 grant)
- G.R.E.E.N. Foundation - Helps families get adequate access to health care. (\$1500 grant)



Students in IES 103 “The Philosophy of Helping” present a check to Joe Balto from Higher Ground in 2019.

- Intersectional Environmentalist - Dismantling systems of oppression in the environmentalist movement. (\$2000 grant)
- OC Justice Project - Encouraging and inspiring youth to make change in society. (\$2000 grant)

Two of the organizations are less than a year old. The OC Justice Project was founded in January by Arush Mehrotra, a senior at University High School in Irvine, and Intersectional Environmentalist was established just last summer by Chapman graduate Leah Thomas ’17.

“My students engaged in an assignment that will have a real impact in the community,” said Attallah College Assistant Professor Jorge Rodriguez, Ph.D. who incorporated PEPP into his course, IES 315: Non-Governmental Organizations: Policy and Practice. “This money will directly impact anti-racism in Orange County, and that’s powerful.”

STUDENT-LED COMMUNITY OUTREACH PROGRAM TEACHES GOOD NEIGHBOR HABITS

Alisa Dreyer ’21 has been a student assistant in Chapman University’s Office of Community Relations for almost four years, so she’s familiar with the kinds of issues neighbors experience sometimes concerning students living in the community.

Traditionally, such concerns have been fielded by Community Relations, and community liaison visits have been conducted by the university’s Department of Public Safety in partnership



Alisa Dreyer ’21 is following the university’s health guidelines for social distancing while making Good Neighbor visits to students living off campus.

with the Orange Police Department. But this semester, instead of sending uniformed officers to deal with minor grievances, Dreyer is helping to launch a new student outreach program that seeks to solve problems with a friendly peer-to-peer visit.

Currently, the team makes several visits a month, depending on the number of calls that come into the office. The primary goal is to educate students — most of whom have never lived on their own before — about how their actions may impact their neighbors.

“Our first house was for trash cans,” says Dreyer. “They literally were just not aware that you were supposed to bring in your trash cans, so they always left the trash cans out on the street. When we talked to them about it, they were really appreciative that we told them.”

“Students aren’t purposely leaving out trash cans and parking terribly because they don’t care. They just aren’t aware of the impact that they have on neighbors,” she says.

If problems persist even after a student outreach visit, neighbors can now take advantage of Chapman’s new partnership with OC Human Relations, who will provide third-party

mediation at no cost to the participants. Late night parties and other unruly, disruptive behavior will still be handled by officers from Chapman and OPD.

Did You Know?

A new traffic signal has been installed at the corner of Palm and Lemon. The signal, funded by the university, will improve traffic flow and facilitate pedestrian safety by assigning right-of-way to both foot and vehicular traffic. Like the intersection at Palm and Glassell, the signal features diagonal pedestrian crossing, allowing for smoother and more efficient intersection operations. The installation also includes ADA compliant ramps, an Audible Pedestrian System, and new signing and striping.

Need to report a concern?

- Contact Chapman University’s Office of Community Relations at (714) 289-2097 or email neighbors@chapman.edu.
- To report a disturbance that needs urgent attention, please call City of Orange PD dispatch at (714) 744-7444.

YOU'RE INVITED!

Join us for these engaging events at Chapman

Most in-person activities and events are on hold until the campus can safely be opened again to the public. Until that time, we invite you to participate in these virtual events. Find more at the University's online events calendar, chapman.edu/events.

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