



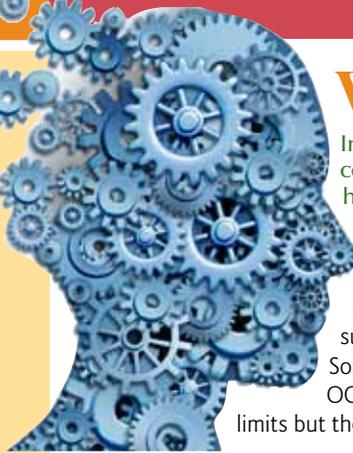
FALL • 2016

CiviTimes Campus Civitan

Wellness: Mental Health

In recent years, there has been both an increase in the number of suicides committed each year at universities, and an increase in the number of mental health diagnoses for students getting their undergraduate and graduate degrees.

According to Active Minds, an organization with clubs in schools across the US promoting mental health awareness, suicide is the second leading cause of death among college students. Astoundingly, more than half of college students have had suicidal thoughts, and 26% of adults live with a diagnosable mental health disorder. Some students suffer from anxiety disorders, such as Generalized Anxiety Disorder or OCD, or depressive disorders. When facing stress, college students can be pushed to their limits but there are often telling signs when a student is struggling.



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Facts about mental health and college students.

Mental health issues are prevalent among college students:

- An estimated 26 percent of Americans ages 18 and older – or about 1 in 4 adults - live with a diagnosable mental health disorder.
- Half of all serious adult psychiatric illnesses – including major depression, anxiety disorders, and substance abuse – start by 14 years of age. Three-fourths of them are present by 25 years of age.
- Compared to older adults, the 18-24 year old age group shows the lowest rate of help-seeking.

Mental health issues impact students' ability to succeed:

- Almost one third of all college students report having felt so depressed that they had trouble functioning.
- Mental health issues in the college student population, such as depression, anxiety, and eating disorders, are associated with a lower GPA and higher probability of dropping out of college.
- More than 80 percent of college students felt overwhelmed by all they had to do in the past year and 45 percent have felt things were hopeless.

Mental health issues can be deadly:

- Suicide is the 2nd leading cause of death among college students, claiming the lives of 1,100 students each year.
- 67% of college students tell a friend they are feeling suicidal before telling anyone else.
- More than half of college students have had suicidal thoughts and 1 in 10 students seriously consider attempting suicide. Half of students who have suicidal thoughts never seek counseling or treatment.
- 80-90% of college students who die by suicide were not receiving help from their college counseling centers

Your college or university should have more information and resources available to students at their student health center. Also, check out the following websites for access to information about mental health resources for college students: <http://www.ulifeline.org/> and <http://www.activeminds.org/>.



"Active Minds." The Issue: Student Mental Health. Active Minds, n.d. Web. 03 Aug. 2016.

"Tween and Teen Health." College Depression: What Parents Need to Know. Mayo Clinic, n.d. Web. 04 Aug. 2016.

IT'S A FACT:

In the last 10 years, the Shropshire Schol

DOLLARS FOR SCHOLARS

Want \$1000 to help pay

As part of Civitan's charitable mission, Shropshire Scholarships are awarded each year to Civitans, Campus Civitans, and Junior Civitans. Apply for the Civitan Shropshire Scholarship today! For more information and an application visit us online at www.campuscivitan.org. Select the "Awards" link to access the application. Submission deadline is **January 31, 2017**.

Please note the following criteria for qualification for this scholarship:

- Candidates must be enrolled in a degree or certificate program at an accredited community college, vocational school, four-year college or graduate school.
- Candidates must be a Civitan, Campus Civitan, or Junior Civitan and must have been a member for at least two years.



Campus News

GARDNER-WEBB

Gardner-Webb Campus Civitan club

In the spring, the Gardner-Webb Campus Civitan club held its first student disabilities panel. The Campus Civitans had four of their peers talk about disabilities they face. The panelists also discussed how accepting Gardner-Webb students are to fellow peers with disabilities. Their disabilities ranged from Autism to Cerebral Palsy to Spastic Diplegia.

Letter from Junior Civitan International

Hello Campus Civitans!

This year, Civitan International turns 100! We would like to celebrate our once-in-a-lifetime centennial year with more projects and events than we have ever had before! Some Campus Civitans have already begun the year with amazing service. Sierra Leone Campus Civitans have put major emphasis on the global climate change movement, creating an online training series for the Young African Leaders Initiative that informs the public of clean energy technologies to power homes, industries, and agriculture. The Gardner-Webb University Campus Civitans initiated a Sock Drive in September to help local homeless ministries prepare for winter. High Point Campus Civitans are once again fighting to end hunger by fundraising for the CROP Hunger Walk.

Junior Civitans, Civitans, and Campus Civitans have been making revolutionary impacts on the world since 1917. We have been helping those in need of assistance, making the world a better place one project at a time. You are particularly crucial to our movement in bringing about positive change in the world because through your acts of service, you inspire others to join you and extend the hand to some who do not always have a hand to hold. This year, Civitan International encourages you to go beyond in your projects, to go the extra mile. Foster activity within your club, encourage others to join you, and spread the word about Civitan!

Yours in Service,

Eowyn Pak

Junior Civitan International Director

The University of Florida chartered their Gator Campus Civitan club on September 11, 2016. The club was busy over the summer recruiting new members through the use of the popular game "Pokemon Go." The club dropped "lure models" to attract students to its informational meetings. Past International President Debbie Juhlke was in attendance at the chartering ceremony celebration alongside Junior Civitan International's Chairs Representative, Penny Bonawitz. Gator's president, Bijal Desai, is a former Junior Civitan. The club is sponsored by both Gainesville and Leesburg Civitan clubs.

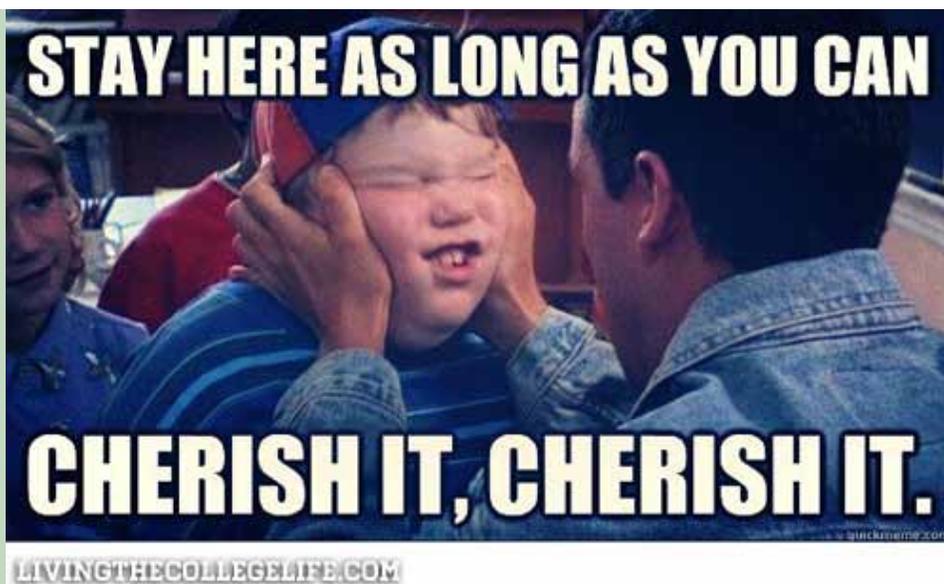
Ichabod Campus Civitan club at Washburn University chartered on September 30, 2016. This new club's president, Karli Benson, is also a former Junior Civitan and served as her district's public relations coordinator. They are sponsored by the Topeka Civitan club.

Winthrop University Campus Civitan club chartered on September 30, 2016. The club garnered the support of many Civitans in the South Carolina District to help with the recruitment and club building process. They are sponsored by the Rock Hill Civitan club.

scholarship has helped more than 300 deserving students further their education

for school?

- Applicants successful in receiving a Civitan scholarship must wait an interim of no less than two years before applying for another Civitan scholarship.
- Candidates must return the three-part application which includes one portion on personal information, one completed by the school and one portion completed by the sponsoring Civitan club endorsing the candidate.
- Applications should be mailed to Civitan International Headquarters. All applications must be postmarked no later than January 31, 2017.



Has your Campus Civitan club taken advantage of the FREE recruitment supplies offered each fall?

We'll even include a brand new vinyl banner if your club is in need! Just send us the name, office and shipping address for the person to whom you'd like us to send these supplies and we'll be happy to help you.

Email us at campuscivitan@civitan.org.



CALLING ALL AWARD NOMINATIONS

Is your club outstanding? Do you have a service project you're really proud of? Are there members in your club who work around the clock in the name of Civitan? Honor your club and your fellow members by submitting an award nomination to International.

Honor Your Club! Nominations Due February 1

Each year, clubs and individuals are honored for exceptional performance in six competitive award categories. Between now and February 1, set aside a meeting date to prepare award nominations. Take advantage of this opportunity to be honored for your hard work and dedication. Use pages 47-55 in your Club Administrative Manual as a guide. Award nomination forms follow this section.

Also, be sure to submit an Honor Club Application. It's a noncompetitive award that belongs to everyone!

Award Categories

Campus Club of the Year — top two clubs proven to be outstanding through projects, participation in district and international activities, and club growth.

Outstanding New Club — the top new club (chartered no more than two years ago as of the awards deadline) proven to be outstanding through projects, participation in district and international activities, and through publication of activities.

Service Project of the Year — top two clubs with an outstanding campus or community project during the year.

Outstanding Joint Relationship — the club with the best relationship with another Civitan club over the past year.

Campus Civitan of the Year — the member who best exemplifies the ideals and spirit of Campus Civitan.

Trailblazer Award — the Campus Civitan supporter who shows commitment to the success of the entire Campus program through activities of the past year.

Tips for Preparing Nominations

1. Use the judging criteria for each award category to guide your award nomination (see page 47 in your Club Administrative Manual).
2. Devote a section to each judging criterion, using a mix of statistics (for attendance, volunteer hours, etc.), narrative description, and illustrative materials (pictures, samples, etc.).
3. Make sure each section is clearly labeled and that information is easily understood. If asked how many members participated, the judges want to know exactly that.
4. Obtain letters of recommendation from on-campus personnel who have worked closely with your club. Similar letters from sponsoring Civitans or community service facilities you have assisted are also impressive.
5. Send your award nomination to International Headquarters at One Civitan Place, Birmingham, AL 35213 by February 1, 2017.

Research Center Video

NOW
AVAILABLE!



- Dr. Brian Sims, whose work with premature infants inspired him to research the neonatal brain injuries that cause cerebral palsy, and to develop protective strategies and treatments.
- Dr. Farah Lubin, who is researching the memory loss associated with epileptic seizures, and new ways to restore memory function through dietary supplements.
- Dr. Erik Roberson, whose lab studies Alzheimer's disease, and how plaque build-up in the blood vessels of the brain may have a more significant effect than previously considered. This could pave the way to new treatments for this as-yet-untreatable disease.

These are but a handful of the research projects at the CIRC. However, any who watch this video will see a central, underlying theme. For people with most of the illnesses discussed - autism, cerebral palsy, traumatic brain injuries, Alzheimer's disease, Rett syndrome, and more - there are few medical treatments. Medical science just hasn't caught up yet. In the meantime, families work to live with the illnesses. At the CIRC, researchers are working to change that reality for families around the world.

In the words of Dr. Candace Floyd, "One of the things that led me into this area of research was some volunteer work I had done at Children's Hospital in Richmond, Virginia... I was working with children with brain injuries and spinal cord injuries. I would ask the clinicians, 'Can't we do more for this kid? Isn't there something we can give this kid that will accelerate their recovery?' And the clinicians would say, 'No, we're at a loss! We need someone to understand this injury better, and we need someone to develop new treatments.' And I said to myself, 'I'm going to be that someone. I'm going to work and dedicate my career to developing new treatments for brain and spinal cord injuries.'"

Your fundraising for the Civitan International Research Center helps build some of the first treatments for these illnesses. It brings hope to future generations, that these illnesses can be diagnosed and treated like any other.

This video is available from the Civitan Supply House, in either DVD or flash drive format. To order, visit www.shop.civitan.org.



The 2016 video update from the Civitan International Research Center is now available! You can purchase it at the Civitan Supply House, at www.shop.civitan.org.

This 20-minute video features an introduction by Dr. Alan Percy, Interim Director of the CIRC, and its longtime medical director. It gives an overview of several research programs going on, including interviews with many CIRC scientists. Here are just a few of the research programs covered in this exciting video, made possible through Civitan donations and research grants.

- Dr. Mark Bolding, Director of the new Civitan International Neuroimaging Lab at UAB Highlands (part of the CIRC), which houses the new, state-of-the-art fMRI scanner. This will allow for better neurological scans and more advanced research. There are more than 30 research projects already underway at this lab!
- Dr. Alan Percy gives an overview of The Rett Clinic, part of a long-term natural history study led by the CIRC to understand Rett syndrome, with 15 research sites across the United States. This study has been going on for more than twelve years, and has given unprecedented insight into the nature of this illness.
 - Dr. Lucas Pozzo-Miller and his research into the genetic components of Rett syndrome, including ways to prevent the epileptic seizures associated with Rett syndrome.
- Dr. Rajesh Kana, whose recent study revealed that intense reading intervention programs can significantly improve reading comprehension in children with autism.
- Dr. Kristina Visscher, and her study on the biological components of neurological health in people over the age of 85.
- Dr. Candace Floyd, and her research into treating injuries to the central nervous system, such as traumatic brain injuries, traumatic spinal cord injuries, and the long-term damage caused by concussions.
- Research into estrogen-based treatments developed at the CIRC by Dr. Floyd for traumatic brain and spinal cord injuries. These treatments are now in the large animal testing stages, one of the advanced steps of testing before clinical trials.