

# EASING THE BURDEN

Mental health of college students probed at Wake Forest

BY LAYLA FARMER  
THE CHRONICLE

Nearly one year after a crazed gunman perpetrated the deadliest shooting in modern history at Virginia Tech, college officials are working hard to address issues of mental health on their campuses. To this end, Wake Forest University hosted a special forum titled, "College for the Overwhelmed: Finding Facts, Finding Solutions" in its Brendle Recital Hall Monday afternoon.

"College is supposed to be a carefree time, a place where students are free to explore the universe of knowledge as well as themselves," commented WFU President Nathan Hatch. "For the majority of students, this is their experience and they thrive as they challenge themselves and reflect and discover new information about the world and who they are as persons. However, for a significant number of students, college becomes more than an intellectual challenge ... In short, they're distraught, distressed and at times, overwhelmed."



Hatch

Dr. Richard Kadison, author of "College of the Overwhelmed: The Campus Mental Health Crisis and What to Do about It," served as keynote speaker.

"The biggest challenge that we face is reducing stigma," he said. "We also need to integrate cultural sensitivity and cultural competence in our work. Learning where students come from ... and being real in trying to make connections can be extremely helpful."

The "College of the Overwhelmed" forum was part of the institution's Voices of Our Time series. An annual speaker series that features some of the world's top thinkers, Voices of Our Time was founded by Hatch in 2006.

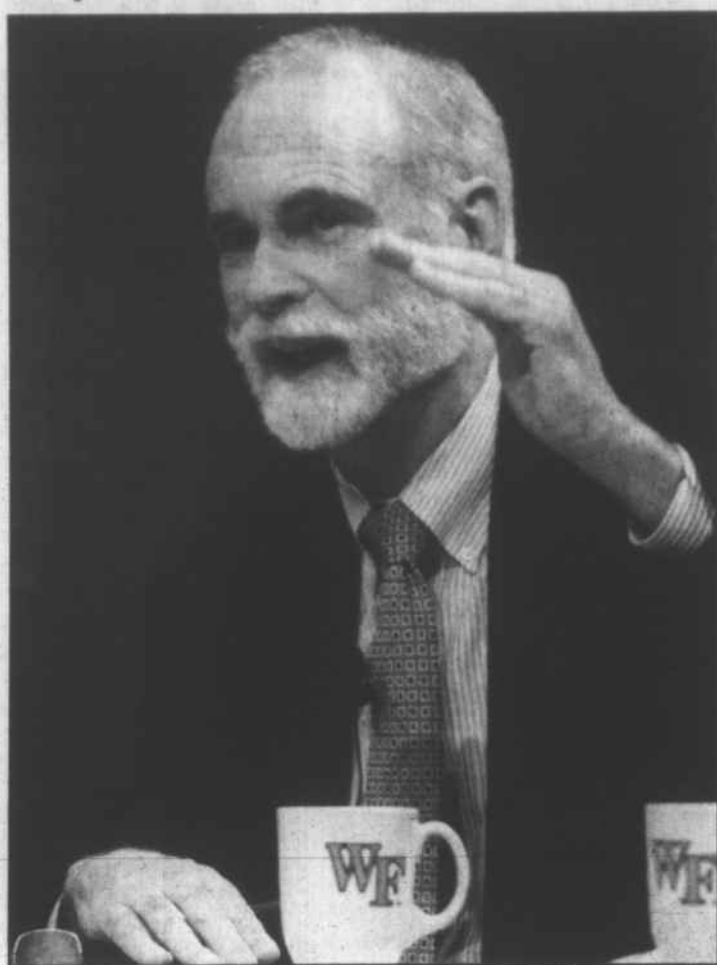
In his remarks, Kadison, who is chief of Mental Health Services at Harvard University, outlined the causes and warning signs of mental health issues in college students. He advised parents and faculty members on how to best help students who may be struggling with depression, an eating disorder or other mental health issues.

"Everyone is responsible for the well being of students," Kadison asserted. "We all need to work together to create a safe, engaged community."

Kadison urged those present to take an active role in bolstering the mental health of students campus wide.

"I think it's important for students to have multiple ways to access care," he said. "Find the path of least resistance and help students access care that way ... Beg, borrow or steal any good idea, you can get from anyone - there are lots of great ideas on campuses all across the country."

After his remarks, Kadison joined Dr. Russ Federman, director of Counseling and Psychological Services at the University of Virginia; and Christopher Flynn, Ph.D., director of Virginia Tech's Thomas E. Cook Counseling Center, in a panel discussion about mental illness on college campuses nationwide.



Dr. Christopher Flynn addresses the crowd.

Flynn was employed at Loyola University when Hurricane Katrina struck and directed the mental health response to the Virginia Tech shooting last year. He spoke briefly about the tragedy and about Cho Seung-Hui, the gunman who opened fire on more than 30 people on April 16, 2007, before turning the gun on himself.

"Certainly, Virginia Tech is a very powerful example about what can happen in American education," Flynn said. "In the aftermath of the shooting, I think colleges and universities have really looked at establishing a much more fail safe network to ensure that all students get the assistance they need."

"I think what that has pointed out is that we really do need to connect with every student," he added. "It's a tragedy because I think every mental health professional that I know would have done anything to connect with that student and to help him deal with whatever he was dealing with internally."

# Series designed to dispel HIV myths

Workshops start tomorrow and end Sunday

SPECIAL TO THE CHRONICLE

The Metropolitan Community Church of Winston-Salem, in partnership with The Mental Health Association in Forsyth County, Positive Wellness Alliance, AIDS Care Service and the Q Lounge will present "On the Edge/Strength, Renewal Hope" workshops starting tomorrow (April 11). The series of weekend workshops will feature Joshua Love, a Denver resident and Metropolitan Community Church's program director for the Global HIV/AIDS Ministry and the church's Drug Literacy Program.

The purpose for these weekend workshops is to bring dialogue, education and greater awareness about the myths and misperceptions of HIV/AIDS.

Love is an advocate for all persons who are struggling with HIV/AIDS that co-occur with substance use disorders. he is a survivor of drug addiction, alcoholism and HIV who brings his experiences to the development of community dialogues. The workshops are free of charge and interested participants can register for one or all scheduled workshops.

Tomorrow, a workshop



Joshua Love

will take place from 11 a.m. - 2 p.m. at the Wake Forest University Divinity School, Wingate Hall-Lower. The workshop is free, but there is a \$5 charge for the lunch buffet.

On Saturday, April 12, a workshop will take place from 9:30 a.m. - 2 p.m. at the Metropolitan Community Church of Winston-Salem, 4105 Patsy Drive. This workshop is free and a brunch is provided.

On Sunday, April 13, the workshop weekend will conclude with preaching by Love at the Metropolitan Community Church of Winston-Salem, during the 11 a.m. and 6 p.m. services.

For more information, contact the Rev. Joe Cobb, pastor of the Metropolitan Community Church of Winston-Salem, at 540-556-6057 or by e-mail: pastor2mccws@yahoo.com, or contact Randy Burchette at 336-688-6711 or by e-mail: rburchette@earthlink.net.

## NAACP

from page A2

families and recent immigrants.

McIntire said several board members made it plain at a February meeting that they wanted the search committee to consider "elevating from within."

He did not comment on the possibility of Rev. Rivers' candidacy. He said 200 applicants expressed interest in the job. The field was narrowed to 75, then to 25.

Despite Khalfani's doubts about the finalists, he said he's optimistic that the search may be re-opened in the face of a backlash from the organization's rank and file.

Khalfani said Rev. Rivers would be "an excellent leader" because of his knowledge, history and advocacy within the organization and because he is well known and respected by people across the country.



Salim Khalfani

Three Virginians serve on the national organization's board. They are attorney James E. Ghee of Farmville, Rovenia Vaughan of Powhatan and Babette Colquitt of Alexandria.

Ghee and Julian Bond, chairman of the national board, did not immediately return phone calls seeking comment.

- Anesthesiology
- Cardiothoracic Surgery
- Cardiology
- Dermatology
- Emergency Medicine
- Endocrinology
- Family Medicine
- Gastroenterology
- General Surgery
- Geriatrics
- HEMATOLOGY/ONCOLOGY**
- Infectious Diseases
- Internal Medicine
- Nephrology
- Neurology
- Neurosurgery
- Obstetrics and Gynecology
- Ophthalmology
- Orthopaedics
- Otolaryngology
- PATHOLOGY**
- Pediatrics
- Plastic Surgery
- Psychiatry
- Pulmonary Medicine
- RADIATION ONCOLOGY**
- RADIOLOGY**
- Rheumatology
- UROLOGY**



## PERSONALIZED TREATMENT

### FOR PROSTATE CANCER

PROSTATE CANCER. It's a leading cause of cancer death in men, but how you are treated can impact how well you do.

Not all prostate cancer should be treated the same, and the best treatment option depends on many factors.

Wake Forest Baptist has one of the few National Cancer Institute-designated Prostate Cancer Centers of Excellence in the country. Our Prostate Cancer Program includes world-renowned experts in robotic and traditional surgery; urologic, radiation and medical oncology; and radiology - all working together to determine your best treatment plan so you can have the best long-term outcome.

And, our physicians and researchers have led groundbreaking studies on prevention, diagnosis, genetic risk assessment and novel treatment of prostate cancer.

An accurate diagnosis, access to the newest treatments and the right treatment plan for you. That's when knowledge makes all the difference.

For an appointment or more information call 336-716-4131 or visit [wfubmc.edu/prostatecancer](http://wfubmc.edu/prostatecancer). And whatever your insurance, chances are we take it.

KNOWLEDGE MAKES ALL THE DIFFERENCE.

Seated: Drs. Daniel B. Fried, Ashok K. Hemal, Frank M. Torti.  
Standing: Drs. Mebea Akllilu, Karim Kader, Joseph A. Pettus.

Since 1993, Wake Forest University Baptist Medical Center has been consistently ranked as one of America's best hospitals by U.S. News & World Report.



Wake Forest University Baptist  
MEDICAL CENTER  
Wake Forest University Physicians

**CITY OF CHARLOTTE MUNICIPALITY AUCTIONS!**  
**APRIL 19th - Rolling Stock-10am**  
**APRIL 26th - Police Unclaimed-10am**  
 For Directions & Listings view  
[www.rogersrealty.com](http://www.rogersrealty.com) or call 336-789-2926  
 Must pay by certified funds, cash, or personal check w/bank letter guaranteeing funds!  
 No exceptions!  
**ROGERS**  
 REALTY & AUCTION CO., INC.  
 Since 1964  
 NCAL#685 P.O.Box 729 Mt. Airy, NC

**DISTRIBUTORS NEEDED**  
 National company seeks honest, dependable person to service commercial accounts with name brand drink/snack products. Part-time and full-time opportunities available. **No Selling. No Overhead.** You must have \$18,900 to invest now, %100 secured. Our company finances all future expansion! If you sincerely want to be paid what you are worth, and want to own your own business, call for confidential interview.  
**1-800-854-2382 (PVS, Inc)**

**2x2**  
 NORTH CAROLINA DISPLAY AD NETWORK  
 nspress.com  
 \* Over 70 papers delivering your message  
 \* 2 column by 2 inches  
 \* Advertise Statewide for \$1400  
 \* Over One Million Circulation  
 \* Regional Buys Available: Eastern-\$880; Western-\$680  
 \* Display ad placement for advertisers of all sizes  
 Call this newspaper for details.