

# Peer First Responders

*educate student caregivers + build support networks*

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# *Opening*

# Centering

*Listening through the body:*

- Track your own breathing. Is it shallow and quick, or measured and relaxed?
- Embody an open posture. Notice what your own body language may be conveying?
- Can you listen through your eyes? Your heart? Your skin?



# Peer First Responders?

## Our Challenge

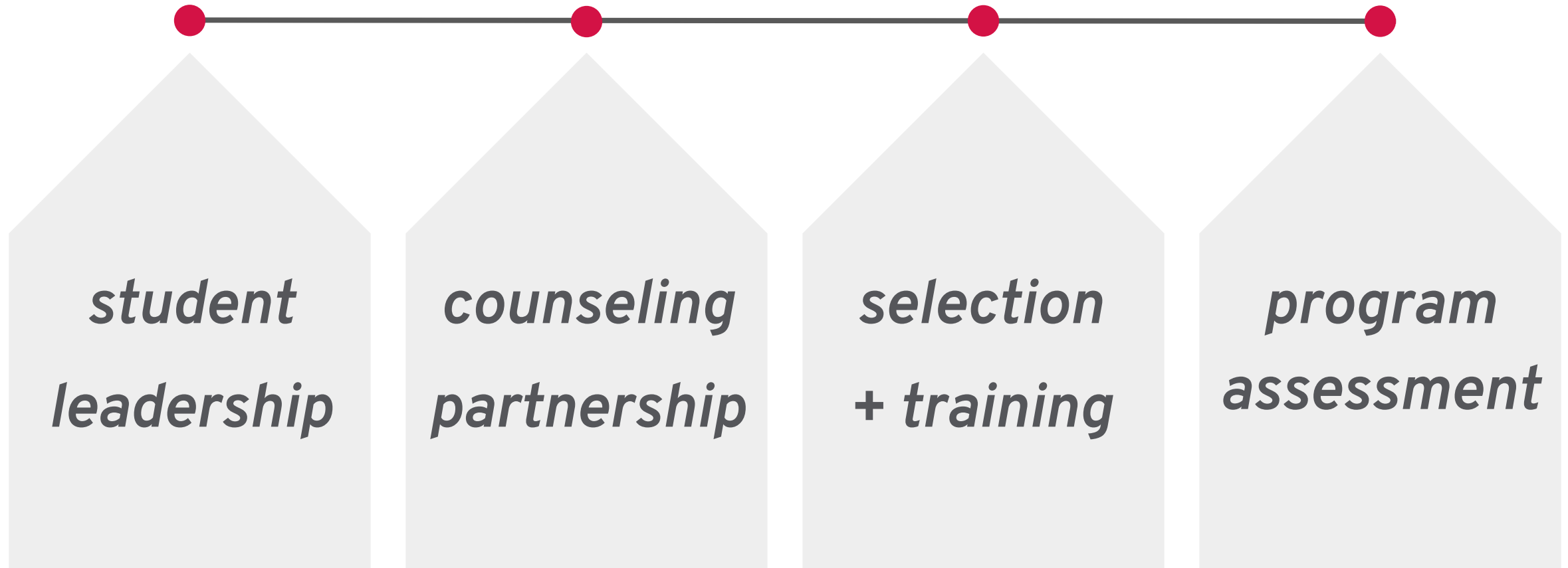
- mental health issues increasing among students
- students rely on peers for support
- not all students use counseling

## Our Solution

- destigmatize mental health
- support students already helping peers
- provide leadership opportunity, align with department's goals



# Creating the Program



*Now*

# Where We Are Today?

## Our Team

Upper School  
Counselor

Student Led

17 students

12 trainings/year

Community time

## Modes of Contact

Email

Survey

Posters

Physical location

Bracelets

Backpack ribbons

## Outreach

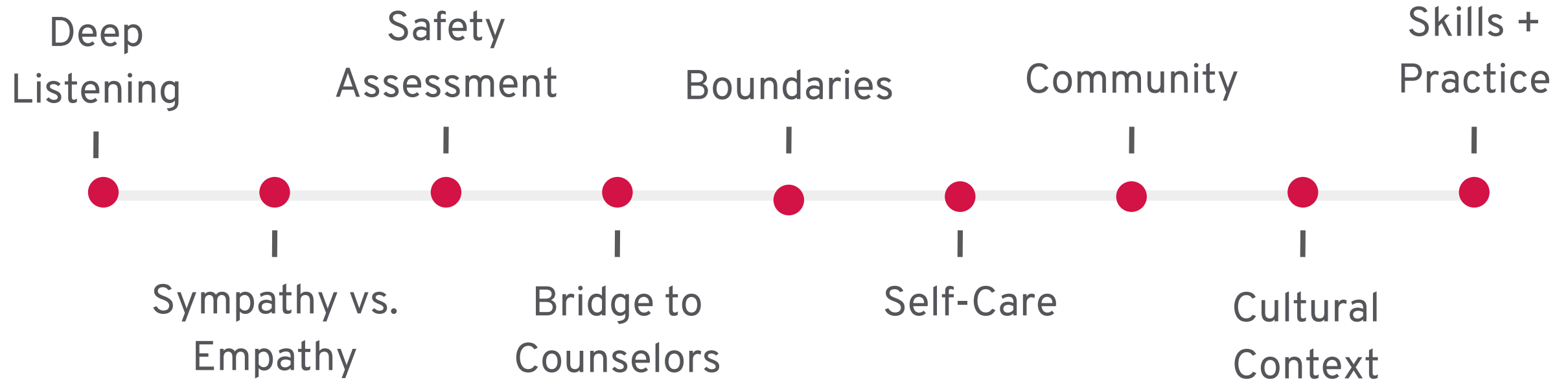
Visits

Emails

Website



# Training Our Team



*Video*

# Our Team



*Training*

# Active Listening

*With the person next to you, take 2 minutes to discuss:*

1. How would you enter a conversation differently with a peer if you knew from the start that you didn't need to accomplish, perform, master, or fix something for them?
2. What might feel different in your body and mind if you could just focus on the act of being present?



*Training*

# Active Listening



*Training*

# Active Listening

*Active listening is listening for meaning.*

*Active listening means participating in the world of the other person.*

*Active listening means listening with your whole body.*

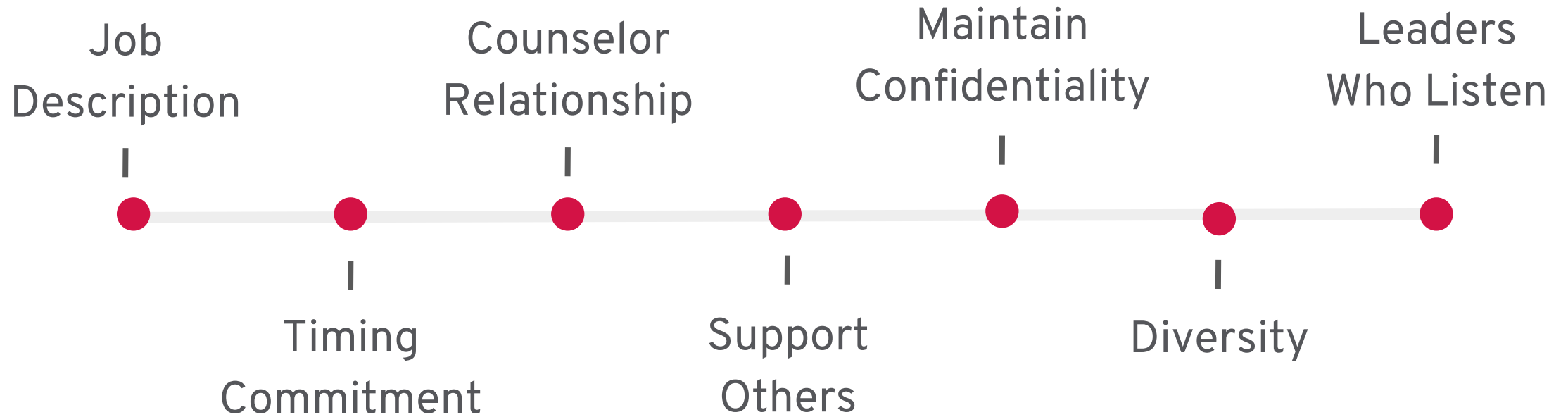
*Training*

# Active Listening

*As a group, share out:*

1. What resonated with you from the video?
2. What might you take going forward that will impact the way you listen?

# *Starting* Team Goals



*Starting*

# Application

## Questions

Why PFR?

What are your skills?

What are your concerns?

## Interview

Reach out to community members who know students.

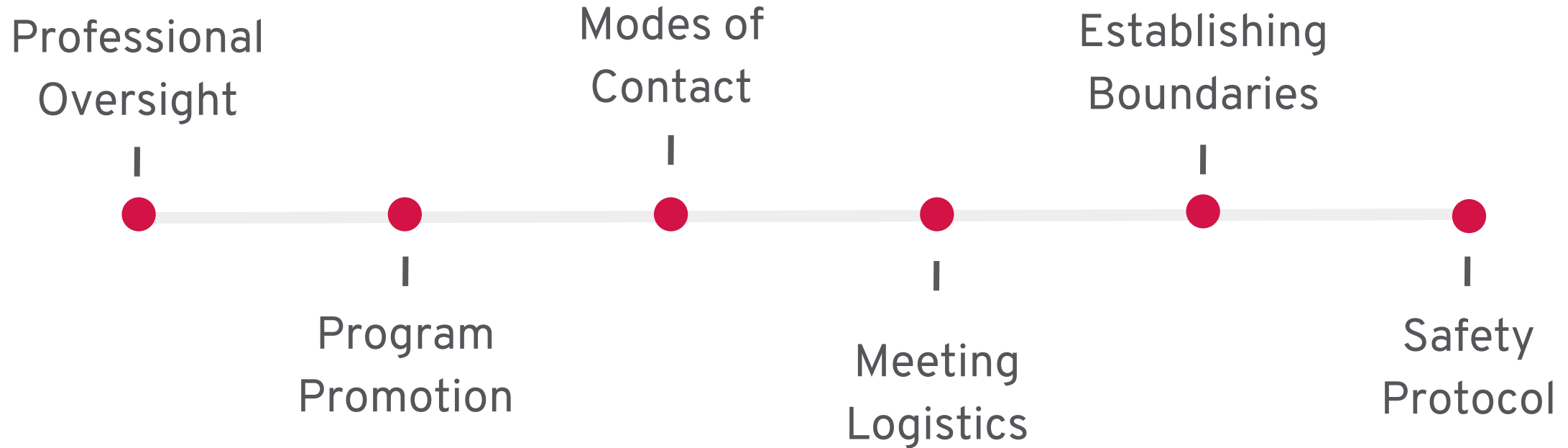
Get a sense of students' personalities.

## Review

Read applications.

Create representative group.

# *Starting* Questions





Download a handout with all of the information:

Go to [bit.ly/pfrhandout](https://bit.ly/pfrhandout)

Feel free to contact any of us with questions:

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