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# THE PARAPHRASE

Official Newsletter of The University of Illinois  
Counseling Center Paraprofessional Program

## Introduction

BY SHIULI RAI

To our readers new and old, welcome to Paraphrase's first issue of this year! For this issue, our advanced CCPs are joined by our newly recruited 496ers! February and March have been a busy time for the Counseling Center, with National Screening Day and Eating Disorders Awareness Week both falling in the same month. In line with this, the articles in this issue talk about the experiences of CCPs on the Alcohol and Other Drugs (AOD) Team and the Eating Disorders Awareness Team (EDOT) and their outreach. We hope you are as excited as we are for our first issue!

## This Issue:

PAGE 01  
INTRODUCTION

PAGE 02  
EATING DISORDERS  
AWARENESS WEEK

PAGE 04  
NATIONAL SCREENING  
DAY

PAGE 05  
UPCOMING EVENTS





## Eating Disorders Awareness Week

BY ELIZABETH BURKE, LAUREL SILVA, AND SHIULI RAI

With nearly 30 million Americans living with disordered eating and anorexia having the highest mortality rate of any mental illness, an increase in resources and support for those suffering is essential. The Counseling Center seeks to highlight the importance of this and works to display the importance of Eating Disorder Awareness Week. This is an annual week-long campaign that begins the last Monday of every February. The goals of the campaign are to educate the public about eating disorders, to engage in support for individuals and families affected by eating disorders, to address and break down stigma, to spread awareness about the resources available to people, as well as to provide hope to people who might be affected. This year, the Counseling Center hosted different events designed to create conversation in regards to this important topic through the Eating Disorder Outreach Team (EDOT), which is largely a student-led team within the center.

This February, the Eating Disorder Outreach Team hosted two tabling events to raise awareness. Tabling events are an excellent way to engage with students, provide tangible resources, and spark meaningful dialogues—often even addressing misconceptions people might have. The first tabling event was on February 26 at the Student Dining and Residential Programs Building and the second was on February 29 at the ARC. We also weren't alone in our tabling efforts—both tabling events partnered with McKinley Health Center's Educators, who tabled alongside us and are great resources for students to discuss nutrition with. These tablings are also an opportunity to raise awareness about the great resources that McKinley Health Center has, including two nutritionists—something not a lot of students know is available to them at no additional charge. This tabling involved passing out snacks to students and spreading the message of the Counseling Center, as well as providing







resources surrounding Eating Disorder Awareness Week. Not only were resources passed out surrounding eating disorders but there were also tools aimed to help de-stress, such as fidget toys. Fidget toys are one of the most popular attractions at our tabling events and a great way to get people to engage with our table! The main focus of the tabling event on Monday was to raise awareness for the events happening later in the week.

On February 29, two more events took place apart from the tabling: the EVERYbody Project, and the Expressive Arts Workshop. The EVERYbody Project is a workshop to help students feel better about their bodies and challenge societal norms and expectations. It is conducted over two sessions, one week apart, and is led by Counseling Center clinicians, graduate assistants, and CCPs. The Expressive Arts Workshop is a fun outlet for students to destress and an opportunity to be creative. This specific workshop happens multiple times throughout the semester; however, the February 29 event partnered with the Eating Disorder Outreach team for Eating Disorder Awareness Week. These workshops are an effort to encourage dialogue about social identities and celebrate diversity on campus. In addition to outreach events, the Eating Disorder Outreach Team took to social media to challenge common myths about eating disorders and eating habits. The Counseling Center posted on Instagram several myths about eating disorders, along with explanations of the truth. The hope for all these events and social media posts was to raise awareness on campus about eating disorders, create meaningful conversations regarding societal expectations, and provide resources within the Counseling Center for those in need. This is not, however, the end of the Eating Disorders Outreach Team's efforts. EDOT will also be participating in the Nutrition Fair as well as facilitating another workshop later this month. EDOT hopes to continue to raise awareness and simultaneously challenge the stigma so more people feel empowered to seek the help they need.





## National Screening Day

BY WILL JAKOBY

As an advanced CCP, our work within our major project teams is as important as ever. I am a member of the Alcohol and Other Drug (AOD) Outreach Team, and February was an important month for us. In addition to the various workshops and trainings that we have been facilitating, Wednesday, February 28 was National Screening Day!

The AOD Outreach Team participates in National Screening Day by providing free screening for both alcohol and marijuana use at the Illini Union. Counseling Center staff use the Alcohol Use Disorders Identification Test (AUDIT) and Cannabis Use Disorder Identification Test-Revised (CUDIT) to give community members the opportunity to efficiently learn about their marijuana or alcohol use. The results are used to educate about how substance use affects other aspects of life, and gently suggest possible changes in how substances are used when folks have potentially negative effects. In addition to these screenings, the event had licensed clinicians present so that individuals could discuss alcohol and other drug-related concerns and potentially learn about future treatment options.

This event is consistently a great way for the AOD Outreach Team to provide information to our community and help educate our students using a harm-reduction approach. Beyond this, it is also a great way for us to engage with students and educate them about the services offered at the Counseling Center.







## Upcoming Events

BY LAUREL SILVA

### Tuesdays @ 7

- Control, Alt, Delete: Managing Social Media Use
  - April 2 at Huff Hall 114
- Everything, Everywhere, All at Once: Prioritizing Yourself
  - April 9 at BIF 1041
- Honoring Your Weird Barbie: Finding Authenticity
  - April 16 at Lincoln Hall 1002
- Walking on Sunshine (oh oh): Preparing for Summer and Post-Grad Plans
  - April 23 on Zoom
- Stress Less, Study, Success! How to Persevere During Finals
  - April 30 on Zoom

For online Tuesdays @ 7's...

**Zoom ID: 863 0232 2916**

**Password: T@7**

**\* Make sure you login using your Illinois email!**

