



Federal Grant Helps CSN Students Access Free Counseling

The \$50,000 grant will help college faculty & staff learn how to spot signs of distress

March 28, 2019 – A new training program at the College of Southern Nevada will help students access free mental health counseling by teaching faculty and staff how to recognize early warning signs of distress in students.

A three-year, \$50,000 federal grant awarded to CSN’s Counseling and Psychological Services team is helping provide basic training to any interested faculty and staff on how to pick up early warning signs in students, as well teaching them where to refer students if necessary. The grant is from the Substance Abuse and Mental Health Services Administration, a branch of the U.S. Department of Health and Human Services.

Training has already begun and will continue throughout the semester.

“This grant is about bringing awareness to campus,” said Counseling and Psychological Services Director Daniel Alvarado. “We want the college community to recognize early on some mental health issues folks may be going through, and then referring them to counseling services.”

The grant runs on a train the trainer model, where a small group of employees undergo industry standard training in mental health first aid. Those employees then lead larger employee training sessions.

The training is not meant to teach staff how to diagnose or treat mental health illnesses, but to help them be aware of subtle clues that indicate a student might be in distress and need help.

CSN offers free, confidential counseling to all enrolled students.

About CSN: Founded in 1971, the College of Southern Nevada is the state’s largest and most diverse higher education institution. CSN is accredited through the Northwest Commission on Colleges and Universities and specializes in two-year degrees and workforce development that lead directly to high-demand careers or transfer to a university. It also offers seven bachelor’s degrees in specialized fields and is the state’s largest provider of adult basic education and literacy training. CSN is a Minority Serving Institution and Nevada’s first Hispanic Serving Institution. Our students create flexible schedules with day, evening and weekend classes taught on three main campuses and multiple locations throughout Southern Nevada or online. CSN is an Equal Employment Opportunity/Affirmative Action institution.