

College Press Kit

Includes topics such as:

Mental Health
Facilitator's Guide
LGBTQ+
Sexual Violence

Based in part on Amy's personal experience surviving ten years of medical interventions, sexual abuse and PTSD, Gutless & Grateful is a 60-90 minute program combining storytelling, music, and a keynote speech. Amy will perform her autobiographical one-woman musical (70 min), talk about the healing process of telling her story, and provide hope, help, resources, and insights.

Students will learn how to:

Develop Healthy Habits and Take an Empowered Approach to Wellness
Cultivate a Support System
Reframe "Failure" and "Obstacles"
Create a Diverse, Inclusive Community Built on Compassion
Prepare for Life During and After College
Make a Positive Impact in their Community
Learn How To Bounce Back in Difficult Times
Develop a Resiliency Toolbox
Break Down Body Image Barriers
Find resources for support on campus and learn PTSD coping skills
Start a Student Detourists Chapter on campus
Incorporate Various Learning Styles and Creativity as a Mindset
Become aware of sexual violence resources and bystander prevention skills
Support Diversity, LGBT Students and Allies

Perfect For:

Mental Health Events

Diversity Programming

LGBT Awareness/Advocacy & Ally Training

Women's Events and Empowerment Programming

Domestic Violence and Sexual Abuse Awareness

Business/Entrepreneurship Programs

Confidence, Peer-to-Peer Communication and Team-Building

Eating Disorder Awareness (see Eating Recovery Center FoundationBenefit)

First Year Orientation Programming

Second Year Transitional Programming

The Problem:

“Data from the 2013 National College Health Assessment II indicate that about one-third of college students across the United States had problems functioning because of depression in the last 12 months; almost half said they had felt overwhelming anxiety in the last year, 20 percent said they had seriously considered suicide in their lifetime, and 5.8 percent said they had attempted suicide. The same survey showed that four of the top five “substantial obstacles to their academic success” were sleep difficulties, stress, anxiety, and depression.”

A Strategic Primer on College Student Mental Health, 2014