The Dr. Robert and Brenda Good FACULTY DEVELOPMENT ACADEMY

DES MOINES UNIVERSITY
MEDICINE & HEALTH SCIENCES

Creating a Culture of Care: Supporting Students in Distress

For many students, the stressors that occur in their personal lives can have a profound impact on their academic performance. They may struggle with anxiety, depression, trauma, relationship concerns, and family responsibilities (among others). Trying to cope with any of these stressors, in addition to the demands of courses or rotations, can leave a student feeling distressed and seeking your help. However, these can be complex issues and knowing how to best support a student through them may feel intimidating and, at times, overwhelming. Join Dr. Ciara Lewis from the Student Counseling Center to receive information regarding the signs and symptoms of a mental health crisis, learn practical strategies for intervening with students to result in positive outcomes, and increase awareness of referral options including counseling services, Academic Live Care, and DMU Cares.

WEDNESDAY, NOVEMBER 18, 2026 / 12pm - 1pm / Via ZOOM



MODERATOR:
Nehad El-Sawi, PhD
Assistant Vice-President
Academic Innovation and Enhancement
Office of Academic Affairs



SPEAKER:
Ciara Lewis, PsyD, HSP
Director
Student Counseling Center