

## **Adventure2 Spotlight:** **Michael Newton, Ph.D.**

*Associate Vice President for Public Safety/  
Chief of Police*

### **How long have you participated in Adventure2 or other ISU WellBeing resources?**

I have been involved with Adventure2 since the beginning. I am also involved with the university well-being committee, which is very important.

### **What do you enjoy most about Adventure2? How has Adventure2 supported your overall well-being?**

I enjoy the challenges and also learning activities. I find them educational and they assist me in working on my overall well-being. I have been working with a nutritionist over the last couple of years, and the activities in Adventure2 help reinforce the work I do with the nutritionist. I find the program assists me in staying on track, and when I slip, they bring me back.

### **How has Adventure2 supported you and your team in staying well at work?**

I know the program has helped me, and I have had conversations with other team members who have participated and have heard they find value in the program. I have found that the swag given out throughout the program has become a point of pride for many.

### **Has the COVID-19 pandemic impacted your participation in the program?**

Given my involvement with the University Emergency Operations throughout the pandemic, Adventure2 helped me focus on my well-being. Earning the points and tracking fitness gave me something to look forward to, especially when the health clubs closed. While I did lose focus on the program at times, the periodic program emails have helped me refocus.

### **We know over the last couple of years that there has been an increase in mental health, depression, anxiety, etc. (Polk County has seen a rise in suicides.) How has Adventure2 and/or ISU WellBeing supported mental health for you and your employees?**

I think the program can and does help people focus on their mental well-being. There are a variety of activities within Adventure2 and the overall well-being programs that can help a person focus on their mental health. I appreciate the emails about activities in the area, especially those that focus on mental well-being.

### **How are ISU and the Police Department prioritizing mental health right now?**



Mental health in law enforcement is something every agency needs to focus on. Stress in the work we do is real, and suicide in law enforcement has become a concern across the country. In 2019, we lost an officer through suicide, and our agency is still impacted today. The stigma around mental health is a factor that affects everyone. Mental health has not been a topic that law enforcement professionals have spoken about openly, and that has increased the stigma for people in our profession. As an agency, we are working to break down the stigma.

We are in the process of developing a peer support team for our department. We also have a contract with a psychologist who specializes in law enforcement. After critical incidents or if requested, any department member can see the psychologist. As part of our health insurance plan, they have many other options to seek help.

We also have a mental health advocate on staff who has a therapy K9. While much of our mental health team's work is for the community, they help their fellow team members too. I know when Zosia, the therapy K9, visits my office, she brings joy to my heart every time.

**Are you seeing any trends in mental health calls with employees on campus?**

Every year we do see an increase in mental health calls for service. While many of our calls are for students, we take calls from staff. Sometimes faculty and staff reach out to our team looking for resources for themselves, and other times they ask us about resources for others. We are happy to set them up with one of our mental health advocates. We also get calls from faculty and staff asking to have the therapy K9 stop by to meet with their team. We like these calls as this means people are proactive around their mental health.

**Are there other resources you would recommend for employees with mental health concerns?**

A good resource for all of us would be [NAMI Central Iowa](#) and [NAMI Iowa](#). I also recommend people check out the [ISU Wellbeing page](#), as there are a number of resources for us all.

**How have you utilized Adventure2 with your team or within the Police Department?**

I have used it to invite people to some of the challenges at times, and I know others have done that too. I try to remind people about the program and have several of the swag items in my office. Some of the swag items are unique and bring about discussions on the Adventure2 program.

**Would you recommend Adventure2 to other employees and supervisors? If yes, why?**

I highly recommend the program. I have learned about resources and health habits I would not have generally looked into. It helped me make the step to make an appointment with a nutritionist and think through my eating habits. While I still am not always on track, the program has been there and helped me get back on track.

**If you could tell your colleagues one thing about Adventure2, what would you want them to know?**

Take the first step and check out the programs available. I know you, too, will find something that helps you move forward on your well-being adventure.

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# We Are Here for You!

We want our employees to know that there are resources available if you or someone in your life needs mental health support. Below is a comprehensive list of urgent, non-urgent and virtual resources that are available to ISU employees.

## MENTAL HEALTH RESOURCES FOR ISU EMPLOYEES



Below are some of the many mental health resources ISU WorkLife has identified that are ready and able to serve ISU employees.

### MENTAL HEALTH SERVICES WITH ISU'S MEDICAL PLAN

Coverage for certain psychiatric, psychological or emotional conditions as an inpatient or outpatient, accessed in person or through telehealth. Covered facilities include licensed and accredited residential treatment facilities and community mental health centers.

- Contact [benefits@iastate.edu](mailto:benefits@iastate.edu) with questions regarding payment obligation or specific services

### URGENT SITUATION RESOURCES AVAILABLE

#### NATIONAL SUICIDE PREVENTION LIFELINE

24/7, free and confidential support for people in distress.

- Call **1-800-273-8255**

#### YOUR LIFE IOWA

Your Life Iowa provides crisis service coordination, linkages to crisis screening and mental health services 24 hours a day with Mobile Crisis Response Team (on-site, face-to-face mental health crisis services). Crisis Stabilization Community-Based Services (CSCBS) are short-term, five-day services designed to stabilize an individual experiencing a mental health crisis in the community. Information, referral and counseling services are also available.

- Call **(855) 581-8111**, text **(855) 895-8398** or use the online chat function on [yourlifeiowa.org](http://yourlifeiowa.org).

#### IOWA CONCERN HOTLINE

Offers information and referrals on legal education, financial concerns, stress counseling and crisis/disaster. Available 24/7 at no charge. Iowa Concern Hotline is provided by ISU Extension and Outreach.

- Call **1-800-447-1985**

*For immediate concerns about an individual's safety or the safety of others, you are strongly encouraged to contact 911.*

### NON-URGENT RESOURCES

#### ON-SITE COUNSELING

Free counseling on Iowa State's campus provided by an Employee and Family Resources counselor.

- Call **1-800-327-4692** to set up an appointment

#### NAMI IOWA (NATIONAL ALLIANCE ON MENTAL ILLNESS)

Works to provide the tools needed by friends, families and persons with mental illness of all ages.

- Call the helpline at **1-800-273-8255** or visit [namiowa.org](http://namiowa.org)

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Click [here](#) to download a PDF of the mental health resources poster. We encourage you to print and display these resources where people can see them, such as your office, break room and community bulletin boards.

# Adventure2 Challenges That Support Mental Health at Work

## CHALLENGES FOR EMPLOYEES:

*Check in on yourself throughout the work day with the help of these [Adventure2](#) challenges!*

### **Exhale Your Worries: Earn 25 points**

When it comes to feeling stress or anxiety, there's a simple, effective response: deep breathing. For this activity, take deep breaths during stress at least 5 times a week.



### **Pat Yourself on the Back: Earn 25 points**

We all fall prey to negative self-talk, that endless stream of judgmental thoughts running through our heads. Much like you can train your body to get stronger, you can train yourself to think positively. Reframe your negative thoughts at least once a week.

### **Tips for Managing Stress: Earn 25 points**

Stress isn't inherently bad, but when your stress levels are high, or you feel overwhelmed with anxiety, it may be time for you to take a look at it more closely. For this activity, think about one thing you can do to help manage your stress levels.

## CHALLENGES FOR SUPERVISORS:

*It's important for supervisors to give their employees the support they need to succeed in their work, while making sure they aren't running themselves down. Here are a few Adventure2 challenges that can help!*

### **Learn How to Be an Effective Mentor: Earn 25 points**

Being a good professional mentor takes time, preparation and a level of commitment, but it's a rewarding experience for both the mentor and mentee. For this challenge, learn how to be an effective mentor.

### **How to Spot Burnout: Earn 50 points**

Learn how to 1) recognize the signs of employee burnout and 2) take steps to alleviate it.

### **Give Cheers for a Job Well Done: Earn 25 pts**

Recognition for a job well done can be a great motivator and is a great way to say "thank you" for contributing to the team. For this activity, send Cheers as a note of recognition to a coworker who's doing excellent work at ISU.

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## Focus on You in 2022

There has never been a better time to commit to taking care of you than in 2022! Adventure2

supports whole person well-being and drives engagement in your work and personal life. This online program provides a variety of activities, team challenges, gentle nudges and daily connections to keep you going every day.



*Want to learn more? Have questions on how the program works? Want to connect with others using the tool?*

**Join us on Fridays at 11 a.m. for a 30-minute interactive presentation on Adventure2. Click [here](#) to register!**

### **SERIES TOPICS:**

#### **Friday, Feb 11: Activities to Support You in 2022!**

- Whether you are new to Adventure2 or have been exploring for years, there are always new activities to support your journey. We'll cover how to find the activities, what's recommended and why, what My Choice means, how to earn points after you cap My Choice, what Flash Challenges are and more. We'll even show where you can join activities that aren't point focused, but peak your interest and support your journey!

#### **Friday, Feb 18: Go it Alone or Join Team Challenges**

#### **Friday, Feb 25: Connecting with Colleagues**

#### **Friday, March 4: Go Mobile**

#### **Friday, March 11: Supporting Your Work Day**



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