



STAIR-Well



WHAT IS STAIR-WELL?

STAIR-Well is an implementation project funded by Patient Centered Outcomes Research Institute (PCORI) to increase access to evidence-based trauma therapy for college students.

As part of the project, clinicians at our campus counseling center have received training in Skills Training in Affective and Interpersonal Regulation (STAIR). We want to make sure that our campus is aware that the treatment is available to students.

WHO IS STAIR FOR?

STAIR is for students who have experienced a past trauma and are currently facing challenges in their daily life, such as:

- Difficulties managing feelings, such as anxiety, fear, sadness, or anger.
- Challenges with relationships or difficulty feeling connected to others.
- Trouble sleeping, nightmares, or upsetting thoughts and memories.

WHAT CAN I TELL STUDENTS?

Students can contact the counseling center to get more information on STAIR and see if it might be a good fit.

STAIR is an evidence-based treatment that teaches **skills to manage emotions and improve relationships after experience trauma**

STAIR IS AVAILABLE AT THE COUNSELING CENTER